



LIFESAVING SOCIETY
The Lifeguarding Experts

L i f e l i n e r

Summer 2013

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PHOTO CONTEST

Get your cameras ready for the Lifesaving Society Photo Contest! Enter on the Lifesaving Society Facebook page and you could see your photo as the cover of the next *Lifeline* – distributed to over 60,000 people! Winners also receive a framed keepsake copy.

Guidelines:

- Entrants must be the owner/photographer of the submitted photo.
- All photo entries must be digital high-resolution.
- No watermarks or signatures may be applied to the photos.

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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.

NOW OR NEVER: FIRST AID UPDATE CLINIC

Instructors, Examiners and Trainers must attend the Society's First Aid Update Clinic by September 30, 2013. Only those who have completed the Update Clinic will be recertified as an Instructor, Examiner or Trainer.

What: First Aid Update Clinic.

Who: Lifesaving Instructors, First Aid Instructors, National Lifeguard Instructors, Lifesaving Instructor Trainers, First Aid Instructor Trainers and National Lifeguard Instructor Trainers.

When: By September 30, 2013.

Why: To understand and be able to demonstrate the 2010 resuscitation protocols and know the implications for planning, teaching and evaluating the Society's training programs.

How: Consult with your employer and find additional information about the First Aid Update Clinic on the Society's website.

FIRST AID LEADERSHIP MODEL

The Lifesaving Society First Aid Leadership certifications are undergoing some significant changes.

AED Instructor and Advanced First Aid Instructor certifications will be retired on December 31, 2013. In addition, the Society introduces two new certifications: Emergency First Aid Instructor and CPR-HCP Instructor.

Upon recertification, Advanced First Aid Instructors will be issued CPR-HCP and Airway Management Instructor certifications. Similarly, Advanced First Aid Examiners will be re-appointed as CPR-HCP and Airway Management Examiners. Successful Lifesaving Instructor candidates are also issued Emergency First Aid Instructor certification.

This streamlined First Aid Leadership model is a result of the integration of AED skills throughout the first aid curriculum and the needs of our Affiliate Members.

NEED FIRST AID SUPPLIES?

Look no further – LifeguardDepot.com has it all – bandages, ice packs, pocket masks and much more to replenish your first aid kit or complete kits for your home or cottage.

Our most popular kit – the Lifesaving Society First Aid Kit – meets Ontario standards for small offices (1–5 employees) but is also ideal for your boat or car. The kit is lightweight, portable and waterproof, and contains everything you need for a first aid emergency – all for just \$18.95 plus tax. Order today!



Lifeline

Lifeline is published twice yearly and distributed to over 60,000 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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GUARDING CAMP SWIMS

Lifeguarding summer-camp swims can be stressful. The high ratio of children to adults and the activity level of the campers create a serious scanning and public relations challenge. There are some easy things that you – the lifeguard – can do to help create a safer situation.

Know your numbers

Adhering to an admission standard is crucial. When the number of children is out of proportion with the number of staff an unnecessarily dangerous situation is created. At the outset of the swim, count the children and the counsellors; if there are too many swimmers for the number of counsellors, split up the group and have them swim at different times.

Counsel the counsellors

Before the swim, talk to the counsellors and give them a rundown of their responsibilities and the pool or waterfront rules. Counsellors should provide direct supervision of their children.

Buddies!

The buddy system is a great way to keep track of campers. Have children select a buddy of similar swimming ability before the start of the swim. Give the children clear instructions that they must be with their buddy at all times. If their buddy takes a bathroom break, so do they. During the swim perform a “safety check”; use a designated signal and call out “Buddy up!” All the campers must swim to the nearest edge and hold the hand of their buddy up in the air while a lifeguard does a head count.

Bathroom bobby

As a tradition at camp swims, one counsellor is responsible for the campers who use the bathroom. They need to take note of when any camper leaves the pool deck and when they return.

