

NATIONAL LIFEGUARD INSTRUCTOR 20-HOUR

COURSE OUTLINE

September 2025

LIFESAVING FIRST AID BOATING EDUCATION SWIMMING

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Registered Charity number: 10479 7212 RR0001



**PREVENT
DROWNING**

INTRODUCTION AND COURSE OBJECTIVES

By becoming a National Lifeguard Instructor, candidates have the opportunity to share their passion for lifesaving and contribute to maintaining the high standards required of National Lifeguard award holders. They can put their experience to good use and guide the lifeguards of tomorrow through the various options offered by the National Lifeguard training program.

In general, during this training, candidates have the opportunity to acquire advanced knowledge of the teaching approaches appropriate for this program through practical exercises and examples. This training also aims to familiarize candidates with the essential resources for organizing, planning, and managing a course. Candidates must know and master the various items to be evaluated as part of the National Lifeguard award and learn the administrative policies and procedures related to teaching and evaluating candidates. After obtaining the National Lifeguard Instructor award, an apprenticeship for each option will be required in order to teach the option in question, i.e., Pool, Water Park, Waterfront, or Surf.

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 Leadership Skills Guide.

PREREQUISITIES

- ☐ Lifesaving Instructor award
- ☐ National Lifeguard award (in at least one option)
- ☐ Complete a self-assessment for levels 1 and 2
- ☐ Have taught and evaluate 2 Bronze level courses
- ☐ First-aid instructor award (recommended)

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, 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](#).

REQUIRED MATERIALS

- ☐ Pocket mask and gloves
- ☐ Practice first-aid kit
- ☐ *Leadership Reference manual*
- ☐ *Leadership Competencies guide*
- ☐ *National Lifeguard Award guide*
- ☐ *Canadian Lifesaving manual*
- ☐ *Alert! Lifeguarding in Action manual*
- ☐ *Canadian First Aid manual*
- ☐ *Program guide (download)*

AWARD

Upon successful completion of the course, the candidate will be awarded the National Lifeguard Instructor award. This certificate is valid for two (2) years from the date of the last course. It gives access to apprenticeships for the National lifeguard instructor - Pool or National lifeguard instructor - Waterfront certification, and then to the other two National Lifeguard options. Award must be recertified every two years to keep them up to date. Only current certificates specifying a National Lifeguard option, such as National Lifeguard Instructor - Pool, allow the candidate to teach National Lifeguard courses for the option specified on the certificate.

EVALUATION

By the end of the training program, the candidate must achieve and demonstrate the performance criteria for levels 1, 2 and 3 for the 13 competencies of the Leadership program. These performance criteria are assessed by the candidate and the trainer throughout the course. Level 1 and 2 performance criteria should be acquired before the start of training. Level 3 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 National Lifeguard Instructor award, granting them access to the training course leading to the National Lifeguard Instructor award in their 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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