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# Brock U wins big in 2005



Three Ontario universities – Brock, Trent and Western – lead the competition annually for the University and College Cup, with each of the schools consistently placing in the top four.

Brock has won the Cup seven out of the last 10 years, but in 2004, Western edged out its rivals to claim the Cup. So when Brock's Pool Supervisor, Margie Lizzotti learned Brock had earned the University and College Cup for 2005 ahead of its rivals, she was naturally delighted.

Margie's delight turned to amazement when she learned that Brock had not only earned the University and College Cup, but the McCutcheon Bowl (awarded to the single-facility affiliate with the largest first aid program) and the Single Facility Affiliate Award (presented to the single-facility affiliate with the largest lifesaving program) as well.

When asked about the secret of Brock's success, Margie said the University believes "Everyone should have the opportunity to learn first aid and administer it to others or even themselves." Accordingly, Brock runs the Society's first aid and water rescue courses at affordable prices.

Margie also credits her staff and local volunteers: "We are very fortunate to have a fabulous leadership network in the Niagara region that share the same values and are willing to train others so that our community is equipped with certified individuals."

Congratulations to Brock University!



Lifesaving Society VP Brian Connors (*right*) presents the University and College Cup to Brock University. *From left:* Jeff McCurdy, Lisa Derousie, Ryan Winger, Margaret Lizzotti and Brad Johnston.



## CONGRATULATIONS!

Congratulations **Qui Vive – Équipe du Québec – Aquam**, 2006 Canadian Lifeguard champions.  
For full competition results, visit our Web site and click on Results located in the Competition section.



**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, and aquatic safety management services.

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 competitive lifesaving – 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.

# Forget the baby oil!

By: Christine Kim



Were you one of those Canadians who rushed outdoors to soak up the sun the moment the temperature warmed up this spring? After a long, cold winter, it's no surprise we're eager to play; out come the bikes, hockey nets and bathing suits, but what about the hats, sunscreen and sunglasses?

In regions bathed in year-round sunshine, people are smarter about the damage the sun causes. In Australia, for example, there are sun-safety policies for lifeguards due to the extreme heat, longer seasons and high rate of skin cancer. These policies include mandatory wearing of SPF-50 sunscreen or zinc oxide, long-sleeve shirts and peaked caps. Lifeguards must also stand under protective shelters while patrolling beaches. Many Australians follow a simple maxim called *slip, slop, slap and wrap*, i.e., slip on a shirt, slop on the sunscreen, slap on a hat and wrap some UV-protective sunglasses around your eyes.

Extensive exposure to the sun's ultraviolet rays can lead to skin damage, skin cancer and eye damage – not to mention heat stroke and heat exhaustion. Although the sun may not feel as hot as it does in tropical regions, we forget (or conveniently ignore) the fact that UV rays are still harmful even in our more moderate climates. After all, it's easy to assume that what we can't see can't hurt us.

There are three types of UV rays:

**UV-A:** These rays penetrate deep into the layers of the skin and contribute to early aging, wrinkling and to the development of skin cancer. Damage from these rays often cannot be seen or felt.

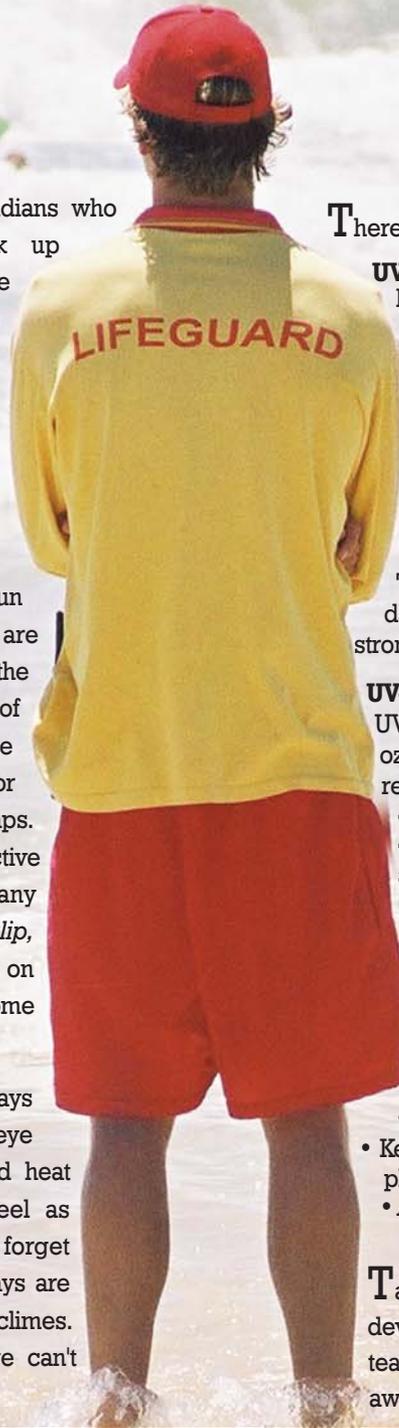
**UV-B:** These rays are generally the main cause of sunburn, but they can also cause cataracts (a permanent clouding of the eye that greatly reduces vision). UV-B rays also contribute to early aging and skin cancer. These rays attack the skin and do the worst damage in the summer when the rays are strongest.

