

## **CATEGORY D**

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**SUBJECT:** **SWIMMING AND LIFE SAVING FROM THE WATER**

### **OBJECTIVE(S)**

To encourage and recognize qualifications, skills and strength in swimming and life saving.

### **PREREQUISITES**

1. A candidate who within two years previous to enrolment or after has qualified for one of the qualifying *Life Saving Tests* listed below may apply for a Proficiency Certificate.
2. A candidate must have qualified in *Emergency First Aid* before a Proficiency Certificate may be issued.

### **INSTRUCTORS/EVALUATORS**

Only certified Instructors/Evaluators from the Life Saving Society (LSS), Canadian Red Cross, or YM/YWCA.

### **REFERENCES AND MATERIALS**

- Life Saving Society
- Canadian Red Cross
- YM/YWCA
- Local Libraries
- St. John Ambulance *Emergency First Aid* materials

### **CONTENT**

The candidate must qualify to the following level:

- a) Age group 11-13 include: Lifesaving III (LSS) or Bronze Medal (Red Cross)
- b) Age group 14 and higher: Bronze Medallion (LSS) or Basic Life Saving (YM/YWCA) or Silver Medal (Red Cross)

### **DURATION**

As required.

### **CERTIFICATION**

As per above-mentioned prerequisites and content/description.

Note: "Swimming and Water Safety" is a separate subject. Candidates are encouraged to qualify in both.

**CERTIFICATION OF SUCCESSFUL COMPLETION OF PROFICIENCY SUBJECT**

**SWIMMING AND LIFE SAVING FROM THE WATER**

Instructors/Evaluators should carefully consider the age, ability and accessibility to resource materials of each candidate.

The candidate has completed the above content and meets the requirements to the satisfaction of the Instructor/Evaluator.

Name of Instructor/Evaluator: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_ Tel #: \_\_\_\_\_

Instructor qualifications: \_\_\_\_\_

I certify that

\_\_\_\_\_ of \_\_\_\_\_  
(candidate's name) (Division #)

meets the criteria of this proficiency subject, as laid out on the previous page(s).

\_\_\_\_\_  
Instructor/Evaluator (signature) Date

\_\_\_\_\_  
Divisional Superintendent (signature) Date