

National Lifeguard

The National Lifeguard certification is the final step in becoming a lifeguard. This course will develop a sound understanding of lifeguarding principles, good judgement and a mature and responsible attitude towards the lifeguard's role.

National Lifeguard will emphasize the prevention and effective rescue response in emergencies including first aid treatment. Participants will develop teamwork, leadership and communication skills.

Fitness requirements in this course include a timed object recovery, 50m sprint challenge, 50m rescue drill and 400m endurance challenge.

This certification is valid for 2 years and is recertified by completing a National Lifeguard recertification exam.

Prerequisite: 15 years of age, Bronze Cross and Standard First Aid