



Countdown to launch: New Aquatic Management training programs

The Lifesaving Society will roll out its new Aquatic Supervisor and Aquatic Manager certifications starting in January 2023. The new courses feature exciting new curriculum focused on the essential knowledge and skills needed by today's aquatic facility supervisors and managers.

At the same time, the Society is introducing the all new Aquatic Management Instructor course aligned with the Society's competency-based leadership system.

All three courses are supported by new resources including workbooks for candidates, an *Aquatic Management Instructor Pack* for instructors, and an *Aquatic Management Instructor Award Guide* for trainers.

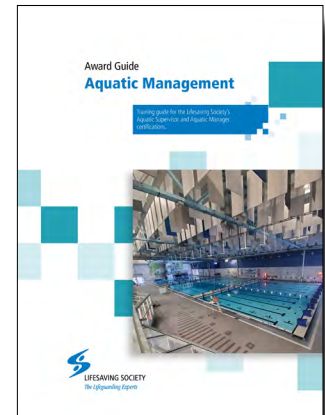
This fall, current Aquatic Supervisor Instructors and Trainers will be updated to teach the new courses. Updated instructors and trainers will become Aquatic Management Instructors and Aquatic Management Trainers. Only those updated will be authorized to teach the new courses.

Affiliates are encouraged to transition to the new programs at their earliest convenience once updated Instructors and Trainers are available.

The Society will retire its existing supervisor and aquatic management training courses as of December 31, 2023. Current Aquatic Supervisor Instructors may teach these courses until that time.

You can find the new course descriptions in the online attachment to the Society's *Program Guide*. The *Program Guide* itself will be updated in the next print edition. Our website will also be updated with the new course information soon.

Current Aquatic Supervisor Instructors and Trainers: watch for an email this fall with details of the update process. For more information, contact [Lori Groves](#) who is managing the updates.



Her Majesty Queen Elizabeth II

Patron of the Royal Life Saving Society

April 1926 – September 2022



Her Majesty held several Society awards and was the first young person in the Commonwealth to achieve the Society's Junior Respiration Award.

The Royal Life Saving Society Canada extends its sincere condolences to the Royal Family on the death of Her Majesty Queen Elizabeth II. Her Majesty served as Patron of the Commonwealth Royal Life Saving Society over eight decades of extraordinary and selfless volunteer service. Lifesaving Society Canada members thank her for her unwavering interest in the success of the Society, her staunch support of its humanitarian work, and her generosity in hosting many 'Royal Lifers' at Buckingham Palace. Rest in peace.

Swim Transition – last call

The Canadian Red Cross is winding down its swim and lifeguarding programming. The transition pathways for Canadian Red Cross training partners and individual certification holders end **December 31, 2022**. Act now to join the thousands who have successfully transitioned to the Lifesaving Society's programs:

Red Cross certification holders:

NEW – Transfer your Canadian Red Cross certifications to the Lifesaving Society electronically via e-lifesaving.ca/transition.

Register for the official Swim Transition Instructor Clinic at e-lifesaving.ca – approved by the Lifesaving Society Canada and endorsed by the Canadian Red Cross.

Follow the links below to learn more about your specific transition pathway(s)

- [Water Safety Instructors](#)
- [Water Safety Instructor Trainers](#) who hold a Lifesaving Society Trainer certification
- [Water Safety Instructor Trainers](#) who do not hold Lifesaving Society Trainer certification
- Assistant Lifeguard or Lifeguard: [email us](#)

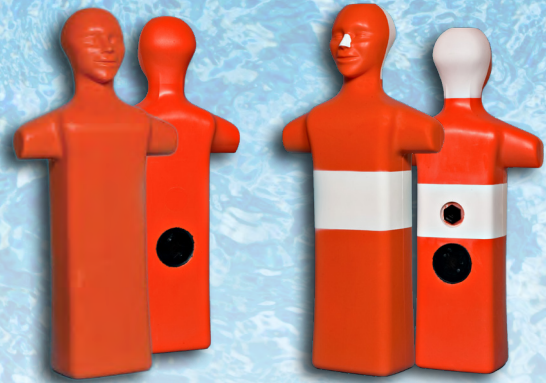
Red Cross Training Partners:

Transitioning to the Society is as easy as 1, 2, 3.

