

# Candidate Recertification Guide

# National Lifeguard



Candidate Recertification Guide for the  
National Lifeguard Awards



LIFESAVING SOCIETY  
*The Lifeguarding Experts*



LIFESAVING SOCIETY

*The Lifeguarding Experts*

## NLS CANDIDATE RECERTIFICATION GUIDE

---

Published by the Lifesaving Society  
11759 Groat Road  
Edmonton, Alberta, Canada T5M 3K6  
Phone (780) 415-1755; Fax (780) 427-9334  
Email: [experts@lifesaving.org](mailto:experts@lifesaving.org); Website: [www.lifesaving.org](http://www.lifesaving.org)

First Printing March 2004

Copyright 2004 by The Royal Life Saving Society Canada. Reproduction, by any means, of materials contained in this book is prohibited unless authorized by the publisher. Direct inquiries can be made to the Lifesaving Society office.

The Lifesaving Society is Canada's lifeguarding experts. The Society is a national charitable organization working to prevent drowning and water-related injuries through lifeguard, lifesaving, and swimming training, competitive lifesaving, safety management standards and services, and Water Smart® public education.

The Society is an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

---

Lifesaving Society®, Swim for Life™, Swim to Survive™, and Water Smart® are registered trademarks of the Royal Life Saving Society Canada. Trademarks other than those owned by the Lifesaving Society used in this document belong to their registered owners.

# NATIONAL LIFEGUARD CANDIDATE

---

## RECERTIFICATION GUIDE



LIFESAVING SOCIETY®  
*The Lifeguarding Experts*

# Canada's Lifeguarding Experts

*The Lifesaving Society, Canada's lifeguarding expert, works to prevent drowning and water-related injury through its training programs, Water Smart® public education and aquatic safety management services.*

## **Teaching Canadians to save themselves and others**

The Society certifies 200,000 Canadians annually in lifesaving, lifeguarding and leadership training programs. The Swim for Life Program, Junior Lifeguard Club, the Canadian Swim Patrol program, the Bronze medal awards and Lifesaving First Aid offer young people and adults a challenging progression in swimming and lifesaving training. Our National Lifeguard certification is the standard for professional lifeguards in Canada.

## **Making Canadians Water Smart®**

Our annual drowning research focuses our Water Smart® drowning prevention efforts on those people most at risk — like men fishing in small boats — or on those who can make a significant difference, such as parents of young children.

## **Setting the standard**

The Lifesaving Society establishes aquatic safety standards and consults on aquatic safety issues for the aquatic industry and governments.

## **With all the experience in the world**

The Lifesaving Society is a leader and partner in the delivery of water safety education in Canada and around the world. The Society represents Canada in the International Life Saving Federation and the Royal Life Saving Society. Our international connections mean the Lifesaving Society brings Canadians the best the world has to offer.

## **The Lifesaving Society**

The Lifesaving Society is a national volunteer organization and registered charity composed of tens of thousands of individual members and thousands of affiliated swimming pools, waterfronts and schools. Established in England (1891) as The Swimmers' Life Saving Society, we became The Royal Life Saving Society in 1904. Today, we're known to Canadians simply as the Lifesaving Society. The Royal Life Saving Society Canada is the sole owner of the National Sport Organization for competitive lifesaving in Canada through its membership in the International Life Saving Federation. The Provincial Branches of the Lifesaving Society are the owners of the Provincial Sport Organizations for competitive lifesaving in each province and territory through their membership in the Royal Life Saving Society Canada.



# Contents



<b>Introduction</b>	<b>1</b>
<b>Recertification Exams</b>	<b>2</b>
What Items are Included in a Recertification Exam?	2
NLS Recertification Review Sessions	2
<b>Resources for Candidates</b>	<b>3</b>
What Do I Do with my Old National Lifeguard Standards Manual?	3
<b>Preparing for the Changes</b>	<b>4</b>
Recertification and First Aid Skills	4
Barrier Devices	4
Lifeguard Theory and Practice	4
Communication Skills	4
Management of a Spinal Injured Victim	5
Physical Standards	5
Lifeguarding Situations	6
<b>National Lifeguard Awards</b>	<b>7</b>
NLS Core	7
NLS Pool	8
NLS Waterpark	10
NLS Waterfront	11
NLS Surf	12



