

Junior Lifeguard – Enrichment Pilot Program

Good day,

In partnership with Nashwaaksis Middle School, the Fredericton Indoor Pool invites interested students to participate in an enrichment program designed to build the skills, knowledge and fitness required for Lifesaving situations. Students will learn how to identify risks in aquatic settings, as well as ways to prevent injury and techniques to save the lives of others, all while keeping themselves safe.

Students will be assessed for their swimming ability and provided many opportunities to improve their swimming skills and endurance prior to beginning. They do not need to be competitive swimmers or have completed all their swimming levels – **though a minimum requirement will need to be met.**

When: Tuesdays, Second Period, starting October 22, 2024, to June 3, 2024

Cost: None

Swimming Ability:

- Students should be comfortable in water (putting face in, submerging, floating) and have a basic understanding of swimming strokes. The ability to swim 100 metres (4 lengths of the pool) continuously would be an asset.

Pathway to Certification

- All participating students will work to complete the Lifesaving Society's Bronze Star Award.
 - o Bronze Star contains the necessary swimming and technical skill requirements to ensure everyone participating has a solid foundation for success.
- Students who complete Bronze Star will be given opportunity to work towards their Bronze Medallion and Bronze Cross certifications. Bronze Medallion contains the necessary knowledge and skills to perform a rescue of a weak, tired, or non-breathing victim. Bronze Cross is the Lifesaving Society's Assistant Lifeguard certification and contains the knowledge, skills and fitness expected of Assistant Lifeguards on pool decks and beaches.

Becoming a lifeguard offers you the chance to learn valuable life skills while having fun, making new friends, and becoming part of a team. Lifeguards are in high demand across the country, and Middle School is a critical time to start your training. Join our lifesaving team and continue making our Aquatic facilities a safe space to swim!

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