



**WEST
VANCOUVER
SCHOOLS**

A world of opportunity



WVS PREMIER DISTRICT FAST PROGRAM

2022 - 2023 Open House Information

Acknowledgement



We would like to acknowledge and thank the Squamish Nation upon whose traditional territory West Vancouver Schools reside.

We would like to express our gratitude to this Nation as we value the opportunity to learn and share educational experiences on this traditional territory.



Welcome & Introductions



David Dickinson

FAST Program Instructor & Founder

Rockridge – Digital Innovation Leader

Rockridge – Business Teacher



- MA Educational Leadership and Management
Royal Roads University
- Bachelor of Commerce with Honours
Sauder School of Business, UBC
- Bachelor of Education – UBC
- 20 Years of lifeguarding and swim instruction experience
- Certified Lifesaving Society First Aid Instructor
- Certified Lifesaving Society Lifesaving Instructor
- Certified Lifeguard
- Certified Red Cross Water Safety Instructor
- Taught at the WVAC & Brennan Park Recreation Centre
- Operated the Lions Bay Back Yard Pool Program for ten years.
- Developed one of the only waterfront Bronze Medallion & Bronze Cross programs in Canada.
- Years of experience teaching swimming, Bronze Medallion & Bronze Cross courses in all three locations.
- WVS Premier Sports Academy Teacher for three years.

Poppy Sanhedrai

FAST Program Instructor

West Vancouver Aquatic Centre – Aquatic Leader



- Bachelor of Arts – UBC
- Bachelor of Education – UBC
- 13 Years of lifeguarding and swim instruction experience
- Certified Lifesaving Society Lifesaving Instructor
- Certified Red Cross Water Safety Instructor Trainer
- Certified Red Cross Water Safety Instructor
- Certified Lifeguard
- Certified waterpark lifeguard
- Certified waterfront lifeguard
- Employee of the District of West Vancouver Since 2010
- Years of experience teaching swimming, Bronze Medallion & Bronze Cross courses

General Concept

- Must be registered full time in any one of WVS 3 secondary schools
- Inclusive - designed for all WVS students
- Grades 9-12
- All Genders



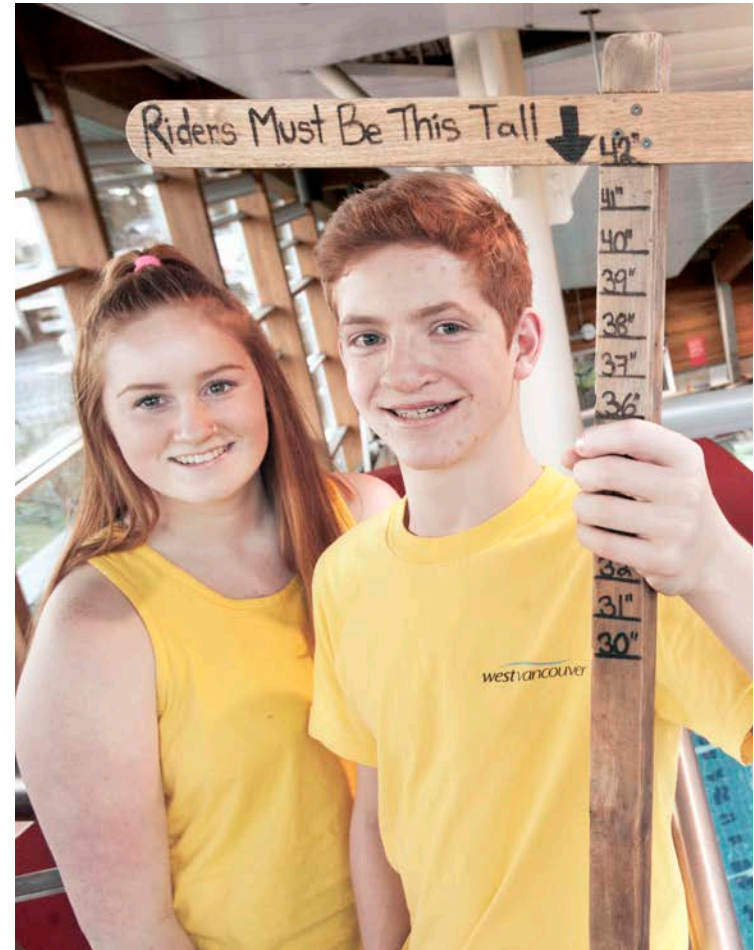
What are WVS Premier District Programs?

