



LIFESAVING SOCIETY
The Lifeguarding Experts

L i f e l i n e r

Summer 2015



THE YEAR OF SPORT



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THE YEAR OF SPORT 2015

The government of Canada proclaimed 2015 as the Year of Sport to celebrate the role sport plays as a part of Canadian identity and to encourage Canadians to participate.

“Lifesaving Sport helps to build strong networks of friends, families and healthy communities. It is a potentially significant economic generator within the community.”

- Marek Holke, Brampton Lifesaving Club

Lifesaving Sport is recognized by the International Olympic Committee and the Commonwealth Games Federation. Lifesaving Sport encourages development in lifesaving and lifeguarding technique, and it engages and inspires youth in the Lifesaving Society’s mission to prevent drowning.

“Through lifesaving sport, we have provided Ottawa-area lifesavers and lifeguards with the opportunity to learn valuable skills that transfer to life beyond sport, including into their education, workplace and personal lives. For some of our most talented athletes, lifesaving sport has allowed them to compete internationally and bring back valuable experiences that continue to enrich other athletes beyond sport, including seeing the benefits of giving back to the lifesaving community and volunteering for years to come. We are ultimately contributing to the Lifesaving Society’s drowning prevention mission by training lifesavers to be proficient, confident and often over-achievers in their work.”

- James Verreault, President, Ottawa Valley Lifesaving Club

There are numerous ways to get involved: athletes, officials, coaches, volunteers and supporters all play a role, from basic fundamentals training to international competition.

“Guelph has been involved with competitive lifesaving for 15 years. We have used lifesaving as an avenue to give athletes the opportunity to race provincially, nationally and internationally and then take that experience and self-confidence and use it with their competitive swim career. Olympian Andrew Ford (2012) and 2015 Pan Am Games Canadian team member Evan Van Moekerke both learned a great deal from lifesaving, racing different events, tough events and learning how to win.”

- Don Burton, Guelph Marlin Aquatic Club & Guelph Gryphons

2015 is the Year of Sport. Let’s celebrate! Canadians are encouraged to get involved. For more information on Lifesaving Sport, please visit our website. Share your pictures with us on Instagram #YearofSport.

“We love offering Sport as a complement to our regular learn-to-swim classes! Our participants take on a new challenge and their excitement for swimming is rejuvenated!”

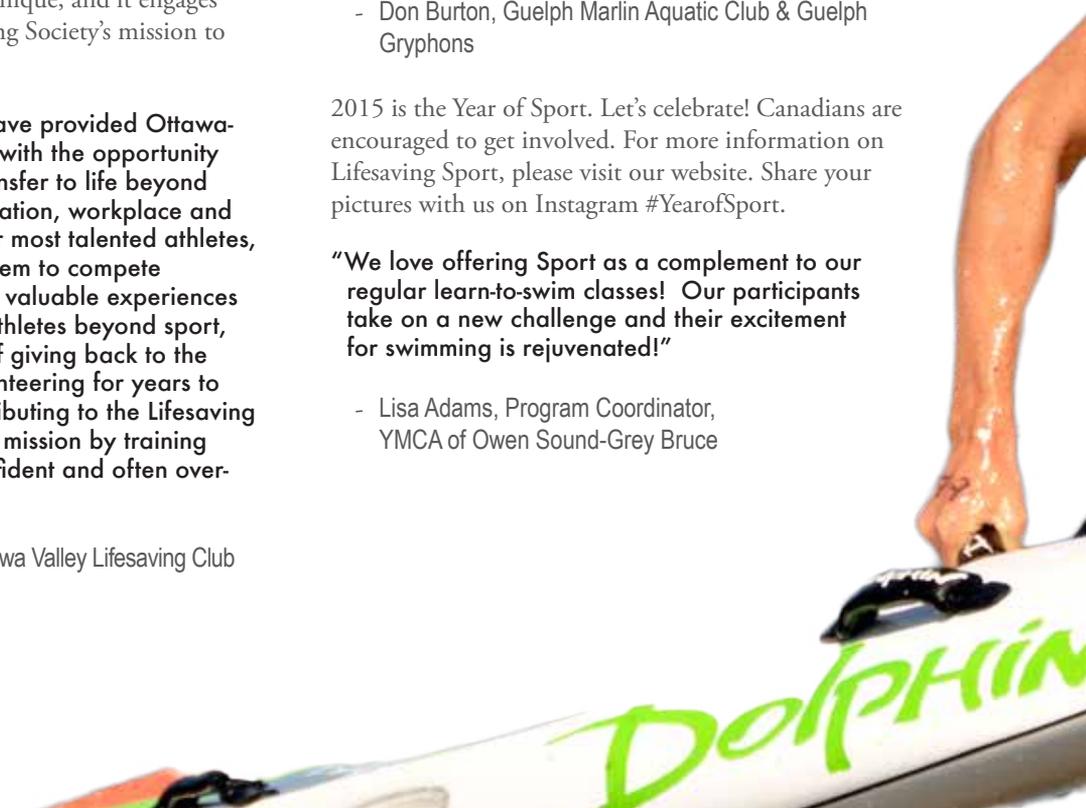
- Lisa Adams, Program Coordinator, YMCA of Owen Sound-Grey Bruce