# Introduction



Welcome to the NLS Candidate Recertification Guide - your guide to the revised National Lifeguard Awards from the Lifesaving Society. The purpose of this guide is to provide you with the information you need to prepare in order to be successful at your next NLS Recertification Exam. This guide provides you with the following information:

- h the curriculum for each NLS award
- h references in Alert and the Canadian Lifesaving Manual for the content you will need to use for your exam preparation
- h tips for preparing for the recertification exam
- h highlights of the changes to the NLS Award that may affect you

The release of the Revised NLS Awards in 2004 marks an important anniversary for the Lifesaving Society – the 40<sup>th</sup> anniversary of the NLS Awards. In 1964, the Lifesaving Society launched the first dedicated lifeguard training program in Canada. Prior to 1964, lifeguards were Bronze Medallion lifesavers who tried their best to use their lifesaving skills to prevent injuries at supervised facilities. With the launch of the NLS awards, lifeguards received specific training for the critical recognition, prevention and teamwork roles of the lifeguard. This program has been recognized internationally and has been used as a model for other lifeguard training programs throughout the Royal Life Saving Society Commonwealth. The Revised awards continue this leadership within Canada and internationally.

Revisions is the process the Lifesaving Society uses to regularly review and evaluate our training programs. The NLS Revisions focussed on all four of the NLS award options including the NLS Core items. The NLS Revisions Process included a wide ranging research and consultation component that included:

- h discussions with our customers
  - h consultations with NLS Instructors, Instructor Trainers and Aquatic Programmers
  - h review of the Society's extensive Drowning Research
  - h review of other relevant research such as first aid standards, fitness standards, candidate safety, etc.
  - h pilot testing of the proposed revisions to the award items with real NLS candidates
- The intent of this research and consultation was to design a program that was challenging, flexible, accessible and relevant to the needs of our customers. The feedback from the pilot courses tells us we were successful.

# Recertification Exams



The NLS recertification exam is your opportunity to demonstrate your NLS skills and recertify your award. You are responsible for reviewing the required content and skills and preparing yourself for the exam. Your exam is based on the NLS Award curriculum and the required content for this curriculum can be found in your Alert and Canadian Lifesaving Manual (CLM).

As part of the recertification examination process, you should receive feedback from your instructor. The feedback generally takes two forms: acknowledgement of successful completion of the skill or as a teaching comment designed to explain the behavior that must be demonstrated to successfully achieve the curriculum item. If you can successfully apply the feedback and demonstrate the skill correctly, you should pass the award item.

## What Items are included in a Recertification Exam?

For the NLS Pool, Waterfront and Surf awards, the exam includes all of the Core and the Option Curriculum Items (eg. Pool Items). Because NLS Pool is a prerequisite for the NLS Waterpark award, the recertification exam only includes the Waterpark Option Items, not Core. During your recertification exam, your NLS Instructor may choose to combine some award items to make efficient use of examination time.

## NLS Recertification Review Sessions

To assist NLS recertification candidates to prepare for their recertification exam, the Lifesaving Society has encouraged Affiliate Facilities offer a review session to help you experience and practice the NLS curriculum items to prepare for your recertification exam. This will provide you with the opportunity to learn about and try the NLS recertification exam items, identify any skills you need to practice before the exam and assess your current fitness level. When looking for a NLS recertification exam, ask your facility if they are planning or would be willing to offer a review session to help you prepare for the recertification exam.

# Resources for Candidates



To prepare for your NLS recertification exam, the Alert and Canadian Lifesaving Manuals are your guide to the skills and knowledge you will be expected to demonstrate during your exam. Do not just show up at the exam without any preparation. Taking some time to review the manuals, assess your fitness level and practice your skills will prepare you for success.

## 1. Alert

The Alert is the "How to do it" content reference resource for lifeguard candidates and NLS instructors. It includes the descriptions and illustrations showing how to perform most of the lifeguarding skills taught in the NLS Program. This is an excellent resource for you - remember to use it to review and practice your lifeguarding skills.

## 2. Canadian Lifesaving Manual

The CLM is the "How to do it" content reference resource for lifesaving skills. It includes the descriptions and illustrations showing how to perform the lifesaving skills taught in the Canadian Lifesaving Program. The Alert does not include the many lifesaving skills that you apply in the NLS course or recertification exam. Examples of these lifesaving skills includes most of the information about entries and removals or spinal injury management.

