

GETTING READY TO MY RECERTIFICATION:**LIFESAVING INSTRUCTOR (LI) AND FIRST AID INSTRUCTOR (FAI)****PREPARATION**

- Read over the current edition (2015) of the *Canadian First Aid Manual*.
- Check out the slideshow *Changements dans les premiers soins et la RCR – ILCOR 2015* (in French only) in the First Aid section of your Dashboard at www.sauvetage.qc.ca. (FAI)
- Review the Anaphylaxis-rescuer course documentation available on your Dashboard, in particular the protocol included in the *Diaporama de la formation pour le moniteur* (in French only) amongst others.(FAI)
- Practise the Bronze Cross rescues and physical fitness items.(LI)

MATERIAL TO BRING

- Lifesaving Instructor and/or First Aid Instructor awards*
- Training first aid kit
- Gloves and pocket mask
- Award guides of Bronze Medal Awards and Swim Patrol (LI)
- Guide des certificats Soins d'urgence* (in French only) (FAI)
- Canadian Lifesaving Manual* and *Canadian First Aid Manual*
- Leadership Reference Manual*
- Notebook and pencils
- Swimsuit and towel (LI)

IMPORTANT NOTES

- Any candidate 15 minutes late or more, no matter why, will be automatically refused to recertification.
- You must be able to perform all evaluated items at the time of your Lifesaving Instructor recertification. Evaluation criteria do not take into account injuries or illness and no exemption will be granted upon presentation of a medical certificate.
- If you don't feel confident about taking the recertification, please consider taking it later to better prepare yourself and review your resuscitation and rescue techniques.
- A recertification is an exam, which means that no practice time will be allowed. This is why we highly recommend practising yourself before the Lifesaving Instructor recertification.
- If you have lost your award, please contact the Lifesaving Society to order a new one.

*Candidates who don't have their awards with them at the recertification must fill the Certification Statement Form.