

NATIONAL LIFEGUARD RECERTIFICATION GUIDE 2025-2026

**FOR POOL, WATERPARK, WATERFRONT AND
SURF OPTIONS**

September 2024 Edition



Table of content

INTRODUCTION	3
THE RECERTIFICATION PROCESS	4
NATIONAL LIFEGUARD INSTRUCTOR – WHAT TO DO: BEFORE – DURING - AFTER.....	8
TAKE THE RECERTIFICATION EXAM (10 MINUTES)	10
NATIONAL LIFEGUARD RECERTIFICATION – POOL OPTION	13
ITEM 11A – DISTRESSED OR DROWNING VICTIM (15 MINUTES)	15
ITEM 11B – SUBMERGED, NON-BREATHING VICTIM (40 MINUTES)	16
ITEM 12A – LIFEGUARD SITUATION: SINGLE GUARD (45 MINUTES)	17
SAFE SUPERVISION OF GROUPS OF CHILDREN	19
ITEM 12B – LIFEGUARD SITUATION: TEAM (90 MINUTES)	20
NATIONAL LIFEGUARD RECERTIFICATION – WATERPARK OPTION	22
NATIONAL LIFEGUARD RECERTIFICATION – WATERFRONT OPTION	23
ITEM 8A – SPRINT CHALLENGE (15 MINUTES)	24
ITEM 8B – ENDURANCE CHALLENGE (15 MINUTES)	25
ITEM 12A – DISTRESSED OR DROWNING VICTIM (30 MINUTES)	26
ITEM 12B – SUBMERGED, NON-BREATHING VICTIM (30 MINUTES)	27
ITEM 13A – LIFEGUARD SITUATIONS: SINGLE GUARD (45 MINUTES)	28
ITEM 13B – LIFEGUARD SITUATION: TEAM (75 MINUTES)	29
NATIONAL LIFEGUARD RECERTIFICATION – SURF OPTION	30
FINAL WORD (5 MINUTES).....	31
RETAKE BLOCK (MAXIMUM 30 MINUTES).....	31

INTRODUCTION

Hello, all National Lifeguard Instructors!

The Lifesaving Society is pleased to present you with the contents of the National Lifeguard recertification in accordance with national requirements. Recertification is first and foremost an assessment of each candidate's lifesaving skills and physical condition. The aim is to ensure that lifeguards continue to meet the requirements for the National Lifeguard certification.

In this document, you will find the evaluation items for the National Lifeguard recertification: skills related to physical condition, various victim handling techniques, and appendices presenting individual and team lifeguarding situations.

This guide is designed for instructors who will be giving National Lifeguard recertifications for all options. Do not forget to complete the recertification with the final word and the 30-minute retake block.

It is your responsibility to inform participants, before each test, of the evaluation criteria presented in the National Lifeguard award guide (which you must have on hand at the time of the test).

Have a good recertification!

*Remember that it is your responsibility to respect the evaluation criteria of the National Lifeguard exam. Make sure you have the National Lifeguard award Guide, 2022 edition, which is the reference manual for recertification exams.

ACKNOWLEDGEMENTS

The Lifesaving Society would like to thank all the volunteers who contributed to the development of this guide. Your wise advice helped us to improve it.

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THE RECERTIFICATION PROCESS

RECOMMENDED DURATION

Between 4 and 5 hours, depending on the option and the number of candidates (based on 1:12 ratio). Actual time required varies according to: number of candidates, number of instructors, and water conditions (continental or oceanic beach).

NUMBER OF APPLICANTS

- Minimum of one (1) candidate

It will be necessary to include a minimum of 6 additional persons playing the role of swimmers in the evaluation of lifeguarding situations when there are fewer than 8 candidates. If the additional persons are not members of the Lifesaving Society, please indicate their surnames, first names, and phone numbers on the test sheet and in the comments field when sending the test electronically. Keep the exam sheet for 5 years (Ref. Program Guide 2022, pages 10 and 34 – in French only).

When there is only 1 candidate, include a second person with a National Lifeguard award (excluding the National Lifeguard instructor). Record the additional person's information on the exam sheet, including their membership number.

Instructor/candidate ratio:

- 1:12 to 16 (pool, water park and waterfront) - 1:9 (surf). It is recommended to add 30 minutes per participant when the amount of candidates surpasses the ratio's maximum.

- Prerequisite: National Lifeguard award in the option to be recertified *(Ref. Program Guide 2022, page 34 – in French only)

*Candidates who do not have the prerequisite and who complete the recertification exam will be failed for lack of prerequisite.

Candidates arriving 15 or more minutes late may be refused access to the recertification exam. To pass the exam, each candidate must demonstrate the skills required in each of the tests. No exemptions will be accepted, even with a medical ticket.

**In the event of late arrival, missed items must be completed during the retake block (maximum 30 minutes) so as not to penalize the other participants. If missed items required aids or casualties, participants must be free to choose whether or not to stay for the retake block. If the items are not passed within the 30-minute time limit, the late candidate is awarded a "fail" result.*

Please note that all former lifeguards with expired awards are eligible for recertification. For those who have held an expired award for more than 4 years, a meeting with a mentor will be recommended before participating to a recertification. They can contact the Lifesaving Society to arrange this.

RECERTIFICATION OBJECTIVES:

- Evaluate performance in the items to be assessed (see overview of each option p.12 to 13) ;
- Raise lifeguards' awareness of the importance of maintaining good physical condition;
- Make lifeguards aware of the importance of regularly practicing rescue, first aid, and resuscitation techniques, so as to be able to intervene effectively in emergency situations;
- Provide advanced training for lifeguards;
- Disseminate important Lifesaving Society messages.

ADMINISTRATION

The participant's guide is available at www.sauvetage.qc.ca, "Rescue" section, "Recertification" tab.

EQUIPMENT TO BE BROUGHT BY THE CANDIDATE

- Pocket mask, gloves, whistle and National Lifeguard award.

MANUAL AND REFERENCE GUIDE

	NLI	NL
1. Supervision of aquatic activities for groups of children	X	X
2. Guide des programmes (édition 2024) (in French only)	X	
3. National Lifeguard award guide (2022 edition)	X	
4. Canadian Lifesaving manual	X	X
5. Alert: Lifeguard in action	X	X
6. Canadian First aid manual (2020 Edition)	X	X
7. National Lifeguard recertification guide 2025-2026	X	

REQUIRED MATERIAL

The following table lists the equipment required for National Lifeguard recertification.

