



LIFESAVING SOCIETY
The Lifeguarding Experts

lifeline

Summer 2009

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Emun Inquest



ix-year-old Eyobell Emun drowned on July 17, 2006 during a swimming period at the Fernwood Christian Day Camp in Komoka, Ontario. It was his first day at camp.

Early that afternoon, Emun's group had a swimming period at the pool on the camp property. There were two lifeguards on duty. After getting changed the group entered the pool. A short time later, someone noticed Emun underwater and alerted one of the lifeguards, who jumped in the water and brought him to the surface. CPR was initiated. Ambulance personnel arrived and restored Emun's circulation. He was taken to the Children's Hospital in London, Ontario but never regained consciousness and died a week later.

The Lifesaving Society was asked to testify as the expert witness in the January 2009 inquest. Several recommendations were included in the Society's report to the coroner and subsequently included in the jury's recommendations. Of note:

- Revise the Ministry of Health Protection and Promotion Act for public swimming pools to include a bather admission standard (as printed in the Society's *Guide to Ontario Public Pools Regulation*) to ensure direct parent or guardian supervision of children under the age of 10.
- All pool owner/operators should be certified with the Society's Aquatic Management Training certification, which gives non-aquatic personnel the information they require to ensure the safe operation of aquatic facilities.
- The Lifesaving Society should include a "script" in their Aquatic Supervisor Training program for use by lifeguards when orienting bathers to the swimming pool. (Lifeguards need these resources to ensure important information is relayed to bathers.)

For the complete inquest report, visit the Ministry of Community Safety and Correctional Services website at www.mcscs.jus.gov.on.ca.



LIFESAVING SOCIETY
The Lifeguarding Experts

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 programs, Water Smart® public education, 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 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.

All donations are gratefully received. A charitable receipt for income tax purposes is issued for donations over twenty dollars. Ontario Branch Charity Registration No. 10809 7270 RR0001.

New look for lifeguards



trendwatch

Available in June! The Lifesaving Society – the lifeguarding experts – again sets the standard with a distinctive new look for Canada’s lifeguards consistent with International Life Saving Federation guidelines. Our new line of lifeguard uniforms gives guards a professional and distinctive image – a look that stands out in a crowd. Designed for lifeguards by lifeguards, these new uniforms are available exclusively through the Lifesaving Society. Features include:

- Durable, lightweight fabric for maximum freedom of movement, in the water or out
- UV protection
- Superior comfort and fit
- Instantly identifiable
- Internationally recognized colours in red and warm yellow
- Made in Canada

Lifeguard singlet

We recommend singlets for indoor use only, available in male and female trims.

Lifeguard shirt

We recommend lifeguard shirts for indoor or outdoor use, short sleeves with crew neck to protect shoulders and arms from sun exposure.

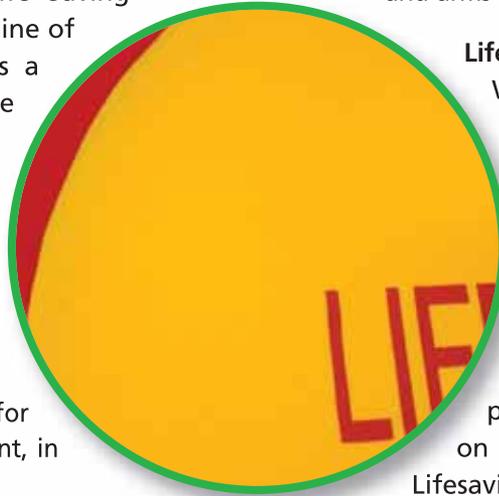
Lifeguard long-sleeve shirt

We recommend lifeguard long-sleeve shirts for outdoor use only, superior sun protection provided by long sleeves, two-button ribbed collar can be put up to cover the neck.

Every shirt is made from yellow polyester with red side panels and “LIFEGUARD” lettered on the front and back in red. The Lifesaving Society round white bilingual logo is on the upper back.

We would be pleased to screen your corporate logo on the front left chest of your uniforms and sponsor logos on the lower back of singlets and left/right sleeves of shirts. Minimum order requirements and screening costs apply.

Our existing uniforms are available until inventory is exhausted. If you have any questions, don't hesitate to ask. Contact Brian Miess at 416-490-8844 or by email at brianm@lifeguarding.com.