**UV-C:** Although these are the most dangerous, UV-C rays are generally filtered out by the ozone layer of the atmosphere and most don't reach the earth's surface.

Lifeguards supervising outdoor facilities are especially at risk – even more so if you have fair skin because colour pigment helps block the sun's rays. Fortunately, there are simple ways you can protect yourself:

- Wear sunglasses with UV protection
- Wear a wide brimmed hat
- Wear tightly woven clothing
- Wear sunscreen with a minimum SPF15
- Keep yourself hydrated by drinking plenty of water
- Avoid exposure to the sun between 10:00 a.m. and 3:00 p.m.

Take action now and reduce the risk of developing skin disease later. Protect yourself, teach your friends to be sun smart and have an awesome summer!



## Lifeline

Lifeline is published twice yearly for 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:  
Lifesaving Society  
322 Consumers Road  
Toronto, Ontario  
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Telephone: (416) 490-8844  
Fax: (416) 490-8766  
E-mail:  
experts@lifeguarding.com  
www.lifesavingsociety.com



Don't get burned.  
Practice safe sun!



lifeguard

# Ask the expert

## Leisure pool supervision

Many Ontario lifeguards work in new, complex aquatic centres. These large leisure centres usually include a swimming pool, water slide, wading pool and spa. Some have spray features, saunas and on-deck viewing galleries. Consequently, lifeguards face additional pressure to supervise patrons outside of a typical swimming pool environment.

Regulations do not require supervision of wading pools, spas, spray pads and saunas; yet, many owner-operators are wisely stationing lifeguards in these areas or setting up lifeguard zones to ensure proper supervision.

The Lifesaving Society believes that because lifeguards are stationed in the pool area, there is an assumed standard that *"lifeguards will provide supervision"* of all amenities in an aquatic leisure centre. Prudent owner-operators see to it that these areas are supervised because the public expects it. They also know that a court would impose a duty to supervise these areas – failure to do so might result in a serious accident that could lead to a civil suit.

If you work at an aquatic leisure centre with multiple amenities, make sure the entire area is under lifeguard supervision or ask your employer what can be done to improve overall safety.



### Drowning markers

Waterfront operators, it's time to update your equipment list for supervised beaches. At the inquest into the 2004 drowning at Port Stanley, the Lifesaving Society recommended that both a drowning marker and a length of rope should be added at each waterfront lifeguard station.



A drowning marker (pictured above) is typically a float connected to a weight by a length of rope, approximately 15–25 m long. Markers are used by lifeguards to demark the last known location of a submerged victim.

A drowning marker allows lifeguards to mark the position where a potential victim was spotted or where a victim submerged. All subsequent searches then focus around the area of the marker.

The marker and a separate length of rope are useful for helping lifeguards to organize walking searches of the waterfront, also called "human chains," where bystanders hold hands or interlock arms and walk through the water searching for a victim. Lifeguards should watch for gaps in the line that may form when bystanders spread out too much.

The Lifesaving Society's *Waterfront Safety Guidelines* will be revised to reflect these changes.

For more information about the Port Stanley inquest, visit the Safety Management section of our Web site.

# National Lifeguard: Canada's lifeguarding standard



Over 40 years ago, the founders of the National Lifeguard Service envisioned something more than just a certification card. They foresaw a definitive, national standard for professional lifeguards in Canada – a single standard accessible to all employers. Today, the National Lifeguard certification is that and more.

Hold up your National Lifeguard certification card and have a good look. You're looking at the national standard for lifeguarding in Canada backed by the authoritative expertise of the Lifesaving Society supported by an NLS Advisory Committee – the Canadian Armed Forces, Canadian Parks and Recreation Association, Canadian Association of Health and Physical Education and Recreation, Canadian Red Cross Society, the National YMCA and the RCMP.

You're looking at the national and global network of technical and medical expertise tapped by the Lifesaving Society's worldwide reach – the Society teaches swimming, lifesaving and water safety in over 60 countries, and represents Canada in the International Life Saving Federation and the Commonwealth Royal Life Saving Society.