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.





James Verreault

CLARIFICATION: NATIONAL LIFEGUARD (POOL) ITEM 2C

In this sprint item, candidates swim 50 m head-up within 60 sec. The National Lifeguard Award Guide Must Sees are:

- In-water start
- Head-up breaststroke or head-up front crawl throughout
- Distance completed within the time limit

Various interpretations of the second Must See have caused some confusion. Upon review of the item, the Society has determined that – as of July 1, 2015 – NLS candidates may perform head-up breaststroke, or head-up front crawl, or any combination of these head-up strokes. The award guide will reflect this interpretation in the next reprint.

DAFIN SURF FINs

High performance DaFin surf fins are ideal for beach lifeguards, body boarders and body surfers. And they float – so you won't lose them! Pick up a pair today. Visit lifeguarddepot.com.



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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USING JUDGMENT AND ADAPTABILITY – ONE LIFEGUARD'S STORY

By: Angela Waterfield

A good lifeguard possesses excellent physical and communication skills. A great lifeguard also possesses judgment and adaptability skills. The National Lifeguard program taught me these vital tools.

As a seasoned lifeguard I've been involved in countless emergencies, and a few of them even played out exactly as I expected. But just like performing CPR on a manikin is nothing like performing CPR on a little boy or girl, I've learned that how I expect an emergency to play out is often vastly different than how it actually materializes. When I reflect back, I have to ask myself if I could have prevented these emergencies by earlier intervention. This type of critical thinking is one of the foundations of the National Lifeguard program, which teaches us how to use judgment and to adapt to any situation.

In 1996, as a newly certified lifeguard, my critical thinking skills were tested quickly during Saturday swimming lessons. My class was learning to jump into deep water off a diving board. My students were sitting on the side, each waiting for his or her turn. After each child jumped, I would swim him or her to the side and do a head count. Suddenly my class of six was only five!

Using scanning techniques I focused on the highest risk area – the bottom – and spotted the missing boy. He was a drowning non-swimmer standing on the bottom!

I immediately did a headfirst surface dive, but deep water alters depth perception and I accidentally descended directly above him.

His panicked arms clung to my head and his fingers tore at my mouth and eyes. I was blinded, inverted and scared, but I adapted quickly. Using a release technique, I pushed his arms up and off my head, allowing my feet to touch down and push off. That sudden upward momentum loosened his hold as we began to rise. I reached out to find his head and dropped his chin to his chest to protect his airway. Once surfaced, he recovered quickly. Fortunately, although bruised and shaken, my injuries were minor.

The National Lifeguard program teaches candidates to use judgment and to adapt techniques for limitations imposed by the situation. It teaches how to overcome anxiety and put all the principles together including judgment, knowledge, skill and fitness to ensure a successful outcome.

Angela Waterfield is a writer. She does program development and facilitation and has more than 19 years of experience as a National Lifeguard. Reach her at trainingprograms@rogers.com.