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 at the following address.

Return undelivered copies to the:

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Enjoying a hot summer day at the Donald D. Summerville pool in Toronto.

Photo by: John Davidson, courtesy of The City of Toronto



Committed to lifeguards

As part of the Lifesaving Society's commitment to provide Canada's lifeguards with the best possible training, the Society is revising and updating the National Lifeguard Service award. The changes will reflect best practices for lifeguards based on stakeholder input, current research and expert consensus nationally and internationally.

One hot topic is the "minimum age for lifeguard training." The Lifesaving Society supports the International Life Saving Federation's (ILS) recent position statement that puts the minimum age for lifeguard training at 16 years old. ILS is the recognized world authority on water safety, lifesaving and lifeguarding.



The ILS believes that setting an appropriate minimum age is critical to the safety of the lifeguards, their co-workers and the public they serve. Lifeguards are hired to assume the responsibility for the protection and rescue of people from a potentially dangerous environment. They should be well-trained, have a high level of skill, be willing to accept a significant level of responsibility and at times, risk their lives.

Age 16 appears to be the minimum age at which individuals have the necessary maturity and judgment to assume such responsibilities. Usually younger lifeguards are initially posted on the less demanding sites or stations under the supervision of a more experienced lifeguard until they gain experience and understanding of the demands of the job.

There is no magic age level that is appropriate to every person with respect to their ability to carry out emergency service work; some people over the age of 18 may perform immaturely while a particularly mature 16 year old may handle the same situation with composure. However, it is impossible to construct objective, real life and death emergency situations under which to test prospective workers. Thus, reasonable benchmarks must be set based on existing research and expert consensus.

The 2007 ILS survey of its members indicated that 50 per cent of respondents had a minimum age of 16 years and none with an age under 16 years. The ILS Education Committee resolved that:

- the minimum age at which someone can be qualified as a lifeguard is 16 years.
- this minimum age is a training requirement and is not a consideration for employment.
- the ILS certificate guidelines are considered foundation training and that additional orientation, venue specific and local environmental and regulatory familiarization/training should be undertaken.

New Canadian Swim Patrol

Check out the revised content and new look of the Canadian Swim Patrol program! The revised program ensures a seamless transition between Learn-to-Swim, Swim Patrol and the Bronze medal awards.

Instructors and affiliates can download a PowerPoint presentation that outlines some

of the changes and rationale. You'll find it in the "Teach & Coach" section of our website. The presentation is designed as an optional one-hour, dry land staff training update.

To celebrate the launch of the revised program we are hosting a year-long contest, details of which are available on our website.

Check out the "Lifeguard Zone" or "Teach & Coach" sections of our website to access the new worksheets and other resources. The new *Swim Patrol Award Guide* is available for purchase in "The Store." If you require additional info contact Becky Lehman at 416-490-8844 or by email beckyl@lifeguarding.com.



Fencing law breaks new ground



In May 2008, Toronto City Council revised a bylaw to require all new in-ground pools to be enclosed by a permanent four-sided fence; or, where the wall of a building forms part of the swimming pool entrance, the use of a self-closing and self-latching door is an alternative to a fourth fence.

This is in contrast to most North American municipalities that require only a three-sided fence (with the fourth side being the house). Safety experts, including the Lifesaving Society, strongly believe this is insufficient to prevent toddlers from inadvertently accessing a backyard pool when the door is left unlocked or open.

“With three-sided fencing, you are protecting all of your neighbours’ children from coming into the pool area, but not the children in your house,” said Barbara Byers, the Society’s public education director. And backyard pools are the number one location for drownings of children under the age of five. Four-sided fencing that isolates the swimming pool from the home is widely acknowledged as the most effective strategy to prevent such drownings because it does not require human interaction to work – it is always in place.

The most stringent swimming pool enclosure regulations are those in Queensland, Australia, where regulations require compulsory four-sided fencing on all outdoor residential pools, irrespective of when the pool was constructed.

The Lifesaving Society encourages all backyard pool owners to fence in their pools on all four sides and to ensure the pool gate is: securely fastened, self-closing, and can be locked when the pool is not in use. Backyard pools should be inspected at least annually by the pool owner or by an NLS-certified lifeguard recruited by the owner. Go to our website and download the Society’s *Backyard Pool Safety Inspection Checklist* to inspect your own pool.