Swim tests

Swim tests are a vital aspect of child safety in public swimming pools or waterfronts. All children need to complete a swim test and be given a brightly coloured bracelet to indicate their swimming ability. It is the lifeguard’s duty to strictly enforce the swim test requirements and have high expectations of swimming ability. Remember that campers do not have a parent present to watch them at all times, so a camper who barely passes a swim test is safer in the shallow end. Those who are unsuccessful at the swim test should wear a lifejacket and require additional direct supervision by a camp counsellor.

Enforce lifejacket rules

Lifejackets are an excellent way to keep campers safe. If a camper is a non-swimmer have him or her wear a lifejacket.

Limit toys and distractions

Flutter boards, mats, sinking toys and balls can be distracting to you as a lifeguard. If you find yourself constantly having to enforce rules as the result of misused recreational items, take them away.



SENSITIVE SITUATIONS

Whether you are a new or a veteran instructor, awkward moments can occur at every level. There's the bathing suit malfunction, to which everyone is susceptible, or when a child in swim lessons grabs the front of a female instructor's bathing suit and pulls it down – an honest mistake for the child, but an embarrassing situation for the instructor. And what happens when you need someone to volunteer for a demonstration and no one does?

Every scenario is manageable because, in the end, you are a pro, but how you choose to deal with awkward moments will make all the difference.

Do:

- Ask permission before using a candidate as a partner for a demonstration.
- Give candidates feedback in groups, and stay in view or earshot of other people when speaking alone to a candidate.
- If you're addressing a sensitive situation make sure someone else can see you or hear you. If you are uncomfortable with a situation ask for support from a colleague or supervisor.
- Address sensitive situations with professionalism: it is kinder to let someone know of a bathing suit malfunction than to allow it to continue.

- When teaching adult learn-to-swim lessons, determine the comfort level of the adult. You may want to use an aid such as a pool noodle to support the swimmer instead of your hands.
- Keep all on-deck conversations child-friendly and appropriate.

Don't:

- Take a child to the bathroom alone. Have a parent or guardian do it instead. Ask your employer about their policy regarding children and bathroom breaks and adhere to that policy.
- Make jokes or comments that could be misconstrued as inappropriate. Even if it is not to the candidates but to a fellow instructor, you could be overheard by a parent or child on the pool deck.
- Be afraid to tell someone if you're uncomfortable. If a swimmer says or does something that makes you uncomfortable tell a supervisor right away and, if necessary, document the incident.

ACTAR TRAINING SYSTEMS

In a real-life emergency, you'll be thankful you were trained with ACTAR. Canada's No. 1 CPR and AED training system, ACTAR D-Fib simulates realistic scenarios. The specialized face-plate design mimics the human airway and plastic lung bags allow actual breaths to be delivered. ACTAR D-Fib is now a required product for all National Lifeguard training courses. ACTAR products are lightweight and come in convenient carrying bags.

Ordering ACTAR products has never been easier, visit www.lifeguarddepot.com and place your order!



RESCUE IN REAL LIFE



It was smiles all around as Paul Andaloro was reunited with the three lifeguards who helped save his life. Two months earlier, Andaloro's pacemaker malfunctioned while he was swimming. "On one of my final laps I felt funny, I felt tired. I thought: I don't have much farther to go. I was doing my cool down on my back, looking at the ceiling and it started to spin. That's the last thing I remember, then I went underwater," recalls Andaloro.

City of Toronto Lifeguard Alessandra Filice instantly recognized something wasn't right. "When I saw him, he was submerged with his face up, legs hanging beneath him." Filice blew a long whistle and jumped in. The whistle alerted fellow lifeguard Kristy Blair who was in an off-duty rotation. Blair rushed on to the pool deck scanning for Filice. "I recognized Alessandra wasn't on the deck and saw her in the pool." Blair cleared the pool and directed the patrons to the change rooms. When the pool was clear Blair returned to assist Filice with removing Andaloro. On deck, Blair determined that Andaloro wasn't breathing, so she gave him two breaths and started compressions.

