

PLANNING – Recommended Timelines...

LEVEL	AGE or PRE-REQs	SUGGESTED COURSE LENGTH	SUGGESTED CLASS LENGTH	SUGGESTED CLASS SIZE (PER INSTRUCTOR)
Parent & Tot 1	4 months to 5 yrs + caregiver	5 hours	Max 30 min	10-12 pairs (min one guardian per child)
Parent & Tot 2	4 months to 5 yrs + caregiver	5 hours	Max 30 min	10-12 pairs (min one guardian per child)
Parent & Tot 3	4 months to 5 yrs + caregiver	5 hours	Max 30 min	10-12 pairs (min one guardian per child)
Preschool 1 (A)	3 to 5 years	5 hours	Max 30 min	4-6
Preschool 2 (B)	3 to 5 years	5 hours	Max 30 min	4-6
Preschool 3 (C)	3 to 5 years	5 hours	Max 30 min	4-6
Preschool 4 (D)	3 to 5 years	5 hours	Max 30 min	4-6
Preschool 5 (E)	3 to 5 years	5 hours	Max 30 min	4-6
Swimmer 1	5 to 9 years	5 hours	30 min	6-8
Swimmer 2	5 to 9 years	5 hours	30 min	6-8
Swimmer 3	5 to 9 years	7.5 hours	45 min	8-10
Swimmer 4	5 to 9 years	7.5 hours	45 min	8-10
Swimmer 5	5 to 9 years	7.5 hours	45 min	10-12
Swimmer 6	5 to 9 years	7.5 hours	45 min	10-12
Adult 1	13 years+	7.5 hours	45 min	6-8
Adult 2	13 years+	7.5 hours	45 min	8-10
Adult 3	13 years+	7.5 hours	45 min	10-12
Fitness Swimmer	ANY	7.5 hours	45 min	10-12
Lifesaving Fitness	ANY	10 hours	60 min	10-12

ALL course times recommended below are calculated based on a maximum of 12 candidates per class (and all with previous lifesaving training). An instructor may teach more than 12 by him/herself for these courses HOWEVER current provincial lifeguard ratios must be maintained. Also, **longer course & exam times** will be necessary to effectively teach, practice & examine course content for more than 12 candidates and/or more time will be needed for candidates without previous lifesaving training.

*Swim Patrol - Rookie	8 to 12 years	8-10 hours ... **12 hrs	45-60min	Min 2 & Max 12
*Swim Patrol - Ranger	8 to 12 years	8-10 hours ... **12 hrs	45-60min	Min 2 & Max 12
*Swim Patrol - Star	8 to 12 years	8-10 hours ... **12 hrs	45-60min	Min 2 & Max 12
*BRONZE STAR	8 to 12 years	10 to 12 hours ... **16 hrs	choice	Min 2 & Max 12

LEVEL	AGE or PRE-REQs	SUGGESTED COURSE LENGTH	SUGGESTED CLASS LENGTH	SUGGESTED CLASS SIZE (PER INSTRUCTOR)
*BRONZE MEDALLION	13 years OR Bronze Star	18 to 20 hours... **24 hrs THEN 2.0 hour EXAM	Choice	Min 2 & Max 12
*BRONZE CROSS	Bronze Medallion	18 to 20 hours... **24 hrs THEN 2.0 hour EXAM	Choice	Min 3 & Max 12
*COMBO 1: <i>Bronze Star & BrMedallion</i>	MUST PASS BRONZE STAR OR BE 13 yrs BEFORE MEDALLION EXAM	N/A... 25 to 30 hrs** THEN 2.0 hour EXAM	Choice	Min 2 & Max 12
*COMBO 2: <i>BrMedallion & Bronze Cross</i>	MUST PASS BRONZE MEDALLION EXAM BEFORE CROSS EXAM	25 to 35 hours THEN 2x2.0 hour EXAMS	Choice	Min 1 (BrM) but Min 2 (BrC) & Max 12
*COMBO 3: <i>BrStar, BrMedallion & Bronze Cross</i>	MUST PASS BRSTAR OR BE 13 yrs B4 BR MEDALLION EXAM; MUST PASS MEDALLION B4 ATTEMPTING BR CROSS EXAM	N/A... 35 to 42 hrs** THEN 2x2.0 hour EXAMS	Choice	Min 1 (BrM/BrS) but Min 2 (BrC) & Max 12
*DISTINCTION	Bronze Cross	20 to 25 hours THEN 2.5 hour EXAM	Choice	Min 3 & Max 12
*DIPLOMA	Distinction, NLS or LSI	20 to 25 hours THEN 4 to 5 hour EXAM	Choice	Min 3 & Max 12

***ALL course times recommended by Lifesaving Society for the Lifesaving levels are calculated based on all candidates having successfully completed the previous lifesaving training recently (even for Swim Patrol, Bronze Star and Bronze Medallion).**

For example, 10-12 hours for Bronze Star course is based on the "assumption" all the maximum 12 candidates have successfully completed the three Swim Patrol levels and understand both the Ladder Approach & Rescuer's Checklist.

Please note this previous training is NOT required for Bronze Star so untrained candidates may register in Bronze Star. This means all facilities/instructors should consider running Bronze Star for more than 12 hours to increase success of untrained candidates (e.g. Trainer recommended 16 hours instead).

****Trainer also recommends longer times for other courses from practical experience – see above.**

Finally, RECOMMENDED "WATER-to-CLASSROOM" RATIO FOR ABOVE COURSES

- Swim for Life = 100% taught in water (ALL Water Smart training in water)
- Swim Patrol = 100% taught in water + on deck
- Bronze Star = 100% taught in water + on deck
- Bronze Medallion = 80% water + 20% classroom/deck (for first aid/CPR)

- Bronze Cross = 80% water + 20% classroom/deck (for first aid/CPR)
- Distinction & Diploma = 90% water + 10% classroom/deck
- Lifesaving Fitness = 90% water + 10% classroom/deck