

Aquatic Leadership Courses

Hyde Creek offers the Lifesaving Society and Red Cross programs required to become a Lifeguard and Swim Instructor. Provided below are the courses required to apply for an Aquatic Leader position with the City of Port Coquitlam!



HIGH SCHOOL CREDITS!

Did you know that training to become a lifeguard and swim instructor can also earn you high school credits towards graduation? Just bring in a copy of your award to your school counselor.

Bronze Cross: Two Grade 11 credits
Lifesaving Instructor: One Grade 11 credit
National Lifeguard: Two Grade 12 credits
Water Safety Instructor: Two Grade 11 credits

How to Become a Lifeguard/Swim Instructor for the City of Port Coquitlam

To be eligible to be employed as an Aquatic Leader with the City of Port Coquitlam, candidates must meet the following requirements.

Aquatic Leader Basic Requirements

Standard First Aid <i>(Current within 3 years)</i>
National Lifeguard - Pool Option
Water Safety Instructor
Minimum age of 16 years

Here is the pathway to obtain all of these certifications:

Certifications for a Lifeguard

Course	Prerequisite
Bronze Star	8-12 years
Bronze Medallion	13 years of age or Bronze Star
Bronze Cross	Bronze Medallion
Standard First Aid and CPR-C	Recommended 14 years of age
National Lifeguard <i>Pool Option</i>	16 years of age, Bronze Cross, Standard First Aid and CPR-C
Certified Lifeguard	

Certification for a Swimming Instructor

Course	Prerequisite
Completion of Red Cross Swim Kids Level 10	No prerequisite
Water Safety Instructor	15 years of age and a Red Cross Swim Kids Level 10 ability +
Certified Instructor	

Candidates need to have completed all lifeguard and instructor certification to be eligible for employment with the City of Port Coquitlam.



CANADIAN SWIM PATROL (8-12yrs)

A three-level program aimed at developing strokes and providing the foundations for the Bronze medal awards. Participants practice content appropriate to their ability and interest.

25520	M & W	Jan 8-Feb 7
	6-7pm	\$70
25521	M & W	Feb 14-Mar 14
	6-7:15pm	\$70

BRONZE STAR (8-12yrs)

For those wanting to start lifeguard training, but are not old enough to begin Bronze Medallion. Topics covered include personal safety, first-aid, and fitness.

25522	F	Jan 12-Feb 9
	6-8pm	\$75
25523	F	Feb 16-Mar 16
	6-8pm	\$75

BRONZE MEDALLION (13yrs+)

Learn basic lifesaving skills for real-life scenarios applicable to almost any situation! Learn to save victims from water related incidents. Manual and candidate fees included.

25524	Su	Jan 14-Feb 11
	4:30-8:30pm	\$175

BRONZE CROSS (13yrs+)

Further develop lifesaving skills and CPR techniques. This is a pre-requisite for the National Lifeguard – Pool Option certification. Candidate fees included.

25525	Su	Feb 18-Mar 11
	3:30-8:30pm	\$135

NATIONAL LIFEGUARD – POOL OPTION (16yrs+)

Develop the practical skills and knowledge required to be a certified lifeguard. Receive training in incident prevention and aquatic rescues. Manual and candidate fees included.

25526	Sa	Jan 2-Feb 24
	8:30-5pm	\$370
25607	Su-Fri	Mar 18-23
	8:30-5pm	\$370

WATER SAFETY INSTRUCTOR (15yrs+)

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Complete 4 modules:

Skills Evaluation: Held on Jan 13, then Feb 3 from 12:30-5pm. Demonstrate a Swim Kids 10 ability or greater.

Online Learning: Self-guided between Jan 13 and Feb 3.

Teaching Experience: Candidates must be available for at least two hours per day during one of the following opportunities:

- Sat/Sun between 9-12pm:
Feb 10-Mar 11
- Mon/Wed between 4-7pm:
Feb 14-Mar 14
- Tues/Thurs between 4-7pm:
Feb 13-Mar 15

Classroom and Pool Sessions:

Candidates must attend 100 % of the sessions held Mar 26-29.

