



Introducing the new Bronze medal awards

Watch the Galactic Bronze video for a fun introduction to the revised programs.

The Lifesaving Society is excited to announce the official release of the revised Bronze medal awards! The update improves skill progressions for a seamless flow into National Lifeguard and sets candidates up for success as they move through the Society's lifesaving, assistant lifeguard and lifeguard continuum.

We outline the changes in three communiques:

- [What's new for instructors?](#)
- [What's new for recertifying Bronze Cross candidates?](#)
- [What's new for affiliates?](#)

Highlights include:

- Bronze Star focuses on swimming proficiency, lifesaving skill and physical fitness.
- Bronze Medallion reintroduces lifesaving strokes.
- Bronze Cross introduces fundamental assistant lifeguard skills.
- Standardized Bronze Medallion and Bronze Cross recertification exams.

There are no changes to prerequisites.

What Lifesaving Trainers need to know

Lifesaving Instructor Trainers who would like to deliver an Explore Bronze Update Clinic can access the Explore Bronze Update Clinic Trainer Notes and PowerPoint slides from our website in [Teaching/Resources](#).

What Lifesaving instructors need to know

1. Find out when your employer plans to launch the new Bronze program – they have until June 2022 to switch.
2. Attend a Bronze Update Clinic before teaching the new curriculum.
3. Purchase the new [Bronze Medals Award Guide](#), which includes all the Test Items and Must Sees. The new [Teaching Bronze](#) USB flash drive has more than a hundred pages of additional resources including core and lesson plans, learning activities and videos.

Is the Bronze Update Clinic mandatory? Is it worth a credit towards my instructor recertification?

The Bronze Update Clinic is not mandatory but we encourage you to take it. You can also do the [self-guided Explore Bronze tutorial](#).

If you attend a Bronze Update Clinic delivered by a Lifesaving Instructor Trainer, and it includes the in-water portion (in a blended format or in-person), you will receive one credit towards recertification. The self-guided tutorial option has no credit value.

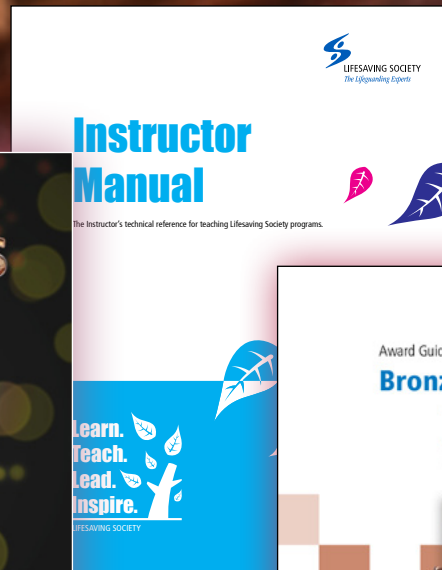
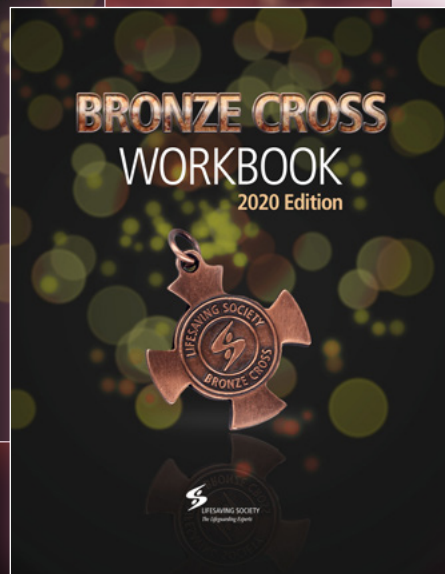
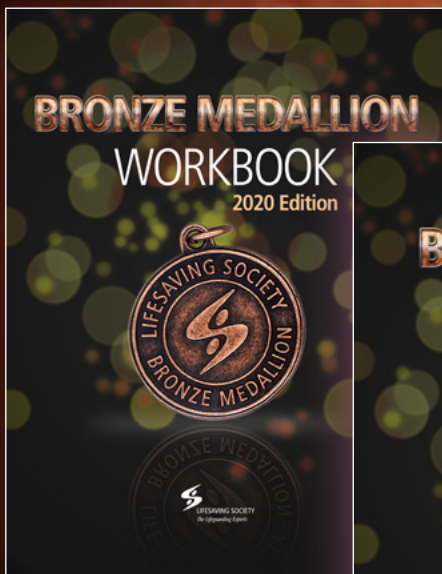
Where do I get the new resources?

