



# Aquatic Supervisor Training (AST)

## Course

The Aquatic Supervisor Training (AST) Course trains experienced lifeguards or instructors how to act as a front-line staff supervisor within an aquatic facility. Aquatic Supervisor Training is the first step in a candidate's development into a leader in the field of recreational aquatics.

Candidates who successfully complete the course have demonstrated leadership potential. They have been introduced to the responsibilities, knowledge, attitudes and skills required to act in a supervisory capacity in an aquatic setting. They have started to think about the role they assume as an Aquatic Supervisor, what it encompasses, and how it differs from the previous job as lifeguards and instructors. Importantly, AST is not an end but a beginning. Candidates are encouraged to learn more about their new role and to constantly evaluate and improve upon their supervisory skills.

**Target Audience:** Experienced lifeguards and aquatic instructors looking to move into a supervisory role, or who already hold a supervisory role within an aquatic facility. Individuals with the titles of Head Lifeguard, Head Instructor, Waterfront Director, Aquatic Supervisor, etc.

**Course Pre-requisites:** National Lifeguard certification; Lifesaving Instructor certification; a minimum of 100 hours of practical experience as a lifeguard or aquatic instructor.

**Course Length:** 10 - 12 hours total (10 hours of classroom time, 2 hours optional water content)

**Course Materials:** Aquatic Supervisor Training Workbook (provided as part of the course)

**Certification:** The course only needs to be taken once by an individual and never expires.

**Recognition:** Certification card issued.

**Overview of Course Content:**

- Introduction to the Lifesaving Society
- Principles of Safety Management
- Roles & Responsibilities of an Aquatic Supervisor
- Accident Prevention
- Facility Management
- Staff Training & Staff Motivation
- Planning, Organizing and Programming in an Aquatic Venue