- Choice, fee-paying programs
- Area of interest, strength of passion for students
- Taught by WVS teachers, but can include partnerships with outside community members
- Course credits towards graduation
- Positive, challenging & fun environment



The Program - What is FAST?

- The First Aid Swim Training (FAST) program is a one year program.
- Focuses on young lifeguard development and provides a holistic approach to learning.
- Over the course of this year, students will obtain all of the required pre-requisites necessary to take the National Lifeguard (NL) Award.
- The NL certification is the final course necessary to qualify as a lifeguard.



The Rationale – Student Benefits

- The program creates a strong foundation for learning by providing an environment that synthesizes all lifesaving courses together.
- Students will have the necessary time to develop their swimming and lifesaving skills to a level where they feel confident.
- Students will be developing a marketable skill.
- The program promotes and supports an active lifestyle.
- This program allows students to follow a passion.



The Schedule

The FAST Program runs all year long (linear)

Learning & training sessions occur:

Tuesday & Thursday during X Block/FIT periods from 1:30 pm – 4:00 pm



Semester System Sample Schedule

Sample Semester Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 8:30 - 9:50	Period 2 8:30 - 10:25	Period 4 8:30 - 9:50	Period 3 8:30 - 10:25	Period 2 8:30 - 9:50
Break 9:50 - 10:05		Break 9:50 - 10:05		Break 9:50 - 10:05
Period 2 10:05 - 11:25	Break 10:25 - 10:40	Period 3 10:05 - 11:25	Break 10:25 - 10:40	Period 1 10:05 - 11:25
Lunch 11:25 - 12:10	Period 1 10:40 - 12:35	Lunch 11:25 - 12:10	Period 4 10:40 - 12:35	Lunch 11:25 - 12:10
Period 3 12:10 - 1:30		Period 1 12:10 - 1:30		Period 3 12:10 - 1:30
Break 1:30 - 1:40	Lunch 12:35 - 1:20	Break 1:30 - 1:40	Lunch 12:35 - 1:20	Break 1:30 - 1:40
Period 4 1:40 - 3:00	FAST 1:30 - 4:00	Period 2 1:40 - 3:00	FAST 1:30 - 4:00	Period 4 1:40 - 3:00

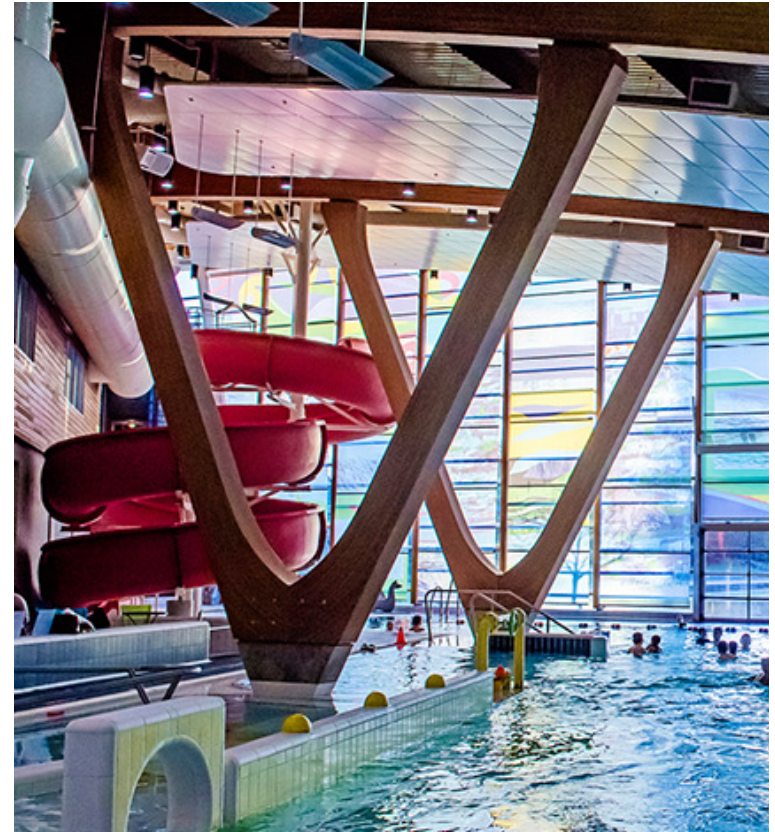
The Location- A True Partnership

The program is taught at the West Vancouver Aquatic Centre.

