



# How to Work in Aquatics with the Township of Langley

## Start by volunteering!

14+ yrs  
Police Information Check (PIC) \*  
Water Safety Instructor (WSI) - preferred  
Bronze Cross - preferred

\* Required for 16+ yrs only.  
Obtain PIC form from  
Aquatics Department.

## Then Choose Your Path

### Birthday Party Leader

15+ yrs  
Standard First Aid, CPR C & AED  
Bronze Cross  
Water Safety Instructor (WSI)

### Aquatic Instructor

16+ yrs  
Standard First Aid, CPR C & AED  
National Lifeguard Pool (NL)  
Water Safety Instructor (WSI)

### Lifeguard/Instructor

17+ yrs  
Standard First Aid, CPR C & AED  
National Lifeguard Pool (NL)  
Water Park Option (NLWP)  
Water Safety Instructor (WSI)

## Are you unsure of what order to complete your advanced aquatic courses in?

We recommend the following:

Bronze Medallion

Bronze Cross

Standard First Aid/CPR C/AED

Water Safety Instructor Course

National Lifeguard Pool

National Lifeguard Water Park

Turn over for  
more details

# Quick Reference Guide for Aquatics Courses

## Canadian Red Cross Instructor Courses

Course	Prerequisite/Age Requirements	Course Requirements/Comments	Number of Hours
Water Safety Instructor (WSI) - Module 1	<ul style="list-style-type: none"> <li>✓ 15+yrs</li> <li>✓ current Bronze Cross or Emergency First Aid</li> </ul>	<ul style="list-style-type: none"> <li>✓ 100% attendance</li> <li>✓ able to perform Swim Kids 10 strokes and skills</li> </ul>	5
Water Safety Instructor (WSI) - Module 2	<ul style="list-style-type: none"> <li>✓ completed WSI - Module 1</li> <li>✓ 15+yrs</li> </ul>	<ul style="list-style-type: none"> <li>✓ complete 8 hours volunteer teaching after online course completion</li> </ul>	20 hour online course
Water Safety Instructor (WSI) - Module 3	<ul style="list-style-type: none"> <li>✓ completed WSI - Module 2</li> <li>✓ 15+yrs</li> </ul>	<ul style="list-style-type: none"> <li>✓ 100% attendance</li> <li>✓ solo teaching included within course</li> </ul>	21
Water Safety Instructor Recertification (WSIR)	<ul style="list-style-type: none"> <li>✓ past WSI award</li> </ul>	<ul style="list-style-type: none"> <li>✓ 100% attendance</li> </ul>	5

## Lifesaving Society (LSS) Lifeguarding Courses

Course	Prerequisite/Age Requirements	Course Requirements/Comments	Number of Hours
Junior Lifeguard Club	<ul style="list-style-type: none"> <li>✓ Red Cross Swim Kids 5 or equivalent</li> <li>✓ 8-12yrs</li> </ul>	<ul style="list-style-type: none"> <li>✓ able to swim 25 m and tread water for 1 min</li> </ul>	Varies
Bronze Star (including CPR A)	<ul style="list-style-type: none"> <li>✓ 10+yrs</li> </ul>	<ul style="list-style-type: none"> <li>✓ able to swim 200 m</li> </ul>	10-12
Bronze Medallion (including CPR B)	<ul style="list-style-type: none"> <li>✓ Bronze Star recommended</li> <li>✓ 13yrs by course end date (if candidate has completed Bronze Star)</li> </ul>	<ul style="list-style-type: none"> <li>✓ able to swim 500 m in 15 min</li> </ul>	20
Bronze Cross (including CPR C)	<ul style="list-style-type: none"> <li>✓ Bronze Medallion</li> </ul>	<ul style="list-style-type: none"> <li>✓ worth 2 grade 11 credits</li> <li>✓ able to swim 600 m in 18 min</li> </ul>	20
National Lifeguard Pool (NL)	<ul style="list-style-type: none"> <li>✓ Bronze Cross</li> <li>✓ Standard First Aid (recommended)</li> <li>✓ 16+yrs</li> </ul>	<ul style="list-style-type: none"> <li>✓ able to swim 400 m in 10 min</li> </ul>	44
National Lifeguard Waterpark (NLW)	<ul style="list-style-type: none"> <li>✓ National Lifeguard Pool</li> <li>✓ 16+yrs</li> </ul>	<ul style="list-style-type: none"> <li>✓ 100% attendance</li> </ul>	24
National Lifeguard Recertification (NLR)	<ul style="list-style-type: none"> <li>✓ past NL Pool award</li> </ul>	<ul style="list-style-type: none"> <li>✓ 100% attendance - includes 4 hour precert</li> </ul>	8
National Lifeguard Waterpark Recertification (NLWR)	<ul style="list-style-type: none"> <li>✓ past NLWP award</li> </ul>	<ul style="list-style-type: none"> <li>✓ 100% attendance - includes 4 hour precert</li> </ul>	8
Lifesaving Instructor (LSI)	<ul style="list-style-type: none"> <li>✓ Bronze Cross or NLS Award</li> <li>✓ 16+yrs</li> <li>✓ WSI (recommended)</li> </ul>	<ul style="list-style-type: none"> <li>✓ worth 3 grade 11 credits when combined with Bronze Cross</li> <li>✓ 100% attendance</li> </ul>	25

## First Aid Courses

Course	Prerequisite/Age Requirements	Course Requirements/Comments	Number of Hours
CPR C Recertification	<ul style="list-style-type: none"> <li>✓ past CPR C award</li> </ul>	<ul style="list-style-type: none"> <li>✓ worth 2 grade 12 credits</li> </ul>	4
Emergency First Aid (EFA) (includes CPR C)	<ul style="list-style-type: none"> <li>✓ 14+yrs</li> </ul>	<ul style="list-style-type: none"> <li>✓ Canadian Lifesaving Manual or LSS First Aid Manual</li> </ul>	8
Standard First Aid (SFA) (includes CPR C)	<ul style="list-style-type: none"> <li>✓ 14+yrs</li> </ul>	<ul style="list-style-type: none"> <li>✓ Canadian Lifesaving Manual or LSS First Aid Manual</li> </ul>	16
Standard First Aid Recert (SFAR)	<ul style="list-style-type: none"> <li>✓ past SFA award</li> <li>✓ must be taken every 3yrs</li> </ul>	<ul style="list-style-type: none"> <li>✓ Canadian Lifesaving Manual or LSS First Aid Manual</li> </ul>	8
Authorized External Defibrillation (AED)	<ul style="list-style-type: none"> <li>✓ current First Aid and/or CPR C</li> </ul>	n/a	5