BRING YOUR AWARD GUIDE TO LIFE

The Lifesaving Society's Strokes & Skills video is designed to help Swim Instructors teach and evaluate kids in the Swim for Life program. The 24 minute video features eight segments covering:

- Front Crawl, Back Crawl, Breaststroke, Entries, Dives, Movement Skills, Kicks and Fitness

Strokes & Skills brings the Swim for Life Award Guide to life. Real kids demonstrate stroke and skill mechanics that meet the Must Sees across different levels. Underwater views, slow motion, freeze frame, colourful animation and instant replay mean you can see Must Sees like you've never seen them before.

Watch the trailer at www.lifesavingsociety.com. Or order your copy today on CD or USB drive for \$22.53. Or download it directly to your computer for \$16.90.



LIFEGUARD TRIGGERS: IF IN DOUBT, CHECK IT OUT

Lifeguards use their senses to detect problems in an aquatic facility. Seeing a bather in distress, or hearing a call for help, or smelling a strong chlorine odour are all triggers that cue a lifeguard to respond.

Sometimes a guard may hesitate – unsure whether a response is required. But making those split-second, lifesaving decisions is the lifeguard's job. Remember – if in doubt, check it out. Better to respond quickly and be wrong than to wait until it's too late.

Here are some incidents that were relayed to us from guards who responded in three separate real-life situations:

One guard saw a little girl lying on the bottom of the pool and thought, "I do that sometimes." But something triggered his decision to dive to the bottom and retrieve the girl. His decision saved the girl's life.

Another guard, stationed on a lifeguard tower, watched a young woman walk and swim towards the drop off. The guard could tell the woman was not a strong swimmer. And she didn't recognize her as a frequent visitor to the pool. These cues triggered the guard's decision to keep an eye on her. Sure enough, past the drop off, the woman began to struggle. The guard's quick response saved her life.

A third guard was on deck supervising the shallow end of a leisure pool. With five minutes to the end of the public swim, he saw arms waving in the deep end. The arms belonged to a woman who was underwater. He thought to himself "is this real"? He observed her for a couple of seconds, and seeing she made no progress towards the surface, he sprang into action and removed her to safety.

Trust your training. Trust your instincts. Don't be afraid to get wet and check things out. Your supervisor will thank you. More importantly, your decision may make the difference between life and death.



ACTAR TRAINING SYSTEMS

CPR training manikins are required for use in first aid courses. ACTAR training equipment is Canada's No. 1 CPR and AED training system. ACTAR products are 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 all the info on ACTAR training systems.



DROWNING, A GLOBAL PROBLEM

The World Health Organization (WHO) put drowning on the public health agenda with the release of its first report dedicated to the drowning problem, *The Global Report on Drowning: Preventing a Leading Killer*. In it the WHO reports that every hour, 40 people in the world drown. Children under the age of five are disproportionately at risk, and over half of all fatalities are of those under 25 years of age. More than 90% of all deaths occur in low- and middle-income countries. (A link to the full report is on the Society's website.)

In the report the WHO states that drowning is a highly preventable public health challenge that has never been targeted by a global strategic prevention effort. It sets out current knowledge about drowning and effective prevention strategies with a goal for a substantial scaling up on efforts and resources to reduce the death toll.

The WHO believes that drowning has a similar burden today as diseases such as diarrhea and measles in the 1970s and 1980s, and it believes that collaboration from many stakeholders is essential for change. The Lifesaving Society believes that immunization from drowning is possible.

While drowning is among the 10 leading causes of death of children worldwide, the report provides evidence of effective drowning prevention initiatives. Some high-income countries have reduced their drowning burden and certain strategies have been implemented successfully in lower- and middle-income countries. Ten strategies are cited in the report including "teaching school-age children

basic swimming, water safety and safe rescue skills." Evidence for the effectiveness of basic swimming skills comes from the SwimSafe program in Bangladesh, Thailand and Vietnam. The SwimSafe study from Bangladesh (2006–2010) with almost 80,000 participants showed a 93% reduction in fatal drowning in participants compared to those in non-attending control groups.

The SwimSafe program is similar to the Society's Swim to Survive program. Evidence like this reinforces the benefit of teaching survival swimming to school-age children as an effective drowning prevention strategy. The Society's Swim to Survive program is targeted to Grade 3 students and teaches them to roll, tread and swim 50 metres to safety. Visit the Society's website to learn more about Swim to Survive.