Contact the Lifesaving Society to purchase the “Within Arms’ Reach” DVD on backyard pool safety or visit our website.



100 TIMES THANKS!

Thank you to all of the volunteers who contributed to the success of the Society’s 100th anniversary Gala, and to the following individual and organizations: Alisa Gayle-Deutsch, CIBC, Eunice Denby Flowers, Franklin Templeton Institutional and Journal Printing.

And thanks to our generous AGM silent auction contributors: Art Gallery of Ontario, Appleton Estates Jamaica (Master Joyce Spence), Bazaar Marketing, Blistex Corporation, Canadian Club Whisky, Casa Loma Majestic Castle, Conservation Halton Parks, Stuart Fraser, Margie Lizzotti, Kelly Manoukas, Mansfield Ski

Club, Mariposa Cruises, Patti McMullen, Nautical Adventures – Tall Ship “Empire Sandy”, Ninutik (Maple Sugar), Nottawasaga Inn Resort, OLG – Ontario Lottery and Gaming Corporation, Quinlan Road/Loreena McKennitt, ROM – Royal Ontario Museum, Scarborough Town Centre, The National Ballet of Canada, Trisha Romance (The Romance Collection Gallery), Toronto Blue Jays Baseball Club, Toronto FC Team, Toronto Maple Leafs Hockey Club, VIA Rail Canada, Walmart Canada Corp. c/o Sam’s Club and Ryan Winger.

All funds raised go toward drowning prevention education.

SEEing the future



In February 4th the City of Vaughan trained more than 20 supervisory staff in the Lifesaving Society's newest program – SEE Auditor. Vaughan is the first community in Ontario to implement the system city-wide.

The SEE (Supervision Evaluation and Enhancement) Auditor course is designed to give individuals the knowledge, training and tools required to evaluate the safety of lifeguard and instructor supervision. A quantifiable measuring system is used to complete the evaluations; individuals receive a score between zero and 100 per cent. This score is then used to build in-service-training content to address global staff supervision needs. Checklists provided at the SEE Auditor course included pool and waterfront lifeguard team evaluations as well as individual lifeguard and instructor evaluations.

Adam Mobbs, recreation services supervisor for the City of Vaughan believes “SEE is an effective method of ensuring staff ‘keep their eyes on their small fries.’ By integrating the SEE system within the overall scope of aquatic training, aquatic coordinators now have a system for ensuring staff supervision skills are measured or refined at an early stage.”

For more info contact Michael Shane at 416-490-8844 or by email michaels@lifeguarding.com.



IT'S NOT TOO LATE TO REBRONZE



It's not too late to earn your commemorative Bronze Medallion. ReBronze is a special recertification that mixes items from our current award and those from the past; it's for anyone who holds, or once held a Bronze Medallion certification.

ReBronzing is meant to be social and fun; so this summer, get your pool, camp or waterfront to incorporate the ReBronze exam into staff training or, host a ReBronze event during Drowning Prevention Week (July 18–25). Invite the local media to profile your event.

The ReBronze Examiner package is on our website and includes test sheets, test items and criteria, and a sample lesson plan. The exam is conducted by a current Bronze Examiner in one to two hours (depending on the number of participants) and is worth one credit towards your instructor recertification.

For more information contact Becky Lehman at 416-490-8844 or by email: beckyl@lifeguarding.com.

Drowning Prevention Week

National Drowning Prevention Week is July 18–25. Watch our website for more information.

Drowning season

d

rowning season begins every year on the Victoria Day long weekend and ends on the Labour Day long weekend.

This summer period typically has the highest drowning rates for Ontarians.

The Lifesaving Society believes that if every Canadian could meet the Swim to Survive® standard, the number of drownings could be reduced considerably.

Thanks to the funding received from the Ministry of Education, over 123,000 Ontario Grade 3 students have received Swim to Survive training. In areas such as Durham Region, the collaboration of municipalities, YMCAs and boards of education ensures that every Grade 3 student participates in this lifesaving survival program, which consists of three skills: roll into water, tread water for one minute, and swim 50 metres.

But there are some quieter success stories, too; in Kitchener, a special needs class (that would not otherwise have access to a swimming program) led by a very special teacher, climbed aboard the local transportation and participated at their local community centre. Indeed every child should learn how to survive in the water.