1. [Download](#) this helpful checklist.
2. [Visit our website to learn about the transition process](#).
3. [Email us](#) to book a meeting. We'll take you through the process one on one and answer all of your questions.

If you are still not sure what to do, or have more questions, email us at swimtransition@lifeguarding.com. We'll ensure that you have all of the information you need for a confident and successful transition.

Lifesaving Society Training and Competition Manikins



Training Manikins
\$231.83 each or 10 for \$197.05 per unit.
Product code: 42.1185.00

Competition Manikins
\$394.75 each or 10 for \$335.54 per unit.
Product code: 42.1183.00

- Ideal for practicing pick-ups, carries and removals in lifesaving and lifeguard courses.
- Easy to fill and easy to drain (for submerged unconscious victim simulation).
- Built to withstand regular use.
- Require minimal maintenance.
- Made in Canada by the Lifesaving Society.

The Lifesaving Society's Training and Competition manikins enable course participants to practice important lifesaving and sport skills while maintaining physical distancing protocols.

The Competition Manikin is ILS approved for lifesaving sport competition and allows you to control weight and buoyancy.

Order online from LifeguardDepot.com, call 416-490-8844 or email orders@lifeguarding.com. Free standard shipping within Canada. Some exclusions apply.

Lifeguard Depot.com®

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.

National Lifeguard Update

The Lifesaving Society has updated the National Lifeguard program following a review to ensure its curriculum and performance standards remain current, relevant and grounded in the competencies required by lifeguards.

The National Lifeguard program review took into account:

- Demonstrated need and research evidence
- Consistency with regulations across Canada
- Alignment with international standards and best practices where applicable
- Lifesaving Society values

The National Lifeguard program update also considered the 2020 revisions to the Society's Bronze medal awards. One of the main drivers of the Bronze revisions was to improve skill progressions and enhance the assistant lifeguard content in Bronze Cross – a National Lifeguard prerequisite. The updated National Lifeguard curriculum acknowledges and builds on those Bronze Cross competencies to provide a logical and smooth flow into National Lifeguard training.

Plans for the transition to the updated program are being finalized now and will be announced once all the support resources are complete. The [National Lifeguard Update](#) insert provides a preview of the most significant changes.



Updated First Aid Award Guide

Attention First Aid Instructors and Examiners – the *First Aid Award Guide*, updated for consistency with the 2020 CPR guidelines, is now available at LifeguardDepot.com. The updates are minor.

Changes at-a-glance:

- A note regarding AVPU assessment terminology is added to page 14
- The use of the F.A.S.T. assessment tool for strokes – temporary or not – is reemphasized, and reference to Transient Ischemic Attack (TIA) is deleted from EFA Item 11d
- Dehydration is now included in SFA Item 3
- The term “Victim immobilization” is replaced with “Spinal movement restricted” in SFA Item 2
- An additional note regarding recognition and treatment of opioid overdoses in SFA is added to Item 9
- Airway Management has a new Item 7: Bag-Valve-Mask. The item is identical to the HCP-CPR Item 7: Bag-valve-mask (same item, purpose and Must Sees)

No need to purchase a new *First Aid Award Guide*. [Download the updated information](#) and insert it into your existing *First Aid Award Guide*. As the changes are minor, there is no exchange program for *First Aid Award Guides* with the 2015 CPR guidelines.



Prerequisites – who checks?

Lifesaving Society age and award prerequisites are designed to ensure that candidates have the necessary knowledge and ability to achieve success. The Society does not issue awards to candidates who do not have the prerequisites. These candidates are required to obtain the prerequisites before taking the course again.

Ensuring candidates meet all required prerequisites is therefore critical – but whose job is it to check? In fact, the responsibility is shared by:

- **The affiliate** who is obligated to check all prerequisites prior to the course, ideally when a candidate registers.
- **The instructor** who is obligated to check prerequisites on the first day of the course.
- **The examiner** who is obligated to check before the exam.

The most common courses submitted to the Society with candidates missing prerequisites are Standard First Aid recertifications and National Lifeguard – Pool, so be sure to consult the Society's [Program Guide](#) and pay particular attention.

