



Steinbach Aquatic Centre

Steps to becoming a Swim instructor/Lifeguard

Lifesaving Society Swim for Life & lifesaving Instructor

Life Saving Instructor (LSI)

Must be 16 by last day of the course
Must have bronze cross
Must have Standard First Aid & CPR C by first class

Recertifications

LSI re-certification is every two years
NL re-certification is every two years

Lifesaving Society

Bronze Medallion

Must be 13 years old



Bronze Cross

Must have taken bronze medallion (does not need to be current)



Standard First Aid & CPR C

Must be 12 years old; Certification must be from Red Cross, Lifesaving Society or St.Johns



National Lifeguard (NL)

Must be 15 years old
Must have Bronze cross (does not need to be current)
Must have SFA/CPR C