



PREPARATION GUIDE FOR THE SELECTION PROGRAM OF PIERRE LAPORTE EMPLOYEES OF 2020-2021

The selection program is an evaluation to determine the knowledge, techniques as well as the public relations skills of potential Aquatics personnel.

INTERVIEW DATE: Sunday, August 30 2020

Selected candidates will be called starting Monday, August 24, 2020.

Recreation Centre- 60, Roosevelt, Mount-Royal

Pierre-Laporte Pool - 955, Rockland Rd, Mount-Royal

Note: A time slot will be reserved for each candidate.

IMPORTANT: In order to be eligible for these positions, the candidate **MUST ATTEND** the selection process.

Part 1A: Recreation Centre – 11:00 am to 6:00 pm

1. Classroom Practical Exams – First aid and CPR (Lifeguards, lifeguards-instructors)

The candidates will have to demonstrate their knowledge of first aid and resuscitation. The candidates will be scheduled at a specific time and will have 15 minutes to demonstrate their abilities in predetermined emergency situations.

2. Individual Interview (All) and exam (All)

Part 1B: Pierre-Laporte Pool – 09:00 am to 10:30 am

3. Pool evaluation (Municipal pool)

a) Physical fitness

Different elements taken from the Bronze Cross and National Lifeguard certificates will be evaluated.

b) Stroke evaluation

The following strokes will be evaluated: crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, head-up front crawl and eggbeater kick.

c) Lifesaving and first aid techniques

The candidates will have to demonstrate their knowledge of life saving techniques and use of equipment and first aid



Part 2 (Only for the Red-Cross selected instructors)

Teaching technique

The candidates will have to teach a simulated course activity, based on the Red Cross Swim Program. Day, time and theme of the simulated teaching will be confirmed the day of the Part 1 interview.

The reference documents of the Royal Life Saving Society are:

- *Alert Lifeguarding in Action*
- *Aquatic Emergency Care*
- *Instructor Notes*
- *National Lifeguard Standards*
- *Canadian Life Saving Manual*

The reference documents of the Canadian Red Cross Society are:

- *Swimming and Water Safety*
- *Instructor Manual*

If needed, Red-Cross instructors will be **asked to teach** a specific Red-Cross theme, at night, during the week of **August 31, 2020**. Day, time and theme to prepare will be confirmed to selected candidates on the day of the interview.