

Test sheet Must Sees

There's no award guide for filling out test sheets, but we've compiled a list of Must Sees to make sure your test sheets are top-notch.

Before the course:

- Make sure all the awards you need for the course are current, or recertify well in advance. If you're ready to recertify your leadership awards – here's how!

Use [Find a Member](#) to check candidate prerequisites on the first day of the course. For courses with age requirements, use valid identification to confirm each candidate's age. Remember – we can't process any awards without the required prerequisites. Multiple awards earned simultaneously are deemed to be earned in the correct order.

After the course:

- Complete and submit your test sheets right away. We process them in the order received, so the longer you take to send them in, the longer your candidates have to wait for their permanent cards.
- Visit [Find a Form](#) to get the correct test sheet for the course. Pro tip: Use our fillable test sheets. Handwritten or scanned test sheets can be hard to read, causing processing errors.
- Complete every page of the test sheet fully (yes, even repeated information like signatures). Checking “same as instructor” is not an acceptable substitute.
- Confirm all candidate information is complete before you submit. Missing or incorrect information leads to our staff playing sleuth and slows down processing. Pay particular attention to:
 - Date of birth – this allows us to verify age prerequisites and serves as a backup search method in our database.

- Candidate contact information – ensures certification cards are delivered to candidates. A phone number and email address allow us to contact a candidate if their mail is returned.
- Lifesaving Society ID# – helps us identify the right “John Smith” in our system and prevents duplicate records for the same candidate.

We're here to help

Missing an ID number? Can't find the form you need?
Reach out to Ryan Munn at info@lifesavingnb.ca

LIFESAVING SOCIETY
The Lifeguard Experts

Perfect!

Bronze Medallion

(Revised 2020)
This test sheet for original exam candidates only.

Side 1: Please record each candidate's name, and contact information accurately.

Date of birth	Persepolis checked	1 The Lifeguard Society	2 Drowning Chain of Survival	3 Rescue Process	4 Cold water	5 Self rescue	6 Boat rescue	7 Victim recognition	8 Entering and leaving vehicles	9 Balance and releases	10 First aid	11 CPR	12 AED	13 Rescues	14 Other	Total
1 Jean-Luc Picard 1716 Mountain Rd Moncton E1C 1H6 jeanpicard@starfleet.com 555 555 5555	05	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	13
Prerequisites:																
13 years old OR Bronze Star Date earned: Location:																
2 William T. Riker 1521 chemin Saint-Ignace Shediac E0A 3G0 wriker@starfleet.com 555 555 5555	35	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	13
Prerequisites:																
13 years old OR Bronze Star Date earned: Location:																
3 Deanna Troi 1521 chemin Saint-Ignace Shediac E0A 3G0 troyd@starfleet.com 555 555 5555	36	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	13
Prerequisites:																
13 years old OR Bronze Star Date earned: Location:																
4 Worf, son of Mogh 3920 chemin Saint-Ignace Woodstock EDJ 2B0 worfsonofmogh@gmail.com 555 555 5555	40	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	13
Prerequisites:																
13 years old OR Bronze Star Date earned: Location:																
5 Geordi La Forge 2059 Prince William Saint John E2L 4V1 geordilaforge@starfleet.com 555 555 5555	35	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	13
Prerequisites:																
13 years old OR Bronze Star Date earned: Location:																
6 Wesley Crusher 688 Mountain Rd Moncton E1C 1H6 wesleycrusher@gmail.com 555 555 5555	48	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	13
Prerequisites:																
13 years old OR Bronze Star Date earned: Location:																

☐ Check box if there are more candidates on the reverse side of this page. ✓ - Satisfactory Performance X- Fail Total Pass for Exam 5 Total Fail for Exam 1

Invoicing Information

Starfleet (555) 555-5555
Host name (Affiliate or Organization paying the exam fees) Telephone
24-593 Federation Drive
Street address
San Francisco CA 90040
Prov. Postal code

Exam Information
Exam date: 62-08-16
YY MM DD
Enterprise (555) 555-5555
Facility name (e.g., name of pool) Telephone

Instructor Information
Miles O'Brien
Instructor's name
miles_o@starfleet.com
(555) 555-5555
Signature OM999

Individual who examined the candidates
Miles O'Brien
Examiner's name
miles_o@starfleet.com
E-mail address
(555) 555-5555
Telephone ID#

Individual who apprenticed on the exam
Apprentice's name Signature
OS#

The Lifesaving Society acknowledges and thanks the Government of New Brunswick for its ongoing support of our drowning prevention mission.

Support drowning prevention in New Brunswick

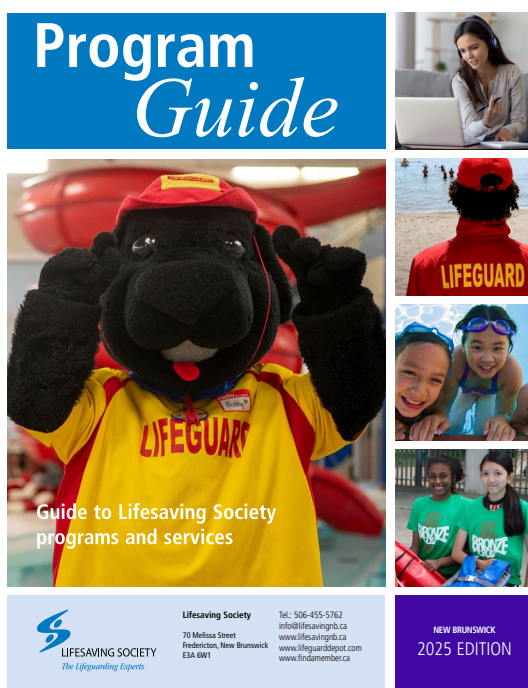
The Lifesaving Society New Brunswick is a registered charity that relies on the generous donation of time and money from its volunteers and donors. Those who donate \$25 or more receive a tax receipt and have their name published in the Society's Annual Report.

