



TRAINER

20-HOUR

COURSE OUTLINE

September 2025

LIFESAVING

FIRST AID

BOATING

EDUCATION

SWIMMING

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Registered Charity number: 10479 7212 RR0001



INTRODUCTION AND COURSE OBJECTIVES

A trainer is a true leader in the lifesaving community. They are also a person of reference whose expertise and passion are indispensable to the future of lifesaving and first aid. By taking one apprenticeship per option, the Trainer will be able to teach the following certificates: Lifesaving Instructor, Swim instructor, National Lifeguard Instructor and First Aid Instructor. The Trainer is also eligible to become a Mentor.

This training enables candidates to deepen their knowledge of teaching and develop the 13 competencies of the Leadership program, with the aim of achieving at least level 4. In addition, the candidate will have the opportunity to learn how to develop the skills of instructor candidates who will be able to teach and evaluate Lifesaving Society training courses.

LEARNING OBJECTIVES AND CONTENT

To find out what the candidate will be able to do at the end of the course, please refer to the Evaluation section.

PREREQUISITIES

- ☐ Hold a Swim Instructor or Lifesaving Instructor or First Aid Instructor or National Lifeguard Instructor award
- ☐ Have teaching experience:
 - Swim Instructor:
 - Have taught 60 hours of swimming lessons
 - Lifesaving Instructor:
 - Have taught a Bronze Medallion course
 - Have taught a Bronze Cross course
 - Have evaluated a Bronze Medallion course
 - Have evaluated a Bronze Cross course
 - First Aid Instructor:
 - Have taught two First Aid courses
 - National Lifeguard Instructor:
 - Have taught one National Lifeguard course
 - Have evaluated one National Lifeguard course
- ☐ Demonstrate level 3 competencies of the Leadership program
- ☐ Submit a written recommendation from an affiliate member or trainer (recommendation)

ATTENDANCE

Candidates must attend and participate in all sessions to complete the course properly (20h).

ATTITUDES AND BEHAVIOR

Respectful and safe behavior will be required throughout the training; failure to comply may result in the candidate being excluded from the course. Candidates must also participate actively, demonstrate diligence, punctuality, and leadership.

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](#).

REQUIRED MATERIALS

- ☐ *Leadership Reference manual*
- ☐ *Leadership Competencies guide*
- ☐ *Swim Instructor and Lifesaving Instructor award guide*
- ☐ *First Aid instructor award guide*
- ☐ *National Lifeguard Award guide*
- ☐ *Canadian Lifesaving manual*
- ☐ *Alert! Lifeguarding in Action manual*
- ☐ *Canadian First Aid manual*
- ☐ *Program guide (download) (in French only)*

AWARD

Upon successful completion of the course, the candidate will be awarded the Trainer award. This certificate is valid for one (1) year from the date of the last course. It gives access to apprenticeships for the Lifesaving instructor, Swim instructor, First aid instructor or National lifeguard instructor. Award must be recertified every two years to keep them up to date. Only current award specifying a Trainer option, such as Trainer – Lifesaving instructor, allow the candidate to teach Instructor courses for the option specified on the award.

EVALUATION

By the end of the training program, the candidate must achieve and demonstrate the performance criteria for levels 1, 2 3 and 4 for the 13 competencies of the Leadership program. These performance criteria are assessed by the candidate and the trainer throughout the course. Level 1, 2 and 3 performance criteria should be acquired before the start of training. Level 4 criteria will be demonstrated throughout the training.

A development plan will be written up by the candidate with the help of the trainer to achieve the performance criteria of the target level (training level or higher).

At the end of the training course, there are three possible outcomes:

- ☐ Success: the candidate obtains the Trainer award, giving them access to the training course leading to the Trainer award for the chosen option.
- ☐ Fail: candidate must repeat the training course
- ☐ Awaiting final result: the candidate must complete his or her development plan in order to demonstrate all the performance criteria required for success. A reassessment of the result takes place once the development plan has been completed.

ADMINISTRATION

Location : _____

Course dates and
schedule : _____

IMPORTANT NOTICE

You are responsible for updating your contact information before the last day of the course in your profile at www.sauvetage.qc.ca. In the event of an error in your contact information when mailing your award, you will be charged a fee if you omitted to update your contact information.

For all technical questions, the certified trainer teaching the course should always refer you to the Lifesaving Society's official documentation, such as manuals, award guides and the Lifesaving Society's program guide.



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