	X = Mandatory O = Optional			
MATERIAL	POOL	WATER-PARK	WATER-FRONT	SURF
CPR dummies with lungs	X	X	X	X
AED training devices	X	X	X	O
Protective barriers (pocket mask with one-way mechanical valve and hypoallergenic medical examination gloves)	X	X	X	X
Viral filter	O	O	O	O
First-aid kit (for training): includes adhesive tape, gauze, compresses and triangular bandages, blankets, towels. * (Optional: placebo drugs, and auto-injector demonstrators) *Can be homemade.	X	X	X	X
Submersible dummy	O	O	O	O
Floating lifesaving aids (with a minimum buoyancy of 50 newtons) such as a tube buoy, torpedo buoy, lifebuoy, adult lifejacket or PFD.	X	X	X	X
Non-buoyant lifesaving aids, such as a throwing rope, rope bag, or pole	X	X	X	X
Backboard or other suitable devices	X	X	O	O
9 kg (20 lb) weight	X	X	N/A	N/A
Whistle	X	X	X	X
Timer	X	X	X	X
Distance measuring device (50-100m)	N/A	N/A	X	X
Masks, fins, and snorkels	N/A	N/A	X	X
Aquaplane or rescue craft	N/A	N/A	X	X

AQUATIC ENVIRONMENT CONDITIONS

The aquatic environment conditions required to adequately evaluate candidates in lifeguarding for each of the four NL options are presented below:

Option	Aquatic environment conditions
Pool	A body of water at least 12.5 m long (25 m preferred) and a minimum depth of 1.5 m (3 m preferred) at the deepest end.
Waterpark	An aquatic installation or swimming pool with a minimum of: • Three (3) pool types or zones (e.g. pool, wave pool, catch basins, river descent); • Three (3) aquatic features with moving water or infrastructure such as a wave pool, water slides (minimum height 3 m), and other activities (e.g. river descent, artificial waves, inflatable water park, zip line, Tarzan rope).
Waterfront	An open water area with access to a beach at least 1.5 m deep.
Surf	An open water area with access to a beach and: • A minimum wave height of 1 m at least 60% of the time; • Two (2) ocean features such as tides, currents, and wave breaking zones.

NATIONAL LIFEGUARD INSTRUCTOR – WHAT TO DO: BEFORE – DURING - AFTER

DISPLAY

By creating your exam sheet on the Lifesaving Society website, your recertification will be displayed in the results provided by the course search engine, if desired. Feel free to pass on the message to your affiliate member.

BEFORE THE RECERTIFICATION

- Read this recertification guide to familiarize yourself with the content to be assessed;
- Ensure that candidates have been informed of the equipment to bring with them (a participant's guide is available under the Lifeguarding tab at www.sauvetage.qc.ca);
- Have a list of candidates registered for the recertification;
- Have a sufficient number of declaration of qualification forms, registration forms, evaluation grids, and National Lifeguard examination sheets;
- Confirm with the affiliate member the times and date of reservation of the swimming area, and whether other activities are taking place at the same time;
- Prepare the necessary equipment.

DURING THE RECERTIFICATION

- Conduct tests and evaluate candidates according to the requirements of the National Lifeguard award, ensuring full compliance with the items described in the National Lifeguard award guide containing the new 2020 CPR guidelines;
- Provide feedback to candidates throughout the recertification process;
- Provide additional training and updates as needed;
- Carry out the retake block as required.

AFTER THE RECERTIFICATION

- If the candidate fails the recertification, fill out a **failure report**, give a copy to the candidate, keep a copy for yourself, and give the original to the aquatic manager. (The failure report must indicate precisely which item(s) failed to meet the learning objective of the item).
- Send the results via your Lifesaving Society dashboard the same day and no later than 1 week after the exam.

***At all times, you must keep test sheets, notes justifying the passing or failing of items by candidates, and failure reports for a minimum of 5 years.**

Note: The Lifesaving Society conducts audits of lifeguarding exams and may ask you to provide a scanned copy of your exam scores, including the failure report.

It is recommended that physical tests alternate with rescue situations.

Example for pool option

Item 6d	Endurance challenge
Item 11b	Management of a non-breathing submerged victim
Item 6b	Object recovery
Item 11a	Management of a victim in distress or drowning
Item 6c	Sprint challenge
Item 12a / 11d	Individual intervention/Management of an injured victim
Item 12b / 8b	Team intervention/Visual scanning and observation

For more information or to send us your comments, please contact the Lifesaving Society at 514 252-3100 or 1 800 265-3093 or alerte@sauvetage.qc.ca.

Thank you for your invaluable assistance. Your involvement enables us to promote safe interactions with water at all bathing sites in Quebec.

TAKE THE RECERTIFICATION EXAM (10 MINUTES)

WARM-UP FOR CANDIDATES (To be done at the start of the recertification)

- Dry warm-up
 - o Repeat the following sequence 2 times:
 - 1 x 30 seconds arm rotation
 - 1 x 30 seconds jumping jack
 - 1 x 30 seconds jog on the spot
 - 1 x 30 seconds heels buttocks
- Pool warm-up
 - o 50 to 100 m freestyle

1- Introduce yourself as an instructor;

- Check the list of candidates registered for recertification;
- Present the requalification procedure specific to the option offered.

2- Provide candidates with the following information:

- Mention to candidates that their National Lifeguard award is legally recertified at the time the results of their recertification are entered in their file at the Lifesaving Society. The instructor cannot issue any award of achievement once recertification has been completed;
- Inform candidates about the Lifesaving Society's website (www.sauvetage.qc.ca). Every rescuer should already have created an account, at the very least to keep their contact details up to date and check the validity of their awards. Please note address changes can only be made by the candidate;
- Read the preamble;
- Present the objectives of recertification.

Preamble

The National Lifeguard recertification is an evaluation activity designed to ensure that lifeguards continue to meet the requirements of the National Lifeguard recertification exam. In addition to evaluating Quebec lifeguards, recertification gives candidates the opportunity to learn about new theoretical and technical aspects of their role as lifeguards, educators, advisors, and drowning prevention ambassadors.