Your NLS card represents the definitive performance requirements and evaluation criteria for Canada's lifeguards based on the Society's research into drowning and water-related injuries, rescue techniques and



Official National Lifeguard T-shirts are available exclusively from the Lifesaving Society. Visit our Web site and check out The Store for more details.

equipment. This, combined with the knowledge and experience gained from the Society's participation in drowning inquests and court cases over the past 40 years, means the National Lifeguard Program is regularly reviewed and authoritatively revised.

You're holding a piece of the official database for registered

lifeguards in Canada and proof of your membership in an elite group of knowledgeable lifesavers and leaders in communities across the country and around the world. (Your Canadian NLS certification is recognized by the International Life Saving Federation.)

On a practical level, the single NLS standard means all guards are immediately "on the same page" when it comes to preventing and responding to incidents as a member of a team.

The single NLS standard means employers know instantly what your NLS card stands for and who stands behind it. Employers can be confident that NLS is accepted by governments and the courts as the reasonable standard for lifeguarding. Employers also know that the NLS standard is supported by the Lifesaving Society's safety management services – aquatic safety audits, expert witness consultation, aquatic safety standards, and interpretation of provincial regulations. Importantly, employers know that the Society is prepared to assist in cases of catastrophic injury or fatality.

## New Dolphin race boards

The first of two 2006 shipments arrived from Australia earlier this year. As always, Dolphin's designers have whipped up another series of impressive custom paint jobs that stand out on any beach. Quality and performance are still the best features about Dolphin products: these boards are made of lightweight styrene foam and epoxy glass, with deep knee wells, knee pads, four handles and hand grip.

New race boards are priced at \$1,430.00. Check out our entire selection in The Store section of our Web site.



# New, easier CPR guidelines released

brainwaves

The latest changes to resuscitation protocols have been officially released. The special CPR insert in this Lifeliner outlines what you need to know to teach and perform the new protocols.

## Do I need to attend a clinic?

No. The changes are simple and can be integrated easily into routine in-service training updates for instructors and lifeguards.

## When do I start teaching the new protocols?

Consult your employer. Lifesaving Society instructors and lifeguards should change their teaching, evaluation or performance of resuscitation skills only when their employers have implemented the new protocols. Many are implementing this fall. Everyone should be using the new protocols before summer 2007.

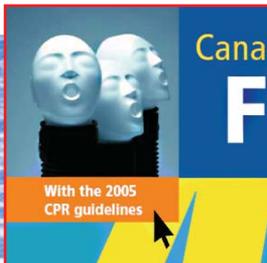
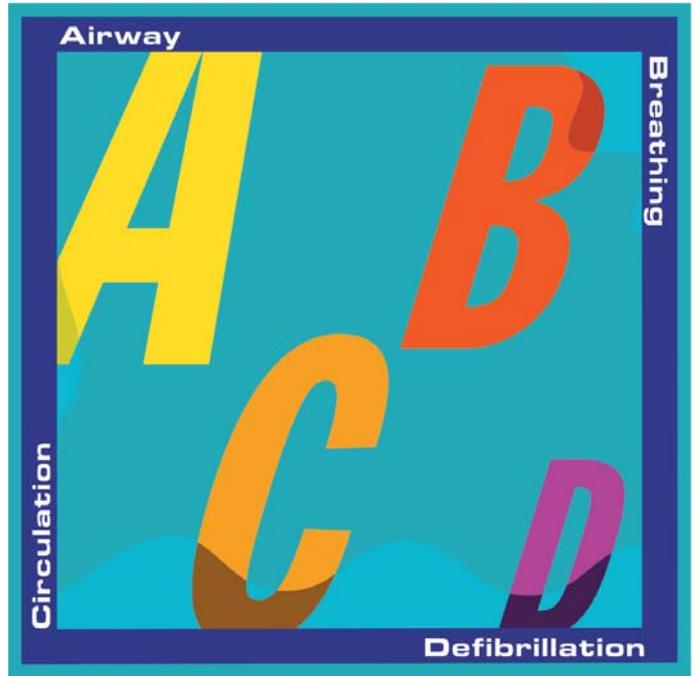
## When do examiners start evaluating the new protocols?

Through the transition phase, examiners evaluate candidates according to the protocols they were taught. Under no circumstances should candidates for Lifesaving Society awards taught under the current standards be penalized because they do not perform the revised protocols.

## When will the revised literature be available?

The Society is releasing the revised literature over the summer, including the *Canadian Lifesaving Manual*, *Canadian First Aid Manual*, and all award guides.

