

LIFEGUARD & FIRST AID COURSES

WINTER 2012



The Lifesaving Society of Ontario requires the completion of five courses to become a certified lifeguard.

These courses are: Bronze Medallion, Emergency First Aid and CPR B, Bronze Cross, Standard First Aid and CPR C, and National Lifeguard Service (NLS). Courses must be taken in order.

H2O offers some of the courses in a crash-course and combined style to make becoming a lifeguard faster and easier.

NLS (National Lifeguard Service)

This course teaches participants the lifeguarding standards. This course is required to work as a lifeguard at H2O and most other organizations. Participants must have completed Bronze Cross and Standard First Aid. Course fee includes "Alert—Lifeguarding in Action" Manual and exam fees. 100% attendance is required.

1. MARCH BREAK: March 12-16 2012 from 9:00am-5:00pm. Exam on March 17 2012 at 9:00am.
2. WINTER: Sundays, April 15, 22, 29, May 6, 13, 20, 27 and June 3 2012 from 9:00am-2:00pm. Exam on June 10 2012 at 9:00am.

COST: \$140.00 plus HST

STANDARD FIRST AID WITH CPR "C"

This course teaches students intermediate first aid and CPR skills. Canadian Lifesaving Manuals can be used for this course, otherwise a First Aid Manual can be purchased separately. This course is a prerequisite for NLS. This course can be taken by anyone 12 years or older. You do not require swimming skills for this course.

1. February 18, 19, 25, 26 2012, from 10:00am-2:00pm
2. March 3, 4, 10, 11 2012, from 10:00am-2:00pm
3. May 3, 10, 17, 24 2012, from 5:00pm-9:00pm

COST: \$90.00 plus HST

RECERTIFICATIONS

Recertifications are available to current holders of lifesaving society qualifications. All qualifications expire after 2 years from the exam date. **Please note: Standard First Aid can only be recertified once. After this, you must take the full course again.*

NLS:

1. March 17 2012, at 9:00am
2. April 21 2012, at 9:00am
3. May 12 2012 at 9:00am
4. June 10, 2012 at 9:00am

COST: \$50.00 plus HST

STANDARD FIRST AID AND CRP "C":

1. May 5 2012, from 9:00am-5:00pm
2. June 9 2012, from 9:00am-5:00pm

COST: \$65.00 plus HST

FOR MORE INFORMATION:

Contact courses@h2o.ca or 613-789-4020 ext. 205

HOW TO REGISTER:

Call 613-789-4020 ext. 205

PAYMENT OPTIONS:

At this time, only personal cheques and cash are accepted as payments. Debit and credit machines are unavailable.

WHERE ARE THE COURSES LOCATED?

All the courses are located at the Parkwood Hills Indoor Pool (1343 Meadowlands Drive in Ottawa, near Merivale Road).

MINIMUM NUMBER OF PARTICIPANTS:

Each course will require a minimum number of 6 participants for the course to run. Should the class be cancelled due to low registration numbers, a full refund will be given.