

# lifeline

Summer 2010

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# Resource... full



Grade 3 students in the City of Barrie get on a bus each Friday for three weeks to participate in a one-hour Swim to Survive® lesson. What's remarkable about that, you ask? Well, this structure actually has benefits and is a great example of a city making the most of its available resources.

First, the city committed one day of the week as "Swim to Survive" day. Then, they convinced a transportation company to provide a flat rate for the day regardless of the number of trips made on that day and lastly, they put as many classes in the pool on that day as possible.



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This combination allows the city to provide Swim to Survive programming for all of their Grade 3 students at a low cost. It also gives the day-time staff added teaching hours. "It's a win, win situation," says Kim Simpson, Aquatic Programmer for the City of Barrie. "Our staff love the extra hours, the transportation company is happy, and our costs are kept to a minimum."

And staff love teaching this program. "It is incredible to see how much a student can improve in such a short time," Simpson says. "Unlike traditional swimming lessons, students are participating with their friends; this helps to motivate them to try new things, even rolling into deep water."

The Society aims to teach all children to Swim to Survive. If all Canadians achieve the Swim to Survive standard, the drowning rate could be cut in half within 10 years.



For more information regarding the Swim to Survive School Grant program contact Sindy Parsons at 416-490-8844 or [sindyp@lifeguarding.com](mailto:sindyp@lifeguarding.com).



**LIFESAVING SOCIETY**  
*The Lifeguarding Experts*

The Lifesaving Society is Canada's lifeguarding expert. The Society is a national, charitable organization working to prevent drowning and water-related injury through its training programs, Water Smart® public education, safety management services and lifesaving sport.

The Society's National Lifeguard certification is the standard for professional lifeguards in Canada. The Society represents Canada's lifeguards and lifesavers internationally as an active member of the Royal Life Saving Society and the International Life Saving Federation.

The Society is the governing body for lifesaving sport – a sport recognized by the International Olympic Committee.

All donations are gratefully received. A charitable receipt for income tax purposes is issued for donations over twenty dollars. Ontario Branch Charity Registration No. 10809 7270 RR0001.

# In real life...



**lifesavers**

William Green and his family were enjoying another day of camping at Kearney Lake in Algonquin Park in July 2009, when Will heard sounds of distress coming from the water. Will, who had completed his Bronze Cross just two weeks prior, ran to investigate with his dad Bill (a former firefighter) and discovered a young male out in the lake – flailing.

The victim had walked out on a sandbar that ended precipitously, while the others in his group were in a canoe with no lifejackets, and still more of them screamed from shore. Then, a second young man rushed into the water from the opposite bank to try and help.

Will and his dad grabbed lifejackets and went to their canoe. The experienced campers

already had reserve rope attached to the bow as they paddled out. Will yelled to the would-be rescuer not to touch the drowning victim because he would pull him under – and that’s exactly what happened. Now both were in trouble. Keeping their distance, Will threw a lifejacket to the first victim who grabbed it; then he threw the rope to the second victim, who grabbed it. Father and son braced the canoe as they pulled them to the bow and then carefully to shore where awaiting friends approached to assist. Will and his dad kept an eye on the initial victim and suggested he seek medical attention. The brother of one victim thanked them for what they did, and later, the two victims came over and hugged and thanked them, too.



*Lifesaving Society Governor Marc Neeb presented the Rescue Award of Merit to William Green on March 26, 2010.*

## Lifeline

Lifeline is published twice yearly and distributed to over 60,000 members of the Lifesaving Society in Ontario. Opinions expressed in Lifeline are not necessarily the policy of the Society nor of its officers, except where noted. Indicate change of address on the mailing label and return it to the Lifesaving Society at the following address.

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Lifesaving Society  
400 Consumers Road  
Toronto, Ontario  
M2J 1P8  
Telephone: (416) 490-8844  
Fax: (416) 490-8766  
E-mail:  
experts@lifeguarding.com  
www.lifesavingsociety.com



**Splash!**  
Welcome summer!  
©iStockphoto.com/malerapas

# 500 metres for 500 lives



The Lifesaving Society invites aquatic staff across the province to participate in a special fundraising event during National Drowning Prevention Week.

