



RECERTIFICATION GUIDE FOR EMERGENCY CARE

EMERGENCY FIRST AID/AED – EARLY CHILDHOOD

6 hours recertification

STANDARD FIRST AID/AED

4 hours recertification

AQUATIC EMERGENCY CARE/AED

5 hours recertification

Emergency care recertification Notes for the first aid instructor

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2e edition, october 2023
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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.

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

INTRODUCTION

Three awards of the Emergency care program can be recertified : Emergency First aid/AED – early childhood, Standard first aid/AED and Aquatic emergency care/AED. In order to recertify the program's other awards, you must complete the original training anew.

Contrarily to the National Lifeguard, Lifeguard trainer and Emergency care/AED, trainer recertification guides, the Emergency care recertification guide only contains the list of the mandatory items rather than a detailed description of the workshops.

RECERTIFICATION POLICIES

The following national program policies will apply :

- Candidates must have the applicable prerequisites to participate in a recertification;
- Refer to the Program guide for minimum numbers of participants required to offer a recertification.

BEFORE RECERTIFICATION

- Ensure candidates bring all mandatory material, as well as their latest award;
- Prepare adequate content activities (including pedagogical materials and disinfection equipment;
- Have a list of all enrolled candidates;
- Photocopy the required documentation and make sure to have enough copies;
- Confirm with the affiliate member the date and time of the reservation.

DURING THE RECERTIFICATION

- Offer the required content;
- Offer supplementary training as needed.

AFTER THE RECERTIFICATION

- Send the results to the Lifesaving Society no later than two (2) weeks after the date of the exam and keep a copy in your personal files (exam sheets, fail reports, etc.) for at least five (5) years.

RECERTIFICATION PROGRAM COMPONENT

This recertification must include the following components :

- Welcome and opening remarks on behalf of the Society;
- Refer to the recertification content table for the items to be assessed;
- Closing remarks including results for each candidate;
- Send the completed results through your Lifesaving Society dashboard.

SUGGESTED TIME GUIDELINES

Emergency first aid/AED –
early childhood

Although a minimum of 6 hours is suggested for the recertification, enough time must be scheduled to ensure that candidates are evaluated on all items.

Standard first aid/AED

Although a minimum of 4 hours is suggested for the recertification, enough time must be scheduled to ensure that candidates are evaluated on all items.

Aquatic emergency care

Although a minimum of 5 hours is suggested for the recertification, enough time must be scheduled to ensure that candidates are evaluated on all items.

The actual time needed will vary depending on :

- Number of candidates
- Candidate skill level
- Exam format
- Space availability;
- Number and type of evaluation activities selected.

INSTRUCTOR PREREQUISITES

- The instructor holds a current EFA/SFA- SR award;
- The evaluator evaluates the candidates in accordance with the First Aid Award Guide.

CANDIDATE PREREQUISITES

To recertify their First Aid award, the candidate must satisfy the prerequisites.

- If the award has been expired for more than one year, but a National Lifeguard award is up to date, a First Aid recertification is possible;
- The prerequisites must be presented at the beginning of the exam;
- The candidate has an Emergency First Aid—Early Childhood award that as expired less than a year ago;
- The candidate has an Aquatic Emergency Care award that as expired less than a year ago.

EQUIPMENT REQUIRED

The following table shows the equipment required for the recertification.

	PREMIERS SECOURS – PETITE ENFANCE	PREMIERS SOINS – GÉNÉRAL	SOINS D'URGENCE AQUATIQUE
ACCESSOIRES ET EQUIPEMENTS POUR OFFRIR LE PROGRAMME			
Trousses de premiers soins	•	•	•
Aides de sauvetage appropriées			•
Planche dorsale			•
Appareils d'entraînement DEA*	•	•	•
Mannequins de réanimation adulte (ratio 1 : 3)	•	•	•
Mannequins de réanimation bébé (ratio 1 : 3)	•	•	•
MANUELS ET OUTILS DU MONITEUR			
Feuille d'examen, déclarations de qualification, rapports d'échec (tableau de bord)	•	•	•
Manuel canadien de sauvetage			•
Manuel canadien de premiers soins	•	•	•
Guide de requalification en Premiers soins	•	•	•
Guide des certificats Premiers soins	•	•	•

Image tirée du Guide des programmes page 44

RECERTIFICATION CONTENTS	Emergency first aid/AED – early childhood	Standard first aid/AED	Aquatic emergency care
<i>* Specificities of the trainings :</i> • <i>Emergency first aid/AED-early childhood : technique with a child or infant subject</i> • <i>Standard first aid/AED : techniques with an adult, child or infant</i> <i>** The MSSS Anaphylaxis-Rescuer 1.5 hours training must be taught anew.</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 adults, childrens and infants*	✓	✓	✓
13 – Airway obstruction – unconscious adults, childrens and infants*	✓	✓	✓
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		✓	✓
24c – Prevention in early childhood	✓		
24d – Intervention in early childhood	✓		
25 – Entries/removals			✓
26 – Spinal injuries			✓
27a – Lifesaving (unconscious victim)			✓
27b – Lifesaving (non-swimmer victim)			✓
27c – Lifesaving (injured victim)			✓
27d – Lifesaving (submerged victim)			✓

[illegible]