

AQUATIC EMERGENCY CARE/AED

SYLLABUS

Updated March 2025

LIFESAVING FIRST AID BOATING EDUCATION SWIMMING

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**PREVENT
DROWNING**

INTRODUCTION AND COURSE OBJECTIVES

The Aquatic Emergency Care/AED course allows candidates to acquire knowledge and techniques related to administering first aid in an aquatic environment. Thanks to this award's practical approach, candidates will learn the principles of providing care to victims with common injuries in aquatic installations, including treatment for victims in cardiopulmonary arrest. The teaching is focused on the verification of vital signs, the choice of priorities and basic aquatic first aid care principles.

This course prepares the candidates to take on the role of first responder in their workplace during an emergency situation requiring first aid or aquatic rescue. The candidate will administer elementary treatments in order to stabilize an injury while waiting for emergency medical services.

The course will also allow candidates to use an automatic external defibrillator and administer epinephrine using an auto injector (as taught in the 1,5h MSSS) during situations prescribed by the *Regulation respecting the professional activities that may be engaged in within the framework of pre-hospital emergency services and care*.

LEARNING OUTCOMES

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

- ☐ Recognize and define the six (6) links of the Chain of Survival™ and describe their own role in the Chain of Survival™;
- ☐ Recognize the controllable and non-controllable risk factors;
- ☐ Explain the legal framework related to first aid;
- ☐ Execute a primary assessment on an unconscious and conscious victim without complication;
- ☐ Demonstrate communication with emergency medical services (EMS);
- ☐ Identify signs and symptoms of different medical and traumatic cases;
- ☐ Demonstrate elementary treatments for different victims;
- ☐ Perform cardiopulmonary resuscitation and airway disobstruction on different subjects (adult, child and/or toddler, depending on the chosen option);
- ☐ React to possible complications of reanimation;
- ☐ Use an automatic external defibrillator;
- ☐ Recognize the signs and symptoms of a severe allergic reaction and apply epinephrine injection protocol for a victim known to be allergic;
- ☐ Manage an unconscious, injured, submerged or non-swimmer victim in an aquatic environment;
- ☐ Manage a victim with a suspected spinal injury in the shallow part of an aquatic facility.

EVALUATION

Course evaluation is done on a progressive basis. The candidate will be evaluated all throughout the exercises, activities, practice sessions or simulations.

COURSE DESCRIPTION

- | | |
|---------------------|--|
| Duration: | ☐ 6 hours in function of the prerequisites
☐ 20 hours |
| Mandatory material: | ☐ Canadian first aid manual,
☐ Canadian lifesaving manual (reference)
☐ Bathing attire for the aquatic part;
☐ Pocket mask and gloves |
| Award validity: | ☐ 2 years |
| Recertification: | ☐ 5 hours |

PREREQUISITES

For the 6 hours training, the candidate must hold an up-to-date Lifesaving Society Standard First Aid certificate, the Red Cross 16h first aid certificate or an up-to-date CNESST Workplace First Aid certificate.

No prerequisite for the 20 hours training.

ATTENDANCE

The candidate's presence and participation are required for the entirety of the course for them to adequately complete the training and obtain their certification.

ATTITUDES AND BEHAVIOUR

A respectful and safe behaviour is always expected during the training.

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

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](#).

At their last meeting, the Board of Directors adopted a resolution containing the Policy, rules and procedures for the protection of integrity.

We invite you to familiarize yourself with it, and to share the various visuals of the awareness campaign in the Policies section of the [Positions | Policies | Codes page](#).

ADMINISTRATION

The Lifesaving Society is a non-profit organization which relies on the commitment, dedication and professionalism of its instructors and affiliate members. The Lifesaving Society develops its trainings in partnership with its volunteers and different national and international organizations.

Completing this training will allow you to obtain an award issued by the Lifesaving Society and recognized by governmental instances. After the trainer or affiliate member transmits the results to the Lifesaving Society, the Lifesaving Society will send you your award.

Once you have received your award, you should check if the information is accurate. In case of error, you have three months following the date of the exam to contact the Lifesaving Society to make the necessary corrections.

CONTACT

Course manager
(affiliate member):

Phone:

Email:

Coordinates:

IMPORTANT NOTICE

FOR ALL TECHNICAL QUESTIONS, THE CERTIFIED INSTRUCTOR TEACHING THE COURSE MUST ALWAYS REFER YOU TO THE OFFICIAL DOCUMENTATION OF THE *LIFESAVING SOCIETY*

You wish to develop your knowledge?

Consult the **FIRST AID** section of our website and explore all the available possibilities!

www.sauvetage.qc.ca

COURSE CONTENT 20 HOURS COURS = ALL ITEMS 6 HOURS COURS = ITEMS IN RED		Aquatic emergency care
Item 1 – General first aid principles		✓
Item 2 – Legal aspect of an intervention		✓
Item 3 – Emergency procedures		✓
Item 4 – Transport of an injured victim		✓
Item 5 – Communications with EMS		✓
Item 6 – Anatomy and physiology		✓
Item 7 – Prehospital assessment		✓
Item 8 – Primary assessment		✓
Item 9 – Secondary assessment		✓
Item 10 – Chain of survival		✓
Item 11 – Resuscitation techniques – Adults, children and infants		✓
Item 12 – Airway obstruction – Conscious adults, children and infants		✓
Item 13 – Airway obstruction – Unconscious adults, children and infants		✓
Item 14 – CPR complications or specific situations		✓
Item 15 – AED operation		✓
Item 16 – Two-rescuer CPR and AED		✓
Item 17 – Shock and fainting		✓
Item 18a – Convulsions		✓
Item 18b – Problems related to glycemia		✓
Item 19a – Cardiovascular emergencies		✓
Item 19b – Respiratory emergencies		✓
Item 19c – Poisoning		✓
Item 19d – Abdominal pain		✓
Item 20a – Problems related to cold		✓
Item 20b – Problems related to heat		✓
Item 20c – Burns		✓
Item 20d – Drowning		✓
Item 21 – Bleeding		✓
Item 22 – Head or spinal injury		✓
Item 23a – Musculoskeletal injuries		✓
Item 23b – Soft tissue injuries		✓
Item 23c – Thoracic injuries		✓
Item 23d – Facial injury		✓
Item 25 – Entries/removals		✓
Item 26 – Spinal injuries		✓
Item 27a – Lifesaving (unconscious victim)		✓
Item 27b – Lifesaving (non-swimmer victim)		✓
Item 27c – Lifesaving (injured victim)		✓
Item 27d – Lifesaving (submerged victim)		✓