How to Become A Lifeguard

Follow the flow chart to see what is needed for each Lifesaving Society Course

Lifesaving Instructor Prerequisites: 15 years old and Bronze Cross Recommend Not Required Swim Instructor Prerequisites: 15 years old and Bronze Cross **National Lifeguard** Prerequisites: 15 Years old Bronze Cross and Standard First Aid **Assistant Instructors** Prerequisites: 14 years old and Bronze Cross **Standard First Aid (SFA)** Prerequisites: None **Bronze Cross** Prerequisites: 14 years old and Bronze Medallion and EFA

Bronze Medallion and Emergency First Aid (EFA)

Prerequisites: 13 years old or Bronze Star and 12 years old





Prerequisites: 12 years old and be able to swim 400m