**Note:** Bronze Cross is a prerequisite for NLS and provides the lifesaving skills foundation for lifeguarding. Recertifying your Bronze Cross award is an excellent way to refresh your lifesaving skills.

## 3. Policy and Procedures

Policy and Procedures contains the rules for Lifesaving Society programs and Lifesaving Society Instructors such as NLS Instructors. This is an excellent resource to use to learn more about the Lifesaving Society and its programs. NLS candidates do not receive the policy and procedures with their course materials, but it can be reviewed and/or downloaded from the Lifesaving Society website at [www.lifesaving.org](http://www.lifesaving.org)

## What Do I Do with my Old National Lifeguard Standards Manual?

When you took your NLS course, you received the National Lifeguard Standards manual in your package of NLS literature. The manual provided you with the curriculum items for the NLS Award that you would be required to demonstrate to achieve NLS certification. The NLS Curriculum has changed and your National Lifeguard Standards manual is out of date. Please retire it. This recertification guide contains the new curriculum item descriptions for the NLS Awards.

# Preparing for the Changes



## Resuscitation and First Aid Skills

The NLS awards no longer include separate curriculum items for Resuscitation and First Aid Skills. Bronze Cross and a current Standard First Aid award such as Aquatic Emergency Care (AEC) or Lifesaving Standard First Aid (LSFA) are prerequisites for NLS courses. You will be required to apply your first aid skills within the Lifeguarding Situations, Management of a Submerged Nonbreathing Victim and the Management of a Spinal Injured Victim.

To recertify your NLS Award, you are not required to hold a current Standard First Aid award, but maintaining a current Lifesaving First Aid award such as AEC or LSFA is good preparation for your NLS recertification exam. Also, review your first aid manual or the first aid sections of your Canadian Lifesaving Manual.

## Barrier Devices

NLS candidates must be able to demonstrate the use of barrier devices – gloves and pocket mask as part of their lifeguard skills. The Lifesaving Society recommends that you have a personal set of devices for practice and as part of your personal first aid kit. Remember to disinfect the pocket masks after use – see page 7-16 of your CLM. Do not use the one-way valve when practicing - the valves cannot be properly disinfected and reused. As a value added service, your facility may choose to offer for sale barrier devices and whistles (a lifeguard kit). You can also purchase barrier devices from the Lifeguard Store on the Lifesaving Society website: [www.lifesaving.org](http://www.lifesaving.org). If you have not used barrier devices before, now is the time to learn.

## Lifeguard Theory and Practice

This item was expanded to clearly identify the specific content required for this award item. The item was edited to provide better guidance for instructors to identify the required content and keep it simple for their students.

Example: lifeguards must be able to define their legal obligations in terms of duty and standard of care, liability and negligence. This keeps this material simple and relatively easy to understand for both the instructor and the candidate. Chapter 8: The Lifeguard and the Law of the Alert contains much more information about the legal system than that required for the NLS Awards.

## Communication Skills

The Communication Item was expanded to a 2 part item to address 2 different target groups:

- 2a. Public (public relations) and victims
- 2b. Fellow lifeguards, Supervisor(s) and employer, Emergency Services personnel, and Other co-workers

This item is an *introduction* of these skills for NLS. Mastery of these skills will require experience and other training that the you will acquire on the job.

### Management of a Spinal Injured Victim

This item was revised to provide better guidance about the range of spinal injury conditions that you should learn to manage. Piloting of the NLS Awards and the Bronze Cross Award revealed that some candidates were not making effective use of the Canadian Lifesaving Manual and the Alert when learning and practicing these skills.

Example: Questions were asked about when to start rescue breathing on a nonbreathing spinal victim – in the water or remove first. The answer is very clear on page 53 of the Alert. The Alert and CLM are the source of the content that you will apply to successfully demonstrate the required skills for this item.

### Physical Standards

The most significant changes in Fitness items affect the Pool and Waterpark options. You should evaluate your personal fitness and swimming skills. It may be necessary to invest in some swimming training before the exam. Better still, maintaining your fitness and skills throughout the year is recommended.

**Pool** The physical standard for Pool Option was moved from Core to the Pool Option section. This recognized that these were pool specific physical standards. There are 4 items:

- 6a. A spinal carry involving a 15m carry of a spinal victim
- 6b. A 15m approach to recover a 9kg object and carry it 5m to the pool side
- 6c. A 15m approach to a victim and a 5m carry
- 6d. A rescue drill involving a 5m approach on deck, entry, 15m approach, recovery of a submerged victim and a 15 m carry.