Luckily Cristine Vlcek, another lifeguard, was at the front desk and also heard the whistle. She ran to the pool, realized what was happening and sent someone to get the AED, which arrived quickly. Having never used an AED in a real-life situation, the lifeguards had to do some quick thinking and rely on their training. "I didn't have a towel and there was nothing around to dry him off before putting the pads on, so I used my shirt," describes Blair. Once the AED was ready, it analyzed and advised a shock. Blair pushed the button and Andaloro's whole body lifted off the ground. The lifeguards continued CPR until Andaloro began to breathe normally.

The paramedics arrived and administered oxygen, and Andaloro regained consciousness. They were impressed

with the lifeguard team. Bryan Rusk, City of Toronto Paramedic explains: "He [Andaloro] was in the recovery position and being monitored closely when we arrived. The lifeguards gave us a full report. It's wonderful, the chain of survival absolutely worked."

Andaloro recalls very little about his ordeal. The first thing he remembers was seeing his daughter: "Julie was caressing my hand and talking to me, and then I remember them taking me out to the ambulance. I was only in my bathing suit and it was very cold."

Both Andaloro and his daughter were pleased with the quick work of the lifeguards. "If he had been anywhere else when that incident happened he wouldn't be here. I wholeheartedly believe that it would have had a really tragic outcome," explains Julie.

A grateful Andaloro had this to say of his lifesavers: "What they did was incredible. I just hope they are very proud and have a feeling of great accomplishment for what they did that day."

During a serious incident there is a lot to think about and things don't always go according to plan. This is a message the Gus Ryder lifeguards want other lifeguards to hear and take to heart.

"No one tells you how much you'll be shaking and that it will be difficult to do things."

- Alessandra Filice

MORE DROWNINGS AS CANADIANS GET OLDER

It might surprise you to learn that your peers and those people participating in the same water-related activities as you are drowning. The most recent national data indicates that 483 Canadians drowned in 2010.

All comparisons below compare the most recent five-year average (2006–2010) versus the previous five-year average (2001–2005).

Baby boomers – an emerging high-risk group

- The biggest increase in drownings is among baby boomers 50–64 years of age (+34%). Baby boomers now account for more drownings than any other age group. Drownings are up among seniors 65+ as well.
- Bathtub fatalities almost tripled among 50–64-year-old boomers.
- Increased powerboating deaths among 50+ boomers and seniors.

18–34-year-olds

- 18–34-year-olds accounted for a 19% increase in fatalities; 18–24-year-olds have the highest water-related death rate of any age group.

When and where

- Private backyard pools continue to be the number one drowning setting for children under five years of age.
- Lakes (35%) and rivers/streams/creeks (28%) continue to account for two-thirds of drownings.
- Increased drownings during traditional “off-peak” times. November through April (+23%); weekdays (+13%); and daytime (+29%).

Reductions in drownings

- Boating fatalities were down 7%. By type of craft, this reflects fewer powerboat deaths (-7%).
- There are fewer powerboating deaths among adults under 50 years of age.
- Canadians under 18 had fewer drownings (-15%).

While we are experiencing an encouraging long-term decrease in drowning death rates, the recent upswing and increase in deaths among older adults reinforces the need for continued drowning prevention efforts.

NEW DATABASE

The Drowning Prevention Research Centre (DPRC) now has Canada’s only comprehensive searchable database of national drownings. The database provides the DPRC with a more accurate basis for analysis, which the Lifesaving Society uses to gain insight into the details of incidents and to illuminate situational risk factors. Information gathered from the database:

- Assists in determining the strategic direction of the Society’s messaging and public education campaigns, ensuring efforts to prevent drowning are as impactful as possible.
- Allows the Lifesaving Society to continue its research into fatal and non-fatal drownings, significant injuries and rescue interventions.