The **500 metre swim for 500 lives** event is dedicated to the nearly 500 Canadians who lose their lives each year by drowning. The goal is to raise funds for drowning prevention education.

## General Information

**When:** Drowning Prevention Week – **July 17–24, 2010.**  
**Entry fee:** minimum donation per aquatic staff member/participant = **\$15.**

**What:** 500 metre swim during in-service training anytime during National Drowning Prevention Week.

**How:** For more information contact **Laurie Priestman** or **Kelly Manoukas** at the Lifesaving Society: 416-490-8844 or email [fundraising@lifeguarding.com](mailto:fundraising@lifeguarding.com). Or contact your local pool.

**Prize:** The participant who raises the most funds will win: The Swimmer's Waterproof mp3 player and goggles, retail value \$150.

**T**ake the challenge and save lives!



Photo by Mario Mateus

## Did you know?

Drowning is the No. 1 cause of unintentional injury deaths among Canadian children between 1–4 years of age, and the second leading cause of preventable death for children under 10 years.

With nearly 500 fatalities annually, drowning is the third leading cause of unintentional death among Canadians under 60 years of age (surpassed only by motor vehicle collisions and poisoning). Sixty per cent of all drowning deaths in Canada occur during participation in summertime recreational activities including swimming, fishing and boating, with approximately two-thirds of drownings occurring just 15 metres from safety.

## ILS approved, made in Canada

One of just three manikins in the world approved for use in International Life Saving (ILS) sanctioned competition and the only one made in Canada.

### Competition Manikin

*Endorsed by the ILS effective January, 2010.* Our competition manikin is made with paint that won't fade or chip. Spin-welded, one-size fittings prevent water leakage and use the same cap on all openings. The secured weight is now non-removable to eliminate risk of loss. The new location of the middle plug allows you to fill and drain the manikin to the precise location – no more guessing, shaking or time delays in event set-ups.

### Rescue Training Manikin

Our easy-fill and easy-drain rescue training manikin is ideal for lifesaving courses, lifeguard training, employer screenings and lifesaving sport athletes. Similar to our competition manikin but without white trims and screw caps, this manikin has an open bottom (no cap) that fills with water to simulate an unconscious victim and provides more realistic training than bricks. The manikin drains when elevated above the water.

For more info visit our store online at [www.lifesavingsociety.com](http://www.lifesavingsociety.com).  
To order, call 416-490-8844, fax 416-490-8766 or email [brianm@lifeguarding.com](mailto:brianm@lifeguarding.com).







lifeguard

# Right place, all the time?

One of the best positions to provide aquatic supervision is from a lifeguard tower. These elevated stations provide lifeguards with a clear view of their zone of responsibility, particularly the bottom of the swimming pool.

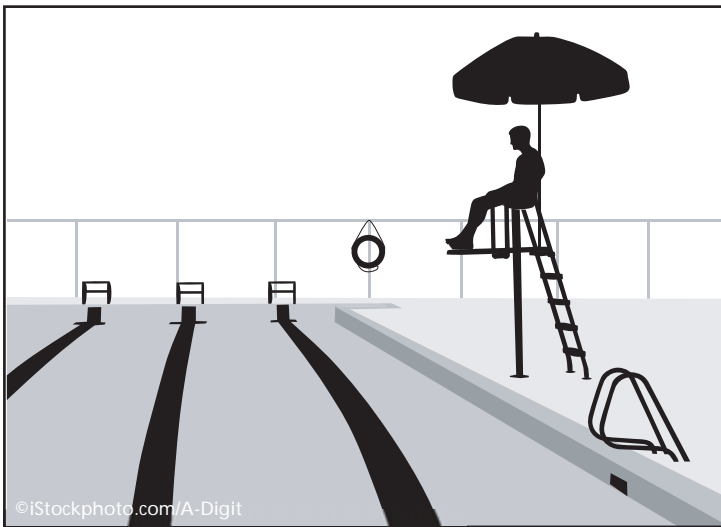
But sometimes these stations are inappropriately positioned on the pool deck. In fact, poor positioning is one of the most common issues during aquatic safety audits. Often this occurs because original tower placement is determined by architects who have little or no training in facility safety supervision. If such errors aren't noticed and corrected by aquatic supervisors, lifeguards are put at a serious disadvantage.