2015 DROWNING REPORT

The upswing in Ontario drownings continues according to the latest research released in the Lifesaving Society's 2015 Drowning Report. Adults over 65 and 20 to 24-year-olds have the highest drowning rates in Ontario.

Read the full report at www.lifesavingsociety.com.



WINNING THE WATER SMART AWARD – TIPS FOR SUCCESS

The Lifesaving Society presents its annual Water Smart® Award to an affiliate member of the Society for outstanding community service to drowning prevention education. What does it take to win? According to the current award holder – the Town of Whitchurch-Stouffville – it takes a little bit of planning and a lot of creativity.

In 2014 Whitchurch-Stouffville volunteers presented Water Smart messaging to the community in more than 32 different ways including:

- presenting Water Smart public service announcements prior to every Friday night’s “movie in the park”
- hosting Ice Safety month in November
- formulating a local by-law that would see Water Smart education accompany every pool permit and permit renewal
- partnering with a local pool construction company to hand out Within Arms’ Reach brochures to every potential client
- hosting April Pools Day, a Slide-a-thon and a CPR-a-thon
- handing out Water Smart information at the mayor’s Haunted House event

This doesn’t even mention the numerous activities hosted at the pool during National Drowning Prevention Week!

Even though they are a relatively small community, with just one indoor facility, Whitchurch-Stouffville volunteers look for new and imaginative ways to reach as many residents as possible. And they take pictures to document all their hard work along the way.

You can do it too! Submission forms are simple and easy to complete – they’re on our website. Don’t forget to take pictures!

National Drowning Prevention Week is July 18–26, 2015. We challenge you to do compete with Whitchurch-Stouffville and spread Water Smart safety messages in your community!

GET INVOLVED IN SUMMER FUNDRAISING EVENTS

Summer is the time of year when the Lifesaving Society asks its members to support and participate in its fundraising initiatives. We challenge you to shout out for water safety! Contact your local pool about:

Lifesaving Society Tread-a-thon, July 18 at the start of National Drowning Prevention Week.

7th Annual Lifesaving Society 500 metre swim for 500 lives, July 18 to July 26 during National Drowning Prevention Week.

Start a Lifesaving Society First Aid for Youth Club.

Are you interested in teaching CPR at your high school while raising funds for drowning prevention? Formerly known as Lifesaving Society Club, First Aid for Youth is an initiative that certifies high school students in CPR-A and Basic First Aid. If you are a Lifesaving Society Instructor currently attending high school you can start your own First Aid for Youth club. For more information, contact Kelly Manoukas or Laurie Priestman at 416-490-8844 or email fundraising@lifeguarding.com.

Get involved and save lives!

WATER SMART CONTEST

Get involved in the 2015 Water Smart® Contest! The purpose of the contest is to spread the Society’s Water Smart messages. Visit Who’s Drowning/Take Action on the Society’s website for more information.



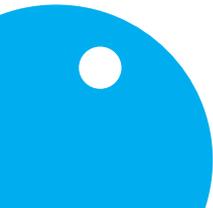
COMMON TEST SHEET MISTAKES AND HOW TO FIX THEM

Even little mistakes can slow the processing of test sheets – read these tips and make sure your test sheets breeze through our office with no holdups.

- **If we asked for it – we need it** – on every test sheet. Even when there are multiple test sheets, please fill them out completely. Missing info slows processing – we have to contact the affiliate and they must re-submit the test sheets. Sometimes candidate awards can't be processed and sent to them.
- **Date of birth** – Birthdate may not mean much to you, but it means everything to us. It's how we find you in our system. We need it. And we need it to be correct.
- **Postal codes** – we cannot process the test sheet without postal codes. If it's missing, we have to stop and search. This slows everything down.
- Use the fillable test sheets on our website (under "Find a Form") or print off labels. Handwritten, scanned or faxed test sheet are harder to read. Sometimes they are so bad we cannot make out the candidates' names.
- **Prerequisites** – use Find a Member to check prerequisites on first day of the course so there are no surprises. We can't process the test sheet without the required prerequisites.
- Timing is imperative! Submit your test sheet to the office RIGHT after the course. Don't let them pile up.



Go the extra mile

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- **Member ID** – when you're checking prerequisites, add the candidate's six-digit alphanumeric code (bottom of the certification card) to the test sheet. This will allow us to quickly identify the person in our system when there are problems.
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WHO'S IN CHARGE?

