



Do you want to be a Swim Instructor?

Are you 15 years or older?

No

Yes

You must be 15 years or older at the time of certification. If you are 14 years of age, reach out to the Aquatics Lead at your YMCA branch to learn of our pathway to become an Assistant Swim Instructor.

1. Do you have current Bronze Cross or Lifesaving Society National Lifeguard certification?
2. Do you have current Standard First Aid with CPR C/AED?
3. Are your swim strokes at YMCA intermediate stroke standard or equivalent?

No

Yes

Contact your YMCA branch to receive instruction on training requirements and how to begin the process

Yes

Are you willing to train to meet necessary requirements?

No

Reach out and discover our Assistant Swim Instructor course and Volunteer Opportunities

Contact your local YMCA branch to begin the learning experience. The training involves self-directed online training as well as in person classroom and practical sessions and practical evaluation

YMCA Swim Instructor Course

20 hours

Designed to prepare the candidate to teach and evaluate the YMCA Swimming Lesson Program (Preschool, Learn to Swim, Star Program, and star Leadership). Candidates will learn teaching methods, planning and evaluation skills as well as stroke development and correction techniques.

Prerequisites:

- 15 years of age
- Current NLS or Bronze Cross certification
- Current First Aid

SECTION 2:



YMCA Instructors

Introduction to YMCA Instructors

This section describes the following for each of the instructor certifications:

- Purpose of certification or training and who certifies or trains
- Prerequisites
- Certification or training requirements
- Certification or training challenges

For a list of Instructor responsibilities see tab 1.

Aquatics Training Path			
Assistant Swim Instructor		Swim Instructor	
Element	Time	Element	Time
ASI Self Directed learning module		SI Self Directed learning module	4 hours
ASI In-Person training (incl. pool time)	24 hours	SI In-Person training (incl. pool time)	17 hours
Successful observation and evaluation	During in person training	Successful observation and evaluation	During in person training

Aquatics – Assistant Swim Instructor

Purpose of the Certification

To provide young people with opportunities to learn more about delivering swim lessons and working in an aquatic environment and as a part of the Aquatic team.

Who Certifies

YMCA Assistant Swim Instructors are certified by a YMCA Aquatic Champion.

Prerequisites

- Minimum 14 years of age at the time of certification.
- Current Star 6 or Bronze Star certification.
- Swim strokes at YMCA intermediate stroke standard or equivalent.

Certification Requirements

- Participate in appropriate learning experiences (e.g. YMCA Assistant Swim Instructor course).
- Demonstrate the criteria required for the YMCA Assistant Swim Instructor certification.

1. The Program
Leadership System

2. YMCA
Instructors

3. YMCA
Leads

4. YMCA
Champions

5. YMCA
Educators

6. Recertification

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Certification Challenges

This process is only initiated for YMCA staff and volunteers - all policies and procedures as per the local association (e.g. Child Protection) are completed.

- For those with an assistant swim instructor certification from another organization (e.g. Red Cross or Lifesaving Society) another country, or those with prior experience but no assistant swim instructor certification:
- Observe a YMCA swim lesson with the participant and have them identify what they have done in the past and what is new or unfamiliar. Determine the degree to which they feel comfortable to demonstrate their skills in a real class situation.
- Observe skills in assisting a YMCA Swim Instructor to determine learning needs.
- Implement appropriate acquisition, practice and coaching, and evaluation steps.

Aquatics - Swim Instructor

Purpose of the Certification

To provide young people with the knowledge, skills, and competencies to work or volunteer as a Swim Instructor with the Y or an external organization.

Who Certification

YMCA Swim Instructors are certified by a YMCA Aquatic Champion.

Prerequisites

- Minimum 15 years of age at the time of certification.
- Current Bronze Cross or Lifesaving Society National Lifeguard certification.
- Current Standard First Aid with CPR C/AED.
- Swim strokes at YMCA Intermediate stroke standard or equivalent.

Certification Requirements

- Participate in appropriate learning experiences (e.g. YMCA Swim Instructor e-learning and in-person course).
- Successful evaluation using appropriate evaluation tools: 22 or more effective/highly effective instruction skills and less than 5 developing instruction skills.

Certification Challenges

This process is only initiated for Y staff and volunteers - all policies and procedures as per the local association (e.g. Child Protection) are completed.

- For those with a Swim Instructor certification, expired or current, from another organization (e.g. Red Cross or Lifesaving Society), another country, or those with prior experience but no Swim Instructor certification:
 - Check for current Standard First Aid with CPR C/AED.
 - Check for a valid Bronze Cross or Lifesaving Society National Lifeguard certification.
 - Check age (minimum 16 years of age).
 - Observe YMCA swimming and stroke skills.
 - Completion of Swim Instructor e-learning module 1.
 - Successful observation of a YMCA swim lesson with the participant and using relevant Instructor evaluation tool.

Lifeguard

Pathway

Minimum 15 years of age.

Requires Bronze cross certification.

Requires Lifesaving Society Standard First aid or SFA

- Are you 15 years of age?
- Do you have bronze Cross Certification?
- Do you have Lifesaving Society Standard First Aid or SFA?

If yes:

Contact Deidre Ryan, Aquatics Team Lead at deidre.ryan@nl.ymca.ca

Call Marystown YMCA at 709-279-9622 or drop by our welcome desk at

2 B Harris Drive

Marystown, NL

AOE 2MO

If not:

Contact Deidre Ryan, Aquatics Team Lead at deidre.ryan@nl.ymca.ca

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to discuss training (offered free of charge) opportunities.

Hannah – I have attached all the info need for the other courses as well.

Lifeguard

Builds on the fundamental skills, knowledge and values of the Lifesaving Society to develop the practical skills and knowledge required by lifeguards.

Prerequisites: Minimum 15 years of age. Bronze Cross certification and Lifesaving Society Standard First Aid (need not be current) or SFA.

Bronze Star

10 hours

Develops swimming proficiency, lifesaving skill 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 sport.

Prerequisite: None

Bronze Medallion

15 hours

Challenges the candidate both mentally and physically. Judgement, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion Training. Candidates acquire the assessment and problem-solving skills necessary to make good decisions in, on and around the water. Bronze medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Prerequisites: Minimum 13 years of age or Bronze Star certification (need not be current)

Bronze Cross + Emergency First Aid

25 hours

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.

Prerequisites: Bronze Medallions and Emergency or Standard First Aid certification (need not be current)

National Lifeguard

40 hours

Transition from Assistant Lifeguard to Lifeguard. further develops prevention of accidents in an aquatic environment as well as effective response in aquatic emergencies. It further emphasizes teamwork, communication and fitness.

Prerequisites: 15 years of age; Bronze Cross and Standard First Aid

Standard First Aid (SFA)

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incorporates all of Emergency First Aid.

Required reference material provided:

- Canadian First Aid Manual or Canadian Lifesaving Manual
- Prerequisites: None
- Registration Required