

TRAINING PREPARATION

TRAINER

The Trainer training prepares participants to teach the content of the Lifesaving Society's Leadership program, i.e. the instructor and trainer training program.

During the Lifesaving Society's Leadership trainings, trainers must teach according to the award guide and reference manuals content.

Participants are expected to know and use the content of reference manuals for trainings they could teach according to their topical stream (Lifesaving instructor, First Aid Instructor and National Lifeguard Instructor).

PREPARATION

The Lifesaving Society strongly recommends that candidates registered for the Trainer training prepare as follows (depending on the participant's topical stream):

- Read reference manuals:
 - *Canadian First Aid Manual*/WITH 2015 ILCOR STANDARDS and *Emergency care Award Guide*;
 - *Canadian Lifesaving Manual*, *Swim Patrol Award Guide* and *Bronze Medal Award Guide*;
 - *Alert Manual* and *National Lifeguard Award Guide*;
- Read the current edition of the *Program Guide*;
- Review and practice lifesaving and first aid techniques;

- Observe a Lifesaving Instructor or First Aid instructor training class;
- Assemble a first aid training kit (will also be useful when you teach first aid or lifesaving).
- Communicate with a Mentor if one or more level 1, 2 or 3 performance criteria are not met. They will be able to help you meet these criteria before beginning your training.

MATERIAL NEEDED FOR THE TRAINING

- *Canadian First Aid Manual* with 2015 ILCOR Standards
- *Canadian Lifesaving Manual*
- *Alert Manual*
- *Emergency Care Award Guide*
- *Swim Patrol Award guide*
- *Bronze Medal Award Guide*
- *National Lifeguard Award Guide*
- *Leadership Reference Manual**
- *Leadership Competencies guide**
- *Program Guide*
- Pen and paper
- Watch or chronometer
- Pocket mask and several pairs of gloves
- Training first aid kit

* If you already have these manuals. Otherwise, you will have to buy them when you register and they will be handed to you on the first day of training.