Co-taught by a senior aquatic leader and overseen by the aquatic program coordinator.

Students are introduced to aquatic staff and the leadership personnel during this program.

Opportunities exist for students to volunteer at the aquatic center outside of the FAST Program.



The West Vancouver Aquatic Centre



Course Credits & Assessment

Courses

All FAST Students:

Emergency Response Leadership 11

Grade 9:

Physical & Health Education 9

Grade 10:

Physical & Health Education 10

Grade 11:

Fitness & Conditioning 11

Grade 12:

Fitness & Conditioning 12

Awards Earned:

- Bronze Medallion
- Bronze Cross (Lifesaving 11)
- Standard First Aid /CPR – C/AED



Program Components

Unit of Study

Ready to Respond

Introduction to Aquatic Rescue
(Bronze Medallion)

First Aid Skills
(Standard First Aid)

Advanced Aquatic Rescue
(Bronze Cross)

Leadership Development

Physical Education

Timeline

September

September – January

January – March

April – June

Integrated

Integrated



Assessment & Evaluation

Assessment

On-going assessment each session

Report Cards

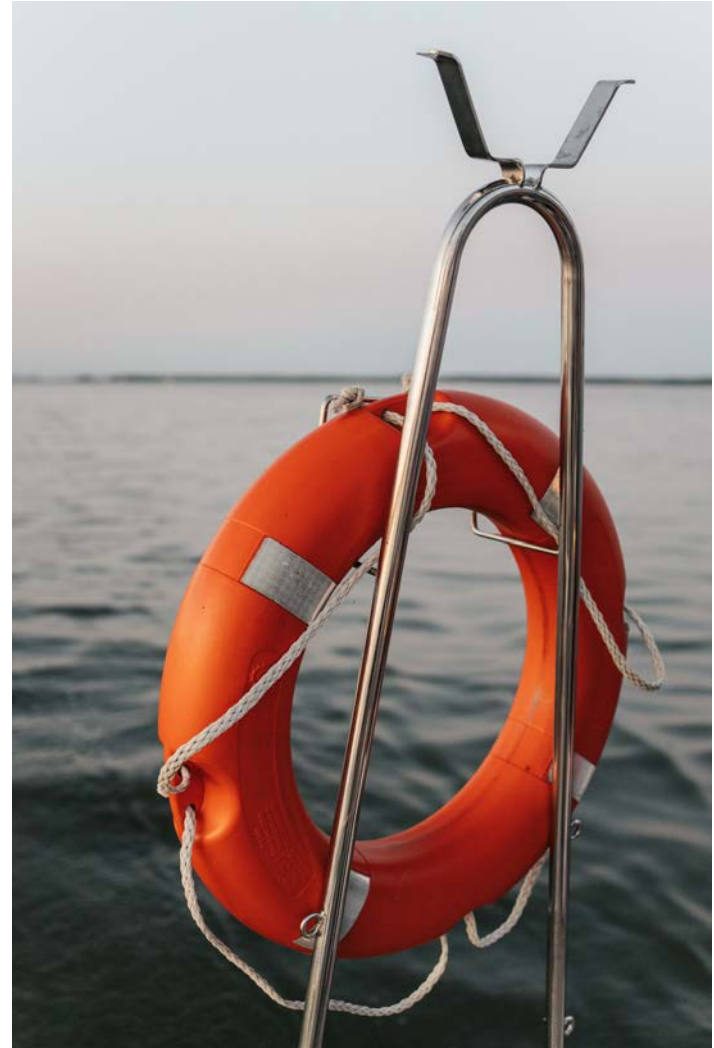
Report cards issued 3 times per year

Parent-Teacher Interviews

One formal virtual interview offered to parents

Open-door policy

Parents can contact us at any time





Clothing Kit

Clothing or Equipment Requirements

- Bathing Suit
- Goggles
- Water Bottle
- Fitness Attire & Athletic Shoes
- Yoga Mat
- A FAST Hoodie is available for purchase

All speciality lifesaving equipment & program manuals will be provided.