Support drowning prevention in New Brunswick by [donating today](#).



The latest edition

Early this year, we finished a complete overhaul of our *Program Guide*. In this edition, we've made our *Program Guide* available exclusively online, improving its accessibility and functionality for all. Throughout, you'll find bookmarked text, (allowing you to quickly jump to specific sections or pages), hyperlinks to our website for detailed information and improved usability for our members with accessibility needs. To view or download our 2025 *Program Guide*, visit [our website](#).



Safety supervision tips

For lifeguards and swim instructors, safety supervision is one of the most important aspects of the role. Swim season is ramping up again, so more people of all ages will be enjoying fun in the sun at pools and beaches. Whether this is your first time teaching or lifeguarding or you're a returning professional, remember these tips to help keep swimmers safe:

While Teaching:

1. Always be the first person in the water and the last person out at the end of the lesson.
2. When swimming lengths, never send your students off to the deep end. Instead, position yourself in the deeper water and ask your students to swim towards you.
3. Never turn your back to your students; your eyes should constantly be scanning all your students.
4. Stay focused! You want your students to have fun and learn, but ultimately you want them to be safe in and around the water.

While Guarding:

1. Know the zones for your facility and scan your entire area, including the surface, middle and bottom.
2. Watch for glare. If glare prevents a clear view of your zone, reposition yourself or request support from your team to maintain full visibility.
3. Be aware of and address blind spots or other obstructions (e.g., floating objects, crowded areas) that might prevent you from being able to see your entire zone.
4. Proactively manage swimmer safety by recognizing early warning signs of trouble (e.g., fatigue, hyperventilation, unsafe behavior). Ensure caregiver ratios are enforced and swimmer identification systems (like wristbands) are used.
5. When lifeguarding outdoors, take care of yourself: stay hydrated, wear sun protection like a hat and sunscreen, and cool off during breaks when appropriate.
6. Always be rescue-ready! Stay in a position where you can respond instantly. Keep rescue equipment within arm's reach and avoid distractions.

Here's to a safe and successful summer!

Join our lifesaving sport community

Officials are needed to support the New Brunswick Waterfront Championships on August 11 at Parlee Beach Provincial Park.

You don't have to be an athlete to get in on the action. Take one of our Lifesaving Sport Officials courses this summer to get your toes in the sand.

Community Official

The Community Officials course trains parents, staff and volunteers to be awesome event officials. You'll learn the key roles needed to keep things running smoothly.

Prerequisites: Minimum 13 years of age

Course date: Wednesday, August 6

Course duration: 2–3 hours

Open Water Official

The Open Water Official course provides more advanced training for certified Community Officials who wish to officiate at community, provincial and national lifesaving sport open water competitions.

Prerequisites:

- Minimum 16 years of age
- Community Official certification
- Minimum 5 hours experience at a sanctioned lifesaving sport event in a community official role

Course date: Sunday, August 10

Course duration: 3–4 hours

Registration Details

- [Email us](#) to sign up
- Course fee: \$70 (per course)
- Registration deadline: Wednesday, July 30

Volunteers make our championships possible

We're recruiting officials and volunteers to support the New Brunswick Waterfront Championships. Contact Grégoire Cormier by [email](#) or call 506-455-5762 to join the crew.

July 20-26, 2025

National Drowning Prevention Week

LIFESAVING SOCIETY



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Suit up for summer safety

Summer is almost here, and that means the water is calling! While we know you and your family can't wait to dive in, remember: safety first. Here are some quick tips to help you choose the right lifejacket.

1. Look for the stamp of approval

- Lifejackets in Canada must be approved by Transport Canada, Fisheries and Oceans Canada or the Canadian Coast Guard. Look at the printed information on the inside of the lifejacket to confirm it is approved for use in Canada.

2. Give it a once-over

- Lifejackets must be in good working order. Look for warning signs of damage, including rips and missing or broken straps and buckles. If any signs of wear and tear appear, do **not** use it. Find an appropriate replacement.

3. Try it on for size

- Before donning your lifejacket, check the inside label to see the minimum and maximum weight it is designed for. To keep you safely afloat, you need just the right amount of flotation, not too much, not too little.

4. Zip, clip, tighten

- Be sure to use ALL buckles and zippers and tighten the straps around your body. A snug fit will prevent the lifejacket from riding up over your head or falling off in the water. Don't forget to buckle up crotch or leg straps, if included. They're there for a reason!

5. Stretch and pull!

- Raise your arms above your head. If the lifejacket comes above your ears, it's too big. If the zippers or buckles do not close, it's too small.

6. Shine bright!

- The best colour options for your lifejacket are red, yellow or orange and have a reflector band. These colours are the easiest to spot, especially in low light.

Choose it. Use it.

Choose your next lifejacket from a wide selection of approved options for all ages and activities at LifeguardDepot.com. Remember: lifejackets won't work if you don't wear them.



Uniforms designed by lifeguards for lifeguards!

High-visibility lifeguard uniforms in distinctive red and yellow – international lifeguard colours. Singlets, T-shirts or long-sleeved shirts, shorts and hats.

Durable, lightweight fabric. Superior comfort and fit. Quick drying. UV protection. Available exclusively from the Lifesaving Society.

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Free standard shipping within Canada.
Some exclusions apply. Custom orders available.

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The Lifesaving Society is a national, volunteer organization and registered charity working to prevent drowning and water-related injury. Annually, over 1,000,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.