Aquatic Leadership Progression

Pathway to become a certified Lifeguard and Swim Instructor

Bronze Star

Recommended 11-14 yrs

Bronze Medallion / **Emergency First Aid**

Must be 13 yrs or have Bronze Star

Bronze Cross

Must have Bronze Medallion / Emergency First Aid

Combined Swim and Lifesaving Instructor

Must be 15 yrs by the first day of course and have taken, Bronze Cross or National Lifeguard

Looking for a program to assist with developing your strokes and improve endurance?

Register for **SWIM FOR FITNESS** programs.

Standard First Aid and CPR C

(This prerequisite is required prior to participating in the National Lifeguard program)

National Lifeguard

Must be 15 yrs by the first day of the course and have taken Standard First Aid, CPR-C and Bronze Cross

Are you employment ready?

Visit: hamilton.ca/recjobs

Wading Pool Attendant

- 14 years of age
- Bronze Medallion certification or above
- Standard First Aid and CPR C

Instructor Guard

- 15 years of age
- National Lifeguard (Pool)
- Lifesaving Society Instructor
- Lifesaving Society Swim Instructor
- Standard First Aid and CPR C