Prerequisites for National Lifeguard – Pool: Minimum 15 years of age, Bronze Cross, and Lifesaving Society Standard First Aid (SFA), or SFA from a training agency approved by the Ontario government. The list of approved agencies is [on our website](#).

Prerequisites for Standard First Aid with CPR-C Recertification: Lifesaving Society Standard First Aid with CPR-C certification not more than three years from the original date of issue.

Note: As per WSIB regulations, current Standard First Aid award holders may *recertify* their SFA certification *just once*. After this, they must repeat the full SFA course. WSIB also stipulates that holders of Standard First Aid certifications from one agency may not *recertify* that certification with a different agency. They must recertify with the original agency (i.e., if you hold an original Standard First Aid from the Canadian Red Cross, you are not eligible to take your Standard First Aid recertification from Lifesaving Society).

RICCIONE 2022 Lifesaving WORLD CHAMPIONSHIPS

Lifeguard Depot.com®

Good luck team Canada!

LifeguardDepot.com avidly supports high performance sport in Canada and is proud to supply and outfit Canada's National team participating at the 2022 Lifesaving World Championships in Riccione, Italy September 18 to 23.

Good luck to athletes, support staff and officials representing Canada at the Championships.

WATER SMART AWARD

It's time to prepare your 2022 [Water Smart Award](#) submissions! The annual award is presented to an Affiliate Member of the Society for outstanding community service to drowning prevention education.

Maybe your community hosted events during National Drowning Prevention Week? Or perhaps you've been particularly active sharing drowning prevention messages on social media? Whatever you've done to promote drowning prevention education throughout the year – it all counts, [fill out the application](#) while it's fresh in your memory and let us know!

Important notice: 2023 Affiliate membership fee and prices

Beginning January 1, 2023, it is mandatory to become an Affiliate Member of the Lifesaving Society to run any Society program.

The 2023 Affiliate Member fee includes all lifesaving programs plus a Sport Fundamentals License, a Swim to Survive License and access to Inside Tracker. It **does not include** a Swim for Life License – Affiliate Members have the option to add a Swim for Life License.

There are no pro-rated fees for new Affiliate Members who register throughout the year – the annual fee applies. Those who become an Affiliate Member after October 15 pay the upcoming year's annual Affiliate Member fee covering the balance of the current year in addition to the next year.

The 2023 Affiliate Membership and Swim for Life license fees are found in the [2023 Ontario Price List](#), posted in [Find-a-Form](#) in English and French. Consult the Ontario Price List for 2023 fees related to program literature and resources, award fees and other services.

For information on becoming an Affiliate Member, contact [Wendy Craggs](#).

Drowning prevention coalitions – why your community needs one

For over a decade, drowning prevention coalitions have been popping up in communities across Ontario. The Ottawa Drowning Prevention Coalition formed over ten years ago and consists of 18 members who work to prevent drowning and water-related injuries across the National Capital Region. More recently, coalitions have formed in Elgin county, Windsor Essex County, and Quinte Region – but why are they effective and why are they needed?

Community drowning prevention coalitions are part of the [Canadian Drowning Prevention Plan](#) and operate where drowning prevention is at its most effective – the front lines. They use a multi-sector approach to bring together a community's diverse agencies and assets to collaborate and coordinate their drowning prevention efforts

Today, via the [Drowning Prevention Research Centre](#), we have more drowning data than ever before. We understand the who, what, when, where and how of fatal drownings and are beginning to understand the full picture of the drowning problem with the non-fatal drowning data detailed in the [Ontario Non-Fatal Drowning Report](#).

At their best, community drowning prevention coalitions combine this wealth of drowning data with the local knowledge and expertise of their coalition members to tailor their drowning prevention activities to maximum effect in their area.

Get started on founding your community coalition today. For step-by-step guidelines, check out page 15 of the Canadian Drowning Prevention Plan [Resource Guide \(2022\)](#) or [send us an email](#) for more information.

GIVING TUESDAY

Giving Tuesday brings people together to celebrate generosity and share kindness. This November 29, 2022, we invite you to join this celebration by [offering your support](#) to the Lifesaving Society in our efforts to prevent drowning and water-related injury.