

## Society releases first Ontario Non-Fatal Drowning Report

The Lifesaving Society takes the next step in understanding the full burden of drowning in Ontario with the publication of the *Ontario Non-Fatal Drowning Report, 2021*. Until now, drowning research focused on fatal drownings; but the report shows that for every fatal drowning in Ontario, there are nearly four non-fatal drownings that require an emergency department visit.

The report includes non-fatal drowning data in Ontario from 2010–2019 as well as the impacts and the characteristics of non-fatal drowning incidents that require emergency department visits or hospitalization.

You can read the [Ontario Non-Fatal Drowning Report](#) and watch the recording of the September 14 [webinar on non-fatal drowning](#) on the Society's website.

## Time is running out on first aid certification extension

The WSIB first aid certification extension ends December 31, 2021.

If you attended a **two-day** Lifesaving Society Standard First Aid (SFA) course, and that certification expired after March 1, 2020, you may recertify by attending a one-day Lifesaving Society SFA recertification by December 31, 2021. Beginning January 1, 2022, you'll be required to attend a full two-day SFA certification course to remain current.

If your last SFA course was a one-day recertification, then you must attend a full two-day SFA course.

If you're not sure, check the expiry date on your record in [Find a Member](#).

To find an SFA course or recertification scheduled in your area, check [Find a Course](#).



**LIFESAVING SOCIETY**  
The Lifeguarding Experts

### Ontario Non-Fatal Drowning Report, 2021

Prepared for the Lifesaving Society Ontario by the Drowning Prevention Research Centre Canada

Drowning research and prevention activities have typically focused on fatal drowning; however, there are many more non-fatal drowning incidents than drowning deaths each year. For every fatal drowning in Ontario, there are nearly four non-fatal drownings that are serious enough to require an emergency department visit.

<b>152</b> Average number of fatal drowning deaths each year*	<b>95</b> Average hospitalizations due to non-fatal drowning each year	<b>543</b> Average emergency department visits due to non-fatal drowning each year
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*Drowning is the process of experiencing respiratory impairment from submersion/immersion in liquid. Drowning can be fatal or non-fatal. In non-fatal drowning, the respiratory impairment is stopped before death. Non-fatal drowning can result in a range of outcomes, from no injuries to serious injuries or permanent disability.*

This report is a first step towards describing the true burden of drowning in Ontario by focusing on non-fatal drowning. The data were made available by Public Health Ontario, based on the Canadian Institute for Health Information (CIHI) National Ambulatory Care Reporting System (NACRS).<sup>1,2</sup>

The full burden of non-fatal drowning is unknown. This report does not include non-fatal drowning incidents where the person was treated at the scene of the drowning and did not seek further medical attention, those who attended a family physician or clinic, and those who did not receive any treatment at all. If data from these sources were available, the number of non-fatal drownings included in this report would be even higher.

**Emergency department visits and hospitalizations due to non-fatal drowning**  
During 2010–2019, there were 5,430 emergency department visits due to non-fatal drowning, an average of 543 per year. The rate<sup>1</sup> of visits increased 23% during the 10-year period from 3.5 per 100,000 in 2010 to 4.3 per 100,000 in 2019.

NUMBER AND RATE OF EMERGENCY DEPARTMENT (ED) VISITS DUE TO NON-FATAL DROWNING, ONTARIO, 2010–2019


Year	ED visits per 100,000 population	Number of ED visits
2010	3.5	463
2011	3.8	510
2012	3.8	509
2013	3.5	479
2014	3.8	522
2015	3.8	523
2016	4.5	625
2017	3.8	537
2018	4.4	634
2019	4.3	628

<sup>1</sup> Average number of water-related fatalities per year where drowning was a primary or contributory cause of death in Ontario, during the most recent 10 years for which data were available, 2008–2017.  
<sup>2</sup> All rates in this report are crude annual rates per 100,000 population.

1 of 4 Ontario Non-Fatal Drowning Report, 2021

## EXPLORE BRONZE UPDATE WEBINARS

Instructors – make sure you're ready to teach the new Bronze awards this fall! Check out "Explore Bronze – Update Clinic" on our [home page](#) to register for an upcoming evening Explore Bronze webinar on the following dates: September 20, October 20, or November 24.



## New Program Guide now available

The 2021 edition of the Lifesaving Society *Program Guide* provides the most up-to-date information on the Society's programs and services.

The newest edition identifies certifications that can be delivered virtually and includes updated policies and definitions; Bronze medal award descriptions; updated prerequisites (including the ever-popular *Prerequisites-at-a-glance* located on the inside back cover), and more.

Download your free copy of the *Program Guide* from our [website](#) or [purchase a hard copy](#).

## New Officials Instructor Award Guide

The new *Officials Instructor Award Guide* is now available. The *Guide*, for use by Officials Trainers, brings Officials Instructor into the revised, streamlined and competency-based leadership system and contains the curriculum standards and course guide for the Society's 12-hour Officials Instructor certification.

Officials Trainers – [login to your account](#) to access additional education support materials through the Society's online leadership library.

[Order your copy today.](#)



## New Ontario Inflatable Waterpark Safety Standards

The Lifesaving Society is pleased to announce the release of its *Ontario Inflatable Waterpark Safety Standards*. These standards were developed from research collected from provincial, national and international databases, and from consultation with Canadian experts and operators in the field.

