



Prince Edward Island

December 2023

National Lifeguard update – what to expect at your recert

The Lifesaving Society has updated the National Lifeguard program to ensure its curriculum and performance standards remain current, relevant and grounded in the competencies required by lifeguards.

The new National Lifeguard curriculum will be implemented on January 1, 2024.

Here's what's new for National Lifeguard Pool recertifications

- **Single lifeguard situation:** In addition to team situations, lifeguards will need to respond as a single lifeguard to a situation in a supervised aquatic setting with one auxiliary staff member.
- **Scanning and observation:** Previously covered as part of lifeguarding situations, the ability to demonstrate effective lifeguard scanning techniques and observational skills is now a standalone evaluation item.
- **Victim management:** Lifeguards will be asked to perform the Management of a distressed or drowning victim item twice; once with aid and once without an aid.
- **Sprint challenge:** Lifeguards now perform this physical standard using any combination of recognizable strokes. Lifeguards are no longer required to swim "head-up."

You can review all National Lifeguard test items evaluated in National Lifeguard Pool and National Lifeguard Waterfront under [Find a Form](#) on the Society's [website](#). Only items marked with a (†) symbol are evaluated on a National Lifeguard recertification examination.

Four tips to help you get ready for your next National Lifeguard recert

1. **Hit the water:** It takes time to improve your aerobic and anaerobic fitness in water – and you'll need both to pass your National Lifeguard recertification. Be sure to check where your fitness stands well in advance of your recertification date to give you the time to improve if need be.
2. **Hit the books:** Standards evolve over time. Make sure you're up to speed on them before you attend your recert. First aid and CPR standards are regularly improved, and the Society recently updated its National Lifeguard program. Visit the Society's website to read up on program updates and any changes to National Lifeguard candidate resources: *Alert: Lifeguarding in action* and the *Canadian First Aid Manual*.
3. **Polish your skills:** If you aren't feeling confident, consider contacting your local pool for some practice. Some pools may offer private or small group sessions for the purpose of preparing candidates for the National Lifeguard recertification.
4. **Ask the experts:** Aren't sure about something? Just ask. Send us an [email](#) or call 902-967-4888.

Office holiday hours

Happy holidays! The Lifesaving Society's office will close December 23, 2023 through January 2, 2024. We will check voicemail and email periodically.

If you require any course materials before the holiday closure, please place your order by **end of day Monday, December 18.**

We reopen January 3, 2024.

2024/2025 PRICES AND FEES

To allow for better planning and budgeting by Affiliate Members, the Society announces prices and fees one year in advance. The complete list of 2024 and 2025 fees and literature prices are posted in [Find a Form](#) on the Society's website.

Affiliates will be sent their annual affiliate fee and swim license renewals in the new year. Affiliate fee and swim license prices can be found on the detailed price list linked above.

2024/2025 Literature Prices

Canadian Lifesaving Manual	\$50.00
Canadian Lifesaving Manual with Bronze Medallion Workbook	\$52.00
Bronze Medallion Workbook	\$7.75
Bronze Cross Workbook	\$7.75
Alert: Lifeguarding in Action	\$50.00
Coaching Lifesaving	\$35.00
Examiner Handbook	\$38.50
Instructor Manual	\$27.50
Trainer Manual	\$38.50
Canadian First Aid Manual	\$17.00
Canadian CPR-HCP Manual	\$12.80
Any single Award Guide	\$27.50
Swim Instructor Pack	\$66.00

Lifesaving Instructor Pack Combined Pack –	\$81.75
Lifesaving and Swim Instructor	\$99.00

2024/2025 Exam Fees

Canadian Swim Patrol (kits for class of 10)	\$17.45
Safeguard	\$15.00
Bronze Star	\$15.00
Bronze Medallion	\$27.50
Airway Management	\$15.00
Emergency First Aid with CPR-B	\$15.00
Standard First Aid with CPR-C	\$25.00
CPR-HCP	\$15.00
Bronze Cross or recert	\$27.50
National Lifeguard or recert	\$44.00
Lifesaving Sport Official	\$20.00
Instructor, Examiner, Instructor Trainer, Coach	\$37.50
Leadership Recert	\$37.50
(Each additional leadership recert at the same time \$32.50 to a maximum of \$85.00)	

Retail prices are the same for all affiliates throughout Prince Edward Island and include free shipping and handling.



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