Fees

Program Fees

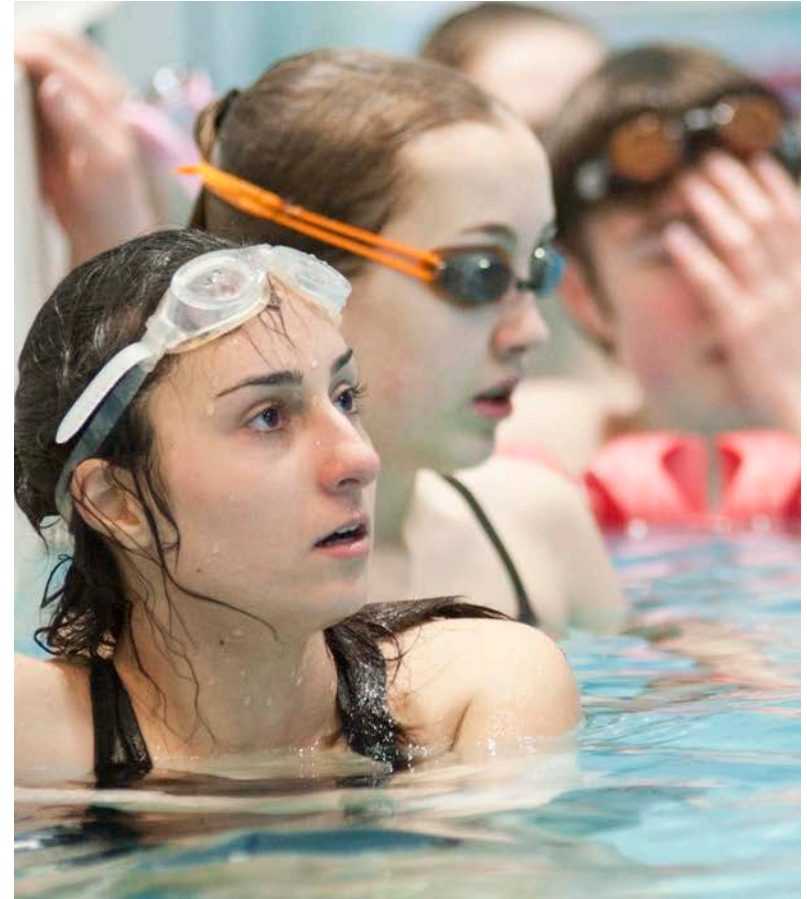
\$100-150 per month for 10 months.

This fee covers the following:

- 10 Month Wave Pass
- WVAC First Aid Instructor Costs
- WVCC Fitness Instructor Costs
- Field Excursions
- Program Manuals
- First Aid Supplies
- Lifesaving Society Course Candidate Fees

****Optional & Additional ****

Students can purchase a FAST program hoodie.



Program Fees Comparison

The FAST Program:

- \$1000-\$1500 total per participant program cost
- 200 Instructional Hours

The Community (Source: WVAC)

12 Month Wave Pass	\$317.55	Hours
Bronze Medallion	\$252.00	20
Bronze Cross	\$212.00	20
Standard First Aid / CPR C	\$170.00	16
Total	\$951.55	56





The Selection Process

Selection Process & Criteria

A selection process exists, as program space is limited to 24 students. Students will be chosen using the following criteria:

- ☐ Commitment to participate for the full school year
- ☐ Completion of the student information form online for the program
- ☐ Program Suitability:
 - ☐ Show evidence through answers within the completed registration form of:
 - ☐ Genuine interest or passion for lifesaving & aquatics
 - ☐ Good character, such as being responsible, respectful and considerate
 - ☐ The ability to work well with others
- ☐ An Aquatic Based Assessment
- ☐ Grade: Priority is given to more senior grades
- ☐ Enrolment balance between the three WVS Secondary schools
- ☐ Application date



WVS Premier District Program

Next Steps

Next Steps

- ☐ Ensure the student (Grades 9-12) is registered full time at one of the three West Vancouver Schools (École Sentinel, Rockridge or WVSS) for the 2022-2023 school year.
- ☐ Apply Online at westvancouver.schools.ca
 - ☐ Click on **District Programs**
 - ☐ Under **Premier Programs** Select **“First Aid Swim Training (FAST)”**
 - ☐ Click **Apply Now**
- ☐ You will receive a confirmation e-mail from me within 24 hours of submitting your application.
- ☐ All aquatic assessments will occur following Spring Break.
- ☐ After the aquatic assessments are complete, applicants will be informed of their acceptance into the program.
- ☐ Complete the process for final registration (non-refundable deposit)
- ☐ Parents whose students are confirmed for the program will receive ongoing communication about the process to be ready for September 2022



Thank You for Your Time