So what can you do? Take a good look at the lifeguard positioning, zone designation and rotation charts in your pool office. Be certain they are posted and clearly understood. A couple of the most common mistakes are:

- Lifeguards staring across the swimming pool at glare: always position lifeguards with their backs to the source of light. This minimizes water surface glare so they can see the bottom.
- Not taking into account physical barriers such as pillars and play features. These create visual barriers. Lifeguards must be stationed so the zones around these barriers are visible.

Discuss any concerns with your supervisor. Supervisory staff can always look to the Lifesaving Society for help with these charts or ask for a comprehensive safety audit for the facility.

Contact Michael Shane at 416-490-8844 or email [michaels@lifeguarding.com](mailto:michaels@lifeguarding.com) for more info.



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## NEW Swim for Life resources

**Attention all swim instructors and swim instructor trainers!** Resources for the next generation of our learn-to-swim program are now available and both are essential to the implementation of the Swim for Life® program.

*The Swim for Life Award Guide* contains all the content and “must sees” for Parent & Tot 1–3, Preschool 1–5, Swimmer 1–6, Adult Swimmer 1–3 and Fitness Swimmer.



*Teaching Swim for Life* contains core plans, stroke charts, stroke drills, games and songs, as well as specific information on how to teach preschoolers, teaching Water Smart® and the information needed to teach the Fitness Swimmer level.



Order your copies today! For more information on Swim for Life, contact Becky Lehman at 416-490-8844 or email [beckyl@lifeguarding.com](mailto:beckyl@lifeguarding.com).

# Show us your best .movs!



What's the best way to convince people to be smart around water? Don't tell them, **show** them! Introducing **LIFESAVING SHORTS**, a cool new video contest from the Lifesaving Society!



WATER SMART VIDEO CONTEST FOR TEENS

**T**he challenge: Use your camera, your cell phone, your video camera, or all three and make a short water safety video. Tell your friends and family what a great job you've done and ask them to check out your hard work!

## How to enter

- Make a video depicting one Water Smart® tip. Feel free to work as a team to share ideas and expertise – or do it on your own. The maximum length is 3 minutes.
- Videos don't have to be technically perfect. They can be serious or funny, but they should be compelling, creative, memorable and – most importantly – accurate on all points concerning water safety.
- The winning entry will receive the Grand prize of \$250 to spend in the Lifesaving Society store and the video will be posted on the Society's website.
- Plus, you could win exciting prizes like iTunes giftcards in our monthly draws, so enter early and hey – make more videos and enter often!
- Your **deadline is midnight, October 31, 2010.**

- Upload your video to YouTube and email the link with your full contact information (and your team members' info, if applicable) to [daksham@lifeguarding.com](mailto:daksham@lifeguarding.com). You will get a confirmation email from us that we have received your entry.

**S**ee [www.lifesavingsociety.com](http://www.lifesavingsociety.com) for more details, rules and regulations.

## Make a video depicting one of the following Water Smart tips:

- 1) Keep your child within arms' reach in and around the water.
- 2) Always swim with a buddy.
- 3) Don't drink and drive your boat.
- 4) Always wear your lifejacket. The water is colder and deadlier than you think.
- 5) Learn to swim so you can survive an unexpected fall into deep water.
- 6) Check the ice thickness before you go out on frozen lakes and rivers.
- 7) Get trained before you drive a boat. Earn your Pleasure Craft Operator card (PCO).
- 8) All Canadian children should learn to "Swim to Survive."

## 2010 FITNESS-A-THON

This summer the Lifesaving Society invites its affiliates and communities across the province to participate in the 2010 Fitness-a-thon. The event, which involves swimming and treading for set periods, is designed to emphasize fitness for all ages with the goal of raising funds for drowning prevention education.