With all of our Swim to Survive success stories, there is still much to be done. What can you do to help? There are many ways survival training can be implemented into day-to-day activities such as:

- replace your current deep-end test with Swim to Survive
- offer free Swim to Survive evaluations during family/recreational swims



- host a Swim to Survive day and challenge all patrons to attempt the standard

- encourage your camp director to implement Swim to Survive as the minimum requirement for all canoeists at your camp

- offer Swim to Survive evaluations with every birthday party booking

- challenge your family to attempt the standard at, or prior to, your next cottage vacation

Or use your imagination and come up with something original. No matter how you do it, you will be helping to save lives!

The Swim to Survive activity guide and participant certificates are available from the Society. Contact Sindy Parsons at 416-490-8884 or by email: sindyp@lifeguarding.com.



**NEW
JUNIOR
"FOAMIES"**



Dolphin's all new junior "foamie" board is built from the highest quality materials.

It has an ethylene-vinyl-acetate (EVA) foam deck and a slick bottom for superior speed and durability. The closed-cell foam core will not absorb water. Nose and tail blocks provide strength in

high-impact areas and the reinforced straps are very durable. Junior foamie boards are Surf Life Saving Australia approved.

Check out our full line of Dolphin surf crafts in "The Store" on our website. For more info contact Brian Miess at 416-490-8844 or by email at brianm@lifeguarding.com.

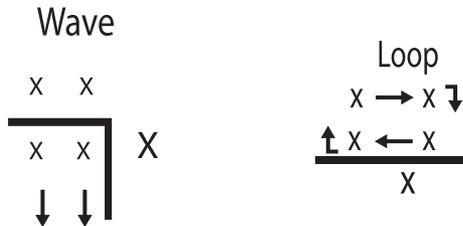


Keep them moving

There are several different styles and philosophies for teaching young people how to swim. One recurring challenge is keeping the participants interested and the entire class moving. Here are a few tips:



1. Give preschoolers something to practice such as blowing bubbles or kicking while practicing floats, glides or swims with other swimmers.
2. Assign swimmers different names (e.g., apple and orange). Have all the apples do an assigned task followed by the oranges, etc.
3. While teaching strokes, use practice formations that allow more than one swimmer to participate at one time. For example:



4. As a swimming instructor, your goal is to provide participants with ample opportunity to practice and lots of feedback to improve their swimming strokes and skills. To do this, remember **EGGS**:

E – Explain & demonstrate

Keep your instructions short and specific; then demonstrate so the swimmers can see the skill. When demonstrating, swim across the class rather than away from them.

G – Group practice

The more practice you give your swimmers the better. By having more than one swimmer go at once, you give them more opportunities to succeed and make the most of your class time. Ensure that you are constantly scanning the entire class while they are practicing.



G – Group feedback & correction

After completing a skill, give the swimmers feedback and correction as a group. Make sure you give them an opportunity to practice the skill again and reinforce your feedback.

S – Specific feedback & correction

While the group is practicing, provide each swimmer with specific feedback of what they need to work on. Remember to correct the most serious errors first, and let the swimmer concentrate on a single correction at a time.

By using the EGGS principle, you will maximize the amount of practice time per participant and give the swimmers lots of opportunities to improve their strokes and skills.

Remember, the best place to learn how to swim is in the water!

