



LIFESAVING SOCIETY
The Lifeguarding Experts

L i f e l i n e r

Winter 2016

IF YOU'RE NOT WITHIN ARMS' REACH, YOU'VE GONE TOO FAR



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UPDATE YOUR INFO ONLINE

When you register and log in as a Lifesaving Society member at www.lifesavingsociety.com you can update your phone number, email address and street address directly. Any changes you make are saved to your Lifesaving Society member account.

It's simple: go to www.lifesavingsociety.com and start by clicking **LOGIN** on the right navigation menu.

Not registered yet?

1. Click on **register**.
2. Enter your name, email address and create a password.
3. Link your account to your Lifesaving Society member record.
 - Select **Ontario** as your Province.
 - Enter your Lifesaving Society **Member ID** (a six-digit code found in the bottom right corner of all your certification cards).
 - Enter your web **Access Code** (an eight-digit code found on the tear-off portion of all of your certification cards and on the mailing label of your *Lifeline*). You can also call us to verify your identity, and we'll provide your web access code over the phone.

Already registered?

1. Enter your email address and password and click **Log In**.
2. Click on **Profile** in the left navigation menu.
3. Update your phone, mailing address, email address or password.

When you log in we'll also inform you if any of your vocational awards are about to expire. And there are more services for members coming soon, so get set up now!

If you have any problems with the online registration give us a call at 416.490.8844 or send an email to memberservices@lifeguarding.com.



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 program, Water Smart® public education, drowning research, 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 Commonwealth 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 and the Commonwealth Games Federation.

All donations are gratefully received. A charitable receipt for income tax purposes is issued for donations over \$20. Ontario Branch Charity Registration No. 10809 7270 RR0001.

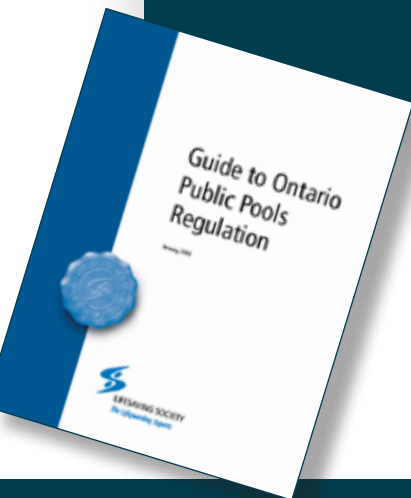
NEW DESIGN, NEW CONTENT

The Lifesaving Society has a new *Guide to Ontario Public Pools Regulation*, designed to help aquatic facility staff understand and interpret the important information contained in the Ontario government's regulation governing public swimming pools. The guide explains the 'pool regs' in simple language using everyday terms.

- **New** content includes all current Lifesaving Society standards
- **New** Lifesaving Society Notes clarify regulatory requirements
- **New** format for easy cross-reference to Ontario Regulation 565/90
- **New** and enhanced index for faster reference

The January 2016 edition is available now and immediately replaces the 2004 edition. The Lifesaving Society's *Guide to Ontario Public Pools Regulation* is a required course text on Inspector, Auditor, and Pool Operator courses. And a copy is required on-site for all Lifesaving Society Comprehensive Safety Audits.

Pick up a copy in person, call in your order at 416.490.8844, or order it now from lifeguarddepot.com.



SHOP ONLINE 24/7/365

Lifeguarddepot.com® is the online store of the Lifesaving Society, providing a comprehensive selection of equipment and supplies required to operate safe aquatic facilities and training programs including CPR instruction – all guided by the Lifesaving Society's 100 years of knowledge and experience as the lifeguarding experts.

Lifeguard Depot.com®

LIFEGUARDS WEAR RED AND YELLOW

Red and yellow are the internationally recognized colours of lifeguards. Our lifeguard uniforms are designed for lifeguards by lifeguards, and are available exclusively through the Lifesaving Society and lifeguarddepot.com. We are the Lifeguarding Experts and we wear red and yellow. So should you.



Lifeline

Lifeline is published twice yearly and distributed to over 50,000 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.

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To unsubscribe, send an email to: memberservices@lifeguarding.com

www.lifesavingsociety.com

SAY NO TO NECKBANDS

Several coroner inquests across Canada have recommended the implementation of a Public Pool Admissions Standard to enhance safety. Part of a good admissions standard is identifying swimmers based on ability, usually with a disposable coloured wristband. These wristbands are inexpensive, easily identifiable and recommended by the Lifesaving Society.