For each recertification workshop, candidates are assessed a first time. If they fail, they are called to the 30-minute retest block, during which they have only one final attempt to pass the test. They can then ask for help from other candidates (but not the instructor) or practice on their own. If the 30 minutes have elapsed, the instructor is entitled to demand that the test be completed without further delay.

Reminder: The instructor must ask the candidates to demonstrate the actions in order to evaluate them. In addition, this brings them closer to reality. For example, putting on gloves rather than simulating it, using practical first-aid equipment, actually going to the phone and simulating a call.

3- National Lifeguard examination sheets

The instructor must complete the appropriate exam sheet for the option. Fillable PDF versions are available on the Lifesaving Society website. If the exam sheet is handwritten, do not use friction-

erase pencils, as the ink disappears with heat. In all cases, a handwritten signature is required to make it official and compliant. By signing the examination sheet, you certify the results.

It is mandatory to enter an √ for a passed item or an X for an unsuccessful item.

NOTES - NATIONAL LIFEGUARD INSTRUCTOR:

- If the examination sheet is not completed or not signed, it may be required that the examination be repeated, at the affiliate member's expense.
- A National Lifeguard Instructor cannot evaluate a recertification at the same time as participating in it. This would not meet the required standards.
- If an item is not evaluated (for example, the individual supervision item would be evaluated at the same time as the team supervision item), the examination would not be compliant, and candidates would have to retake it at the affiliate member's expense.
- Instructors who fail to meet these standards may be placed on probation or suspended, depending on the seriousness of the situation.
- Audits will be carried out throughout the year to ensure exam compliance.

Lifesaving Society – National Lifeguard Recertification Guide 2025-2026

Here's an example of a well-completed review sheet.

*Please note that all information is fictitious.

 NATIONAL LIFEGUARD Pool Recertification Revised 2022 This test sheet is for recertification exam candidates only. Side 1: Please record each candidate's name and contact information accurately.			Gender	Date of birth	Prerequisites checked	Object recovery	Sprint challenge	Endurance challenge	Swimming & observation	Mgmt. distressed or drowning victim	Mgmt. submerged, non-breathing victim	Mgmt. injured victim	Lifeguard situation: single guard	Lifeguard situation: team	Result
					6b	6c	6d	8b	11a	11b	11d	12a	12b		
1	Doc	☒ M ☐ F	01	01	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Last name: Doc First name: Jane Address: 123 Papillon Street City: Qc Prov: QC Postal Code: G1V2M8 E-mail: jane.doc2@gmail.com Phone: 514-123-4567					Prerequisites: National Lifeguard Pool Date earned: September 2022 Location: Quebec City										
2	Smith	☐ M ☒ F	02	02	✓	X	✓	X	✓	✓	✓	✓	✓	X	
Last name: Smith First name: John Address: 1256 Perce Street City: Laval Prov: QC Postal Code: J7L 2M9 E-mail: john.smith@gmail.com Phone: 418-987-6543					Prerequisites: National Lifeguard Pool Date earned: September 2022 Location: Laval										
3	Laportie	☐ M ☒ F	03	03	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Last name: Laportie First name: Clotilde Address: 981 Souris Street City: Mtl Prov: QC Postal Code: H2O 8K9 E-mail: clotilde.laportie@yahoo.ca Phone: 438-888-1111					Prerequisites: National Lifeguard Pool Date earned: September 2022 Location: Montreal City										
4	Prince	☐ M ☒ F	04	04	✓	✓	✓	✓	✓	✓	✓	X	X	X	
Last name: Prince First name: Hans Address: 1-88 Eau Street City: Granby Prov: QC Postal Code: G1X 3P2 E-mail: hans00@hotmail.com Phone: 367-200-0099					Prerequisites: National Lifeguard Pool Date earned: September 2021 Location: Granby City										

☐ Check this box if there are more candidates on the reverse side of this page. This test sheet is Page _____ of _____ Pages	☒ - Satisfactory Performance ☐ - Fail	Total Pass for Exam: 2	Total Fail for Exam: 2
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Invoicing Information Host name (Affiliate or Organization paying the exam fees): Piscine aquatique Telephone: (581) 555-6666 Street address: 1234 Bouée-Tube Street City: Québec Prov: QC Postal code: G1X 3H8	Individual who examined the candidates Examiner's name: Ariel Princesse ID#: 000001 E-mail address: ariel.sirène@hotmail.com Telephone: 450-999-0321 Signature: Ariel Princesse
Exam Information Exam date: 2024-09-30 Facility name (e.g., name of pool): Piscine aquatique Telephone: (581) 555-6666	

NATIONAL LIFEGUARD RECERTIFICATION – POOL OPTION

Physical condition	Item 6b	Object recovery
	Item 6c	Sprint challenge
	Item 6d	Endurance challenge
Management of a victim	Item 11a	Management of a distressed or drowning victim
	Item 11b	Management of a submerged, non-breathing victim
Lifeguard situation	Item 12a	Lifeguard situation: single guard AND
	Item 11d	Management of an injured victim
	Item 12b Item 8b	Lifeguard situation: team AND Pool supervision: scanning and observation

End of the recertification and retake block (30 minutes)

Final word

PHYSICAL CONDITION ITEMS (30 minutes)

Calculate the time and number of laps covered by the candidates. Communicate the results to the candidates immediately after the test.

ADVICE :

- ✓ Divide the group into lanes to minimize the number of candidates as possible.
- ✓ To provide rest periods, you can alternate fitness items with rescue items.

MATERIAL:

- Cables to separate swim lanes
- Paper and pencil to record number of laps and time
- Stopwatch
- 9 kg (20 lb) brick or object

ITEM 6D – ENDURANCE CHALLENGE (15 minutes)

Timed swim of 400 metres in 10 minutes or less in lanes

1. Give candidates a few minutes to warm up.
2. Make waves between candidates and put candidates with similar speeds together if possible

ITEM 6C – SPRINT CHALLENGE (1 minute per wave)

Sprint (50 m) in 60 seconds or less. The candidate can sprint with their head out of the water or in the water (or combine the two).

ITEM 6B – OBJECT RECOVERY (1 minute per wave)

Candidates retrieve a 9 kg (20 lb) object in 40 seconds or less. Place the object at the deepest point, to a maximum depth of 3 m. This item cannot be performed in a pool less than 1.5 m deep.

