



PREREQUISITES AT A GLANCE – UPDATED JULY 1, 2020

Swim for Life	Prerequisite	Lifesaving Sport	Prerequisite
Parent & Tot 1	None, children 4–12 months	Sport Fundamentals (Level 1-5)	Swimmer 3 or equivalent skill level
Parent & Tot 2	None, children 12–24 months	Community Official	Min.13 years of age
Parent & Tot 3	None, children 2–3 years	Pool Official	Min.16 years of age; experienced Community Official
Preschool 1, 2, 3, 4, 5	None, children 3–5 years	Emergency Response Official	Min. 16 years of age; experienced Community Official
Swimmer 1, 2, 3, 4, 5, 6	None, children 5 years and up	Open Water Official	Min.16 years of age; experienced Community Official
Adult 1, 2, 3	None, adults 16 years and up	Meet Manager & Referee	Pool, Open Water, and/or Emergency Response Official, officiating experience
Fitness Swimmer	None, all ages	Management Training	Prerequisite
Lifesaving	Prerequisite	Aquatic Supervisor	National Lifeguard or Lifesaving Instructor or Swim Instructor certification; and minimum 100 hr. experience as a lifeguard and/or instructor
Rookie, Ranger, or Star Patrol	None	Aquatic Management Training	None
Junior Lifeguard Club	Canadian Swim to Survive Standard	Aquatic Safety Inspector	None
Bronze Star	None. Swim Patrol recommended	Pool Operator Level 1	None
Bronze Medallion	Min. 13 years of age or Bronze Star	Pool Operator Level 2	Pool Operator Level 1 or equivalent
Bronze Cross	Bronze Medallion, EFA or SFA	SEE Auditor	National Lifeguard and minimum 100 hr. lifeguarding experience, or National Lifeguard Examiner, or Aquatic Supervisor or Aquatic Management Training
Distinction	Bronze Cross	Safety Auditor	Pool Operator Level 1, experienced Safety Inspector
Lifesaving Fitness	30 years of age or under, or medical approval	Aquatic Safety Chief Auditor	Safety Auditor
Safeguard	None. Min. 12 years of age recommended	Leadership	Prerequisite
Lifeguarding	Prerequisite	Assistant Instructor	Min.14 years of age, Bronze Cross
National Lifeguard Pool	Min. 15 years of age, Bronze Cross, SFA	Swim Instructor	Min. 15 years of age, Bronze Cross
National Lifeguard Waterfront	Min. 15 years of age, Bronze Cross, SFA	Lifesaving Instructor	Min. 15 years of age, Bronze Cross
National Lifeguard Waterpark	National Lifeguard Pool	National Lifeguard Instructor	National Lifeguard, Lifesaving Instructor
National Lifeguard Surf	National Lifeguard Waterfront	First Aid Instructor	Min. 16 years of age, SFA
First Aid	Prerequisite	Lifesaving Sport Coach Level 1	Lifesaving Instructor
Basic First Aid	None	Lifesaving Sport Officials Instructor	Lifesaving Instructor, experienced Pool or Open Water or Emergency Response Official
Emergency First Aid	None	Aquatic Supervisor Instructor	Aquatic Supervisor, Lifesaving Instructor
Workplace Standard First Aid	None	Aquatic Safety Inspector Instructor	Aquatic Safety Inspector, Lifesaving Instructor
CPR-A; -B; -C, -HCP	None	SEE Auditor Instructor	SEE Auditor, and National Lifeguard Examiner or Aquatic Supervisor Instructor
Automated External Defibrillation	CPR	Aquatic Safety Auditor Instructor	Aquatic Safety Auditor, Lifesaving Instructor
Airway Management	SFA	Pool Operator Instructor	Pool Operator Level 2, Lifesaving Instructor
Anaphylaxis Rescuer	None	Examiner	Experienced Instructor
		Trainer	Experienced Examiner or Swim Instructor and 100 hr. teaching Swim for Life, or experienced Lifesaving Sport Coach

Please Note

Prerequisite awards must be earned **prior** to the start date of the course to which they apply. Awards taken concurrently are deemed to have been earned in the correct order. Candidates must attain the age prerequisite by the date of examination. Proof of prerequisites must be available to the Examiner.