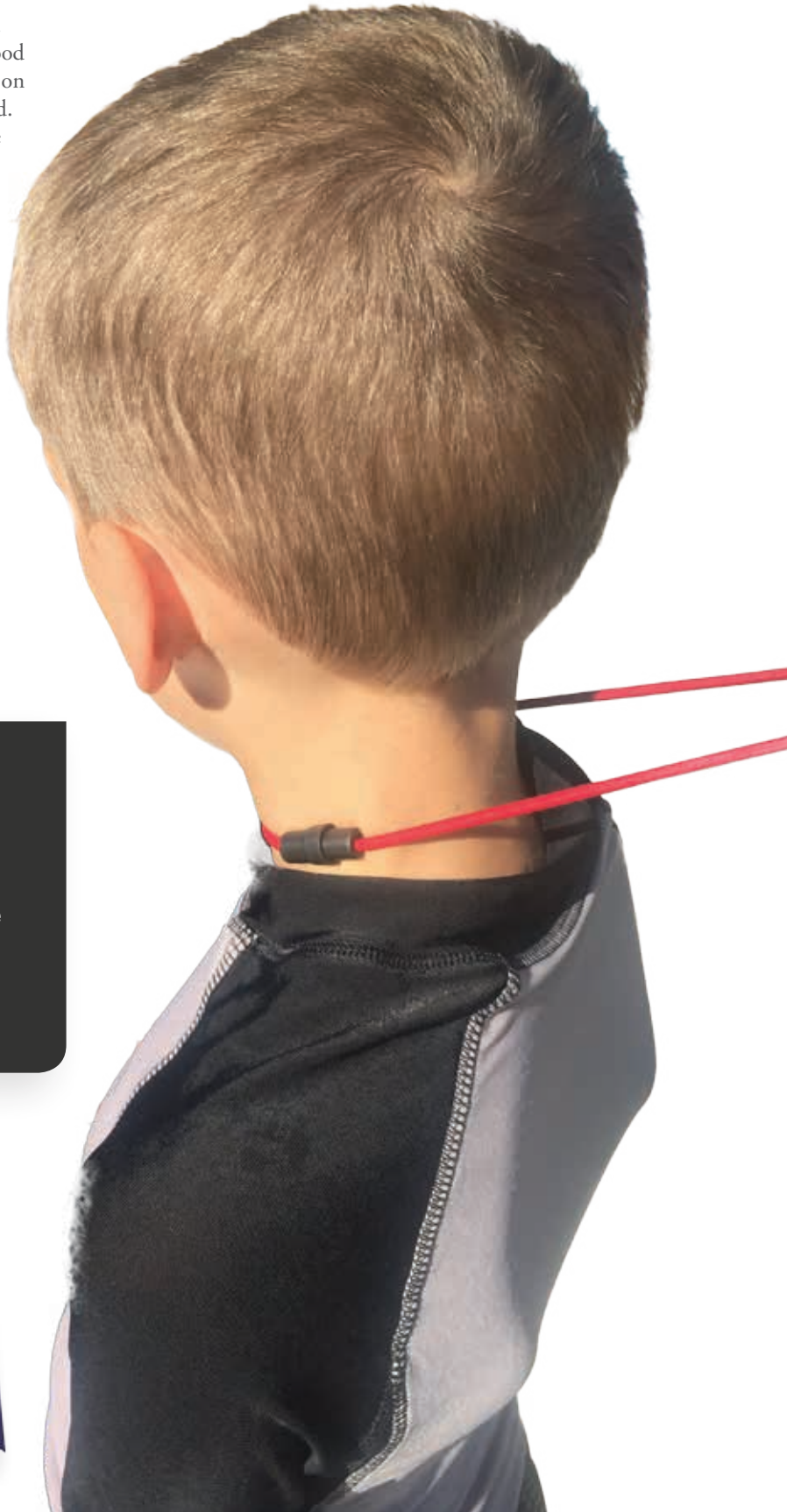
But some facilities have taken the wristband concept in different direction and are now using coloured elastic neckbands to identify the tiers of their admissions policies. These neckbands pose a strangulation risk to bathers – even though they claim to have a breakaway design.

If the potential for strangulation isn't a terrible enough shortcoming, the neckbands are also easily transferred between swimmers. This invites risk. For example, a child that fails the swim test might switch neckbands with a friend who has passed the test.

The Lifesaving Society does not recommend using these neckbands in public pools – no matter the purpose.