ITEM 11A – DISTRESSED OR DROWNING VICTIM (20 MINUTES)

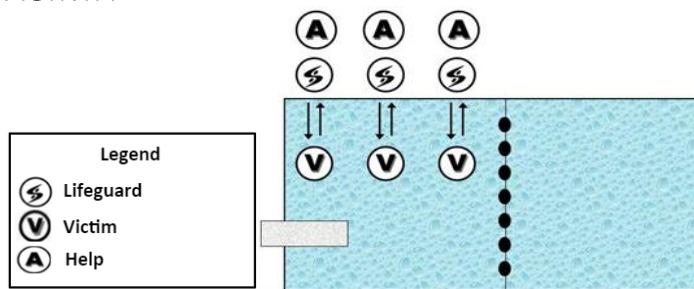
RESCUE SITUATION:

- Read candidates the must sees;
- In teams of 3: 1 rescuer, 1 victim, and 1 helper;
- Victims are in deep water, rescuers and helpers are outside the water;
- The test involves the complete care of the victim, including treatment.

MATERIAL :

- Sufficient rescue aid
- Whistle and gloves.

ACTIVITY



TO BETTER PLAN YOUR TIME...

A wave of 3 candidates takes
approximately 5 minutes
to evaluate.

4 waves maximum

=

20 minutes of evaluation

NOTES - NATIONAL LIFEGUARD INSTRUCTOR

- Victims are in deep water, rescuers and helpers are out of the water.
- The instructor can evaluate from 1 to 3 teams at a time.
- The test involves the complete care of the victim, including treatment.
- The victim must be located at a distance that allows entry into the water or have a scenario that allows entry into the water.
- Candidates may choose the victim of their choice.

Important: Remind candidates that it is essential to react quickly to avoid the after-effects of drowning, which can occur up to 72 hours after water inhalation. Anyone experiencing breathing difficulties after drowning should seek immediate medical attention.

Signs and symptoms include: altered level of consciousness, shallow or rapid breathing, coughing or wheezing, anxiety, weakness, nausea, vomiting, coughing up frothy white or pinkish fluid, or shock.

Alert the EMS if the vital signs are abnormal or the victim is in respiratory distress.

ITEM 11B – SUBMERGED, NON-BREATHING VICTIM (40 MINUTES)

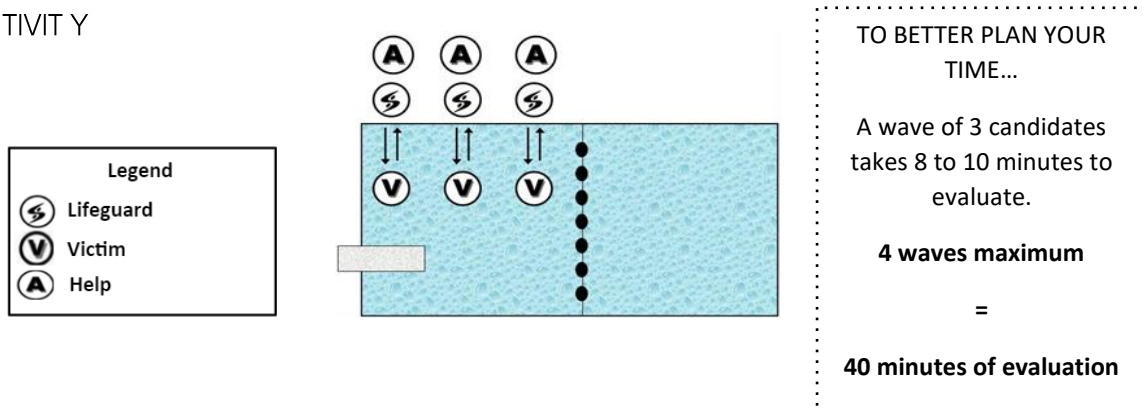
RESCUE SITUATION:

- Read candidates the must sees;
- Teams of 3: 1 rescuer, 1 victim, and 1 helper;
- Victims are in deep water, 5 meters from the shore, approximately 2 meters deep. Rescuers and helpers are outside the water.

MATERIAL :

- Pocket mask, pair of gloves, whistle
- Sufficient rescue aid
- Up to 3 dummies with lungs per instructor for resuscitation (follow recommended hygiene rules)
- AED training device

ACTIVITY



NOTES - NATIONAL LIFEGUARD INSTRUCTOR

- Primary assessment should be done on the victim before transferring to the CPR dummy when initiating resuscitation.
- The use of the practice AED is recommended to better represent reality.
- The instructor can evaluate from 1 to 3 teams at a time.

ITEM 12A – LIFEGUARD SITUATION: SINGLE GUARD (45 MINUTES)

CONTEXT:

Situational scenarios are to be evaluated as though there is only one lifeguard on duty. They are assisted by an auxiliary staff member (not trained in lifesaving) who can support them during the intervention. This is a supervisory situation, so the candidate must apply the principles of positioning and visual scanning during the situation.

TO READ TO CANDIDATES:

The lifeguard may supervise alone in certain contexts defined by law. In Quebec, according to the regulation on safety in public baths, the contexts allowing work alone are:

- Directed activities of less than 30 people (e.g. training, competition and courses);
- Supervision of a swimming area less than 150 m² with less than 50 bathers or on the promenade;
- Supervision of a beach of less than 125 linear meters.

Instructions for the instructor :

- Victims and swimmers must be in the water;
- The instructor evaluates one (or two) candidates(s) at a time. A different situation will be offered to each candidate. This is not a team situation;
- The lifeguard positions themselves as described by the instructor. They must perform a visual scan in order to recognize a victim and intervene with them. Depending on the case, the lifeguard must continue monitoring or perform an evacuation.

***Advice:** In order to assess two candidates/situations, you can divide the pool in two. This way, each lifeguard acts on their “own” pool and can therefore intervene while carrying out the evacuation, if necessary. Make sure to place the victim on the same side of the pool so that you can assess the first aid for both situations at the same time.

Assessment procedure: (approx. 5 minutes per candidate)

- Monitoring of the pool and positioning appropriately according to the area;
- Intervention and management of the situation by the lifeguard with the help of auxiliary personnel (if necessary) and evacuation of the pool, if necessary;
- Assessment of first aid according to the item 11d corresponding to the proposed cases.

CONCLUSION (after each situation):

- Provide feedback relating to the first aid case assigned to the alone lifeguards present in the scenarios.