There are many effective ways to successfully complete these skills. If a solution meets the minimum criteria for the item, it is acceptable.

Example: any method of supporting and carrying the object in Item 6b is acceptable.

**Note:** only Item 6c requires a head up swimming approach. The other 3 items only require a quick approach such as regular front crawl.

**Waterpark** Because Pool Option is a prerequisite for the Waterpark Option and many waterparks may not include deep water, the physical standard item was removed. Employers of waterpark lifeguards will set facility specific physical standards that meet the needs of their specific facility.

**Waterfront and Surf** The distance for the surf option physical standard was changed to match the waterfront distance standard. Both options allow you to use an approach stroke that may be head up or with the head in the water regularly looking up to check victim location.

## Lifeguarding Situations

All NLS options include a Lifeguarding Situations Item that teaches and evaluates lifeguarding skills in the specific environment – eg. Pool for Pool Option, Beach for Waterfront Option. The most significant change was in the Item description: *Respond to emergency situations as a single lifeguard or as a member of a lifeguard team*. It is now very clear that candidates must be trained for single lifeguard situations as well as team lifeguard situations with 2 or more lifeguards.

**Waterpark** The Waterpark Award was revised to reflect that Waterpark lifeguards need the same skills foundation as Pool lifeguards. The Pool option is the prerequisite for the Waterpark Option. A wave pool is no longer a requirement in order to teach and evaluate the Waterpark Option.

The award items recognize that waterparks have a widely varied mix of features and that only some features may be present at a specific waterpark. The NLS Waterpark Instructor can use her creativity to simulate missing features to teach and evaluate award items for missing features.

Example: the requirements for Item 4 Wave Pools do not require performing the skills in waves because the usual practice at a wave pool is to stop the waves if a lifeguard must enter the water to perform a rescue.

**Waterfront and Surf** **Skin Diving Skills**

The purpose of teaching skin diving skills in the Waterfront and Surf Options is to provide you with skills that can be used for underwater searches. Clearing a mask underwater was changed to require that the lifeguard be able to surface under control with the mask full of water. This reflects the real world where lifeguards surface to empty the mask if it becomes filled with water. The ability to clear a mask under water is a scuba skill and not required or relevant for lifeguards.

### Search – Items 5

The Waterfront and Surf Search Items require that you learn to use mask, fins and snorkel as one method for conducting underwater searches. Candidates should also experience underwater searches that do not use this equipment.

# National Lifeguard Awards



## At-a-glance

This section provides an at-a-glance overview of the NLS Awards. It includes an overview of the general aims of the awards and descriptions of the NLS Award curriculum items for each NLS award. You can use it as a guide to the information and skills you will need to review to prepare for your NLS Recertification exam. It includes references to Alert and the Canadian Lifesaving Manual that will help you find and review the appropriate content.

### NLS Core

The Lifesaving Society's National Lifeguard core curriculum teaches the basic principles of lifeguarding in any aquatic situation. The core curriculum is taught and evaluated with the NLS Pool, Waterfront and Surf awards.

#### Lifeguarding Theory and Practice

Through practical activities, candidates demonstrate an ability to answer questions on their understanding of the principles and techniques of lifeguarding included in the NLS curriculum. In addition, candidates prepare to answer questions drawn from the Canadian Lifesaving Manual (CLM) and Alert: Lifeguarding in Action, including:

- h Explain the role and responsibilities of the NLS lifeguard in terms of role modeling, prevention, and rescue (Alert, Chapter 1).
- h Describe critical incident stress and how it can impact lifeguards responding to both successful and unsuccessful rescues (CLM, Appendix A; Alert, Chapter 6).
- h Define the legal obligations of the lifeguard in terms of duty and standard of care, liability, and negligence (Alert, Chapter 8).
- h Provide an example of a training activity to improve one component of physical fitness (muscular endurance, cardiovascular endurance, strength, speed, power, flexibility) as identified by the evaluator.
- h Explain how to adapt emergency procedures for a facility with only one trained lifeguard on duty, how to use auxiliary staff or bystanders, and discuss the value of written procedures as part of the staff manual.
- h Provide an example of the regulations that regulate workplace health and safety for lifeguards, for example, WHMIS, Occupational Health and Safety, and Worker's Compensation.