Instructors can update their own copies of the old literature using the special insert in this Lifeliner – which is also available on our Web site. You can also view/download the updated Test Item Must Sees at the same time. Affiliate Members and instructors can use the special insert and updated Test Items Must Sees to introduce the new resuscitation standards to staff during in-service training.



30:2

Look for the words “With the 2005 CPR guidelines” on the cover of the revised *Canadian First Aid Manual*, coming out this summer.



## Changes to CPR levels

CPR-A includes one-rescuer adult CPR; CPR-B includes one-rescuer adult, child and infant CPR; CPR-C includes one- and two-rescuer adult, child and infant CPR. A new CPR-HCP (Health Care Provider) level provides training for those who have a duty to respond to medical emergencies in the workplace.

CPR-A, B, C levels will contain an introduction to the purpose, benefits and characteristics of Automated External Defibrillation (AED).

CPR Level	Content	Target Audience
A	One-rescuer adult CPR Choking procedures Barrier device/pocket mask AED intro	General public:  Family, parents, public who have no duty to respond to emergencies in the work place.
B	One-rescuer adult, child, infant CPR Choking procedures Barrier device/pocket mask AED intro	
C	One- and two-rescuer adult, child, infant CPR Choking procedures Barrier device/pocket mask AED intro	First responders:  Those who have a duty to respond to emergencies in the workplace, lifeguards, police, firefighters, childcare workers, etc.
HCP	One-rescuer adult, child, infant CPR (with pulse check) Two-rescuer CPR (adult 30:2; , child infant – 15:2) Choking procedures Barrier device/pocket mask BVM AED use AR	Health care providers:  Those who have a duty to respond to medical emergencies in the workplace (physicians, nurses, paramedics, etc) Allied Health Care Providers (RT, OT, PT, etc.)



### Rescue Award of Merit – Christine Wagg

The Lifesaving Society presented its Rescue Award of Merit to Christine Wagg earlier this year. Christine and her daughter were driving to the pool on the morning of September 25, 2005 when they came across a serious car accident at a busy intersection; a northbound minivan had collided with a car turning left from the southbound lane. Read Christine's harrowing rescue story and others in the Rescue Award of Merit section of our Web site.

# One million dollars for Swim to Survive®!



With over \$1 million dollars in Swim to Survive funding, the Lifesaving Society plans to get thousands of elementary students out of school and into the pool to learn the skills to save themselves should they fall into deep water.

The Society is partnering with school boards and pool owners (e.g., municipalities) to help defray the costs associated with providing at least 30,000 kids with a minimum of three Swim to Survive lessons. The Lifesaving Society invites applications from boards of education, elementary schools and municipalities. Details are posted on the Society's Web site.

The Ontario Ministry of Education has given a \$935,700 grant to the Society for Swim to Survive. Barbara Underhill's Stephanie Gaetz KEEPSAFE Foundation has given \$100,000, and the Lifesaving Society is providing additional funding.

In a perfect world, every child would take regular swimming lessons. But approximately 50 per cent of Canadian children never do, either because of the cost or because learning to swim is just not a priority.

Swim to Survive teaches kids a sequence of three skills essential to surviving an unexpected fall into deep water – roll into deep water, tread for one minute and swim 50 metres. Swim to Survive is derived from the Society's drowning research that shows most victims never intended to enter the water and most drowned within 15 metres of safety.

The Society developed and piloted the Swim to Survive program last year thanks to founding sponsor, the Stephanie Gaetz KEEPSAFE Foundation. In 2005, over 19,000 children achieved the Swim to Survive standard.

Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. The Lifesaving Society aims to ensure that all children can meet the Swim to Survive standard. The generous grant from the Ministry of Education is a significant step toward our drowning prevention goal.

For more information contact Sindy Parsons at the Lifesaving Society: phone 416-490-8844 or email [sindyp@lifeguarding.com](mailto:sindyp@lifeguarding.com)



## SURVEY RESULTS

A recent survey conducted by the Lifesaving Society shows that almost all Canadians agree that swimming is a life skill that every child should learn. Canadians also believe swimming instruction should be provided through schools.

### Results at a glance:

- 98 per cent of Canadians agree that swimming is a life skill that every child should learn.
- 92 per cent of Canadians believe children should learn how to swim as part of a school safety program.
- 48 per cent of Canadians admit they've had an experience around water that caused them to fear for someone's safety.

Nearly 500 Canadians die every year in water-related incidents.