MATERIAL :

- Whistle, gloves and pocket mask
- Rescue aid

NOTES - NATIONAL LIFEGUARD INSTRUCTOR

- This is an assessment of each candidate as a leader during the intervention of an individual surveillance situation.
- The activity allows to emphasize the importance of treating the manifestations rather than making a diagnosis.
- The candidate must complete the "Must see" points of item 11d and item 12a.
- Positioning that gives a constant view of the bottom (100% of the time).
- The use of a lawn chair is prohibited.
- Candidates are encouraged to patrol/move to better see the bottom of the pool as well as blind spots.
- Candidates must demonstrate the actions (and not do it verbally). For example, the auxiliary attendant who calls the ambulance must move to the phone. This simulates being on the phone for the entire duration of the situation. Before each scenario, locate with the candidates the surveillance zone, the emergency phone, the emergency equipment, the emergency exits, and the AED.

SAFE SUPERVISION OF GROUPS OF CHILDREN

Here is the card of the roles present in the scenarios' appendix, as well as the expected answers.

Scenario	
2 classes of 4th graders from the local primary school arrive at the pool for their end-of-year activity. There are 42 children aged 9 to 10 who do not have PFDs when they arrive. There are also 3 attendants for the group.	
Manager Information to be given to lifeguards/guardians: name, age, children's specific characteristics, swimming skills, number of PFDs.	Welcomes groups to the pool and passes on information to the supervisors and lifeguards for smooth running.
Attendant 1-2-3 Direct supervision / roles, notifies Lifeguard when there is a lost child.	Accompanies their group of students to the edge of the pool and places them on the benches while waiting for instructions from the lifeguards. Assists lifeguard 2 in administering the swimming test.
Lifeguard 1 Regulations, emergency procedures, progress, emergency exits, risk area, depth, rest area, missing child.	Gives instructions to students. Ensures supervision as soon as children enter the water to begin the swim test. Ensures supervision of the area by visually scanning the entire swim.
Lifeguard 2 Water entry, 30 sec. tread water, 25 m swim.	Ensures the administration of the swimming test to students. Ensures the surveillance of the area by carrying out a visual scan throughout the swim.
Kids	There are 42 children aged 9 to 10 who do not have a PFD when they arrive

Points to consider in the scenario:

- Ensure the communication of specific rules to swimmers;
- Inform accompanying persons of the roles they will have to play during the swim;
- Carry out the swimming test;
- Ensure identification of swimmers based on the result of the swimming test;
- Respect the ratio (15 students over 6 years old for 1 accompanying person).

ITEM 12B – LIFEGUARD SITUATION: TEAM (90 MINUTES)

Rescue scenario as a lifeguard within a lifeguard team (leader and member).

Instructions for the instructor (minimum 5 minutes per candidate):

- Victims and swimmers must be in the water.
- If you have an odd-numbered group, please pair a candidate who has already been assessed with the odd-numbered candidate.
- The instructor assesses only one team at a time.
- Each team member must be the primary responder during a situation; this is when they are considered the team leader.
- For victims with spinal injuries, you can stop the situation after the ABCs have been reassessed and the victim has been removed.
- Assess the monitoring according to items 8a and 8b for 2 minutes at the beginning of the monitoring.

NOTES - NATIONAL LIFEGUARD INSTRUCTOR

- This is an assessment of each candidate: as a member and leader during the intervention of a supervision situation. There must be at least 2 situations per candidate. One situation in which they are the leader (SS1) and another in which they are the assistant (SS2).

- Candidates must demonstrate the actions (and not do it verbally). For example, the SS2 who calls the ambulance must move to the phone. This lifeguard simulates being on the phone for the entire duration of the situation. Before each scenario, along with the candidates, locate the surveillance area, the emergency phone, the emergency equipment, the emergency exits, and the AED.

- The supervision assessment must be done for 2 minutes before starting the rescue situations.

CONCLUSION (MENTION TO CANDIDATES AT THE END OF THE ITEM)

When welcoming groups of children, the National Lifeguard must have in hand the procedure for welcoming groups of children specific to their facility. They must assess the children's swimming skills, work in collaboration with the attendant, and provide additional safety measures if necessary.

SWIM WITH ME CHALLENGE

The Swim with Me Challenge is a program dedicated to day camps. The objectives of this program are to assess the swimming skills of young people, to implement additional safety measures to ensure safe swimming, and to standardize identification methods in the different swimming areas (bracelets).

There is also the possibility of obtaining printable badges, by location, indicating the role of each facilitator and the standards for the majority of pools. These badges can be personalized by your manager for the different positions of the facilitators of groups of children. This increases the quality of supervision and the safety of the swimming environment when a group of children is present. These bracelets allow the attendants to know the specific regulations for a piece of equipment at the facility or the facility itself. A positioning and rotation system for the attendants can then be put in place to facilitate the supervision of the group. Some attendants discipline, and the others can have fun in the water with their group.

NATIONAL LIFEGUARD RECERTIFICATION – WATERPARK OPTION

***Note:** The items must be practiced in facilities with characteristics of water parks, such as a wave pool, a reception pool, a slide, etc.

Physical condition	Item 6a	Sprint challenge
	Item 6b	Object recovery
Management of a victim	Item 11a	Management of a distressed or drowning victim
	Item 11b	Management of a distressed or drowning victim
	Item 11c	Management of spinal-injured victims
	Item 11d	Management of an injured victim
Lifeguard situation	Item 12 Item 8a Item 8b	Lifeguard situations: team AND Positioning and rotation AND Scanning and observation

End of the recertification and retake block (30 minutes)

NATIONAL LIFEGUARD RECERTIFICATION – WATERFRONT OPTION

Physical condition	Item 8a	Sprint challenge
	Item 8b	Endurance challenge
Management of a victim	Item 12a	Management of a distressed or drowning victim
	Item 12b	Management of a submerged, non-breathing victim
	Item 7	Use of a rescue craft (*to be seen in one of the management situations)
Lifeguard situation	Items 13a	Lifeguard situations: single guard AND
	Item 12d	Management of an injured victim
	Items 13b	Lifeguard situations: team AND
	Item 10b	Scanning and observation

End of the recertification and retake block (30 minutes)