#### Lifeguard Communication

Demonstrate effective communication with:

- h Public (public relations)
- h Victims
- h Fellow lifeguards
- h Supervisor(s) and employer
- h Emergency services personnel
- h Other co-workers (e.g. cashiers, custodial staff)

References: Alert Lifeguarding in Action, Chapter 2 Accident Prevention: Communication with Patrons, Chapter 3 Aquatic Emergencies: Communication with the emergency services, Chapter 12 Surf and Waterfront Operation and Safety: Communication systems

<b>Management of a Drowning Victim</b>	Demonstrate effective management of drowning victim in deep water. References: Alert Lifeguarding in Action, Chapter 3 Aquatic Emergencies: Characteristics of different victim types Canadian Lifesaving Manual, Chapter 4 The Rescue of Others
<b>Management of a Submerged Non-Breathing Victim</b>	Demonstrate effective management of a submerged non-breathing victim. References: Canadian Lifesaving Manual, Chapter 4 The Rescue of Others, Chapter 7 Lifesaving Priorities: The ABCs: Rescue breathing
<b>Management of a Spinal Injured Victim</b>	Demonstrate effective management of a victim with a suspected spinal injury. References: Alert Lifeguarding in Action, Chapter 3 Aquatic Emergencies: Recognition and Intervention, Chapter 4 Lifeguarding Skills and Procedures: Management of spinal injuries Canadian Lifesaving Manual, Chapter 5 Specialized Lifesaving Skills: Rescue procedures for spinal injuries
<b>Supervision: Victim Recognition</b>	Demonstrate ability to recognize individuals or groups who may require lifeguard intervention or education to prevent an incident. References: Alert: Lifeguarding in Action, Chapter 2 Accident Prevention: Facility analysis and supervision, Chapter 3: Aquatic Emergencies: Recognition and intervention

## NLS Pool

The Lifesaving Society's National Lifeguard Pool Certification builds on the fundamental skills, knowledge, and values taught in the NLS Core content to train lifeguards in safety supervision and rescue in a pool environment.

<b>Pool Analysis</b>	Through practical activities wherever possible, candidates demonstrate an understanding of: <ul style="list-style-type: none"> <li>h Features that vary from pool to pool (or from time to time) and how analysis of these affects lifeguarding.</li> <li>h The role of water treatment systems in providing a safe and comfortable bather environment.</li> <li>h The hazardous nature of chemicals used in swimming pools and the special training required for safe handling.</li> <li>h Environmental hazards of pools such as glare, water quality, and evacuations due to weather.</li> </ul> Reference: Alert: Lifeguarding in Action, Chapter 11 Swimming Pool Operation and Safety
<b>Pool Supervision: Scanning and Observation</b>	Establish effective supervision of an aquatic facility using observation skills and scanning techniques. Reference: Alert: Lifeguarding in Action, Chapter 2 Accident Prevention
<b>Pool Supervision: Positioning and Rotation</b>	Establish effective supervision of an aquatic facility through lifeguard positioning and rotation. Reference: Alert: Lifeguarding in Action, Chapter 2 Accident Prevention
<b>Entries and Removals</b>	Demonstrate three entries and three removals appropriate for a pool environment. Reference: Alert: Lifeguarding in Action, Chapter 4 Lifeguarding Skills and Procedures Canadian Lifesaving Manual, Chapter 4 The Rescue of Others

