

# How to become a Lifeguard and Swim Instructor in Markham!

Land a great job with the City of Markham.  
Set yourself up for success with the aquatics team.



## Bronze Star

..... Excellent preparation for success in Bronze Medallion. Participants develop problem-solving, decision-making skills and personal fitness.  
**Recommended: 12 years of age and older.**



## Bronze Medallion

..... Teaches the four components of water rescue education: judgement, knowledge, skill and fitness.  
**Prerequisite: Bronze Star or 13 years of age.**



## Emergency First Aid or Standard First Aid

..... Emergency First Aid is an introduction to first aid and is recommended for those 14 years and younger. Standard First Aid is best for those 15 years and older and is a requirement for National Lifeguard certification.



### VOLUNTEER WITH US!

Once you successfully complete Bronze Medallion, Emergency or Standard First Aid and are 14 years or older, you can volunteer with us! You can redeem volunteer hours to pay for select courses. [markham.ca/volunteering](http://markham.ca/volunteering)



## Bronze Cross

..... Bronze Cross is an introduction to safe supervision in aquatic facilities. It is required for all future leadership courses.  
**Prerequisites: Bronze Medallion, and either Emergency First Aid or Standard First Aid.**



## Standard First Aid

..... Comprehensive training covering all aspects of first aid and CPR-C certification.



### WORK WITH US!

Once you successfully complete Bronze Cross, Standard First Aid and are 15 years or older, you can become a Deck Attendant! By working with us through the leadership pathway, you can save money on select courses! Plus there are great perks. [markham.ca/WorkHere](http://markham.ca/WorkHere).



## Instructors: Swim and Lifesaving

Prepare to teach and evaluate swim strokes and lifesaving skills.

..... Successfully complete one of these two courses with us and receive 50% off the second.

## National Lifeguard

Develop a sound understanding of lifeguarding principles to prevent emergency situations and effective rescue response.

**Prerequisites: Bronze Cross, Standard First Aid and 15 years of age.**



## Airway Management

..... Provides lifeguards and swim instructors with specific knowledge and training in the use of oxygen, suction devices, oral airways and bag-valve-masks (BVM).  
**Prerequisite: Standard First Aid.**

### JOIN OUR TEAM!

Once you successfully complete Airway Management and Instructors: Swim and Lifesaving and/or National Lifeguard and are 16 years of age, you can become a Lifeguard and Swim Instructor! Work with us for 50 hours and get a credit for Instructors and National Lifeguard course fees (Courses must have been taken with the City of Markham within the past 12 months).



LIFESAVING SOCIETY  
The Lifeguarding Experts

City of Markham aquatic leadership pathway follows the Canadian industry standard set out by the Lifesaving Society.

### Perks and Benefits of Working in Aquatics | Working for the City of Markham aquatics team comes with great benefits!

- o Keep active and have fun at almost any pay-per-play activity across the City with a FREE Recreation Activity Pass.
- o Stay fit with a FREE Markham Fitness membership.
- o Get exclusive discounts on YRT passes and leadership certifications.
- o Make a difference in your community.
- o Learn lifesaving and transferable skills like water safety, leadership, teamwork and conflict resolution.
- o Balance school, work and fun with a flexible work schedule.
- o Build your resume to prepare for your future.