



I'm not robot



I am not robot!

The Red Cross Learning Center certification Guide. The required textbook for candidates in the National Lifeguard training course. Manual will be available for pick-up on the first day of the course. Alert is the lifeguarding manual of choice in Canada. Describe how critical incident stress can impact lifeguards. This document is designed to help guide you through your recertification planning, supports for success. Describe how critical incident stress can impact lifeguards responding to both successful and unsuccessful rescues. Emphasizes accident prevention. The required content for this curriculum can be found in your Alert text and the Canadian Lifesaving Manual. Manual will be available for pick-up on the first day of the course.

- Explain the role and responsibilities of the National Lifeguard in terms of role-modeling, prevention and rescue. This guide should be used in combination with the Alert and Canadian Alert Manual, required for National Lifeguard course. It is also meant to provide information and guidance as to best practices based on current 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

Alert: lifeguarding in action: the textbook of the National Lifeguard Service., Royal Life Saving Society Canada. Reference: National Lifeguard Award Guide: Pool Item. Alert: Lifeguarding in Action: Chapter 1 The care steps outlined within this manual are consistent with the International Liaison Committee on Resuscitation (ILCOR) Consensus on Science and Treatment Recommendations (CoSTR). They must be able to supervise swimmers, minimize dangers, educate facility users about Alert: Lifeguarding in Action. Available in English or French. Lifeguards must be able to recognize hazardous situations to prevent injury. From public relations to responding to emergencies, this manual will help you be ready to face real life challenges in and around water. It contains all the information a person needs to become a successful lifeguard. The guide is designed as a resource for candidates to prepare and familiarize with the items covered in a National Lifeguard recertification, as well as to assist in planning for training. Candidates should bring Alert, a whistle, barrier devices (gloves and Alert Manual, required for National Lifeguard course. in English [2nd ed.] Red Cross Learning Center.

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