Lack of adequate supervision and no defined admission criteria, in and around public pools and waterfronts, are serious problems. Take, for example, the July 2013 incident in which a four-year-old died as a result of too few people supervising too many kids at a fitness club leisure pool.

Bathers that day included kids in swim lessons, kids in a day camp recreational swim and a fitness club member swimming lengths. One of the 36 day-campers was a four-year-old. She was led into the pool by a counsellor who remained on deck to attend to other campers. Unfortunately no one knew the little girl couldn't swim very well, and several minutes later her motionless body was recovered at the surface by a volunteer. In spite of immediate CPR the child did not survive.

This scenario plays out too often. Testing each bather's swimming ability is one important prevention strategy. And several inquests over the past 10 years have highlighted the need for counsellor training to teach them how to prepare for visits to aquatic settings.

Safeguard

The Lifesaving Society's Safeguard certification provides safety supervision training for guardians including day-camp counsellors, counsellors-in-training and others who accompany groups of young people to pools or waterfronts. Safeguard focuses on water safety awareness, accident prevention and the principles of aquatic safety supervision. The course stresses the responsibility undertaken by these group leaders for safeguarding the young people in their care even when under lifeguard supervision.

The Society also has the On Guard card, worn by a designated person such as a camp counsellor at all times to indicate his or her responsibility in monitoring an assigned group in the water. The card is passed to another counsellor or guardian when the person needs a break or wants to turn attention elsewhere, helping to ensure someone is always dedicated to watching the group.

As a counsellor, you have the authority to ask for Safeguard training and to demand that admission standards are in place – apply it to every swimmer and be clear about who's in charge.

Visit the website or contact the Lifesaving Society for more information about admission standards, the Safeguard program and the On Guard card. Affiliates can order the On Guard card directly from lifeguarddepot.com for use at camp swims and other group swims at a cost of \$7.50 per card if purchased individually or in a bulk order of 25 for \$125.

**“If it is foreseeable, it is preventable”
must always be the watchwords
of any successful risk management
program.**

CHOOSE IT. USE IT

Lifeguarddepot.com® sells lifejackets. Transport Canada and Coastguard approved. Made with durable nylon outers and PE foam inners. Brightly coloured with zippered fronts and adjustable straps. Available in the following sizes: Infant (< 30 lb.), Child (30–60 lb.), Youth (60–90 lb.) and Adult (> 90 lb.).



YOU PROTECT OTHERS, NOW PROTECT YOURSELF

Melanoma is one of the few cancers to affect young adults and is the second most common cancer amongst 15–34 year-olds.¹ In 2010, nearly 5,500 Canadians were diagnosed with melanoma and over 1,000 died from it.²

Those who work outside in direct sunlight are at greater risk of skin cancer. Exposed human skin can tan or burn – both are signs of damage to the underlying cells. A burn,

in particular, is a marker of extensive damage that normal DNA repair mechanisms may not be able to repair.

Sunburn at any age is an indicator of UVR overexposure (generally intermittent exposure) and increases the risk of skin cancer, particularly melanoma.³

For lifeguards at outdoor facilities there's a risk from the sun above, but also from the reflection off water or sand. Lifeguarding at a beach, waterpark or outdoor pool is fun and can be safe if you take the proper sun safety precautions.



Sunscreen

A shot glass full of sunscreen should be enough to cover your entire body. If you have to go in the water, dry off and reapply after, don't wait until your break.



Sunglasses

Protect your eyes – use polarized lenses for lifeguarding that also protect against UVA and UVB rays.



Umbrella

Special solar umbrellas can protect you from harmful UV rays.

Back and legs

Melanoma is most common on the backs of men and on the legs of women, although it can appear anywhere on the skin.⁴



Hat

The scalp, especially where hair is parted burns easily. Apply sunscreen to any parts and always wear a hat while guarding.



Lip balm

Lips burn easily and are susceptible to skin cancer. Use an SPF lip balm regularly to protect sensitive lip skin.

Long sleeve guard shirt

"UV rays can get through clouds, fog and haze. Water, sand, concrete and especially snow can reflect, and even increase, the sun's rays."⁵

Put sunscreen on your entire body at least 20 minutes before your shift. Reapply on breaks.

