



Following a comprehensive review, Lifesaving Society Canada has updated the National Lifeguard program to ensure its curriculum and performance standards remain current, relevant and grounded in the competencies required by Canada's lifeguards.

The National Lifeguard program review considered:

- Demonstrated need and research evidence
- Consistency with regulations across Canada
- Alignment with international standards and best practices
- Lifesaving Society Canada values

The National Lifeguard program update also considered the 2020 revisions to the Society's Bronze Medal awards. The updated NL curriculum acknowledges and builds on the Bronze Cross competencies to provide a logical and smooth flow from Assistant Lifeguard training into National Lifeguard training.

There are no changes to prerequisites: Candidates must be a minimum of 15 years of age by the last day of the course, hold a Bronze Cross (need not be current) and hold a Standard First Aid/CPR-C (need not be current).

### Highlights

The updated National Lifeguard program contains improvements to test item descriptions, purpose statements, Must Sees and notes. Some items have been replaced or combined, and a few have been added.

**Single Lifeguard and Team Situations:** In Pool and Waterfront options, instructors will find lifeguard situations presented separately to facilitate independent evaluation of the single lifeguard response versus lifeguard team responses.

**Rescue Aid Proficiency:** Newly designed to demonstrate candidates' mastery of this fundamental lifeguard skill.

**Measurable Physical Standards:** All physical standards now have measurable time, distance and weight requirements. Fitness items in which candidates have carried a victim have been retired, repurposed or absorbed into other skill items. For example, the "Spinal Carry" (Waterpark) is retired, and "Rescue Drill" (Pool) is now a skill item with no time requirement. The physical components of the "Approach and Carry" (Pool and Waterpark) and "Victim Carry" (Waterfront and Surf) have been absorbed in the Management of a Distressed or Drowning Victim item.

## November 2021 National Lifeguard Review Information

In addition:

- New items have been introduced: Endurance Challenge (Waterfront and Surf), Sprint Challenge (Waterpark and Waterfront), Object Recovery and Management of an Injured Victim (Waterpark).
- Knowledge of the benefits of bag-valve masks and suction is required in Lifeguarding Theory and Practice (Pool and Waterfront).
- The ability to identify appropriate lifeguard supervision zones is now a Must See requirement in positioning and rotation items.
- Appendix A first aid requirements feature some additions and minor updates to ensure continued consistency with Canadian standards and current ILCOR guidelines.

### New Test Sheets

The revised National Lifeguard training program is supported by new National Lifeguard test sheets. New Recertification test sheets carry only the mandatory items that are evaluated in recerts.

### New Instructor Guides

New Instructor Guides have been designed to support instructor planning and facilitation of the new National Lifeguard program. National Lifeguard Instructors will be able to find new Instructor Guides for all options. Some options now can be programmed as a combination course:

- NL Pool
- NL Waterpark
- NL Pool-Waterpark Combination
- NL Waterfront
- NL Surf
- NL Waterfront-Surf Combination

### The Launch Date

The new National Lifeguard program will launch on January 1, 2022. This includes updates to both the full courses and recertification courses.

National Lifeguard Instructors must be updated before teaching the 2022 curriculum. The NL Instructor Update/Recertification is an online module and will be available for registration as of Monday, November 15, 2021.

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