



AQUATIC EMERGENCY CARE INSTRUCTOR NOTES

AQUATIC EMERGENCY CARE/AED

6h or 20h course

Document for Lifesaving Society Aquatic Emergency Care instructors

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7665 boul. Lacordaire

Montréal, Québec, H1S 2A7

alerte@sauvetage.qc.ca

www.sauvetage.qc.ca

1-800-265-3093 / 514-252-3100

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Lifesaving Society

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The Lifesaving Society^{MD} is the assumed name of the National Lifeguard Service inc.

The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart^{MD} public education, water-incident research, aquatic safety management services, and lifesaving sport.

Over 1,200,000 Canadians participate in the Society's swimming, lifesaving, lifeguard, and leadership training programs annually. The society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadian lifesavers since the first lifesaving Society Bronze Medallion Award was earned in 1896.

The Society represents Canada internationally as an active member of the Royal Life Saving Society and the International Life Saving Federation. The Society is the Canadian governing body for lifesaving sport, a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

Registered charity number: 11912 9088 RR0001

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These Notes are available in French.

NOTES TO AEC INSTRUCTORS

The objective of the Aquatic Emergency Care course is to train lifesavers who will be available to carry out the first maneuvers of a rescue or drowning resuscitation in a swimming area in a tourist environment.

The Aquatic Emergency Care award is not a lifeguarding award. Aquatic Emergency Care award holders must be within or have access to the pool area to provide assistance in an emergency situation.

The Aquatic Emergency Care award is required by the Regulation Respecting Safety in Public Baths, which stipulates that owner of swimming areas with an area of less than 100 m², including hotels and campgrounds, must ensure that an employee with this certification is on site.

In order to allow accessibility to the training, the course leading to certification may be offered in 2 formats depending on the candidates' prerequisites. Candidates holding a 16-hour Standard First Aid award will be able to carry out the aquatic portion of the Aquatic Emergency Care course to be evaluated and certified. It is possible to organize a course in which candidates will have to complete the 20-hour course and later join candidates who must only complete the aquatic portion for the aquatic rescues. Participants who need to requalify their Aquatic Emergency Care award can join the group within the same training.

The Lifesaving Society has designed this document to support instructors in planning and structuring their courses by referring to the Emergency Care Award Guide.

This guide is a work tool for instructors and future instructors. It must be used alongside the Emergency Care Award Guide. You can also refer to the First Aid Instructor Guide available on your dashboard (French version also available).

For all questions and comments, do not hesitate to contact the Lifesaving Society.

AQUATIC EMERGENCY CARE (AEC)

This award allows candidates to acquire the knowledge and techniques relating to the administration of emergency care in an aquatic environment. Instruction focuses on checking vital signs, choosing priorities and the principles of basic aquatic emergency care. With the practical approach of this guide, candidates learn the principles of care to be provided for injuries frequently encountered in swimming pools or swimming areas. The treatment to administer to victims in cardiorespiratory arrest is also learned. Automated external defibrillation as well as 1.5-hour Anaphylaxis-Rescuer training for victims known to be allergic are included as part of this course. In short, the content of the SFA course as well as the important techniques during a safe aquatic intervention are taught. This training enables us to issue the candidate with a work certificate, valid for a period of two years. To recertify, AEC award holders will have to successfully complete a 4-hour recertification exam. An [Emergency Care Recertification Guide](#) is available on the dashboard, in the First Aid section.

Program Components

The Aquatic Emergency Care course must include the following elements:

- The evaluation must include all mandatory items of the certification (see in the table below);
- Closing remarks, including results of each candidate;
- Complete the Aquatic emergency care exam sheet.

Course Duration

- The 6-hour option is recommended for candidates with a standard first aid award (see candidate prerequisite section);
- The 20-hour option is recommended for candidates with no prerequisite.

Instructor Prerequisites

- An Aquatic Emergency Care instructor with a valid award can teach the course;
- To obtain this certification, you must have a current Lifesaving Instructor and First Aid Instructor award;
- A current National Lifeguard Instructor—Pool option can give the 5-hour course;
- Depending on the size of the aquatic facility where the course will take place, a National Lifeguard may be necessary.

Candidate Prerequisites for the 6-hour Course

To obtain the Aquatic Emergency Care award, the candidate must:

- Have a current Standard First Aid award offered by recognized organization (Lifesaving Society, Red Cross, CNESST, St. John Ambulance, Canadian Ski Patrol, Heart and Stroke Foundation); *Adult, child and infant resuscitation must be completed. If this is not the case, added time will be necessary to cover the content.
- Participate in 100% of the course.

Candidate Prerequisites for the 20-hour Course

There are no prerequisites for the 20-hour course.

Environment Prerequisites

The facility checklist must be completed before starting the course.

- The required environment to properly prepare candidates is described below:

Option	Environment Requirements
Pool	A body of water with a maximum depth of 1.5 m. Facilities of 100 m ² or less. Target clientele: campsites, hotels or motels.