(1)Melanoma Network of Canada - FACT SHEET – MELANOMA
 (2)Canadian Cancer Society's Advisory Committee on Cancer Statistics. Canadian Cancer Statistics 2014. Toronto, ON: Canadian Cancer Society; 2014
 (3)Canadian Cancer Society's Advisory Committee on Cancer Statistics. Canadian Cancer Statistics 2014. Toronto, ON: Canadian Cancer Society; 2014
 (4)Melanoma Network of Canada - FACT SHEET – MELANOMA
 (5)Canadian Cancer Society

106th AGM Silent Auction

The silent auction following the Society's AGM on March 27, 2015 raised over \$4,300 for the Water Smart drowning prevention campaign. Thanks to auction volunteers: Kenn Little, Eddie Tang, Julie Augustine, Patricia Lewis, Edmond Tang, Chantelle Gallagher and the City of Toronto aquatic staff. Thanks to performers: Darius Parsons "Drumming 4 Drowning Prevention," Lauren Sanger, Christine Duncan and the Element Choir, Josette Holness and the Scarborough Stomp Group. Thanks to individual donors: Lynda & Bruce Bowman, Julie Conlon, Anne-Marie Friedmann, Paul Hulford, Brenda & Steve Lance, Kenn Little & Michael Wilcox, Margie Lizzotti, Ann Palmer, Ian Phillips, Marcus Sanger. Thank you to business & organization donors: Adventure Bay Family Water Park, Art Gallery of Ontario, Blistex Corporation, Casa Loma, DavidsTea, German Life Saving Association, Gluckstein Home, Great Wolf Lodge, Hallmark Canada, Julia's Art Studio, Mariposa Cruises, Maple Leaf Sports & Entertainment (MLSE) Toronto Maple Leafs & Toronto Raptors, Ontario Science Centre, Oxford Properties Group (Scarborough Town Centre), PRO Parks & Recreation, Pampered Chef, Royal Ontario Museum, Sanson Estate Winery, Shaw Festival Theatre, Tarragon Theatre, The Fairmont Royal York Hotel, The Keg Restaurants Ltd., The National Ballet of Canada, The Niagara Parks Commission, Toronto Blue Jays Baseball Club.

PPL and the Papke family

For more than 45 years PPL Aquatic, Fitness & Spa Group Inc. has provided lifeguards to private condominiums and townhome complexes in the greater Toronto Area. To date the PPL team has raised over \$194,000 for the Lifesaving Society's Swim to Survive and Swim to Survive+ programs.

"Every year, since the early '80s, the staff hold their annual swim-a-thon and raise funds for reputable organizations," says CEO Dale Papke. "In 2009 we heard about the Lifesaving Society's Swim to Survive program and we knew that this was a program that both the management team and field staff could make a long-term commitment to."

"Swim to Survive not only prevents drownings but it gets thousands of children into the water each year, which will ensure that swimming remains a popular activity in Canada and provide a strong future for the pool and hot tub industry."

Mr. Papke is most proud of seeing his PPL business partners – Paul Denstedt, Tim Bown and Steve Onoprijenko – so committed to the program, and at seeing other Ontario pool and spa companies joining the drowning prevention cause.

Expanding Swim to Survive and Swim to Survive+ is another of Papke's proud accomplishments. "Ultimately I would like to see that every Grade 3 and Grade 7 student across the country participate in the program; it should be the goal of the Lifesaving Society, PPL and all members of the Pool and Hot Tub Council of Canada. This is a rare opportunity to donate and experience the good feeling of involvement for a worthwhile cause while at the same time protecting young people and the long-term life of one's industry."

The Lifesaving Society is proud to be associated with PPL and we are thankful for the ongoing dedication, hard work and support of all PPL employees. For more information about PPL and their services, visit them online at pplgroup.com.



Congratulations to the CSBC, whose poster campaign won 1st prize in the International Boating and Water Safety Summit media contest. Thanks to Matt Antonello and Joel Arbez from Saatchi & Saatchi who created the poster.

Dale Papke with Lifesaving Society staff at the Pool and Hot Tub Council of Canada tradeshow.



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