You can buy the [Bronze Medals Award Guide](#), [Medallion](#) and [Cross](#) workbooks, and the [Teaching Bronze](#) USB flash drive from [LifeguardDepot.com](#).

The new test sheets for full courses and recertification courses are on the Society's website in [Find a Form](#) and on the [Teaching Bronze](#) USB.

EXPLORE BRONZE

The Bronze medal awards have been revised! Here are the resources that instructors and examiners need to be successful:



**Lifeguard
Depot.com**[®]

Get yours today! Click an image to learn more and order online at LifeguardDepot.com, or call 416-490-8844.

New Bronze test sheets are in *Find a Form* on our website.

LifeguardDepot.com is the online store of the Lifesaving Society. All proceeds from LifeguardDepot.com support drowning prevention and the development of young leaders through lifesaving sport.

Virtual marathon, real success!

This year we decided to participate in the Scotiabank Charity Challenge and we received an overwhelming amount of support. To our volunteers, affiliates, members and staff who supported us in this virtual race – THANK YOU. Every one of your donations helps to create a Canada free from drowning.

Ready, set, go! Amelia, Andrea and Erik Herrmann ready to hit the pavement on their 5K walk... that is, after Erik finds his shoes!



AGM – SAVE THE DATE

The 112th Ontario Annual General Meeting of the Lifesaving Society will be held virtually on Friday April 16, 2021 at 6:00 p.m. EST. Information about how to register will be available in March.

Find a Course

Affiliates – we will post your course listings *free of charge* on our website in *Find a Course*. All you need to do is fill in this [Online Posting Form](#) and [send us](#) your course updates.

Candidates – if you are looking to take a course or recertification:

- Navigate to the [Find a Course](#) page on our website
- Choose the appropriate course group:
 - Lifesaving & Lifeguarding
 - First Aid
 - Management Training
 - Instructing / Coaching / Examining
- Select the **Course Type** from the drop-down menu. You may also refine the search by selecting the **Course Start Date** and **Region**
- Click **Search**
- Search results that match the chosen criteria will appear
- To see the registration details of a specific course from your search, click on the course name in the Award column
- Use the contact information provided to register

PPE – Now Available

The Lifesaving Society sells Personal Protective Equipment including reusable and disposable masks, medical gloves, non-contact infrared thermometers, hand sanitizer, BVMs and BVM HEPA filter attachments, cleaning supplies and more.

Order now while supplies last. Visit LifeguardDepot.com, email orders@lifeguarding.com or call 416-490-8844.

LifeguardDepot.com®

First Aid policy changes

The Society made important First Aid policy changes in 2020 affecting affiliates, instructors and candidates:

- **36 months currency:** the Society adopted a three-year period for the validity of its workplace EFA and SFA certifications. Going forward, the Society's EFA and SFA certification cards will include a "Valid Until" date on the front.

There is no change in the two-year currency period for all other Lifesaving Society certifications. Because skill retention among emergency responders requires regular practice, employers may require their aquatic staff to recertify their first aid certifications more frequently than every 36 months.

- **Accepted prerequisite change:** the Society broadened access to its courses by accepting (for prerequisite purposes) EFA and SFA certifications provided by training agencies approved by the Ontario government. [Here is the current approved list](#). The Society will update this list periodically to align with changes made by the Ontario government.

What you're asking:

Q: Do Lifesaving Society Emergency First Aid, Standard First Aid and CPR-HCP certifications include AED?

