

- Year round employment
- 2 great facilities with challenging guarding environments
- Annual deck shoe allowance
- Work with state of the art technology
- Train annually with EMS



Come guard with us...

Lifeguarding is an excellent part-time job or career. These are the courses you'll need to complete if you want to work as Lifeguard.

■ Bronze Medallion

- Pre-requisites: 13 years of age or older and/or completed Bronze Star
- Course length: approximately 15 hours of pool and classroom time
- Content: Learn rescues, fitness, decision-making and good judgement. First Aid assessments are emphasized.

■ Bronze Cross

- Pre-requisites: 13 years of age or older, MUST have completed Bronze Medallion
- Course Length: approximately 15 hours of pool and classroom time
- Content: Prevent and respond to aquatic accidents and learn teamwork and rescue techniques.

■ Aquatic Emergency Care (AEC) and Basic Rescuer CPR C

- Pre-requisites: 13 years of age or older, Bronze Cross is recommended
- Course length: approximately 20 hours of pool and classroom time
- Content: Respond to medical emergencies in an aquatic setting.
- Note: Acceptable equivalents to this course are Standard First Aid and Emergency First Aid, but AEC is recommended.

■ National Lifeguard Service (NLS)

- Pre-requisites: 16 years of age or older, MUST have completed Bronze Cross and current AEC or Standard First Aid certification
- Course length: approximately 40 hours of pool and classroom time
- Content: Application of first aid and rescue knowledge to life-guarding.

Look for these courses in the Recreation, Parks and Culture Program Guide, access your family's Click-It Recreation Account at <http://click-it.strathcona.ab.ca> or visit www.lifesaving.org.

Strathcona
County

RECREATION, PARKS
& CULTURE

www.strathcona.ab.ca