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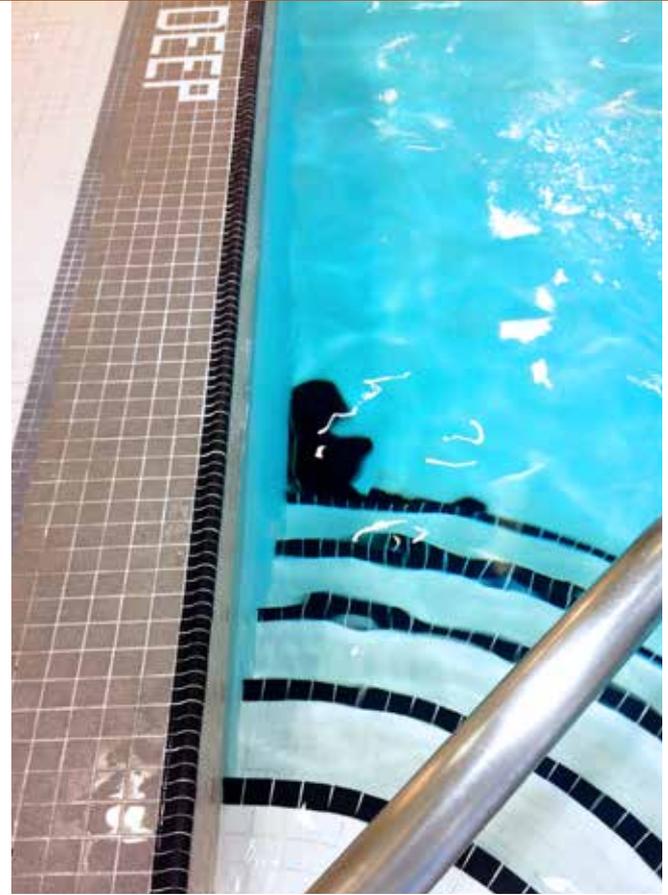


LIFEGUARD PATROL POSITIONS AND BOTTOM VISIBILITY

On deck patrols or “roving” positions are an effective way to provide safety supervision. They allow lifeguards to communicate easily with patrons and enable them to focus on “hot spots” by stationing themselves nearer to high-risk amenities in the pool.

Pool operators often mistakenly direct lifeguards to patrol an area in an effort to increase their patrol zone. The absolute most important factor of a roving lifeguard's patrol is the ability to maintain visual contact of his or her entire zone of responsibility at all times, which includes the pool bottom. When a patrol zone is too large, problems such as glare or pool features creating blind spots may occur; in this instance the patrol zone must be changed.

Lifeguard patrol zones should be tested to ensure the roving lifeguard never loses sight of the pool bottom.



NATIONAL LIFEGUARD 50TH CELEBRATIONS

We're making plans to celebrate National Lifeguard's 50 years of outstanding service to public safety in Canada. We want anniversary celebrations to:

- Make National Lifeguards feel proud about being part of something bigger than themselves.
- Encourage Bronze medal holders to become National Lifeguards.
- Increase National Lifeguard's profile as Canada's lifeguard standard.
- Be fun!

We've already started to celebrate the 50th (officially 2014). We launched two new National Lifeguard posters at our AGM last March. This is just the beginning. We'd love to hear your ideas for making a big splash with the 50th anniversary. Send them to: experts@lifeguarding.com.

Operators should identify and post lifeguard position and zones charts. These should clearly identify lifeguard stations, rotation and designated zones that are the result of a thorough process of safety supervision review.

Test your patrol

It is important to conduct tests of your patrol zones to eliminate any potential blind spots. During in-service training, send a guard team off the deck, put items, such as hockey pucks, golf balls, etc., on the bottom of the pool. Have the rest of your guard team swim around to create a normal scanning situation. Get your guards to take turns roving in their designated patrol area. Take note of any objects they miss to identify and rectify gaps in the patrol zone.

SHARKS IN THE WATER

The Swim to Survive® program is meant to be flexible, easy to deliver and adaptable to the needs of the affiliates and communities it serves. Sometimes this requires a little creative planning. Take the YMCA-YWCA of Guelph as an example.

The Guelph Y currently has 2,830 Grade 3 and 5 students from 40 schools in three school boards learning how to Swim to Survive in their “SHARKs” program. (SHARKs is the Guelph Y’s nickname for the Swim to Survive program.)

But the road to success was no easy feat. Because the Guelph Y is a smaller facility, it was unable to provide enough pool space for so many children on its own. A collaborative effort was required and two partners joined the cause: the City of Guelph and the University of Guelph. The university supplied the pool. The partnership allowed the SHARKs program to reach 100% of Grade 3 and 5 students – free of cost.

