

How to Become a Lifeguard & Swim Instructor

Bronze Medallion

Age 13

Bronze Cross

Standard First Aid & CPR-C

(15 yrs +)

National Lifeguard:

Pool Option

(16 yrs +)

Water Safety Instructor

(15 yrs+, Swim Kids

Level 10 skills)

For more information about these courses visit:
www.lifesaving.bc.ca (Bronze Medallion, Cross, NL), and
<https://myrc.redcross.ca/home-course-details/sw-wsi/>