Plan a fitness-a-thon at your facility between **July 1 and September 1**. All participants are asked to make a donation and/or seek sponsorship to raise funds for drowning prevention education.

For more information visit [www.lifesavingsociety.com](http://www.lifesavingsociety.com) or contact **Laurie Priestman** or **Kelly Manoukas** at the Lifesaving Society: 416-490-8844, email [fundraising@lifeguarding.com](mailto:fundraising@lifeguarding.com) or contact your local pool.



# Sport FUNdamentals



The Lifesaving Sport Fundamentals program offers participants a recreational entry level program to introduce lifesaving sport skills. The program teaches team building, fair play, ethics in sport, responsibility and sport skills.

Content is developed across five levels and organized in the following streams: Lifesaving sport principles; Starts, turns, transitions and finishes; Swim proficiencies, and; Lifesaving sport skills.

Lifesaving Sport Fundamentals is designed to complement other Society programs and is targeted at 8–12-year-olds who have completed the Society's Swimmer 3 program. It is ideal for those who have completed their swim levels and are looking for something else, swimmers who have stalled at a particular swim level, or, swimmers looking for a challenge and something different.

For more info, visit the "Contact Us" section of our website and look up the Lifesaving Society Area Chair in your region who will connect you with the nearest lifesaving sport representative.



Photo by Nicole Redigonda

## Become a lifesaving sport coach

The Lifesaving Society offers a coaching certification program for lifesaving sport. Lifesaving Sport Coach Level 1 courses provide training for lifesaving instructors who wish to coach lifesaving sport at the community level, including the Lifesaving Sport Fundamentals program.

The one-day Lifesaving Sport Coach Level 1 course focuses on the fundamentals of coaching and lifesaving sport skills. Resource materials to support the program include:

- *Coaching Lifesaving Manual*
- *Lifesaving Sport Coach Workbook*
- *Lifesaving Sport Coach Trainer Notes*

For more information on upcoming courses, visit "Take a Course" on our website.

## NEW 2010 PROGRAM GUIDE

The Lifesaving Society released the newest edition of its *Program Guide* in January. All of the Society's programs and services are listed within, along with information on running courses, programming and the Society itself – a must for anyone involved with lifesaving programs and training. Find it online at [www.lifesavingsociety.com](http://www.lifesavingsociety.com) or order a copy today! Call 416-490-8844 or fax 416-490-8766.





# Safe Water Symposium

## Part 2

**S**afe water and safe environments are matters the Lifesaving Society take seriously. So do our customers and affiliated organizations, who turn to us for insight into aquatic facility design and operation.

In April, the Society hosted its 2nd Annual Safe Water Symposium in Toronto. Over 50 individuals from across Ontario participated in discussions and presentations surrounding the design and renovation of healthy and safe swimming pools.

Michele C. Hlavsa, an epidemiologist with the Healthy Swimming Program in the Division of Parasitic Diseases at the Centers for Disease Control and Prevention in Atlanta, Georgia, updated participants on public health issues related to the spread of pathogens that cause recreational water illness. She also provided an overview of cryptosporidium on an international level including recent outbreaks and lessons learned from those outbreaks.

Other topics discussed at the symposium included: Designing a Safe Facility, Regenerative Filtration, Living Walls/Air Quality for Pools and Renovation/Budget Planning for Aging Pools.

Thanks to all the participants – we look forward to next year! For more info contact Michael Shane at 416-490-8844 or email [michaels@lifeguarding.com](mailto:michaels@lifeguarding.com).

## They're back!



New and improved! Ideal for real-life rescues. Meets ILS competition specs for use in Lifesaving Society sanctioned competitions.

### Features:

- Strong and ultra-light.
- Bright yellow, uncoated soft foam with new and improved black floating rope and wide shoulder loop.
- New and improved stainless steel clip and rings that "wrap 'n' snap" around victim or manikin.
- Bilingual Lifesaving Society logo.



One more reason to make the Lifesaving Society your one-stop shop!

To order, contact Merchandise Director Brian Miess at 416-490-8844, email [brianm@lifeguarding.com](mailto:brianm@lifeguarding.com), or fax your order to 416-490-8766.