BLISTEX

In 2016, with sponsorship from Blistex, competitors in the Junior Lifeguard Games and TeleGames will receive newly styled ribbons, and competitors in the Ontario Lifesaving Sport Championships will receive medals with newly styled neck ribbons. Thank you to Blistex for their continued generous support for Lifesaving Sport!



ADMISSIONS STANDARD

One aspect of an appropriate Admissions Standard is the swimmer identification system so lifeguards know who requires direct supervision or swim testing. The familiar stoplight model employs a “green, yellow and red” system. Children receive wristbands at the cashier desk that identifies non-swimmers who require direct supervision (red bands), those who are unaccompanied and require a swim test to remain in the pool area (yellow bands), and swimmers (green bands).

The Lifesaving Society “Bather Admission” standard enhances safety among young non-swimmers by requiring direct supervision by parents or guardians. With the help of the Ministry of Health, the Admissions Standard is now in effect in over 99% of public pools.

Swimming Admission Policy

Please Note: All pools adhere to our Pool Admittance Policy. Swimmers who do not meet the requirements for the admittance policy will not be granted admission to the pool. Family, Youth and 55+ swimmers have additional requirements.

STOP!

Children age 6 and under may not be admitted to the swimming pool unless they are accompanied by a guardian 14 years of age or older. The guardian is responsible for their direct supervision and must be in the water and able to assist immediately.
Maximum 2 children per guardian.

AGES 0-6

Age 6 and under | Age 14+ | within arms reach

CAUTION

Children aged 7-10 who are non-swimmers must be accompanied by a guardian, 14 years of age or older. The guardian is responsible for their direct supervision and must be in the water and able to assist immediately.
Maximum 2 children per guardian.

Children 7-10 may be admitted to the pool unsupervised only if they can pass the facility swim test. Swimming with a buddy is strongly recommended.

Family Swim: All minors must be directly supervised by a guardian 18+ years of age. Guardians must be in the water.

AGES 7-10

Age 7-10 non-swimmers | Age 14+ | within arms reach

OK!

Children age 11 years or older may be admitted to the pool area unsupervised. Swimming with a buddy is strongly recommended.

Family Swim: All minors must be directly supervised by a guardian 18+ years of age. Guardians must be in the water.

AGES 11+

Age 11+ comfortable swimmer

Swim Testing: The facility swim test is a minimum of two widths of the swimming pool. Swimmers may also be required to tread water for up to 1 minute. Individuals with serious medical conditions or developmental disabilities are at a greater risk while swimming. They should be accompanied at all times by another individual with knowledge of their condition, who can render immediate assistance if needed.

This poster, created by the Town of Halton Hills, is an excellent example of how the stoplight model can be implemented as part of a pool Admissions Standard.

HOW OUR PARTNERS DELIVER SWIM TO SURVIVE+

The Lifesaving Society believes that if every Canadian could achieve the Swim to Survive Standard, the drowning rate could be reduced by half. To date, thousands of Grade 7 students across Ontario have participated in the Swim to Survive+ School Grant program.

Because the Swim to Survive+ School Grant program provides a maximum of \$15 per student (covering expenses associated with travelling to the local pool for the three one-hour lessons), our partners have to be creative in their approach to programming to ensure the entire program is delivered free of charge.

In addition to donating pool time, here are some other ways that our partners complete the funding circle:

- Create “Swim to Survive+ days” in concert with a local transportation company that agrees to a flat or reduced rate for the day to shuttle the students back-and-forth all day.
- Ask local community organizations (such as the Lions Club or parent councils) to donate to the cause, and ask local businesses, too.
- Apply for grants from the Canadian Tire Jumpstart foundation and other children’s and learning foundations.
- Ensure that the participating school board assists in providing funding for the program.

We congratulate our partners for their ongoing resourcefulness and diligence in finding assistance with the delivery of Swim to Survive+ in Ontario. Thanks to the Trillium Foundation and PPL Aquatic, Fitness & Spa Group for their generous funding of Swim to Survive+.

Swim to Survive+ is a little different from the basic Swim to Survive program. It still includes the three primary skills – roll, tread and swim – but participants complete the skills wearing clothing for an even greater “real-life” survival experience. Swim to Survive+ also focuses on how to assist a friend if they fall into water unexpectedly, and it includes additional fitness items.

If you want more information contact Sindy Parsons at 416.490.8844 or by email at: sindyp@lifeguarding.com.

