

TRAINING PREPARATION

NATIONAL LIFEGUARD INSTRUCTOR

The National Lifeguard Instructor training prepares the instructor to teach one or many of the four National Lifeguard options, i.e. Pool, Waterpark, Waterfront and Surf.

During the Lifesaving Society's National Lifeguard trainings, instructors must teach according to the award guide and reference manuals content.

Participants are expected to know and use the content of reference manuals for National Lifeguard trainings, i.e. the *Canadian First Aid Manual*, the *Canadian First Aid Manual* and the *Alert* manual. The *National Lifeguard Award Guide* will be handed out at the beginning of the training.

PREPARATION

Before beginning the training, the candidate must master lifesaving and first aid techniques corresponding to the National Lifeguard options held by the participant. Therefore, the Lifesaving Society strongly recommends that candidates registered for the National Lifeguard training prepare as follows:

- Read reference manuals:
 - *Canadian First Aid Manual WITH 2020 ILCOR STANDARDS*
 - *Canadian Lifesaving Manual*
 - *Alert Manual*
- Read the current edition of the *Program Guide*

- Practice lifesaving and first aid techniques related to the National Lifeguard options held by the participant.
- Assemble a first aid training kit (will also be useful when you teach first aid or lifesaving).
- Communicate with a Mentor if one or more level 1, 2 or 3 performance criteria are not met. They will be able to help you meet these criteria before beginning your training.

MATERIAL NEEDED FOR THE TRAINING

- *Canadian First Aid Manual with 2020 ILCOR Standards*
- *Canadian Lifesaving Manual*
- *Alert Manual*
- *Leadership Reference Manual**
- *Leadership Competencies guide**
- *Program Guide*
- *National Lifeguard award guide***
- Pen and paper
- Watch or chronometer
- Pocket mask and several pairs of gloves
- Training first aid kit

* If you already have these manuals. Otherwise, you will have to buy them when you register, and they will be handed to you on the first day of training.

**Is included in your course fee and will be provided at your first class or sent by mail, depending on the chosen course option.