Required Equipment

X = Mandatory

O = Optional

Equipment	AEC
Canadian Lifesaving Manual, Canadian First Aid Manual	X
CPR manikin with lungs, ratio 1:3	X
AED Trainer	X
Protective barriers (pocket mask with one-way mechanical valve and hypoallergenic medical examination gloves)	X
First aid kit (trainer) ; contents include dressings, gauze, triangular bandages, blanket, towels, medicine placebos and auto-injector trainers	X
Submersible manikin	O
Floating rescue aid (minimum 50 newtons of buoyancy) such as a rescue tube, ring buoy, adult lifejacket or PFD	X
Non-buoyant rescue aids such as a rope, rope bag, or pole	X
Spinal board	X

6-HOUR AQUATIC EMERGENCY CARE/AED COURSE

RATIO

1 instructor: min. 4 candidates, max. 12 candidates *refer to Program Guide (in French only)

DURATION

6 hours

PREREQUISITES

- Have a current Lifesaving Society Standard First Aid award (dated no more than 3 years ago);
- The 16-hour Standard First Aid award offered by the Lifesaving Society, the Red Cross and the CNESST workplace first aid course, St. John Ambulance, Canadian Ski Patrol and Heart and Stroke Foundation.

BEFORE THE COURSE

- Ensure that the candidates meet the prerequisites;
- Prepare adequate content activities (including pedagogical materials and disinfection equipment);
- Have a list of all registered candidates;
- Confirm the date and time of the room reservation with the affiliate member.

DURING THE COURSE

- Offer the content of the 6-hour course in the pool (see table below);
- Offer complementary training if needed.

AFTER THE COURSE

- Send the results to the Lifesaving Society no later than fifteen (15) days after the exam and keep a copy in your personal files (exam sheets, failure reports, etc.) for at least five (5) years.

20-HOUR AQUATIC EMERGENCY CARE/AED COURSE

RATIO

1 instructor: min. 4 candidates, max. 12 candidates *refer to Program Guide (in French only)

DURATION

20 hours

PREREQUISITES

- None

BEFORE THE COURSE

- Ensure that the candidates meet the prerequisites;
- Prepare adequate content activities (including pedagogical materials and disinfection equipment);
- Have a list of all registered candidates;
- Confirm the date and time of the room reservation with the affiliate member.

DURING THE COURSE

- Offer the content of the 20-hour course in the pool (see table below);

AFTER THE COURSE

- Send the results to the Lifesaving Society no later than fifteen (15) days after the exam and keep a copy in your personal files (exam sheets, failure reports, etc.) for at least five (5) years.

AQUATIC EMERGENCY CARE/AED RECERTIFICATION

RATIO

1 instructor : min. 2 candidates, max. 12 candidates * refer to Program Guide (in French only)

DURATION

5 hours

PREREQUISITES

- Only candidates whose Aquatic Emergency Care/AED award has expired for less than two years can participate in a recertification;
- Access to a recertification will be refused to any candidate who is more than 15 minutes late or whose name is not included on the list of participants;
- Any candidate who fails their recertification twice will have to repeat the entire Aquatic Emergency Care/AED course.

BEFORE THE COURSE

- Ensure that the candidates meet the prerequisites;
- Prepare adequate content activities (including pedagogical materials and disinfection equipment);
- Have a list of all registered candidates;
- Photocopy the necessary documentation and make sure you have enough copies;
- Confirm the date and time of the room reservation with the affiliate member.

DURING THE COURSE

- Offer the required content (see table below);
- Offer supplementary training if needed.

AFTER THE COURSE

- Send the results to the Lifesaving Society no later than fifteen (15) days after the exam and keep a copy in your personal files (exam sheets, failure reports, etc.) for at least five (5) years.

CERTIFICATION CONTENTS	5-hour course	AEC recertification	20-hour course
<i>* The MSSS Anaphylaxis-Rescuer 1.5 hours training is included in the 20-hour course</i>			
1 – General first aid principles			✓
2 – Legal aspect of an intervention			✓
3 – Emergency procedures			✓
4 – Transport of an injured victim			✓
5 – Communications with EMS		✓	✓
6 – Anatomy and physiology		✓	✓
7 – Prehospital assessment		✓	✓
8 – Primary assessment		✓	✓
9 – Secondary assessment		✓	✓
10 – Chain of survival			✓
11 – Resuscitation techniques – adult, children and infants*		✓	✓
12 – Airway obstruction – conscious adult, children and infant*		✓	✓
13 – Airway obstruction – unconscious adult, children and infant*		✓	✓
14 – CPR complications or specific situations		✓	✓
15 – AED operation		✓	✓
16 – Two rescuer CPR and AED		✓	✓
17 – Shock and fainting		✓	✓
18a – Convulsions		✓	✓
18b – Problems related to glycemia		✓	✓
19a – Cardiovascular emergencies		✓	✓
19b – Respiratory emergencies*		✓	✓
19c – Poisoning		✓	✓
19d – Abdominal problem		✓	✓
20a – Problems related to cold		✓	✓
20b – Problems related to heat		✓	✓
20c – Burns		✓	✓
20d – Drowning	✓	✓	✓
21 – Bleeding		✓	✓
22 – Head or spinal injuries		✓	✓
23a – Musculoskeletal injuries		✓	✓
23b – Soft tissue injuries		✓	✓
23c – Thoracic injuries		✓	✓
23d – Facial injuries		✓	✓
25 – Entries/removals	✓	✓	✓
26 – Spinal injuries	✓	✓	✓
27a – Lifesaving (unconscious victim)	✓	✓	✓
27b – Lifesaving (non-swimmer victim)	✓	✓	✓
27c – Lifesaving (injured victim)	✓	✓	✓
27d – Lifesaving (submerged victim)	✓	✓	✓