## NEW Standards Journal 3

*Standards Journal 3* (2010 Edition) catalogues safety-related legal precedents, coroner's inquests, and Lifesaving Society positions on safety issues relevant to owners and operators of aquatic facilities used by the public.

Summary of inquests: Rene Anthony Zanoncello 1991, Victoria Toulmin 1986, Joshua Harder 2002, and Mitchell Temple-Medhurst 2004.

Includes Lifesaving Society positions on issues not addressed in regulations or protocols: Admission and supervision of children in non-instructional swim settings; Group admission; Breaks from direct supervision; Change in a lifeguard's health status; Off-location trip policy; Procedure for pool fouling (vomit and blood); Supervision of swim meets.

Order today! Call the Lifesaving Society at 416-490-8844 or fax your order to 416-490-8766.

# Focus on judgment



The four components of water rescue are judgment, knowledge, skill and fitness. While all of these are required to perform effective rescues, judgment plays a key role. Judgment allows rescuers to integrate the competencies of the other components while making good decisions about the best rescue options.

Lifesavers must learn to anticipate and manage rescue variables like victim condition, water conditions, distance and equipment available. They draw on their repertoire of lifesaving skills, knowledge and fitness to solve a simulated emergency.

Judgment is learned through a situational approach. Responding to simulated emergency situations allows the learner to practice making choices. Judgment is learned only when learners are allowed to make their own decisions and receive feedback on them.

Instructors need to differentiate between teaching skills and teaching judgment. Understanding the meaning of “Demonstrate” versus “Perform a rescue” will help. When a test item begins with “Demonstrate,” it means this is a skill or skill sequence, not a rescue. The focus is on acquiring and improving the skill(s). Judgment is not required.

When a test item begins with “Perform a rescue,” it means you should set this up as a simulated emergency, which requires candidates to make their own decisions about the best course of action. Practicing judgment is a key part of the item.

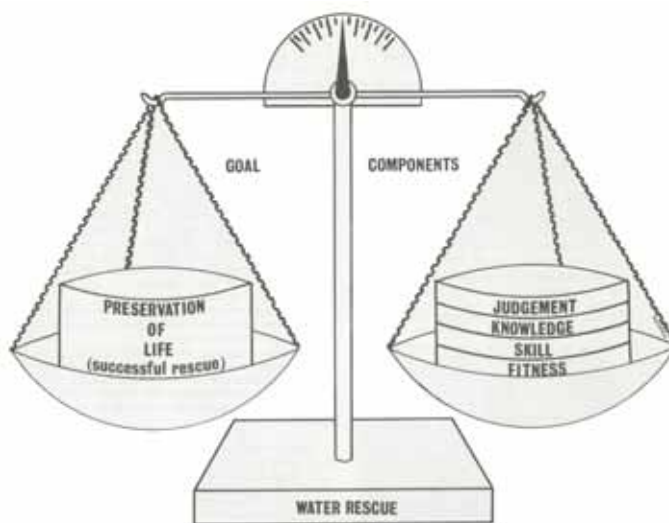
If you look closely at the Lifesaving Society training progression, you’ll see that candidates learn rescue skills before being asked to apply them in a rescue situation. As participants move up through the lifesaving program levels, they acquire additional rescue skills and the skill sequences become more complex. Within each award, instructors should use the same progression: teach the skills first and then integrate them into simulated rescues.

Choosing the most appropriate actions comes from practice, maturity and experience. In pre-Bronze levels, the focus is on low-risk rescue responses. As lifesavers undertake more advanced

training, emergency situations become increasingly complex and demanding.

A sign of good judgment training is that lifesavers – of any level – automatically choose the rescue response with the lowest risk-to-the-rescuer possible. The Society’s slogan (“Reach, Throw, Row, Go, Tow”), the Ladder of Risk analogy and the Rescuer’s Checklist are learning aids that assist in developing sound judgment.

Of course, situational approach training is also essential in developing competent lifeguards. Only by allowing lifeguards to make choices in simulated rescue situations do we develop the sound judgment needed in real emergencies.







