

Class Outline  
Professional Lifeguard Development  
**NLS Candidate Program Expectations**

**READ THIS!**

Photographs of each candidate are taken for identification, to help me learn your names, and to ensure accurate evaluation.

The following articles are **required**:

- Proof of age – Drivers' licence, birth certificate.
- Original award cards for:
  - Bronze Cross
  - Standard First Aid
- Fox-40 whistle and wristband or clip strap (**NO NECK LANYARDS**)
- Face shield for CPR. i.e., Micro Shield
- Water-resistant watch with seconds counter (For taking vitals and recording event occurrences)
- Bathing suit(s) and towel(s). It is recommended to bring a "warm up" outfit, as a fair deal of time is spent **in AND out** of the water; you will get cold from time to time, **so be prepared**. Wet suits are acceptable for most of the program.
- At least one binder with loose-leaf for taking notes
- Pen and pencil
- Serious desire to learn, participate, be professional and **HAVE FUN**

The following textbooks are **required**:

**Alert** Lifeguarding in Action

National Lifeguard Award Guide

All text books, whistles, CPR shields available on site

Lifesaving Office: #504 - 138 Portage Ave. East Wpg. MB R3C 0A1

Phone (204) 956-2124 fax (204) 944-8546.

The office is open **Monday - Thursday**. Major credit cards are accepted and orders can be sent out.

You are expected to attend all classes. Absence for reasons other than illness or emergency is not recommended or encouraged. Candidates missing classes will have to catch up on missed material on their own. You will be evaluated constantly throughout the program. Performance during the entire workshop **and** the final exam determines on qualifying. The program is ultimately a pass or fail situation. You are expected to practice your skills on your own, in teams, and with classmates as often as possible. **It is critical to work on your skills.**

*Often performance and conduct, in the class, is used in job references*

**There is no make-up date for the final NLS exam**

**Contact me if you need help, have any questions, or concerns**

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**House Rules**

- Cell phones and pagers silent in class; if you must answer your phone, **do so outside the classroom**
- Smoking outdoors only – note that a new law requires keeping entrance to building clear
- Food and drink okay; **CLEAN UP YOUR OWN MESS**
- Feet off of the tables at **all times**
- Treat all classmates, staff and patrons with respect and **follow pool rules**
- **Lifeguard training comes with inherent risks; conduct yourselves in a safe manner at all times**
- Breaks are taken as needed and Meal Break is generally 5:00 – 6:00 pm