

BRONZE Awards/FIRST AID Certifications

The Lunenburg and District Swimming Pool is looking to gauge interest for the Bronze Awards/First Aid courses for the upcoming swimming season!

- Bronze Awards are the first steps to becoming a certified Lifeguard and Swimming Instructor!
- These courses build leadership skills by introducing the four basic components of lifesaving: judgement, knowledge, skills and physical fitness.
- First aid knowledge is an asset for all future endeavours.

For more information and to register, come to our registration day on June 5th, 4pm-6pm, at the Lunenburg Community Centre!



BRONZE STAR/BASIC FIRST AID

- This is the first of the three bronze courses and can be taken at any age. It is an excellent preparatory course for following aquatic first aid courses.
- It is generally a great next step following Swimmer 6 (Swim for Life) or Level 10 (Red Cross).
- In total, the course lasts about 12 hours with no final exam.
- This course introduces some first aid concepts such as CPR, external bleeding, and heart conditions, in an aquatic setting.
- Fitness challenges and water removals are key components to the course.
- By successfully completing this course, candidates are able to bypass the age requirement for the Bronze Medallion/Emergency First Aid course.
- Successful completion will declare candidates members of the N.S. Lifesaving Society, with the title 'Lifesavers'.



BRONZE MEDALLION/EMERGENCY FIRST AID

- The prerequisites for this course are 13 years of age, or valid Bronze Star/Basic First Aid certification.
- This is the second of the three bronze courses and is a prerequisite to the Bronze Cross/Standard First Aid course.
- In total the course lasts 20 hours with a final exam and written test.
- Bronze Medallion prepares candidates to deal with various aquatic emergencies in any setting, ranging from breaks and fractures, to choking.
- Aquatic fitness is also a key component to the course.
- Successful completion will declare candidates members of the N.S. Lifesaving Society, with the title 'Lifesavers'.



BRONZE CROSS/STANDARD FIRST AID

- The prerequisite for this course is a valid Bronze Medallion and Emergency First Aid certification.
- This is the final bronze course and is a prerequisite to the National Lifeguard course as well as the Swim For Life Instructor course.
- In total the course lasts 30 hours with a final exam and written test.
- Bronze Cross prepares candidates to safely and effectively supervise aquatic facilities in the presence of a qualified lifeguard.
- Team-oriented rescues are heavily focused on in this course.
- Aquatic fitness is also a key component.
- Successful completion will declare candidates members of the N.S. Lifesaving Society, with the title 'Assistant Lifeguards'.