By 2019, the goal of the partnership is to have 100% of Grade 8 students graduate with the ability to achieve the Swim to Survive standard, improving aquatic safety for Guelph students now, and in the future.

This success story could be yours. Creative thinking is what Swim to Survive is all about. For advice on how to shape Swim to Survive to suit your community’s needs, contact Sindy Parsons at sindyp@lifeguarding.com or call us at 416-490-8844.



ORILLIA IS WATER SMART!

The Water Smart® Award is given annually to an Ontario Affiliate Member for outstanding community service to drowning prevention education. In 2012, the City of Orillia was a Water Smart force to be reckoned with.



Public Education Vice President Andrea Herrmann (centre) presents the Water Smart Award to Orillia’s Christine Mitchell (left) and Roz Llewellyn.

The city and its employees were creative in spreading Water Smart messages throughout the year. They did things like:

- toured local schools delivering Water Smart messages using age-targeted presentations,
- hosted a carnival-themed Water Smart Day where guests participated in water balloon fights, watched lifeguard demonstrations and received free Swim to Survive lessons,
- sent press releases to residents educating them on the dangers of unsupervised access to water and provided Water Smart tips,
- created stickers with Water Smart messages,
- held a Water Smart colouring contest, and
- hosted a winter Ice Safety Day.

The Lifesaving Society is proud to recognize the City of Orillia’s incredible efforts in spreading Water Smart messages. We encourage other municipalities across the province to get creative and make your town or city Water Smart!

To nominate your community for the 2013 Water Smart Award, visit our website and fill out the Water Smart Submission Report (in *Who’s Drowning/Take Action*). Send your report to Barb Byers at barbarab@lifeguarding.com or submit by fax at 416.490.8766. The deadline for submission is January 10, 2014. Good luck!

LESLEY BURTON ZEHR'S LAKE HURON SWIM

A competitive swimmer for 23 years and former lifeguard, Lesley Burton Zehr will swim 75 km across Lake Huron this summer. The Waterloo resident will take to the water in Harbor Beach, Michigan and swim to Goderich, Ontario between July 26 and 29.

"I wanted to do a solo crossing for a number of years when I was part of a relay swim." As an advocate for swimming safety, Burton Zehr is doing the swim in conjunction with the Swimming Education Awareness Life Skills (SEALS) Swim to Survive event to raise funds and awareness for drowning prevention. The event will include educational sessions and backyard pool evaluations in the Waterloo area.

"With the increase in drownings in Ontario last year, it occurred to me I can do something," explains Burton Zehr. By drawing awareness to drowning prevention, she aims to get the message across, especially to families with young children, stating that, "everyone has a duty to know their abilities in the water."

This event has been sanctioned by Solo Swims Ontario and coincides with the Lifesaving Society's National Drowning Prevention Week (July 20–28, 2013). Follow us on Lesley's SEALS Swim to Survive Facebook page. Visit the Society's website to donate to Lesley's swim. For more information contact Fund Developer, Kelly Manoukas at 416-490-8844.

LIFESAVING FUNDRAISING ACROSS THE PROVINCE

Lifesaving Society Penny Drive, July 1–August 31: Visit your local facility and donate your pennies to the Swim to Survive program. How many pennies can your local pool collect for drowning prevention education?

Lifesaving Society 500 Metre Swim for 500 Lives (5th Annual), July 20–28: Dedicated to lives lost in drowning incidents. The goal is to have 500 lifeguards complete a 500 metre swim to raise funds for the Within Arms' Reach campaign.

Lifesaving Society Rescue Tube Relay (4th Annual), July 8–19: London-Middlesex aquatic staff run the rescue tube relay across their region raising funds and awareness for drowning prevention education.

For more information on the events and how to get your community involved, contact Laurie Priestman or Kelly Manoukas at 416-490-8844 or email fundraising@lifeguarding.com.

