

STEPS TO BECOMING A LIFEGUARD

1) Bronze Medallion*
(13 yrs or Bronze Star)

2) Bronze Cross*
(Bronze Medallion)

**3) Aquatic Emergency Care or
Standard 1st Aid/CPR-C*/AED***

4) National Lifeguard Service
(16 yrs)



LIFESAVING SOCIETY

* Required Prerequisite for NLS award

STEPS TO BECOMING A SWIM INSTRUCTOR

1) Swim Kids Level 10
(or equivalent)

**2) Assistant Water Safety*
Instructor** (15 yrs)

3) Water Safety Instructor
(15 yrs)



Red Cross
Swim

* Required prerequisite for WSI Award

CASUAL LIFEGUARDS NEEDED

Join the recreation team today! Work for the City of Regina's Community Services Department and enjoy:

- competitive wages
- flexible hours
- rewarding jobs
- the opportunity to work with the public
- fun atmosphere
- the ability to make a difference

For more information, please visit Regina.ca and apply online.