

# BRONZE Awards/FIRST AID Certifications

The Lunenburg and District Swimming Pool is looking to gauge interest in Bronze Awards and First Aid courses for the season:

- Bronze Awards are the first step toward becoming a certified Lifeguard and Swimming Instructor.
- These courses develop leadership skills through the four key components of lifesaving:
  - Judgment, Knowledge, Skills, Physical fitness
- First Aid training is a valuable life skill and an asset in any future path.

To register, and for more information, visit us at the front desk or contact the Lunenburg Swimming Pool at (902) 634-4499!



Courses by the Nova Scotia Lifesaving Society

# BRONZE STAR/FUNDAMENTAL FIRST AID

- This is the first of the three Bronze courses and can be taken at any age.
- An excellent preparatory course for all other aquatic leadership programs.
- Ideal next step after Swimmer 6 or Swim Patrol.
- 10-hour course with no final exam.
- Introduces key first aid concepts in an aquatic setting, including: CPR, external bleeding, heart conditions
- Focuses on fitness challenges and water rescues.
- Successful completion allows candidates to bypass the age requirement for Bronze Medallion.
- Graduates become members of the Lifesaving Society of Nova Scotia with the title “Lifesaver.”



Courses by the Nova Scotia Lifesaving Society

# BRONZE MEDALLION/BASIC WORKPLACE FIRST AID

- Prerequisite: Minimum 13 years of age, *or* valid Bronze Star certification.
- This is the second of the three Bronze courses.
- Required before taking Bronze Cross.
- 20-hour course plus a final exam and written test.
- Prepares candidates to handle various aquatic emergencies, including: burns, choking, circulatory emergencies, and more.
- Emphasizes aquatic fitness and endurance.
- Upon successful completion, candidates become members of the Nova Scotia Lifesaving Society with the title “Lifesaver”.



# BRONZE CROSS/INTERMEDIATE WORKPLACE FIRST AID

- Prerequisites: Valid Bronze Medallion certification.
- This is the final course in the Bronze Award series.
- Required before taking the National Lifeguard and Swim for Life Instructor courses.
- 30-hour course plus a final exam and written test.
- Prepares candidates to supervise aquatic facilities alongside a qualified lifeguard.
- Emphasizes: Teamwork within a lifeguard team and leadership of a lifeguard team.
- Strong focus on aquatic fitness and endurance.
- Successful candidates become members of the Nova Scotia Lifesaving Society with the title “Assistant Lifeguard”.

