



The Lifesaving Society provides a fun and challenging progression of lifesaving training programs.

Please refer to the [Program Schedule](#) for current aquatic programs offered by the YWCA St. Thomas-Elgin as an Affiliate Member of the Lifesaving Society Ontario.

Lifesaving Society Canadian Swim Patrol

The program is the **on-ramp to lifeguarding**. Ability is the only prerequisite. The Swim Patrol provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels - Rookie, Ranger, and Star - continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze medal awards.

Lifesaving Society Bronze Medal Awards

The 3 Lifesaving Society Bronze Medal Awards are designed for swimmers between 8 - 15 years of age. The Lifesaving Society deems its certifications to be "current" for 24 months from the certification date.

Lifesaving Society Bronze Star:

Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400 m swim.

Prerequisite: None (Swim Patrol experience recommended.)

Lifesaving Society Bronze Medallion:

Teaches an understanding of the lifesaving principles embodied in the 4 components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500 m timed swim.

Prerequisite: Minimum 13 years of age *or* Bronze Star certification (need not be current).

Lifesaving Society Bronze Cross:

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600 m swim.

Bronze Cross is recognized as an assistant lifeguard certificate in Ontario Regulation 565 governing public swimming pools.

Prerequisite: Bronze Medallion and Emergency or Standard First Aid certifications (need not be current).