Why weight?
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(1 brick of each weight) or separately:
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Available in Canada from www.lifeguarddepot.com – the online store of the Lifesaving Society.

If you're not within arms' reach, you've gone too far.

SHARING IMPORTANT MESSAGES

The Lifesaving Society produces numerous materials to educate the public about safety. In 2015 the Society partnered with the City of Ottawa to create a new Within Arms' Reach poster that reminds people about the importance of staying close to young people and non-swimmers when near water. Posters are available at LifeguardDepot.com.

Visit our website's *Who's Drowning* section for this and many other resources including new "parent safety tips" handouts in eleven languages.

When your child is near the water, you need to be near your child.

A TALE OF BRAVERY

Ottawa, September 18, 2013: Lifeguard Charlotte Eskridge was on her way to school in the morning when the bus she was riding failed to stop at a railroad crossing and drove straight into the side of a moving train.

Charlotte calmly stood up amid the wreckage and assessed the scene. The first aid kit behind the driver was gone – along with the entire front section of the bus. She turned to assist a woman with a broken leg and hip, and tended to her injuries until EMS arrived. She assisted a firefighter by putting a non-rebreathing mask on the victim, immobilizing her neck and talking to her to keep her from going into shock. Paramedics eventually moved the victim to an ambulance.

Coincidentally, two of Charlotte's fellow lifeguards, Karina and Matthew Miramon, were on another bus behind. Karina and Matthew immediately left the bus they were on and approached to help. In spite of having no aids and getting covered in blood, they treated multiple injured victims before paramedics arrived. Later, they assisted paramedics with immobilizing and moving victims to ambulances.

Charlotte, Matthew and Karina were awarded the Society's Rescue Award of Merit for bravely attending to multiple victims in this terrible lifesaving emergency.

ILCOR ANNOUNCEMENT

2015 CPR and First Aid guidelines

Changes in first aid and CPR protocols are made every five years based on a review of the latest scientific research. The most recent recommendations were released on October 15, 2015 by the International Liaison Committee on Resuscitation (ILCOR) in collaboration with the American Heart Association.

The Lifesaving Society is collaborating with its national partner agencies to ensure a consistent Canadian interpretation of the new science and best practices applied to resuscitation and first aid protocols. The Society will study the recommendations in detail before determining what changes, if any, may be required in Lifesaving Society training programs and literature.

Lifesaving Society instructors, examiners and lifeguards should not change their teaching, evaluation or performance of resuscitation or first aid skills until the Society officially announces changes to its program and literature. Instructors and examiners should continue to follow Lifesaving Society Award Guides for the performance requirements for Lifesaving Society certifications.

The Society will advise when any changes are to be introduced. Visit lifesavingsociety.com for the most current announcements.



Charlotte Eskridge receives the Society's Rescue Award of Merit on March 27, 2015 from Society Governor John Macintyre.

NEW BRONZE AWARDS RESOURCES

In 2016 the Lifesaving Society will introduce the Lifesaving Society Bronze Awards Instructional Video, designed for candidates in the Bronze Star, Bronze Medallion and Bronze Cross awards.

The purpose of this video is to provide a visual resource to introduce and review lifesaving knowledge and skills that candidates must learn and practice. A great resource for the classroom or poolside instruction, the video includes demonstrations of lifesaving techniques above and below the water, including tows, carries, removals, victim recognition and a lot more.

Watch the trailer on our website now!



NEW BRONZE CROSS WORKBOOK

The *Bronze Cross Workbook*, designed for use with the *Canadian Lifesaving Manual*, helps guide candidates successfully through Bronze Cross course content. Filled with fill-in-the-blanks, true-or-false and knowledge questions, the Workbook makes learning outside the pool easier to administer as take-home course work and gives candidates a handy study guide once completed. *The Bronze Cross Workbook* is uniquely designed with Bronze Cross test items including the "Must Sees" so candidates can monitor and improve their skill and knowledge during the course.

The *Bronze Cross Workbook* will be available in 2016.



ACTAR TRAINING SYSTEMS

CPR training manikins are required for use in first aid courses. ACTAR products are cost-effective for volume training, lightweight and come in convenient carrying bags that are easy to transport. They are easy to clean and require little maintenance. Lifeguarddepot.com offers the full line including **ACTAR 911**, **ACTAR D-Fib**, **ACTAR AED** trainers, accessory parts and restock supplies.

Visit www.lifeguarddepot.com today for additional information on ACTAR training systems.



