

# How to Become a Lifeguard

Follow these steps and you could be one of our Lifeguards!

## Bronze Star

This is a recommended program and is great for developing valuable lifesaving and first aid skills

## Bronze Medallion

This program is a pre-requisite to the Bronze Cross.

We couple our Medallion with Emergency First Aid to assist with becoming a lifeguard.

Pre-requisites: Bronze Star Certification and/ or Minimum Age: 13

## Bronze Cross

This is a mandatory level, and is the pre-requisite to the NL and Assistant Water Safety Instructor Certification Courses.

Pre-requisites: Bronze Medallion; Minimum Age: 14

## Standard First Aid

This dry land course can be taken anytime

Pre-requisites: Minimum age 13

## National Lifeguard (NL)

This is the ultimate Lifeguarding course that will certify you to be a lifeguard.

Pre-requisites: Bronze Cross; Current Standard First Aid;

Minimum Age: 16

For further details and course descriptions, please see the course description page or contact the pool  
519-832-2627

Connect with us  
online @ParksRecSS

