

Northern Lights Palace Pool Winter Leadership Courses

Bronze Medallion – December 27, 28, 29

The Bronze Medallion award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness.

Rescuers learn tows and carries, and defense and release methods in preparation for challenging rescues of increased risk, involving conscious and unconscious victims of various types. Participants also develop stroke efficiency and endurance in timed swims. As well as treatment skills for many circulatory emergencies.

Price: \$150.00 Materials Included

Bronze Cross – December 29, 30 January 2

Designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic environments. Students learn the differences between lifeguarding and lifesaving while continuing to develop the basic principles of emergency procedures and teamwork. Lifesavers further increase their stroke efficiency, fitness and endurance

Bronze Cross is a prerequisite for all advanced training programs, including Lifesaving Instructor, National Lifeguard Service, and Distinction certification.

Price: \$130.00

Call or Email for further information

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