

# NATIONAL LIFEGUARD WATERPARK (20H)

## COURSE OUTLINE – 1 INSTRUCTOR

February 2024

**SAUVETAGE**

**SECOURISME**

**NAUTISME**

**ÉDUCATION**

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Organisme de charité enregistré : 10479 7212 RR0001



**PRÉVENIR  
LA NOYADE**

## INTRODUCTION AND COURSE OBJECTIVES

The National Lifeguard – Waterpark course is designed to develop the core values, judgment, knowledge, skills and fitness required to become a waterpark lifeguard and to provide safe and effective supervision in waterparks. This training reinforces the core values, judgment, knowledge, skills and fitness acquired in the National Lifeguard – Pool course.

Upon successful completion of the course, the candidate is awarded with the National Lifeguard – Waterpark certification.

## LEARNING OBJECTIVES AND CONTENT

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

- ☐ Evaluate and describe how the various elements and conditions of a waterpark have an impact on user safety and safe supervision (item 1);
- ☐ Demonstrate understanding of safety measures and effective lifeguarding for moderate and high-speed slides, drop and free-fall slides, and children's slides (item 2);
- ☐ Demonstrate understanding of safety measures and effective lifeguarding for continuous, basin, slow and activity rivers (item 3);
- ☐ Demonstrate an understanding of safety measures and effective lifeguarding in a wave pool (item 4);
- ☐ Demonstrate three appropriate water entries and three appropriate victim removals in a pool (item 5);
- ☐ Demonstrate physical condition, endurance and strength:
  - Swim 50 m within 60 seconds (item 6a);
  - Recovery of an object weighing 9 kg (20 lb) within 40 seconds (item 6b);
- ☐ Communicate effectively with patrons, victims, other lifeguards, supervisors and emergency service personnel (item 7);
- ☐ Use appropriate placement and rotation for a waterpark (item 8a);
- ☐ Use effective visual scanning techniques and recognize incidents quickly and accurately (item 8b);
- ☐ Demonstrate the ability to prevent incidents:
  - recognizing and intervening in situations involving potential danger for a person or a group (item 8c);
  - ensuring the safe arrival of groups of children on pool outings (item 8c);
- ☐ Explain and/or demonstrate how to adapt rescue techniques to specific water park facilities and special situations. (item 9);
- ☐ Effective search for a lost person in a waterpark as a leader and team member (item 10);
- ☐ Management of:
  - A distressed or drowning victim (item 11a);
  - a submerged, non-breathing victim (item 11b);
  - a spinal-injured victim (item 11c);
  - an injured swimmer (item 11d);
- ☐ Demonstrate the judgment, knowledge, skills and physical conditioning required to respond to waterpark emergencies as a leader and team member (item 12).

## 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

|                      |                                                         |
|----------------------|---------------------------------------------------------|
| Duration :           | <input type="checkbox"/> 20 hours minimum               |
| Required materials : | <input type="checkbox"/> Pocket mask and gloves         |
|                      | <input type="checkbox"/> Whistle                        |
|                      | <input type="checkbox"/> Alert : Lifeguarding in Action |
|                      | <input type="checkbox"/> Canadian Lifesaving Manual     |
|                      | <input type="checkbox"/> Canadian First aid Manual      |
|                      | <input type="checkbox"/> B-1.1, r.11                    |
| Award validity:      | <input type="checkbox"/> 2 years                        |

## PREREQUISITIES

- ☐ Must be at least 15 years old by the end of the course
- ☐ National Lifeguard – Pool 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 - Waterpark 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 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 is committed to the well-being of Quebec's athletes and sport stakeholders and wants them to be able to thrive in their sport, work, or teaching environment, regardless of their level or role. Athletes, coaches, officials, employees, and volunteers have the right to participate in sport in a healthy, safe, open, and inclusive training, work, and competition environment, free from all forms of abuse, harassment, and discrimination. Creating this safe environment is a responsibility shared by all.

In order to take a clear stance against violence and to take the means to assume their responsibilities, the Lifesaving Society is committed to implementing:

-  An integrity protection policy, including an independent complaint management mechanism for situations of abuse, harassment, neglect or violence;

- A policy of criminal record checks (screening), which will apply to all directors, staff and those, such as volunteers, who act on their behalf, both in their interpersonal relations and with members;
- Awareness-raising, information and training measures on the subject of integrity protection.

Here is some important reference information:

- [Harassment and misconduct policy](#) (in French only)
- [I file a complaint platform](#) (in French only)

An independent officer has been appointed to manage complaints of abuse, harassment, neglect or sexual violence or other nature. Complaints can be filed using the online form available at the link below:



ABUSES, HARASSMENT, NEGLECT AND VIOLENCE



ADMINISTRATIVE COMPLAINT

## 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.

## RESOURCE PERSONS

Instructor : \_\_\_\_\_

Phone : \_\_\_\_\_ Email : \_\_\_\_\_

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](http://www.sauvetage.qc.ca)



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