## 2010 Water Smart Contest

Get your pencils ready! Water Smart® Contest participants are asked to create a “water smart message” comic strip. Affiliate members who wish to run the contest must **complete a registration form by August 4, 2010** to receive their free contest kit. For contest rules and more information visit our website or call Daksha Moti at 416-490-8844 or email [daksham@lifeguarding.com](mailto:daksham@lifeguarding.com).

## Thanks to our supporters

Thank you to the generous silent auction contributors and volunteers who played a role in the success of the Society's 101st annual general meeting. Over \$2,200 was raised for drowning prevention education.

Art Gallery of Ontario (AGO), Barrie Lifeguarding Club – Brad McConnell, Blistex, Casa Loma, Conservation Halton Parks, Genevieve Fernandes, Clotilde Anne-Marie Friedmann, Stuart Fraser, Kathleen Grainger, Hong Kong LSS, La Tour - CN Tower, Mansfield Ski Club, Mariposa Cruises, MLSE Team UP Foundation, Deborah Nathan, Niagara Region – Area 6, Ninutik Maple Sugar Ltd., Nottawasaga Inn Resort, Scarborough Town Centre, St. Joseph Media (Toronto Life magazine), The Fairmont Royal York, Toronto, The National Ballet of Canada, Toronto Blue Jays Baseball Club, Quinlan Road/ Loreena McKennitt, John Rapp and RLSS UK.

## It's official!

If you have a motorized pleasure craft of any length, you are required to have a Pleasure Craft Operator card (PCO). If you plan to take your boat on the water this summer, be ready to show your PCO card when asked, or be prepared to pay a minimum \$250 fine.

If you still need to take the test you can purchase a Lifesaving Society *BOAT Study Guide* and review the questions to prepare to write the test. Alternatively, you and your family can register for a Lifesaving Society BOAT course. Contact your local participating recreation centre, YMCA, swim school, camp, college or university for additional information on times and availability.



# Calendar

Get Calendar updates at [www.lifesavingsociety.com](http://www.lifesavingsociety.com)

### 2010

#### June 25 – Results Due

Junior Lifeguard TeleGames – Spring (All Pools)

#### July 17-24

National Drowning Prevention Week

#### July 31 - August 1

Ontario Lifeguard Championship (Ottawa)

#### August 15

Ontario Junior Lifeguard Games - Waterfront (Ottawa)

#### August 15

Ontario Masters Lifesaving Championship - Waterfront (Ottawa)

#### August 16-17

Ontario Senior Lifesaving Championship - Waterfront (Ottawa)

#### August 27 – Results Due

Junior Lifeguard TeleGames – Summer (All Pools)

#### August 28-29

Canadian Surf Lifesaving Championship (Toronto)

#### October 2-17

Rescue 2010, Lifesaving World Championships (Alexandria, Egypt)

#### December 31 – Results Due

Junior Lifeguard TeleGames – Fall (All Pools)

### 2011

#### March 19

Ontario Senior/Masters Lifesaving Championship (Richmond Hill)

#### March 25

Lifesaving Society Ontario AGM (Oshawa)

#### June 18

Ontario Junior Lifeguard Games - Pool (Tillsonburg)



# ACTAR TRAINING SYSTEMS

ACTAR is Canada's No.1 CPR and AED training system. Lifesaving Society instructors and those from other agencies depend on ACTAR for teaching groups of candidates simultaneously and cost effectively.

The ACTAR training system meets the 2005 CPR Guidelines outlined by the International Liaison Committee on Resuscitation and the American Heart Association.

ACTAR products are lightweight and come in convenient carrying bags that are easy to transport. They are easy to clean and require little maintenance. A full line of accessories and parts is available as your systems age or when you need to restock supplies.



ACTAR D-Fib for CPR and AED training. (ACTAR AED Trainer sold separately.)

• ACTAR 911 for Adult / Child CPR:



• ACTAR 911 Infantry for Infant CPR:



• ACTAR AED Trainer for simulating live sequences:



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400 Consumers Road, Toronto ON M2J 1P8 | Phone: 416.490.8844 | Fax: 416.490.8766