

NATIONAL LIFEGUARD POOL (40 H)

COURSE OUTLINE – 1 INSTRUCTOR

June 2025

LIFESAVING FIRST AID BOATING EDUCATION SWIMMING

7665 Lacordaire Blvd, Montréal, QC H1S 2A7
Phone: 514 252-3100 / 1 800 265-3093
www.sauvetage.qc.ca • alerte@sauvetage.qc.ca
Registered Charity number: 10479 7212 RR0001



**PREVENT
DROWNING**

INTRODUCTION AND COURSE OBJECTIVES

The National Lifeguard – Pool 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 in a swimming pool.

Upon successful completion of the final exam, the candidate is awarded with the National Lifeguard - Pool.

LEARNING OBJECTIVES AND CONTENT

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

- ☐ Demonstrate knowledge of the principles and techniques of lifeguarding which are part of the items to be evaluated in this course and answer questions taken from the Canadian Lifesaving Manual and the Alert: Lifeguarding in Action manual. (item 1);
- ☐ Demonstrate understanding of the following:
 - Physical characteristics that vary from one pool to another (or from one time to another) and the impact that the analysis of these characteristics has on lifeguarding (item 2);
 - The role that water treatment systems play in ensuring a safe and comfortable environment for patrons (item 2);
 - Environmental dangers of pools (item 2);
 - Evaluate and describe how various devices and conditions of the pool have an impact on user safety and supervision. (item 2);
- ☐ Demonstrate the ability to use floating or non-floating rescue aids, suitable for different types of victims, in supervised pools (item 3);
- ☐ Demonstrate three appropriate water entries and three appropriate victim removals in a pool (item 4);
- ☐ Demonstrate endurance and strength when recovering a manikin or submerged victim with an approach and tow of 20 m each (item 5);
- ☐ Demonstrate physical condition, endurance and strength:
 - Underwater swim 15 m (item 6a);
 - Recovery of an object weighing 9 kg (20 lb) within 40 seconds (item 6b);
 - Swim 50 m within 60 seconds (item 6c);
 - Swim 400 m within 10 minutes (item 6d);
- ☐ Communicate effectively with patrons, victims, other lifeguards, supervisors and emergency service personnel (item 7);
- ☐ Use appropriate placement and rotation for a pool (item 8a);
- ☐ Use effective visual scanning techniques and recognize incidents quickly and accurately (item 8b);
- ☐ Demonstrate the ability to prevent incidents by:
 - 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 the characteristics of the pool or to special situations (item 9);
- ☐ Effective search for a lost person in an aquatic facility 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);
- ☐ Take action in an emergency situation as a single lifeguard, with the support of an auxiliary staff member, to demonstrate the judgment, knowledge, skills and physical conditioning required for this type of intervention (item 12a);
- ☐ Demonstrate the judgment, knowledge, skills and physical conditioning required to respond to pool emergencies as a leader and team member (item 12b).

EVALUATION

All elements (items) of the course are evaluated by the instructor on a progressive basis. At the end of the course, candidates will be re-evaluated in the pool by an evaluator recognized by the Lifesaving Society (final exam). The items assessed during this evaluation are:

- ☐ Supervision as a single lifeguard, with the assistance of an auxiliary staff member (item 12a/pool option);
- ☐ Team lifeguarding situations as a leader and member of a team (item 12b/pool option);
- ☐ Any other item in the National Lifeguard - Pool course that enables the evaluator and instructor to make an informed decision.

COURSE DESCRIPTION

Duration :	☐ 40-hour minimum (without final exam)
Required materials :	☐ Pocket mask and gloves
	☐ Whistle
	☐ Alert : Lifeguarding in Action
	☐ Canadian Lifesaving Manual
	☐ Canadian First Aid Manual
	☐ B-1.1, r.11
Award validity :	☐ 2 years

PREREQUISITES

- ☐ Must be at least 15 years old at the time of the final exam
- ☐ Bronze Cross award
- ☐ Standard First Aid 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 - Pool 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!

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