<b>Specialized Techniques</b>	<p>Demonstrate appropriate rescue techniques for specific pool features (e.g. deep water, bulkheads, shallow steps, wading pool, whirlpool, heights, ramps, slides, diving boards or towers, wave action pools).</p> <p>Reference: Alert: Lifeguarding in Action, Chapter 4 Lifeguarding Skills and Procedures Canadian Lifesaving Manual, Chapter 4 The Rescue of Others, Chapter 5 Specialized Lifesaving Skills</p>
<b>Pool Search: Missing Person</b>	<p>Demonstrate an effective search of the facility for a missing person.</p> <p>Reference: Alert: Lifeguarding in Action, Chapter 4 Lifeguarding Skills and Procedures: Missing person and search procedures Canadian Lifesaving Chapter 5 Specialized Lifesaving Skills: Searches for missing persons</p>
<b>Physical Standard: Spinal Carry</b>	<p>Starting in the water near the victim, roll over an unconscious victim with a suspected spinal injury in deep water. Carry the victim 15 metres while maintaining immobilization and supporting the victim's mouth and nose above water.</p> <p>References: Alert Lifeguarding in Action, "Chapter 4 Lifeguarding Skills and Procedures: Management of spinal injuries Chapter 10 Pre-season and Inservice Lifeguard Training Canadian Lifesaving Manual, Chapter 5 Specialized Lifesaving Skills: Rescue procedures for spinal injuries, Chapter 10 Physical fitness and lifesaving</p>
<b>Physical Standard: Object Recovery</b>	<p>Starting in the water, demonstrate a 15 metre approach and surface dive to recover a 9 kg (20 lb.) object located at a maximum depth of 3 metres; surface and carry the object 5 metres to poolside.</p> <p>References: Alert Lifeguarding in Action, Chapter 10 Pre-season and Inservice Lifeguard Training Canadian Lifesaving Manual, Chapter 10 Physical fitness and lifesaving</p>
<b>Physical Standard: Approach and Carry</b>	<p>Starting in the water, demonstrate a 15 metre approach to contact a near-drowning victim in deep water; carry the victim 5 metres supporting head and shoulders above water.</p> <p>References: Alert Lifeguarding in Action, "Chapter 4 Lifeguarding Skills and Procedures, Chapter 10 Pre-season and Inservice Lifeguard Training Canadian Lifesaving Manual, Chapter 4 The Rescue of Others, Chapter 10 Physical fitness and lifesaving</p>
<b>Physical Standard: Rescue Drill</b>	<p>Demonstrate a 5 metre approach on deck to enter the water and approach 15 metres to recover a submerged victim; carry the victim 15 metres using a control carry.</p> <p>References: Alert Lifeguarding in Action, "Chapter 4 Lifeguarding Skills and Procedures, Chapter 10 Pre-season and Inservice Lifeguard Training Canadian Lifesaving Manual, Chapter 10 Physical fitness and lifesaving</p>
<b>Pool Lifeguarding Situations</b>	<p>Respond to emergency situations as a single lifeguard or as a member of a lifeguard team.</p> <p>Reference: Alert: Lifeguarding in Action, Chapter 4 Lifeguarding Skills and Procedures, Chapter 6 Aquatic Emergency Care Canadian Lifesaving Manual, Chapter 4 The Rescue of Others</p>

## NLS Waterpark

The Lifesaving Society's National Lifeguard Waterpark Certification builds on the fundamental skills, knowledge, and values taught in the NLS Pool to train lifeguards in safety supervision and rescue in a waterpark environment.

Waterparks vary in size and attractions. While the waterpark option provides NLS guards with a foundation in lifeguarding a waterpark, in-service training is required to effectively supervise water rides at a lifeguard's place of employment.

**Waterpark Analysis** Distinguish between a waterpark and other aquatic facilities. Identify the increased potential for danger in a waterpark.  
Reference: Alert: Lifeguarding in Action, Chapter 13 Waterpark Operation and Safety

**Slides** Demonstrate an understanding of safety considerations and effective lifeguarding for the following types of slides:

- h Moderate slides
- h High-speed slides
- h Drop-off slides
- h Free-fall slides
- h "Kiddie" slides

Reference: Alert: Lifeguarding in Action, Chapter 13 Waterpark Operation and Safety: Moving water and moving riders; Water slides

**River Rides** Demonstrate an understanding of safety considerations and effective lifeguarding for river rides, including:

- h Continuous rivers
- h Stop-and-go rivers
- h Slow rivers
- h Activity rivers

Reference: Alert: Lifeguarding in Action, Chapter 13 Waterpark Operation and Safety: Moving water and moving riders; River rides

**Wave Pools** Demonstrate an understanding of safety considerations and effective lifeguarding for wave pools.  
Reference: Alert: Lifeguarding in Action, Chapter 13 Waterpark Operation and Safety: Wave pools

**Waterpark Orientation** Walk through a waterpark, evaluate the on-going activities, and identify potential hazards.  
Reference: Alert: Lifeguarding in Action Chapter 13 Waterpark Operation and Safety

**Entries and Removals** Demonstrate entries and removals appropriate to wave pools, slides, catch basins, and other park apparatus.  
Reference: Alert: Lifeguarding in Action, Chapter 4 Lifeguarding Skills and Procedures, Chapter 13 Waterpark Operation and Safety  
Canadian Lifesaving Manual, Chapter 4 The Rescue of Others

