

CONTROL SHEET PRIOR TO RECERTIFICATION 2026-2027

LIFESAVING INSTRUCTOR (LI), SWIM INSTRUCTOR (SI) AND/OR FIRST AID INSTRUCTOR (FAI)

PREREQUISITES FOR CANDIDATES

Hold a Lifesaving Instructor and/or Swim Instructor and/or First Aid Instructor award (depending on recertification), the validity of which expired 2 years or less ago (i.e. 4 years after the date of certification or recertification). If this is not the case, you must refer to the Lifesaving Society office to be mentored, and a development plan will be drawn up.

Successful completion of the core curriculum is mandatory for all options.

Levels	Prerequisites
Lifesaving Instructor	▪ Lifesaving instructor's award, dating back no more than 4 years; ▪ Bronze cross or National lifeguard award
Swim Instructor	▪ Swim instructor's award, dating back no more than 4 years; ▪ Bronze cross or National lifeguard award
First Aid Instructor	▪ First aid instructor's award, dating back no more than 4 years;

SUCCESS CRITERIA* FOR ACTIVITIES

- 100% attendance—no tardiness will be tolerated
- Active participation in activities and discussions
- Answering quizzes or targeted questions when asked
- Ongoing assessment of leadership skills

**If a participant does not meet all of these expectations, they will receive a failing result.*

RECERTIFICATION MATERIAL

- Your Instructor award (depending on the option), National lifeguard or Bronze cross award
- Notebook, pencils and highlighters
- Your mandatory reference manuals
- Pocket mask and gloves
- First-aid equipment for practice (for First Aid Instructor option only)
- Swimsuit and swim cap (for Lifesaving and Swim Instructor options)

IMPORTANT NOTES

Any instructor arriving late will be refused access to the training course. No exemption will be accepted, even with a medical note.

- Please arrive at least 10 minutes early and plan to be available 15 minutes after the meeting if the instructor needs to contact you.
- Levels 3 and 4 will be renewed by credit system. Please refer to the relevant section in the Program guide (in French only).

REFERENCE MANUALS FOR RECERTIFICATION CANDIDATES

Levels	Manuals
Lifesaving Instructor	▪ Swim Patrol Award Guide (2017) ▪ Bronze Levels Award Guide (2020) *mandatory ▪ Canadian Lifesaving Manual (ILCOR 2020) ▪ Swimming and Lifesaving Instructor Manual (2022)
Swim Instructor	▪ Swim Patrol Award Guide (2017) *mandatory ▪ Swim for Life Award Guide *mandatory ▪ Canadian Lifesaving Manual (ILCOR 2020) ▪ Leadership reference Manuel *mandatory ▪ Swimming and Lifesaving Instructor Manual (2022) *mandatory
First Aid Instructor	▪ First Aid Award Guide (2023) (in French only) *mandatory ▪ Canadian First Aid Manual (ILCOR 2020) *mandatory ▪ Reference document for FAI or NLI (ILCOR 2020) ▪ Documentation from MSSS' current Anaphylaxis-Rescue training program 2025

COMBINED RECERTIFICATION

You can now recertify two awards by completing a single recertification course, thereby optimizing your time and effort. To access this option, refer to the table below to see the prerequisites.

Training duration: The recertification will be limited to a maximum of 8 hours of in-person training, spread over a period of two years. Therefore, if you have 3 Level 1 awards to recertify, you will need to complete at least 2 recertifications.

Instructors wishing to recertify those who have not taught and assessed two bronze levels or taught 60 hours of swimming lessons or taught two SFA training courses in the year preceding their requalification must participate in each of the requalification activities, i.e., swimming instructor (4 hours), lifeguard instructor (4 hours), and first aid instructor (4 hours).

4 hours of recertification / 2 years			
I own	I am participating in a recertification	Prerequisite required (last 24 months)	I am obtaining the following awards
SI	SI (4h)	None	SI
LI	LI (4h)	None	LI
FAI	FAI (4h)	None	FAI
SI and LI	SI (4h)	- Teach BM or BC (once) AND - Evaluate BM or BC (twice) - BC or NL award must be up-to-date	SI and LI
SI and LI	LI (4h)	- Teach 60 hours of swimming lessons in Swim for Life, Swim to Survive, or NPS+ - BC or NL award must be up to date *(Letter of certification from my affiliate required)	SI and LI
FAI and LI	LI (4h)	Teach SFA (twice)	FAI and LI
FAI and LI	FAI (4h)	- Teach BM or BC (once) AND - Evaluate BM or BC (twice) - BC or NL award must be up-to-date	FAI and LI
FAI and SI	SI (4h)	- Teach SFA (twice) - BC or NL award must be up-to-date	FAI and SI
FAI and SI	FAI (4h)	- Teach 60 hours of swimming lessons in Swim for Life, Swim to Survive, or NPS+ - BC or NL award must be up to date *(Letter of certification from my affiliate required)	FAI and SI