



Courses & Training

Winter 2018 (January - March)

9505 100 Street
www.fortstjohn.ca

Pool Reception:
250 787 8178
pool@fortstjohn.ca



Work Place Emergency First Aid

Workplace Emergency First Aid course (also known as Occupational First Aid Level 1 or OFA 1) a hands-on interactive 1 day course that teaches workers how to deal with the most common workplace first-aid emergencies.

**YOU MUST
REGISTER IN
ADVANCE FOR
THESE
COURSES**

 REGISTER ONLINE AT
fortstjohn.ca/activenet

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The North Peace Leisure Pool is owned by the PRRD and operated by the City of Fort St. John

For more information contact the North Peace Leisure Pool
250 787 8178 | pool@fortstjohn.ca | www.fortstjohn.ca



Courses & Training

Please ask about our Refund policy before registering

Aquatic Emergency Care

Take your lifesaving training to the next level! If you are planning to be a professional lifeguard or looking for more comprehensive first aid and lifesaving training, Aquatic Emergency Care (AEC) will give you the edge. AEC provides hands-on training in the care of injuries and illness common to both aquatic and non-aquatic settings. AEC includes Standard First Aid and CPR-C in the BC & Yukon Branch.

Kids Arena Fieldhouse - Meeting Room	Age: 15Y+
Mar 28-Mar 31 W,Th,Sa 12:00pm-8:00pm	\$208.43 2034

Babysitting Course

This Canadian Red Cross course is aimed toward children aged 11 to 15. It teaches the business of babysitting, creating a safe environments while caring for babies to school aged children and being able to handle emergencies and basic first aid situations.

Pomeroy Sport Centre	Age: 11Y - 15Y
Jan 20-Jan 21 Sa,Su 1:00pm-5:00pm	\$94.65 2018
Feb 24-Feb 25 Sa,Su 1:00pm-5:00pm	\$94.65 2019
Mar 17-Mar 18 S,Sa 1:00pm-5:00pm	\$94.65 2020

Bronze Medallion/Cross Combo

This course is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Bronze Cross includes the CPR-C certification and is one of the prerequisite awards for all advanced Lifeguarding and Leadership training programs. Bronze Cross is also worth 2 Grade 11 High School Credits.

Prerequisites: 13 years of age or Bronze Star Certificate

North Peace Leisure Pool	Age: 13Y+
Mar 11-Mar 25 Su,Tu,F,Sa 9:00am-5:00pm	\$387.66 2033

Home Alone

This program is designed to provide children ages 9 to 11 with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.

North Peace Leisure Pool	Age: 9Y - 11Y
Jan 7 Su 1:00pm-4:00pm	\$39.05 2015
Feb 23 F 1:00pm-4:00pm	\$39.05 2016
Mar 15 Th 3:00pm-6:00pm	\$39.05 2017

Ice Carving Workshop

Want to learn to carve like the pros? Celebrate the High on Ice Winter Festival by learning to carve from a professional ice carver. Don't hesitate to try this unique activity and take advantage of winter living. For more information visit fortstjohn.ca/ice

Centennial Park	Age: 18Y+
Feb 3 Sa 10:00am-4:00pm	\$30.00 1862

National Lifeguard

The National Lifeguard - Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. This course emphasizes the life guarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

Prerequisites: Standard First Aid with CPR-C or AEC certification, Bronze Cross certification and 16 years of age by the last day of the course

North Peace Leisure Pool	Age: 16Y+
Jan 4-Jan 14 Su,Th-Sa 9:00am-6:00pm	\$513.95 1848

Workplace Emergency First Aid

The Workplace Emergency First Aid course (also known as Occupational First Aid Level 1 or OFA 1) is a hands-on interactive 1 day course that teaches workers how to deal with the most common workplace first-aid emergencies. Workplace Emergency First Aid includes CPR Level A (adult skills), choking procedures as well as emergency scene management, dealing with shock, spinal injuries, minor wound management, major bleeding, internal bleeding, poisons and minor burns. Students will also be trained to use an AED (Automated External Defibrillator).

North Peace Leisure Pool	Age: 16Y+
Jan 8 M 8:30am-4:30pm	\$125.00 2021
Jan 20 Sa 8:30am-4:30pm	\$125.00 2023
Jan 22 M 8:30am-4:30pm	\$125.00 2024
Feb 26 M 8:30am-4:30pm	\$125.00 2029
Mar 12 M 8:30am-4:30pm	\$125.00 2031

Kids Arena Fieldhouse - Meeting Rm	Age: 16Y+
Jan 29 M 8:30am-4:30pm	\$125.00 2025
Feb 19 M 8:30am-4:30pm	\$125.00 2027

Pomeroy Sport Centre - 1st Floor Meeting Rm	Age: 16Y+
Feb 5 M 8:30am-4:30pm	\$125.00 2026
Mar 19 M 8:30am-4:30pm	\$125.00 2032

Workplace Emergency First Aid/ Standard First Aid

This two day combination course provides participants with both Workplace Emergency First Aid (also known as Occupational First Aid Level 1 or OFA 1) and Standard First Aid certification. Training participants on how to deal with the most common workplace emergencies as well as the skills and knowledge required to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies.

North Peace Leisure Pool	Age: 16Y+
Jan 15-Jan 16 M,Tu 8:30am-4:30pm	\$193.92 2022
Feb 24-Feb 25 Sa,Su 8:30am-4:30pm	\$193.92 2028
Mar 5-Mar 6 M,Tu 8:30am-4:30pm	\$193.92 2030

100% Attendance is mandatory



Canadian Red Cross

Training Partner



LIFESAVING SOCIETY
The Lifeguarding Experts

Register ONLINE,
➔ it's easy!

Step 1

Go online to www.fortstjohn.ca/activenet

Step 2

Create an account & log in

Step 3

Choose an activity & register