A: Since 2015, CPR-A, -B and -C, CPR-HCP, Emergency First Aid and Standard First Aid certifications include the importance of early defibrillation and use of an AED. AED protocols are included in the "Must Sees" of the following test items:

- One-rescuer CPR: adult, child & infant
- Two-rescuer CPR: adult, child & infant

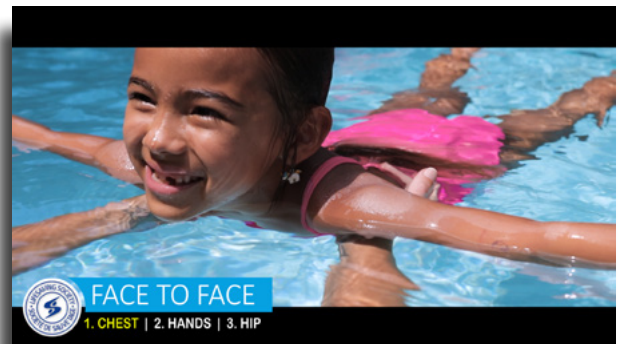
Q: Can Lifesaving Society First Aid courses be delivered in a blended-learning format?

A: No, but we are in the process of developing such courses with WSIB. In-person courses are the only acceptable delivery model for Lifesaving Society First Aid at this time.

SAFETY STANDARDS ARE MOVING ONLINE

The Lifesaving Society is changing the way it publishes safety standards – we're putting them online! Over the coming months we will transition our current safety standards to our website, making them easier to locate and print. The first standard published is the [Admission Standard for Aquatic Facilities](#). Check back regularly for new additions.

Attention Swim Instructor Trainers



Are you teaching a course soon? Watch our new Support Holds video available in the Leadership Library (registration required). [Login or register on our website](#).

Water Smart Award

Don't forget to send in your submission for the 2020 [Water Smart Award](#)! The deadline of January 15, 2021 is fast approaching!

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

BULLETINBOARD

Complete 2021 fees and literature prices are posted in [Find a Form](#) on the Society's website. To allow for better planning and budgeting by Affiliate Members, the Society announces prices and fees one year in advance. We will post 2022 prices in January.

2021 Literature Fees

Canadian Lifesaving Manual	\$44.70
Canadian Lifesaving Manual with Bronze Medallion Workbook	\$46.75
Alert: Lifeguarding in Action	\$44.80
Coaching Lifesaving	\$28.35
Instructor Manual	\$20.00
Examiner Handbook	\$28.35
Trainer Manual	\$28.35
Canadian First Aid Manual	\$14.25
Any single Award Guide	\$20.00
Swim Instructor Pack	\$49.70
Lifesaving Instructor Pack	\$59.50
Combined Swim and Lifesaving Instructor Pack	\$84.50
National Lifeguard Instructor Pack	\$73.55
Teaching Bronze USB	\$25.65

2021 Exam Fees

Canadian Swim Patrol (kits for class of 10)	\$15.50
Safeguard	\$10.75
Bronze Star	\$10.75
Bronze Medallion	\$17.00
Anaphylaxis Rescuer	\$1.35
CPR-A, -B and -C	\$1.35
Basic First Aid	\$1.35
Airway Management	\$10.75
Automated External Defibrillation	\$10.75
Emergency First Aid (with CPR-B)	\$10.60
Standard First Aid (with CPR-C) or recert	\$20.55
CPR-HCP	\$16.40
Wading Pool Attendant	\$10.75
Bronze Cross or recert	\$21.40
National Lifeguard or recert	\$34.25
Lifesaving Sport Official	\$15.75
Instructor, Instructor Trainer, Coach	\$30.00
Leadership recert	\$30.00
(Each additional leadership recert at the same time \$8.95 to a maximum of \$60.00)	
Aquatic Supervisor	\$30.00

Retail prices are the same for all affiliates throughout Ontario and include free shipping and handling.



Lifesaving Rescue Tube

- Constructed with new performance foam technology that boosts strength and resilience.
- Braided orange leash with high-quality shoulder strap designed for comfort and durability.
- Length: 37" Width: 5¾" Height: 3½"
- Compliant with International Life Saving Federation specifications for lifesaving sport competition.
- Bright yellow, lightweight and "RESCUE" embossed.
- Stainless steel clip and rings for secure "wrap'n'snap" around victim or manikin.
- Ideal for indoor and outdoor guarding in any aquatic setting.
- Price: \$86.71. Product code: 42.7400.00

Order online at LifeguardDepot.com
or call 416-490-8844

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LifeguardDepot.com is the online store of the Lifesaving Society. All proceeds from LifeguardDepot.com support drowning prevention and the development of young leaders through lifesaving sport.