*Ontario Inflatable Waterpark Safety Standards* will assist inflatable waterpark owners and operators in providing a safe aquatic environment for their patrons; it explains the Society's position on inflatable waterpark issues and informs owners and operators about safety expectations as a preventive measure before drownings occur.

*Ontario Inflatable Waterpark Safety Standards* is 16 pages long and available from [LifeguardDepot.com](#) for \$11.70.



## CANADA TO HOST 2023 COMMONWEALTH CHAMPIONSHIPS

Canada will host the 2023 RLSS Commonwealth Lifesaving Championships September 13–17 at the Windsor International Aquatic and Training Centre in Windsor, Ontario. Spectators – mark the date on your calendars!

## What to do with your 15-year-olds?

Effective July 1, 2020, the Lifesaving Society adopted 15 years as the minimum age prerequisite for certification as a Swim Instructor, Lifesaving Instructor and National Lifeguard. The Society's minimum age of certification has no impact on the minimum 16 years of age for employment as an instructor, assistant lifeguard or lifeguard, which is established by the Ontario government in [Regulation 565](#) (Section 17).

Although a certified 15-year-old can't be employed as an instructor, lifeguard or assistant lifeguard, there is plenty of work they can do around an aquatic facility. Get them involved at your pool (as a paid staff or volunteer) so they can hit the ground running as a lifeguard or instructor when they turn 16. Certified 15-year-olds can:

- Assist experienced instructors during lessons
- Take class attendance, retrieve equipment and tidy up toys during lessons
- Deliver Water Smart® messages or presentations during lessons or swims as a Water Safety ambassador
- Screen patrons for admission to the facility
- Administer deep end or facility swim tests
- Perform safety attendant duties at the top of a slide or in a wading pool
- Perform facility cleaning duties or pool tests
- Provide customer service at the front desk, on-deck or elsewhere in the facility

Keeping certified 15-year-olds engaged at your facility will produce a more confident lifeguard and instructor when they turn 16, while helping to convert more instructor and National Lifeguard course candidates into staff.



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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.

## World Drowning Prevention Day

In April the United Nations declared July 25 World Drowning Prevention Day as part of its historic [Resolution on Drowning Prevention](#). To mark the inaugural event, the Lifesaving Society partnered with the City of Vaughan to produce a Swim to Survive video on the importance of teaching children the skills needed to survive an unexpected fall into deep water. You can [watch the video](#) on the Society's Youtube channel.

Special thanks to City of Vaughan staff for hosting the event, and to lifeguards Ryan Watkin, Isabella Bonello, Michael Pha, Luca Labriola, Vanessa Coppotelli and recreation staff Robert Braid (Recreation Manager), Brittany Wong (Community Centre Lead) and Brook Beatty (Supervisor, Community Centres).



*Lifesaving Society Senior Research Officer Barbara Byers (left) with (left to right) Ward 3 Councillor Rosanna DeFrancesca, Regional Councillor Gino Rosati, Ward 5 Councillor Alan Shefman and Director of Recreation Sunny Bains. Thank you to our volunteer swimmers Nova Zaidfeld, Lenci Zaidfeld and Tamara Rozenberg.*



## Scotiabank® TORONTO WATERFRONT MARATHON VIRTUAL RACE

### Scotiabank – virtual marathon

The Lifesaving Society is again participating in the **Scotiabank Charity Challenge – Toronto Waterfront Marathon Virtual Race**. This year, the goal is to raise \$20,000 and we'd like you to join us!

The event takes place from **October 1 to 31** and distances range from 5 km to a Full Marathon (42 km), so you have the flexibility of choosing a date, time and distance that works for you.

Anyone can participate – invite your friends and family on behalf of the Lifesaving Society and [register today](#).

Once you've created your own profile be sure to join the Lifesaving Society Ontario team. You can then start fundraising to support the Society through your own personal links.

If you raise more than \$400, we'll cover your participant fee! The top five fundraisers will receive Society swag.



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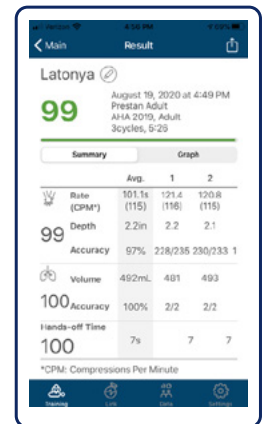
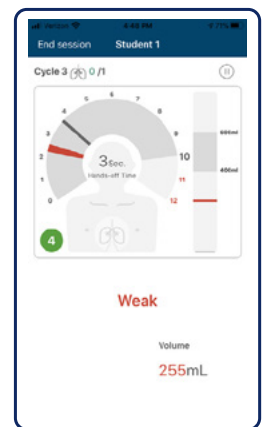
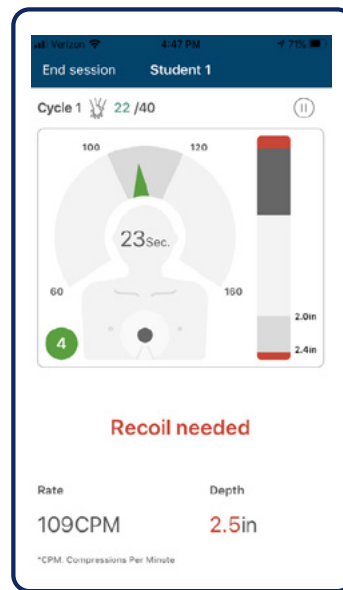
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