25532	Sa	Jan 13 and Feb 3
	12:30-5pm	
	M-Th	Mar 26-29
	12:30-5pm	\$425



Recertification Courses

NATIONAL LIFEGUARD – POOL OPTION RECERT

Designed for those needing to recertify their NL award. Candidates should be prepared with their pocket mask, whistle, fanny pack, swim suit and previous certification.

25530	Sa	Jan 13
	9am-6pm	\$105
25531	Sa	Mar 3
	9am- 6pm	\$105

WATER SAFETY INSTRUCTOR - RECERT

Provides instructors with program updates pertaining to the Red Cross Swim Program. Candidates should be prepared with their swim suit and previous certification.

25527	W	Jan 31
	5-10pm	\$125
25528	W	Feb 28
	5-10pm	\$125
25529	W	Mar 28
	5-10pm	\$125



PLAY BALL! in 2018

Jan 14	Registration Fair (Hyde Creek)
Apr 2	SEASON STARTS
Apr 13-15	Ice Breaker Tournament (McLean Park)
Jun 22-24	Wind up Tournament (McLean Park)

www.pocominorsoftball.com
registrar@pocominorsoftball.com

Hyde Creek Cafe

1379 Laurier Ave.

OPEN

Mon - Sat 9:30 - 7:30
 Sundays 9:30 - 5:30

NEW MENU OPTIONS

Enjoy JJ Bean Coffee

Catering Service Available
 (Birthday Parties & Meetings)

604.941.2022

First Aid & CPR Training

Basic first aid knowledge is a life skill that every person should know. First Aid and CPR training is mandatory in many work places, but is also applicable to an individual's daily life.

KNOWING BASIC FIRST AID INCLUDING CPR CAN SAVE A LIFE!



CPR - C (14yrs+)

Training rescuers in the skills required to provide basic life support to patients with airway, breathing, or circulatory emergencies. Course fee includes a pocket mask.

25512	Su	Jan 21
	8am-3pm	\$85
25513	Su	Mar 4
	8am-3pm	\$85



First Aid & CPR Recertification Courses

CPR-C RECERTIFICATION (14yrs+)

Candidates should bring their previous CPR-C certification card to class.

25518	Su	Jan 28
	8am-1pm	\$55
25519	Su	Mar 11
	8am-1pm	\$55

EMERGENCY FIRST AID (14yrs+)

Training rescuers in skills required to provide basic life support and to manage external bleeding, heart attack, and stroke. Course fee includes a pocket mask.

25514	Su	Jan 21
	8am-5pm	\$120
25515	Su	Mar 4
	8am-5pm	\$120

STANDARD FIRST AID (14yrs+)

Provides comprehensive training covering all aspects of first aid and CPR through practical activities and scenarios. Course fee includes a pocket mask.

25516	Su	Jan 21-28
	8am- 5pm	\$170
25517	Su	Mar 4-11
	8am- 5pm	\$170

STANDARD FIRST AID RECERTIFICATION (14yrs+)

Candidates should bring their pocket mask, previous First Aid Manual and previous SFA certification card to class.

25516	Su	Jan 28
	8am-5pm	\$85
25517	Su	Mar 11
	8am-5pm	\$85



Customized First Aid Courses

Do you own a daycare, are a school administrator, or simply have a group of friends who want to take a first aid course together?

Hyde Creek Recreation Centre offers customized First Aid and CPR training to fit your busy schedule. Gather a group of 6 or more individuals and we can create any of the following full and recertification courses to cater your needs:

- Standard First Aid
- Emergency First Aid
- CPR Level A, B or C
- AED

Customized courses are based on instructor and facility availability.

Requires 6 or more participants.

Please provide at least 1 months' notice if you are interested in customized First Aid or CPR training.

For more information contact the Recreation Programmer—Aquatics @ 604.927.7955.

REGISTER at
604.927.PLAY(7529)
or online www.experienceit.ca