Physical/Health Education 30F & 40F Lifeguarding
Course Outline

INSTRUCTOR

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COURSE DESCRIPTION

This course includes all the prerequisites to become a National Lifeguard, the industry standard to be employed as a lifeguard. Certification in standard first aid, bronze medallion, bronze cross and national lifeguard are the focus of this course.

Students must meet all outcomes for each unit to be able to move onto the next component of the course.

September	Unit 1: Standard First Aid
October	Unit 2: Bronze Medallion Challenge
Oct/Nov	Unit 3: Bronze Cross Challenge
Nov/Dec/Jan	Unit 4: National Lifeguard

GENERAL OBJECTIVES

Unit 1: Standard First Aid

Students learn the skills required to preserve life, prevent further injury and promote recovery. Topics will include, scene recognition, primary emergencies, secondary emergencies, AED & airway management.

Unit 2: Bronze Medallion

Students learn tows & carries, and defence & release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim

Unit 3: Bronze Cross

Students will be introduced to more advanced training including an introduction to safe supervision in aquatic facilities. Bronze cross is a prerequisite for all advanced training programs including National Lifeguard and Instructors certification

Unit 4: National Lifeguard

National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment.

CLASSROOM EXPECTATIONS

Standard First Aid component will be taught in the classroom at SVRSS
All aquatic components will be taught at the Swan Valley Credit Union Aquatic Centre
Students are to go directly to the pool for Block 1
Pool sessions will start at 9:00am (sharp) on the pool deck.
Classes missed may require to be “made up” at the discretion of the instructor
National Lifeguard exam will take place in late January, 2027
National Lifeguard exam typically takes 3-4 hours.

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ASSESSMENT

The mark on PowerSchool represents the % of the course that is completed.
100% of the course is required to be completed before a credit can be granted.

Students who do not meet the requirements of each Unit will not be allowed to continue in the lifeguarding program and will be moved into an "OUT" Physical Education course.

FINAL MARK

When the course is completed, the mark of 100% will be converted to a Complete (CO) designation.

OTHER

The cost of the course is $180, payment to be made out to SVRSS School Funds. DUE: Nov 1, 2026

Students who plan to pursue further courses in lifeguarding are recommended to purchase their textbooks at the end of the course as resource materials.

Students may require additional time in the pool outside of the course to work on their "swimming fitness"

An OPTIONAL practicum experience called "Shadow Guarding" may be available for those students interested in employment.

Shadow Guarding involves the following: general work responsibilities (both "on" & "off" the pool deck), opening & closing the facility, and water testing procedures.

Shadow Guarding dates run through the Christmas Holidays and Saturday/Sundays during the month of January, if interested please let your instructor know for scheduling purposes.