



Note: For the Bronze courses you **MUST HAVE** a whistle, a Canadian Lifesaving Manual, and a long-sleeved shirt and pants for the self-rescue item. Whistles and textbooks can be found under the “shop” section of our website!



Bronze Star

Bronze Star is the first step towards becoming a lifeguard. This 10-hour course is perfect for students who have finished Swimmer 6 or Star Patrol and are too young (under 13) to start Bronze Medallion. Bronze Star develops swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving. There are no prerequisites for this course.



Bronze Medallion

This 15-hour course challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. To take the Bronze Medallion course students must be 13 years of age by the last day of the course OR have completed Bronze Star.



Bronze Cross

This 20-hour course begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for the National Lifeguard course. Upon completion of this course, candidates who are 16 are eligible to become Assistant Lifeguards at any aquatic environment in MB (they will also need to get their Standard First Aid before employment). To take the Bronze Cross course, students must have completed the Bronze Medallion course and have a certificate as proof. (The certificate does not have to be current).