



Winter 2020 Advanced Courses

KFY— Kelowna Family YMCA

H₂O—H₂O Adventure and Fitness Centre

Bronze Medallion & CPR-A

Prerequisites: 13+ years or completion of Bronze Star

Open the door to lifeguarding. Learn the four components of water rescues — judgment, knowledge, skill and fitness.

Students learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim (500 m in 15 min). The Canadian Lifesaving Manual is required.

KFY

Mar 16–19

Monday–Thursday

9:30 AM–3:30 PM

Non-members: \$150 | Members: 25% off | Canadian Lifesaving Manual: \$40

Bronze Cross & CPR-C

Prerequisites: Completion of Bronze Medallion

Continue to challenge yourself with further advanced training including an introduction to safety supervision in aquatic facilities.

Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies while developing stroke endurance and fitness training skills. Lifesavers develop stroke efficiency and endurance in a timed swim (600 m in 18 min). Please bring prerequisites and Canadian Lifesaving Manual to the first day of the course.

KFY

Mar 23–26

Monday–Thursday

9:30 AM–3:30 PM

Non-members: \$150 | Members: 25% off

National Lifeguard Award (Pool Option)

Prerequisites: 16+ years, completion of Bronze Cross and Standard First Aid (from a recognized SFA provider, currency recommended). Candidates **must** bring awards and proof of age to the first class.

NL training develops the basic lifeguarding skills needed to adapt to different aquatic facilities and situations. You will be trained in injury prevention, public education, safety, supervision, team work, rescue and first aid. Participants should expect 6–10 hours of homework in addition to class time. 100% attendance is mandatory. Alert Manual and Fanny pack are required.

H₂O

Mar 16–20 & 23–24

Mon–Fri & Mon–Tue

9:00 AM–4:00 PM

Non-members: \$310 | Members: 25% off | Alert Manual: \$45 | Lifeguard Fanny Pack: \$80

National Lifeguard Waterpark Option

Prerequisites: 16+ years, completion of NL Pool Option (within 2 years) and CPR-C (currency of CPR-C strongly recommended). Candidates **must** bring awards to the first class.

The NL Waterpark certification is designed to develop the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in waterpark environments. It builds on the fundamental values, judgment, knowledge, skills and fitness developed in the NLS Pool certification. In order to lifeguard at H₂O, you must be current in this award. Please bring Alert manual.

H₂O

Mar 25–28

Wednesday–Saturday

9:00 AM–3:30 PM

Non-members: \$286 | Members: 25% off



ADVANCED AQUATICS

NL Pool Option Recert

NL expired? Get recertified. Must have current CPR-C (strongly recommended). Candidates **must** bring awards (NLS Pool Option and CPR-C) to the first class.

H ₂ O	Feb 22	Saturday	12:30 PM–6:00 PM
Non-members: \$115 Members: 25% off			

NL Water Park Recert

Prerequisites: Previous NL Waterpark and CPR-C (currency strongly recommended) Candidates **must** bring awards (NLS Water park option) to the first class.

Check back in Spring 2020			
Non-members: \$115 Members: 25% off			

First Aid & CPR (13+ years)

Standard First Aid, CPR-C, AED (WorkSafeBC Occupational Level 1 equivalent)

Comprehensive course covering all aspects of first aid and CPR. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. Taught by a certified Lifesaving Society First Aid Instructor, using practical activities and hands-on training, you will learn to recognize and treat injuries including head & spinal, soft tissue, facial, abdominal & chest, burns, bone & joint, and other common medical emergencies. Canadian First Aid Manual is required. **Attendance on both days is required for certification.**

KFY	Mar 21 & 28	Saturdays	9:00 AM–5:30 PM
Non-members: \$140 Members: 25% off Canadian First Aid Manual: \$20			

Standard First Aid, CPR-C, AED Recert

Prerequisites: Standard First Aid Certificate or Aquatic Emergency Care within 5 years. Recertification is recommended every 3 years. Candidates **must** bring award to class.

H ₂ O	Mar 8	Sunday	9:00 AM–5:30 PM
Non-members: \$95 Members: 25% off			

CPR-C Full Course/Recert combo

Prerequisites: 14+ yrs.

Recert candidates must bring their current CPR-C or Standard First Aid Certificate within 3 years to the course. This is a Lifesaving Society course. Recertification is recommended every year.

H ₂ O	Jan 31	Friday	5:00 PM–9:00 PM
H ₂ O	Mar 13	Friday	4:00 PM–9:00 PM
Non-members: \$45 Members: \$45			