**Waterpark Search** Demonstrate an effective search of a waterpark for a missing person.  
Reference: Alert: Lifeguarding in Action, Chapter 4 Lifeguarding Skills and Procedures: Missing person and search procedures  
Canadian Lifesaving Chapter 5 Specialized Lifesaving Skills: Searches for missing persons

**Spinal Injury** As a member of a team, perform a rescue of a victim with suspected spinal injury who is located in a catch basin, wave pool, channel, or who has fallen from a height.  
References: Alert Lifeguarding in Action, Chapter 3 Aquatic Emergencies: Recognition and Intervention, Chapter 4 Lifeguarding Skills and Procedures: Management of spinal injuries  
Canadian Lifesaving Manual, Chapter 5 Specialized Lifesaving Skills: Rescue procedures for spinal injuries

**Waterpark Emergencies: Slide Rescue** As a member of a team, perform a rescue of an injured victim in a water slide flume.  
Reference: Alert: Lifeguarding in Action Chapter 13 Waterpark Operation and Safety: Water slides, Chapter 6 Aquatic Emergency Care  
Canadian Lifesaving Manual Chapter 4 The Rescue of Others

**Waterpark Lifeguarding Situations** Respond to emergency situations as a single lifeguard or as a member of a lifeguard team.  
Reference: Alert: Lifeguarding in Action Chapter 4 Lifeguarding Skills and Procedures, Chapter 13 Waterpark Operation and Safety, Chapter 6 Aquatic Emergency Care  
Canadian Lifesaving Manual, Chapter 4 The Rescue of Others

## NLS Waterfront

The Lifesaving Society's National Lifeguard Waterfront Certification builds on the fundamental skills, knowledge, and values taught in the National Lifeguard core content to train lifeguards in safety supervision and rescue in a waterfront environment.

Use of equipment: Wetsuits and goggles may be used throughout the course. Fins may be used where indicated in the item notes.

**Waterfront Analysis** Through practical activities wherever possible, candidates demonstrate an understanding of how to analyze a waterfront and how this analysis affects lifeguarding.  
Reference: Alert: Lifeguarding in Action, Chapter 12 Surf and Waterfront Operation and Safety

**Waterfront Supervision: Scanning and Observation** Establish effective supervision of an aquatic facility using observation skills and scanning techniques.  
Reference: Alert: Lifeguarding in Action, Chapter 2 Accident Prevention: Facility Analysis and Supervision, Chapter 12 Surf and Waterfront Operation and Safety

**Waterfront Supervision: Positioning and Rotation** Establish effective supervision of an aquatic facility through lifeguard positioning and rotation.  
Reference: Alert: Lifeguarding in Action, Chapter 2 Accident Prevention: Facility Analysis and Supervision, Chapter 12 Surf and Waterfront Operation and Safety

**Use of Rescue Craft** Demonstrate effective use of a paddleboard or rescue craft.  
Reference: Alert: Lifeguarding in Action, Chapter 12 Surf and Waterfront Operation and Safety: Rescue equipment

**Skin Diving Skills** Demonstrate use of skin diving skills and equipment (mask, fins, and snorkel), including the following basic skills:

- h Surface under control with a mask full of water
- h Clear water from a snorkel
- h Surface dive

Reference: Alert: Lifeguarding in Action, Chapter 12 Surf and Waterfront Operation and Safety: Rescue equipment  
Canadian Lifesaving Manual, Chapter 5 Specialized Lifesaving Equipment: Using skin-diving equipment

**Waterfront Search: Missing Person** Demonstrate an effective search of a defined waterfront area for a missing person.

Reference: Alert: Lifeguarding in Action, Chapter 12 Surf and Waterfront Operation and Safety: Rescue equipment  
Canadian Lifesaving Manual, Chapter 5 Specialized Lifesaving Equipment: Using skin-diving equipment

**Entries and Removals** Demonstrate three entries and three removals appropriate for a waterfront environment.

Reference: Alert: Lifeguarding in Action, Chapter 4 Lifeguarding Skills and Procedures  
Canadian Lifesaving Manual, Chapter 4 The Rescue of Others  
Physical standard

Run 100 metres with a rescue aid, enter the water, and approach 100 metres to recover a victim of similar size and weight to the rescuer. Tow the victim to shore in 5-6 minutes depending on the water conditions.