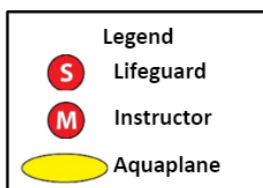
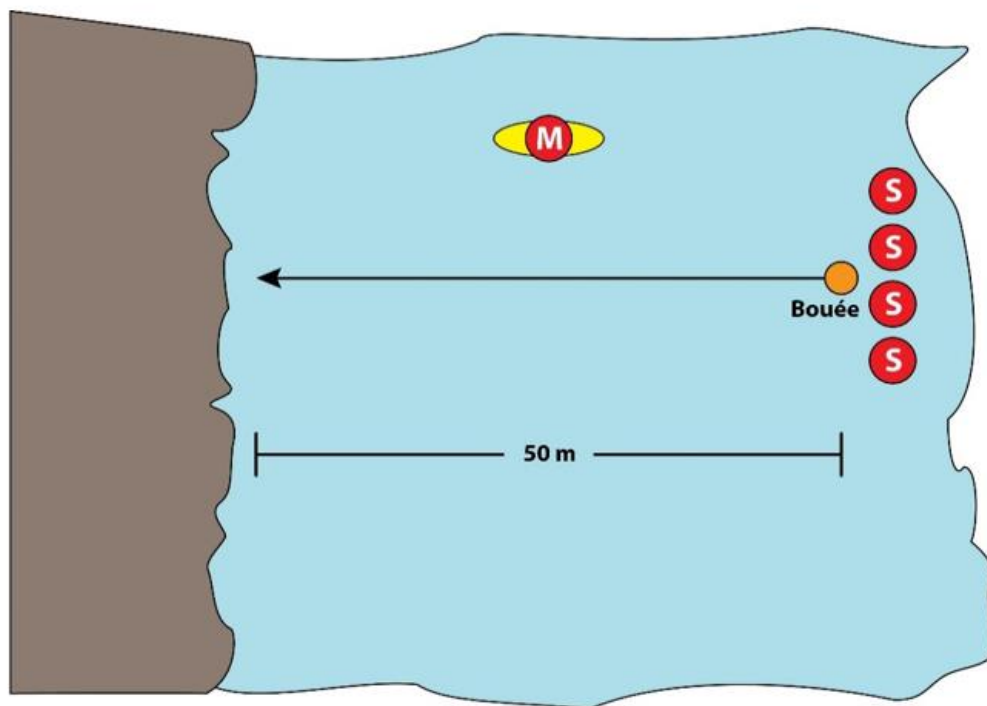
ITEM 8A – SPRINT CHALLENGE (15 MINUTES)

The candidate must complete the physical test in 60 seconds or less, while respecting the established distances. He must go into the water, swim 50 m, all in less than 60 seconds.

MATERIAL :

- Aquaplane and whistle (for the instructor)
- Finish line indicator in the water
- Timer (for the instructor)
- Swimming goggles and swimming cap (optional)

TEST OUTLINE



NOTES - NATIONAL LIFEGUARD INSTRUCTOR

- Wetsuits are allowed when done in open water but prohibited when done in a pool.
- Candidates can swim with their heads in or out of the water.
- Use a 50 m cable/rope to place a buoy 50 m from the beach. Candidates must start at the buoy. They then swim to the beach. The instructor is on an aquaplane and follows the participants.

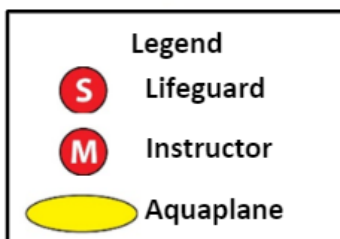
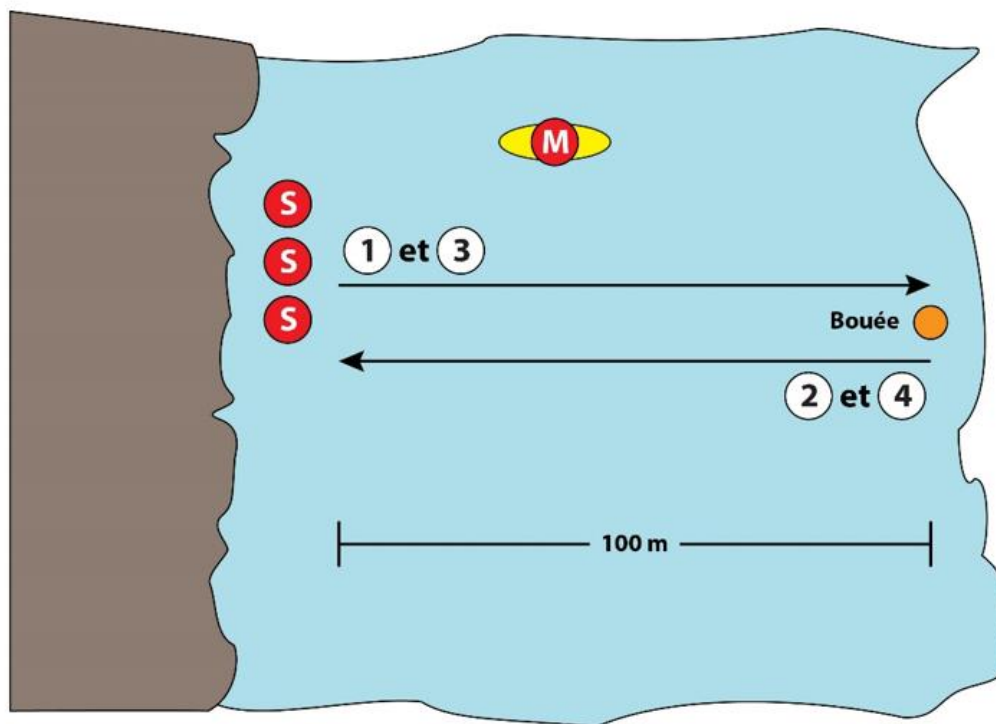
ITEM 8B – ENDURANCE CHALLENGE (15 MINUTES)

The candidate must swim 400 m in 10 minutes or less. This item can be performed in open water or in a pool.