Making admission standards work



ondeck

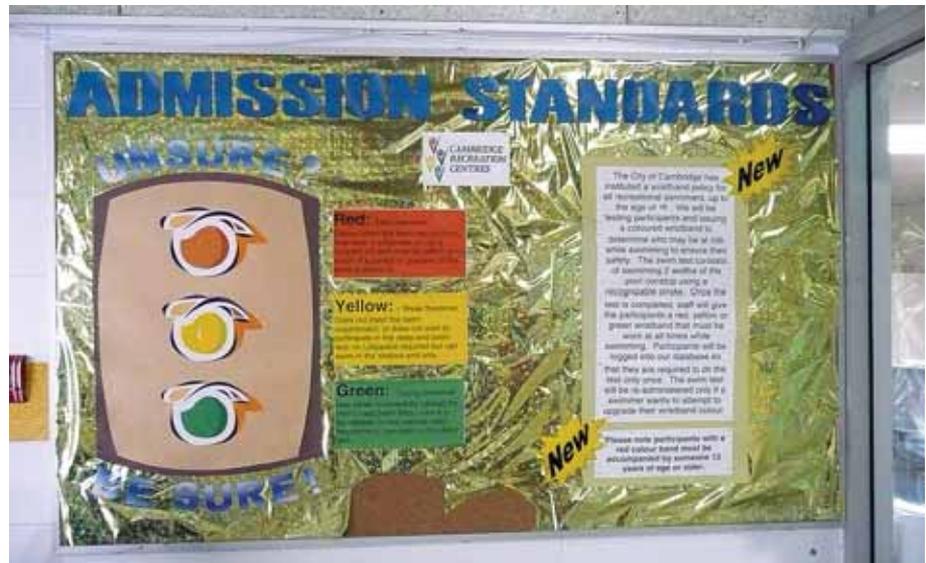
There were three deaths in Ontario public pools between 1995 and 2004. Investigations into these deaths led to many recommendations. One of the most important was to implement the Lifesaving Society "Bather Admission" standard, which enhances safety among young non-swimmers by requiring direct supervision by parents or guardians. But equally important is an administrative system to execute this standard – it's good to have a standard, but it has to work!

In 1996, the Society published the Bather Admission standard in the *Guide to Ontario Public Pools Regulation*. Many affiliates and lifeguards have implemented it while others are asking how to do so. There are several levels of safety to consider:

- **Educate the public** before they show up at the facility by communicating the admission policy in the community newsletter, program guide or corporate website.
- **Train the cashier or front-desk personnel.** This staff should be asking specific questions when people come through the front doors. A prearranged script of questions and actions should be provided to these staff and they should be trained in their use.

- **Use an identification system.** Lifeguards should know who requires direct supervision or swim testing. Using the familiar stoplight model, the City of Cambridge implemented the "Green, Yellow and Red" system. The city bands children at the cashier desk to identify those who are under 10 and require direct supervision (red bands), those between six and nine who are unaccompanied and require a swim test to remain in the pool area (yellow bands), and swimmers (green bands). Note: those with yellow bands who pass the lifeguard's swim test receive green bands.

Enhance the safety of your facility and reduce the chance of drowning by implementing a bather admission standard today. Contact Michael Shane at 416-490-8844 or by email michaels@lifeguarding.com.



PREPARE TO GET CARDED

Can you believe it's been 10 years since regulations were introduced to mandate boater competencies? As of September 15, 2009, everyone who operates a motorized pleasure craft must carry proof of competency – the Pleasure Craft Operator (PCO) card. You can earn a PCO card by taking the Society's Boat Operator Accredited Training (BOAT) course or through self study. Take our *BOAT Study Guide* home and write the test when you are



ready. To pass, you must score 75 per cent or better on the test of basic boating safety knowledge.

This lifetime certification must be carried by operators onboard at all times – and it's cheaper to get the card than to pay the offence! If you lose or misplace your Society issued BOAT card, contact us – we'll replace it.

For more information on the Society's BOAT program, contact J.P. Molin at 416-490-8844 or by email: jpm@lifeguarding.com.

Summer-a-thons



From **July 18 to September 7**, the Lifesaving Society asks Ontario's aquatic personnel and communities to take part in the 2009 Summer-a-thon challenge. Host an event and enlist as many community members as possible to raise funds for the Society's Water Smart® drowning prevention campaign.

Here are some options:

1. Swim-a-thon (participants seek sponsorship for swimming lengths for a specific period of time or number of laps completed).
2. Tread-a-thon (participants seek sponsorship for treading water for a specified period of time).
3. Slide-a-thon (participants seek sponsorship for sliding for a specified period of time or number of slides completed).

4. Swim to Survive-a-thon (participants seek sponsorship for attempting the Swim to Survive standard).

The more people who take part, the better! Community pools will be recognized for having the most participants or for raising the most funds. Contact your local pool or, for more information, contact Laurie Priestman or Kelly Manoukas at 416-490-8844 or email fundraising@lifeguarding.com. Take part and save lives!



All about healthy pools

In April, the Lifesaving Society hosted a one-day symposium on the design and operation of healthy swimming pools. The sold-out session included individual presentations and a panel discussion. Seven speakers from the United States and Canada shared the most up-to-date information with the 70 participants.

Lilia Chen delivered an informative session on the

investigation of air/water quality for indoor water parks.