SAVE THE DATE

Our drowning prevention partners are invited to participate in fundraising events for drowning prevention education. You and your community are key players in our mission to educate Ontarians and keep them safe in, on and around water. Plan ahead and get involved.

Here's what's happening next spring and summer:

- 9th annual **Lifesaving Society April Pools Day**, April 1–30. To date, more than \$24,000 raised for drowning prevention education.
- 8th annual **Lifesaving Society 500 metre swim for 500 lives**, July 23–31, during National Drowning Prevention Week. To date, 1,472 lifeguards have raised over \$29,500 for drowning prevention education.
- 8th annual **Lifesaving Society Rescue Tube Relay**, July–August. To date, 455 lifeguards from six regions have raised \$19,000 for public education.

Visit the Donate section of our website for more details on all of these events and stay tuned for the announcement of next summer's featured provincial event (to be announced in March). For more information, contact Laurie Priestman or Kelly Manoukas at 416.490.8844 or email fundraising@lifeguarding.com.

Get involved and save lives!

The Lifesaving Society's new Swim to Survive+ branded Snappy Towel is available from lifeguarddepot.com. Proceeds from each towel pay for one child to take Swim to Survive+ training.

IT'S A SNAP!

The **Lifesaving Society Snappy Towel** is colourful, wearable and helps prevent drowning. By purchasing one towel you send one child to Swim to Survive+ training. Not only do you get a great towel, but you can directly impact our drowning prevention mission.

Snappy Towels can be snapped into many configurations; towels can even be combined to make large beach blankets.

Buy your Snappy Towel today at Lifeguarddepot.com for \$30 (incl. tax) and send a child to Swim to Survive+ training.



BULLETINBOARD

2016 Literature Prices

Effective January 1 through December 31, 2016

Canadian Lifesaving Manual	\$39.70
Alert: Lifeguarding in Action	\$39.70
Canadian First Aid Manual	\$12.35
Canadian CPR-HCP Manual	\$10.50
BOAT Study Guide	\$11.50
Swim Instructor Pac	\$44.60
Lifesaving Instructor Pac	\$53.75
Combined Pac (Swim & Lifesaving Instructor)	\$75.15
NLS Instructor Pac	\$67.30
Waterfront Safety Guidelines	\$10.50
Wading Pool Guidelines	\$10.50
Backyard Pool Safety Guidelines	\$10.50
Guide to Ontario Public Pools Regulation	\$40.00
Guide to Ontario Public Spas Regulation	\$40.00
Standards Journals	\$40.00

2016 Exam Fee Schedule

Effective January 1 through December 31, 2016

Canadian Swim Patrol – Rookie, Ranger or Star	\$14.00 (kit for class of 10)
Bronze Star	\$9.50
Bronze Medallion	\$15.40
Bronze Medallion Recert	\$7.70
Bronze Cross or Recert	\$18.75

First Aid

Anaphylaxis Rescuer	\$1.20
CPR: A, B and C	\$1.20
Basic First Aid or Recert	\$1.20
Emergency First Aid (with CPR B) or Recert	\$9.50
Standard First Aid (with CPR C) or Recert	\$18.50
Automated External Defibrillation	\$9.50
CPR-HCP	\$14.80
Airway Management	\$9.50
Lifesaving Fitness	\$5.60
Wading Pool Attendant	\$9.50
National Lifeguard Service or Recert	\$30.80
Pool, Open Water, Emergency Response Officials, Meet Manager, Meet Referee	\$15.00
Instructor, Instructor Trainer, Coach	\$27.00
Instructor Recert	\$27.00
Each additional Recert at same time	\$7.35 to max \$50.00
Aquatic Supervisor	\$28.00
Aquatic Management Training	\$28.00

2015 Water Smart Contest

And the winners are... visit our website to find out if your submission won!

Ontario AGM

The 107th Ontario Annual General Meeting of the Lifesaving Society, hosted by the City of Ottawa, will be held on April 1, 2016 at Ottawa City Hall. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend.

2015 Water Smart Award

The Lifesaving Society presents its annual Water Smart® Award to an affiliate member of the Society for outstanding community service to drowning prevention education.

Did you participate in National Drowning Prevention week? Did you offer public education days at the pool this summer or host other events? Document it all, include photos, and submit an application by January 16, 2016.

Visit our website for more information about how to apply.



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ULTRALITE® MANIKINS

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INFANT MANIKINS

Realistic weight and size with an optional CPR Rate Monitor for instant feedback.



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