References: Alert Lifeguarding in Action, "Chapter 4 Lifeguarding Skills and Procedures, Chapter 10 Pre-season and Inservice Lifeguard Training  
Canadian Lifesaving Manual, Chapter 10 Physical fitness and lifesaving

**Waterfront Lifeguarding Situations** Respond to emergency situations as a single lifeguard or as a member of a lifeguard team.

Reference: Alert: Lifeguarding in Action, Chapter 4 Lifeguarding Skills and Procedures, Chapter 5 Waterfront and Surf Rescues, Chapter 6 Aquatic Emergency Care  
Canadian Lifesaving Manual, Chapter 4 The Rescue of Others

## NLS Surf

The Lifesaving Society's National Lifeguard Surf Certification builds on the fundamental skills, knowledge, and values taught in the National Lifeguard core content to train lifeguards in safety supervision and rescue in a waterfront environment.

Use of equipment: Wetsuits and goggles may be used throughout the course. Fins may be used where indicated in the item notes.

**Surf Beach Analysis** Through practical activities wherever possible, candidates demonstrate an understanding of how to analyze a surf beach and how this analysis affects lifeguarding.

Reference: Alert: Lifeguarding in Action, Chapter 12 Surf and Waterfront Operation and Safety

**Surf Beach Supervision: Scanning and Observation** Establish effective supervision of an aquatic facility using observation skills and scanning techniques.

Reference: Alert: Lifeguarding in Action, Chapter 2 Accident Prevention: Facility Analysis and Supervision Chapter 12 Surf and Waterfront Operation and Safety

<b>Surf Beach Supervision: Positioning and Rotation</b>	Establish effective supervision of an aquatic facility through lifeguard positioning and rotation. Reference: Alert: Lifeguarding in Action, Chapter 2 Accident Prevention: Facility Analysis and Supervision, Chapter 12 Surf and Waterfront Operation and Safety
<b>Use of Rescue Craft</b>	Demonstrate effective use of a paddleboard or rescue craft. Reference: Alert: Lifeguarding in Action, Chapter 12 Surf and Waterfront Operation and Safety: Rescue equipment
<b>Skin Diving Skills</b>	Demonstrate use of skin diving skills and equipment (mask, fins, and snorkel), including the following basic skills: <ul style="list-style-type: none"> <li>h Surface under control with a mask full of water</li> <li>h Clear water from a snorkel</li> <li>h Surface dive</li> </ul> Reference: Alert: Lifeguarding in Action, Chapter 12 Surf and Waterfront Operation and Safety: Rescue equipment Canadian Lifesaving Manual, Chapter 5 Specialized Lifesaving Equipment: Using skin diving equipment
<b>Surf Search: Missing Person</b>	Demonstrate an effective search of a defined surf beach area for a missing person. Reference: Alert: Lifeguarding in Action, Chapter 12 Surf and Waterfront Operation and Safety: Rescue equipment Canadian Lifesaving Manual, Chapter 5 Specialized Lifesaving Equipment: Using skin diving equipment
<b>Surf Rescue</b>	Perform a rescue of a victim in surf conditions. Reference: Alert: Lifeguarding in Action, Chapter 5 Waterfront and Surf Rescues, Chapter 6 Aquatic Emergency Care Canadian Lifesaving Manual, Chapter 4 The Rescue of Others
<b>Entries and Removals</b>	Demonstrate three entries and three removals appropriate for a beach in calm and surf conditions. Reference: Alert: Lifeguarding in Action, Chapter 4 Lifeguarding Skills and Procedures Canadian Lifesaving Manual, Chapter 4 The Rescue of Others
<b>Physical Standard</b>	Run 100 metres with a rescue aid, enter the water, and approach 100 metres to recover a victim of similar size and weight to the rescuer. Tow the victim to shore in 6-8 minutes depending on the water conditions. References: Alert Lifeguarding in Action Chapter 4 Lifeguarding Skills and Procedures, Chapter 10 Pre-season and Inservice Lifeguard Training Canadian Lifesaving Manual, Chapter 10 Physical fitness and lifesaving
<b>Surf Lifeguarding Situations</b>	Respond to emergency situation as a single lifeguard or as a member of a lifeguard team. Reference: Alert: Lifeguarding in Action, Chapter 4 Lifeguarding Skills and Procedures, Chapter 5 Waterfront and Surf Rescues; Chapter 6 Aquatic Emergency Care Canadian Lifesaving Manual, Chapter 4 The Rescue of Others