Bob Paul and Conny Smith examined indoor pool air and water quality, and measures to improve them; they also examined germ inactivation rates and protocols for pool fouling as well as evaporated disinfectant by-products.

Dr. Om Malik explained how to test air and examined



some of the typical environmental issues for swimming pools.

A panel discussed healthy swimming pool design and renovations. Panelists

included: Jason Scozzafava (MTE-Frontline Environmental), Stephen Lau (MCW Consultants Ltd.), Mark Lai (ECOH Management Incorporated), Bob Paul (City of Cambridge), Lilia Chen (Centre for Disease Control and Prevention) and Conny Smith (City of Cambridge).



RLSS

ROYAL LIFESAVING SOCIETY

Commonwealth
Conference
& Lifesaving
Championships



www.rlss2009.com

June 9-14 Edmonton, Alberta

bulletinboard

The world comes to Canada – The Lifesaving Society hosted the 2009 RLSS Commonwealth Conference and Lifesaving Championships in Edmonton June 9-14. Conference delegates, guest speakers, officials, volunteers, and athletes from more than 15 nations participated in this outstanding event organized by the Society's Alberta & NWT Branch.

Commonwealth President, His Royal Highness Prince Michael of Kent officially opened the conference and championships. International and Canadian speakers highlighted two enlightening days of conference sessions. Three days of competition resulted in outstanding performances by the Commonwealth's top lifesavers. For full results visit www.rlss2009.com.

Water Smart Award

Are you a Lifesaving Society affiliate? Are you a promoter of Water Smart® activities and messaging in your community? Then consider applying for the Water Smart Award. Go to the "Water Smart" section of our website and look for the submission report. Fill it in this summer while it is fresh in your mind and send it to us by January 15, 2010.

Water Smart Contest

The theme of this year's contest is "Always wear a lifejacket." Affiliate members who wish to run the contest must complete a registration form before August 4, 2009 to receive their free contest kit. For contest rules and more information visit our website or contact Daksha Moti at 416-490-8844 or by email at daksham@lifeguarding.com.

