

NATIONAL LIFEGUARD SURF (20H)

COURSE OUTLINE – 1 INSTRUCTOR

June 2025

LIFESAVING FIRST AID BOATING EDUCATION SWIMMING

INTRODUCTION AND COURSE OBJECTIVES

The National Lifeguard – Surf course is designed to develop the core values, judgment, knowledge, skills and fitness required to become a lifeguard. This training emphasizes the lifeguarding skills, principles and practices, and decision-making processes that will enable the lifeguard to provide safe and effective supervision on an ocean beach.

Upon successful completion of the final exam, the candidate is awarded with the National Lifeguard – Surf certification.

LEARNING OBJECTIVES AND CONTENT

At the end of the course, the candidate will be able to:

- ☐ Evaluate and describe how the various elements of an ocean beach have an impact on user safety and safe surveillance (item 1);
- ☐ Demonstrate entry into the water with a rescue aid and safe exit of victims appropriate for an ocean beach (item 2);
- ☐ Use freediving equipment (mask, fins and snorkel) to swim 5m at the surface followed by 15m underwater, then 5m at the surface again (item 3);
- ☐ Demonstrate the skills and physical condition required to recover a victim 100 m from shore using an aquaplane or lifeboat (item 4);
- ☐ Demonstrate physical condition, endurance and strength:
 - Run 200 m, swim 200 m and run 200 m, within 8 minutes (item 5a);
 - Swim 400m within 10 minutes (item 5b);
- ☐ Communicate effectively with patrons, victims, other lifeguards, supervisors and emergency service personnel (item 6);
- ☐ Use appropriate placement and rotation for an ocean beach (item 7a);
- ☐ Use effective visual scanning techniques and recognize incidents quickly and accurately (item 7b);
- ☐ Demonstrate the ability to prevent incidents by recognizing and intervening in situations involving potential danger for a person or a group (item 7c);
- ☐ Effective search for a lost person on a beach as a leader and team member (item 8);
- ☐ Management of :
 - A distressed or drowning victim (item 9a);
 - A submerged, non-breathing victim (item 9b);
 - A spinal-injured victim (item 9c);
 - An injured swimmer (item 9d);
- ☐ Demonstrate the judgment, knowledge, skills and physical conditioning required to respond to ocean beach emergencies as a leader and team member (item 10).

EVALUATION

All elements (**items**) of the course are evaluated by the instructor on a progressive basis. Candidates will be assessed throughout the exercises, activities and simulations.

COURSE DESCRIPTION

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|------------------------|---|
| Duration : | ☐ 20-hour minimum |
| Required materials : | ☐ Pocket mask and gloves |
| | ☐ Whistle |
| | ☐ Fins, mask and snorkel |
| | ☐ Alert : Lifeguarding in Action |
| | ☐ Canadian Lifesaving Manual |
| | ☐ Canadian First Aid Manual |
| Validity of the award: | ☐ 2 years |

PREREQUISITIES

- ☐ Must be at least 15 years old by the end of the course
- ☐ National Lifeguard - Waterfront award

The candidate is responsible for proving that they have the required prerequisites, no later than the first course. They must provide the instructor with a photocopy of proof of age and the above-mentioned certificates. Otherwise, the affiliate member reserves the right to refuse the candidate access to the National Lifeguard – Surf course.

ATTENDANCE

Candidates must attend and participate in all sessions to complete the course properly. It is the candidate's responsibility to keep up to date on and to make up any missed material.

ATTITUDES AND BEHAVIOR

Respectful and safe behavior will be required throughout the training, otherwise the candidate may be refused access to the course.

COMPLAINTS UNDER THE HARASSMENT AND MISCONDUCT POLICY

The Lifesaving Society's complaint process is divided into two sections. There are reports of situations of abuse, harassment, neglect, and violence, as well as complaints of an administrative nature, e.g. disputed results, program standards not being met.

For the first type of grievances, you will be redirected to a government platform. Offering impartial, confidential, accessible and effective recourse, the PILS (Protecteur de l'intégrité en loisir et en sport) helps create and maintain healthy, safe and respectful environments in all leisure and sports settings.

For administrative complaints, members of the Lifesaving Society team will ensure a follow-up. Depending on the nature of the complaint, information may be requested from the instructor, evaluator, affiliate member and, of course, the person making the complaint. Once all the information has been gathered, a follow-up can be made to the complainant.



REPORT ABUSE, HARASSMENT, NEGLIGENCE, AND/OR
VIOLENCE



ADMINISTRATIVE COMPLAINT

POLICY, RULES, AND PROCEDURES REGARDING THE PROTECTION OF THE INTEGRITY

The Lifesaving Society is following in the footsteps of sports federations recognized by the Quebec government, by adopting a [Policy, Rules and Procedures for the Protection of Integrity](#).

ADMINISTRATION

The Lifesaving Society is a non-profit organization that relies on the commitment, dedication and professionalism of its instructors and affiliate members (organizations). The Lifesaving Society develops its training programs in consultation with its medical committee and various national and international bodies, including the International Lifesaving Federation.

Successful completion of this training will enable you to obtain an award issued by the Lifesaving Society, recognized by government authorities. Once your instructor or affiliate member has submitted the results to the Lifesaving Society, the Society will send you your award within 10 working days.

As soon as you receive your award, you must check that the information on it is correct. In the event of an error, you have 3 months following the examination date to contact the Lifesaving Society to make the necessary changes.

If you have any comments, questions or suggestions, or simply want to get involved in one of our programs, please don't hesitate to contact us.

CONTACT

Course manager (affiliate member) : _____

Phone : _____ Email: _____

Contact
information :

*****IMPORTANT NOTICE*****

FOR ALL TECHNICAL QUESTIONS, THE DULY ACCREDITED INSTRUCTOR TEACHING THE COURSE MUST ALWAYS
REFER YOU TO THE OFFICIAL DOCUMENTATION OF THE LIFESAVING SOCIETY.

Would you like to learn more?

Visit the **LIFESAVING** section of our website and explore all the possibilities!

www.sauvetage.qc.ca

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