MATERIAL :

- Aquaplane and whistle (for the instructor)
- Finish line indicator in the water
- Timer (for the instructor)
- Swimming goggles and swimming cap (optional)

TEST OUTLINE



NOTES - NATIONAL LIFEGUARD INSTRUCTOR

- Wetsuits are permitted when performed in open water but prohibited when performed in a pool.
- Use a 100 m cable/rope to place a buoy 100 m from the beach. Candidates start on the beach. They swim to the buoy and back. In total, they must make 2 round trips. The instructor is on an aquaplane approximately 60 m from the beach. He can follow candidates who have more difficulty swimming in open water.

ITEM 12A – DISTRESSED OR DROWNING VICTIM (30 MINUTES)

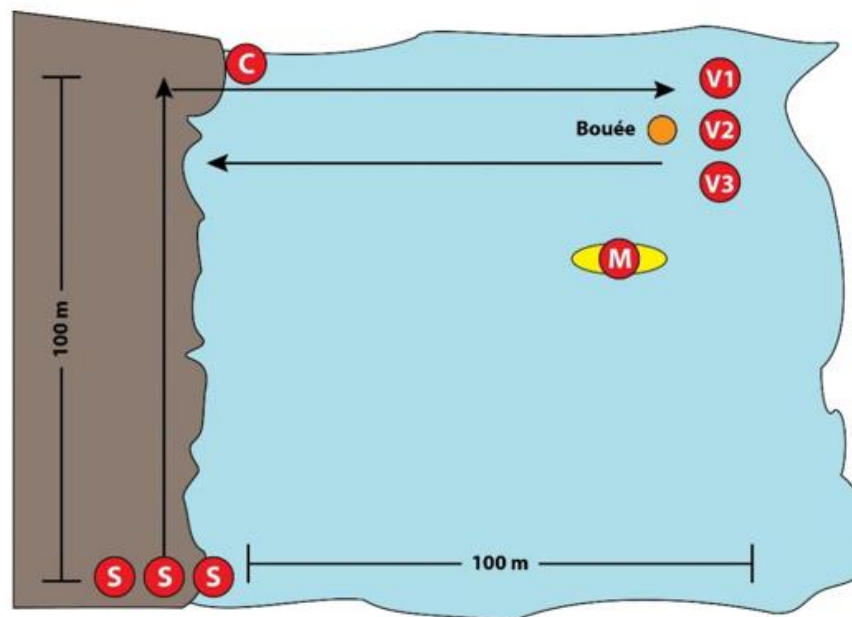
The candidate must run 100 m, enter the water, swim 100 m, and intervene with a victim who is drowning in deep water while respecting all the “must see” elements with one of the three aids (one of the three stations):

- Teams of 2 candidates: 1 rescuer and 1 victim, assistance at the exit if necessary.
- The rescue aid is the tube buoy (V1), the torpedo buoy (V2), or the aquaplane (V3).
- The victim is already in deep water and the rescuer is on the beach. The rescuer approaches the victim with a rescue aid to recover them.
- Once the victim is recovered, the rescuer tows him 100 m towards the beach.
- The instructor assesses the rescuer's ability to perform the recovery and rapid assessment of the victim.

MATERIAL :

- Tube buoys, torpedo buoys, and aquaplanes;
- Whistle and gloves.

TEST OUTLINE



Legend			
	Victim		Monitoring candidate
	Lifeguard		Aquaplane
	Instructor		

ITEM 12B – SUBMERGED, NON-BREATHING VICTIM (30 MINUTES)

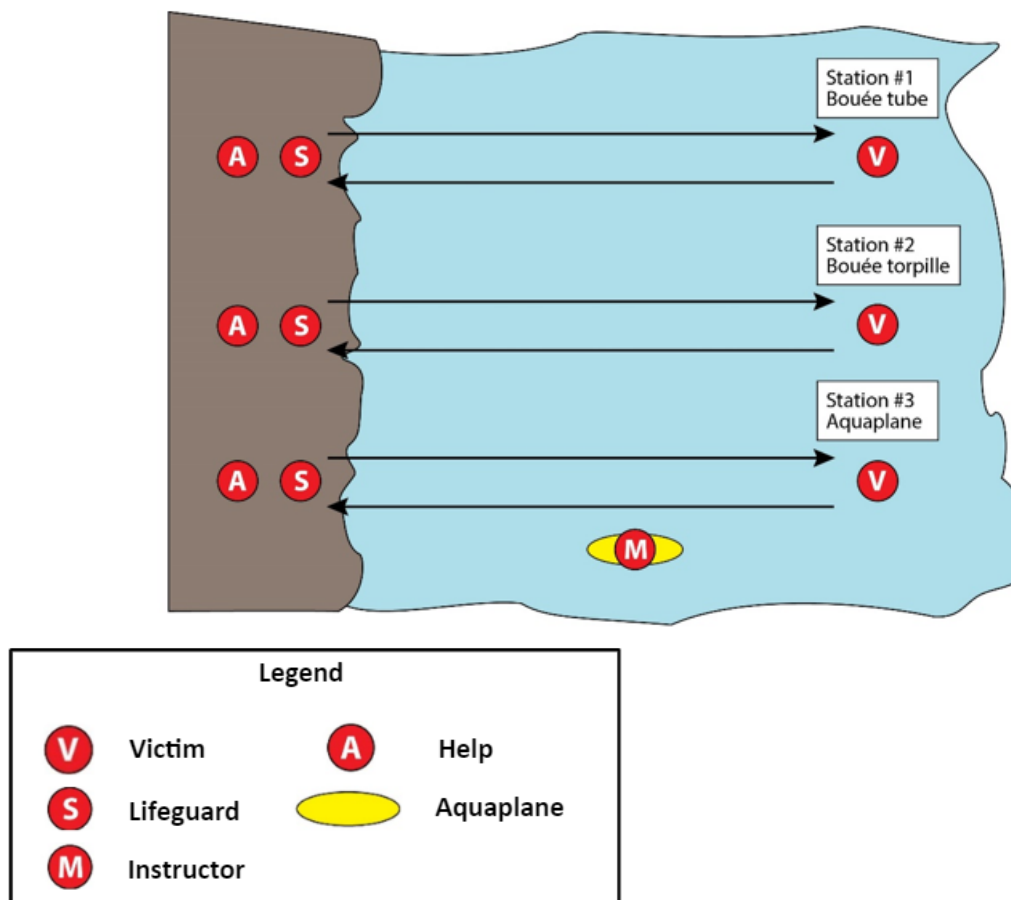
The candidate must intervene with a submerged victim who is not breathing while respecting all the “must see” elements:

- Teams of 3 candidates: 1 rescuer, 1 victim, and 1 helper.
- The rescue aid is the tube buoy, the torpedo buoy, or the aquaplane.
- The victim is already in deep water and the rescuer is on the beach. The rescuer approaches the victim with a rescue aid to recover them.
- Once the victim is recovered, the rescuer tows them or carries them to the beach for a few meters.
- The instructor evaluates the lifeguard's ability to perform the recovery and rapid assessment of the victim as well as cardiopulmonary resuscitation (10 cycles + complications).

