




BEING A LIFEGUARD ISN'T JUST A SUMMER JOB.

BECOME A LIFEGUARD FOR LIFE

Emma Lambert,
Swim and Lifesaving Instructor Trainer and
National Lifeguard Instructor
Dollard-des-Ormeaux Aquatic Center

 LIFESAVING SOCIETY

HOW TO BECOME A LIFEGUARD

To get started in lifesaving, two introductory courses:

- Swim Patrol
- Bronze Star

To become a lifeguard, four essential certifications:

- Bronze Medallion
- Bronze Cross
- Standard First Aid
- National Lifeguard – Pool

And here's what's waiting for you:

- A stimulating job
- An exciting sport : Lifesaving Sport
- Thrilling advanced courses: National Lifeguard – Waterfront, Surf, Waterpark...
- You could even share your passion by becoming an instructor.

Find out more about lifeguard training at your local pool or on the Lifesaving Society's website using this code.