Donate online! Visit our website and click DONATE on the right navigation bar and then select the "Donate Now" icon. A new window will open where you have the option to direct your donation to a specific Lifesaving Society fund or cause. Thank you for your support!

NEW KICKBOARDS, LOWER PRICE

LifeguardDepot.com has three kickboards ideal for everyday use.

Sporty – blue, EVA foam with handles for additional support. Popular with swim teams and swim programs.

Adult – yellow, rigid foam board provides excellent flotation.

Junior – blue, just like the adult model, but with less flotation. Good for children and for working on kick drills.

Visit us online and choose the one for you!



BREAKING BARRIERS TO ELIMINATE DROWNING

“The acquisition of basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada”

- Swim to Survive position statement

Gender-specific swimming lessons were scrutinized in the media recently. Some claim that gender-specific swimming lessons are inappropriate and create a segregation or favouritism of specific cultures and beliefs.

The Lifesaving Society's position is that if gender-specific swimming lessons mean the difference between life and death for even one individual, then they are worthwhile – any meaningful attempt to eradicate drowning is positive.

Eradicating drowning includes removing barriers to swimming lessons and making learning to swim accessible to everyone. Gender-specific swimming lessons are offered for a variety of reasons: cultural, religious and body-image issues are among them. Gender-specific swimming lessons are an excellent alternative to the traditional co-ed format and may encourage certain segments of the population to learn to swim.

The Society's data suggests that people new to Canada are four times more likely to be unable to swim than those born in Canada. People who come from countries where swimming is not an engrained part of the culture are in a particularly dangerous situation.

SET YOUR CAMERAS TO RECORD

The 2013 Lifesaving Shorts Video Contest is here! Make a video depicting one of the following Water Smart tips:

1. Always swim with a buddy.
2. Don't drink and drive your boat.
3. Always wear your lifejacket. The water is colder and deadlier than you think.

WIN a \$100 PIZZA PARTY for you and your friends AND see your masterpiece on the Lifesaving Society website! Plus, you'll be entered in monthly draws for exciting prizes like iTunes gift cards. If you're an instructor or trainer, you also get a chance to win a cool Lifesaving Society T-shirt each time one of your students enters. For contest details visit the *Take Action* section under *Who's Drowning* on our website.

WATER SMART CONTEST

Help spread the Society's Water Smart messages! Participate in one of two age categories with different tasks and prizes. It's easy and doesn't require a lot of planning. Go to our website for info and to register – deadline is August 2, 2013.

104TH AGM SILENT AUCTION

The silent auction following the Society's AGM on March 22 raised over \$3,500 for the Water Smart drowning prevention campaign. Thanks to auction volunteers: Wady Dyson, Helena Herscovici, Heather Kazan, Kenn Little, Eddie Tang. Thank you to Individual Donors: Ed Bean, John Blaicher, Barbara Byers, Alexandra Ferguson, Doug Ferguson, Sheryl Gilbert, Jennifer Kessell, Brenda Lance, Margie Lizzotti, Carl Shier, Lorraine Wilson-Saliba, Shirley Wong. Thank you to Business and Organization Donors: African Lion Safari, Art Gallery of Ontario (AGO), Bazaar Marketing, Blistex, Casa Loma, City of Toronto, CN Tower, M&O Knits, MADD, Ontario Power Generation, Mad Moose Training, Maple Leaf Sports and Entertainment, Mariposa Cruises, Ninutik (Maple Syrup), Parks & Recreation Ontario, Radisson Hotel Toronto East, Royal Ontario Museum (ROM), RLSS Argentina, RLSS Australia, RLSS Bali, RLSS Hong Kong, RLSS Korea, RLSS Japan, RLSS Sri Lanka, Shaw Festival, The Keg, The National Ballet of Canada, Tarragon Theatre, Tomorrow's Heroes, Toronto FC, Toronto Blue Jays Baseball Club, Wilderness Tours Rafting. Thank you to the staff for all their help. See you next year in Windsor!

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Use coupon code L1FSAVE05 during checkout and save \$5 off your next purchase at LifeguardDepot.com

(with minimum purchase of \$15)



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