MATERIAL:

- Tube buoys, torpedo buoys, and aquaplanes
- Whistle, gloves, and pocket mask

TEST OUTLINE



ITEM 13A – LIFEGUARD SITUATIONS: SINGLE GUARD (45 MINUTES)

Rescue situation as the only lifeguard on duty. Assisted by a member of auxiliary staff (not trained in rescue).

- Victims must be in the water to assess the approach and transport of the victim from item 12d and swimmers must be mostly in the water;
- The instructor assesses 2-3 candidates/situations at a time;
- The lifeguard positions himself to simulate free swimming supervision and must perform a visual scan to recognize the victim and intervene with them. Depending on the case, the lifeguard must continue the supervision or perform an evacuation.

This is an assessment of each candidate:

- As a leader when intervening in an individual supervision situation.
- For item 12d – Management of an injured victim

IMPORTANT NOTE

The activity emphasizes the importance of treating manifestations rather than making a diagnosis.

The candidate must complete the “Must See” points of item 11d and item 12a.

To read to candidates:

Rescuers must perform the rescue and care of the victim in a realistic manner in relation to the situation. Candidates must demonstrate the actions (and not do it verbally). For example, the witness who calls the ambulance must move to the phone. This witness simulates being on the phone for the entire duration of the situation. Before each situation, locate with the candidates the surveillance area, the emergency phone, the emergency equipment, the emergency exits, and the AED.

MATERIAL:

- Whistle, gloves, and pocket mask;
- Rescue aid.

NOTES - NATIONAL LIFEGUARD INSTRUCTOR

- Candidates are encouraged to patrol/move around to better see the bottom of the swimming area as well as dead zones.
- Evaluate monitoring according to items 10a and 10b.

ITEM 13B – LIFEGUARD SITUATION: TEAM (75 MINUTES)

Rescue situation as a lifeguard within a lifeguard team (leader and member).

- Victims and swimmers must be in the water.
- The number of lifeguards in a team is recommended at 2 but can be determined by the instructor.
- The instructor evaluates 1 team at a time. Each team member must be the primary responder in a situation; this is when they are considered the team leader. They must also be a secondary responder in a situation; this is when they are considered a member of the team.
- The lifeguard team positions itself to simulate surveillance when welcoming a group of children. They must supervise/welcome the group appropriately (see Guide d'encadrement sécuritaire des groupes d'enfants, in French only). Depending on the case, the team must continue surveillance, perform a rescue, or perform an evacuation. **Evaluate surveillance according to items 10a and 10b for at least 2 consecutive minutes to assess consistency during surveillance.**

This is an assessment of each candidate as a member and leader of a surveillance team. All aspects of a supervision situation are assessed. There must be at least 2 situations per candidate. One situation in which they are the leader (L1) and another in which they are the assistant (L2).

To read to candidates:

Rescuers must perform the rescue and care of the victim in a realistic manner in relation to the situation. Candidates must demonstrate the actions (and not do it verbally). For example, the witness who calls the ambulance must move to the phone. This witness simulates being on the phone for the entire duration of the situation. Before each situation, locate with the candidates the surveillance area, the emergency phone, the emergency equipment, the emergency exits, and the AED.

MATERIAL :

- Whistle, first aid kit, gloves, and pocket mask;
- Rescue aid.

NATIONAL LIFEGUARD RECERTIFICATION – SURF OPTION

Physical condition *Refer to item 8b of the aquatic part of the Waterfront option for the preparation of this item.	Item 5b	Endurance challenge
Management of a victim	Item 9a	Management of a distressed or drowning victim
	Item 9b	Management of a submerged, non-breathing victim
	Item 9c	Management of a spinal-injured victim
	Items 9d	Management of an injured victim
	Item 4	Use of rescue craft (*to be seen in one of the support situations)
Lifeguard situation	Item 10 Item 7b	Lifeguard situations: team AND Scanning and observation

End of the recertification and retake block (30 minutes)

FINAL WORD (5 MINUTES)

- Provide general comments on the entire recertification;
- Remind candidates that it is the responsibility of each lifeguard to keep their knowledge and skills up to date in order to intervene adequately in an emergency situation;
- Encourage candidates to inquire at their installation about training or established procedures for:
 - Surveillance and rescue organization plan
 - Reception of groups of children
- Invite candidates who have failed one or more items to stay for the retake block;
- Complete the appropriate documentation (exam sheet, evaluation grid, failure report);
- Invite candidates to share their comments at alerte@sauvetage.qc.ca
- Invite candidates to share a complaint via <https://sauvetage.qc.ca/fr/faq/processus-de-plaintes>.
- The National Lifeguard Instructor invites participants to become a Lifeguard Instructor, Swim Instructor, First Aid Instructor, or (for those already LI) National Lifeguard Instructor.

END OF THE RECERTIFICATION FOR CANDIDATE HAVING SUCCESSFULLY COMPLETED ALL ITEMS.

RETAKE BLOCK (MAXIMUM 30 MINUTES)

Candidates who have failed one or more of the items on the recertification exam must be invited to stay after the recertification for the retake block during which they have the opportunity to try, for one last time, and pass the items for which their performance was deemed insufficient. This obviously implies that they will have been informed of the points to be covered that they did not demonstrate during the exam.

If a candidate cannot meet the minimum requirements defined by the evaluation criteria, they will be refused the issuance of a new National Lifeguard award. The National Lifeguard instructor must recommend that the candidate in this situation participate in additional training in order to meet the minimum requirements that will be reassessed during a future recertification exam.

A lifeguard who fails a second recertification will be invited to meet with a mentor to obtain additional tools with the aim of passing a new exam. You can send this request to alerte@sauvetage.qc.ca. You can also advise them to go and take the National Lifeguard training again.

END OF RECERTIFICATION FOR ALL CANDIDATES