Calendar

Get Calendar updates at www.lifesavingsociety.com

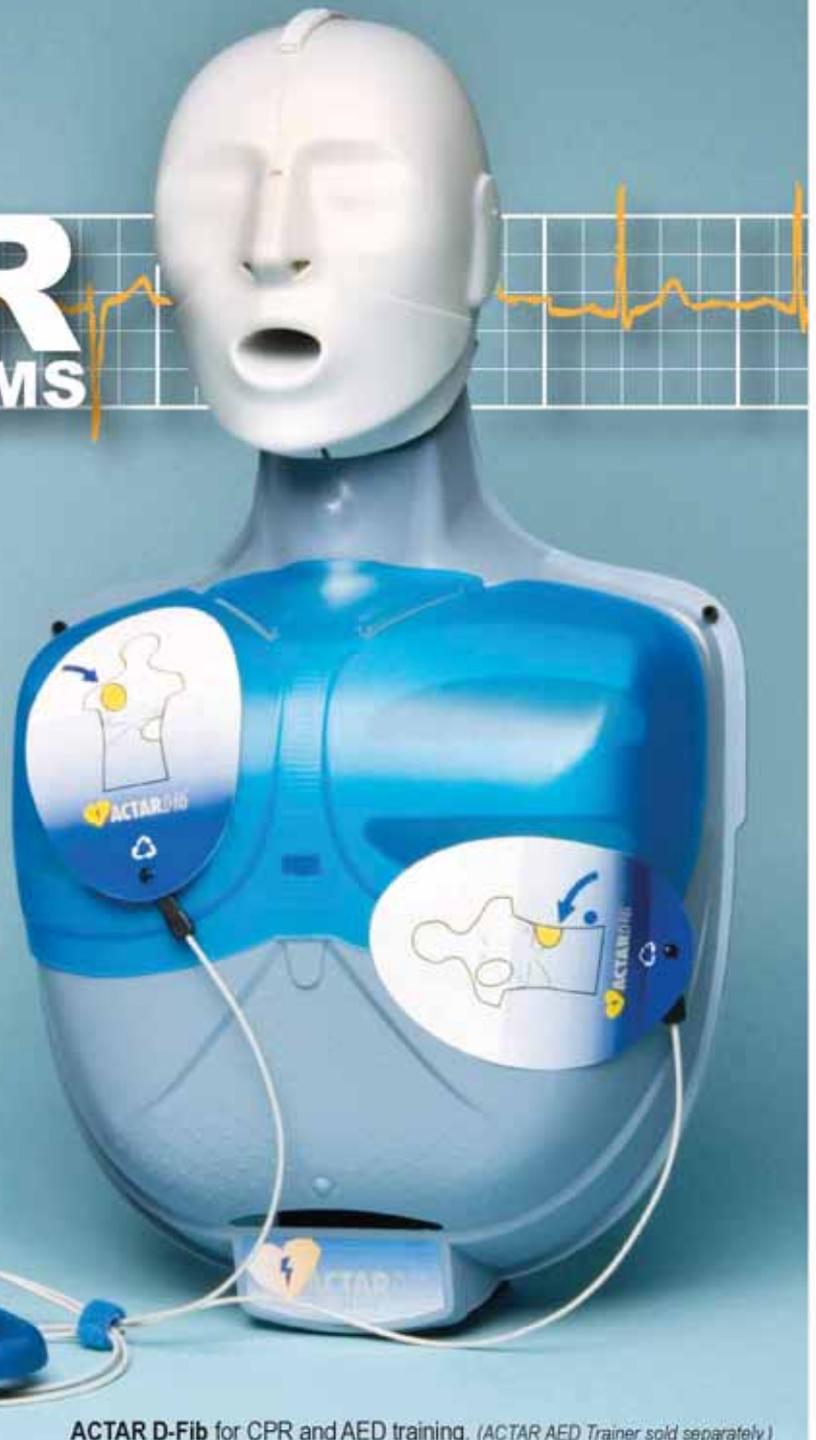
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| <p>2009</p> <p>June 29-August 26
TYR Junior Lifeguard TeleGames – Summer (All Pools)</p> <p>July 18-25
National Drowning Prevention Week</p> <p>August 1-2
Ontario Lifeguard Championship (Oshawa)</p> <p>August 9
TYR Ontario Junior Lifeguard Games – Waterfront (Cobourg)</p> | <p>August 9
Ontario Masters Lifesaving Championship – Waterfront (Cobourg)</p> <p>August 10-11
Ontario Senior Lifesaving Championship – Waterfront (Cobourg)</p> <p>August 28-30
Canadian Surf Lifesaving Championships (Nova Scotia)</p> <p>October 5-December 16
TYR Junior Lifeguard TeleGames – Fall (All Pools)</p> | <p>2010</p> <p>March 6
Ontario Senior/Masters Lifesaving Championship (Tillsonburg)</p> <p>March 26
Lifesaving Society Ontario AGM (Tillsonburg)</p> <p>June 19
TYR Ontario Junior Lifeguard Games – Pool (Richmond Hill)</p> <p>July 13-August 1
Ontario Lifeguard Championship (Ottawa)</p> | <p>August 15
TYR Ontario Junior Lifeguard Games – Waterfront (Ottawa)</p> <p>August 15
Ontario Masters Lifesaving Championship – Waterfront (Ottawa)</p> <p>August 16-17
Ontario Senior Lifesaving Championship – Waterfront (Ottawa)</p> <p>October 5-16
ILS World Lifesaving Championships (Alexandria, Egypt)</p> |
|---|--|--|--|

ACTAR TRAINING SYSTEMS

ACTAR is Canada's No.1 CPR and AED training system. Lifesaving Society instructors and those from other agencies depend on ACTAR for teaching groups of candidates simultaneously and cost effectively.

The ACTAR training system meets the 2005 CPR Guidelines outlined by the International Liaison Committee on Resuscitation and the American Heart Association.

ACTAR products are lightweight and come in convenient carrying bags that are easy to transport. They are easy to clean and require little maintenance. A full line of accessories and parts is available as your systems age or when you need to restock supplies.



ACTAR D-Fib for CPR and AED training. (ACTAR AED Trainer sold separately.)

• ACTAR 911 for Adult / Child CPR:



• ACTAR 911 Infantry for Infant CPR:



• ACTAR AED Trainer for simulating live sequences:



SHOP NOW

LIFESAVING SOCIETY | thestore@lifeguarding.com | www.lifesavingsociety.com

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