# Swim to Survive® Fundraising Challenge



he Lifesaving Society is asking its instructors and lifeguards to organize the Swim to Survive Challenge in your facilities this summer. Raise awareness of the

drowning problem while raising funds to ensure all children have the minimum skills required to survive an unexpected fall into deep water.

**Saturday, July 22, 2006 – Monday, September 4, 2006**

All proceeds go directly to support the Society's Swim to Survive program. For every \$30 in donations, the Society can equip a child with the basic "Roll – Tread – Swim" skills of the Canadian Swim to Survive standard.

*Can you pass the Lifesaving Society's Swim to Survive Challenge?*

## **Challenge A (Swim to Survive standard)**

Roll entry. Tread for 1 minute. Swim 50 m  
or

## **Challenge B**

Roll entry. Tread for 5 minutes. Swim 100 m  
or

## **Challenge C**

Roll entry. Tread for 10 minutes. Swim 500 m

Encourage each participant to obtain sponsors or donate \$10 to participate. Donations of \$20 or more are eligible for a tax receipt.

We're kicking off the Swim to Survive Challenge on July 22, 2006 – Canada's Drowning Prevention Day.

For more information contact Helena Follows at the Lifesaving Society: phone 416-490-8844 or email [fundraising@lifeguarding.com](mailto:fundraising@lifeguarding.com)

*Take the Challenge and save a life!*



## **Water Smart® Contest**

"Swim to Survive" is the theme of the Lifesaving Society's 2006 Water Smart® Contest. The format of the contest is different than in previous years: this time, all participants will get in the pool and attempt the Swim to Survive® standard. While attempting the skills, a facility staff member will capture the moment using a disposable camera provided by the Society. Participants will then decorate their own paper picture frame.

The facility judges the pictures and frames together and forwards to the Lifesaving Society a winning entry from each age-group category: 7 and under and 8–14 years of age. From all entries received, the Society will determine a provincial grand prize winner in each age group category.

Affiliate members who wish to run the contest must **complete a registration form by July 15, 2006** to receive their free contest kit. For more information, visit our Web site or contact Carolyn Hibbs at the Lifesaving Society: phone 416-490-8844 or email [carolynh@lifeguarding.com](mailto:carolynh@lifeguarding.com)

# Swimming... online?



Well, not actually, but you can earn your lifesaving certification and a high school credit online with The Bishop Strachan School (BSS). The Lifesaving Society has teamed up with BSS to offer a unique

hybrid learning opportunity for high school girls and boys, where students complete coursework online, and complete practical work at a pool located near the student with a certified lifesaving program.



## THE BISHOP STRACHAN SCHOOL

Students work with long-time BSS teacher Linda Leckie, who has been teaching swimming and lifesaving for over 25 years. Linda is a Lifesaving and National Lifeguard Instructor and Bronze Cross Examiner. She has a host of academic credentials including a masters degree in education.

For the past two years, Ms. Leckie has been teaching the hybrid online course at BSS. She is particularly interested in combining opportunities for students to earn credits while learning meaningful and purposeful real-life skills like CPR and lifesaving.

BSS is at the forefront of such unique online learning opportunities and has many other high school courses on offer – all of which are offered under the auspices of “E-Academy,” [www.e-academy.ca](http://www.e-academy.ca)



These courses are designed using leading technologies and best practices in teaching and learning. Tools such as voice discussion boards allow students to speak with each other and their teacher at anytime and from anywhere that has access to the Internet.

According to BSS E-Academy leader Allan Zahara, “Technology, coupled with best practices in education, means that we can engage in rich learning and peer collaboration while maintaining flexibility of time and space. A second strength of our online courses is that students learn engaging content, while honing their digital fluency skills in the process.”

To get more information on E-Academy, please contact Jennifer Dunbar at [jdunbar@bss.on.ca](mailto:jdunbar@bss.on.ca)

### Pool Op. and Inspector courses go community-based

Effective immediately, the Lifesaving Society’s Pool Operator Level 1 and Aquatic Safety Inspector courses (and recerts) are offered in a community-based format. Community-based means affiliate members control scheduling, course fees, class sizes and instructor hiring.

*Organizing Pool Operator & Aquatic Safety Inspector Courses* provides details. Go to our Web site, click on Safety Management, then Training. If you want to take a course, go to the Take a Course section.

We anticipate more courses will be offered as a result of this greater programming flexibility.

# Check out your quals online



Lifesaving Society members can now check their certification record online at [www.lifesavingsociety.com](http://www.lifesavingsociety.com). Our new Find a Member service allows you to check Lifesaving Society certifications and the current status of each. To access the service, all that is required is your personal Lifesaving Society ID code and access to the Society's Web site. Check in from anywhere at anytime!

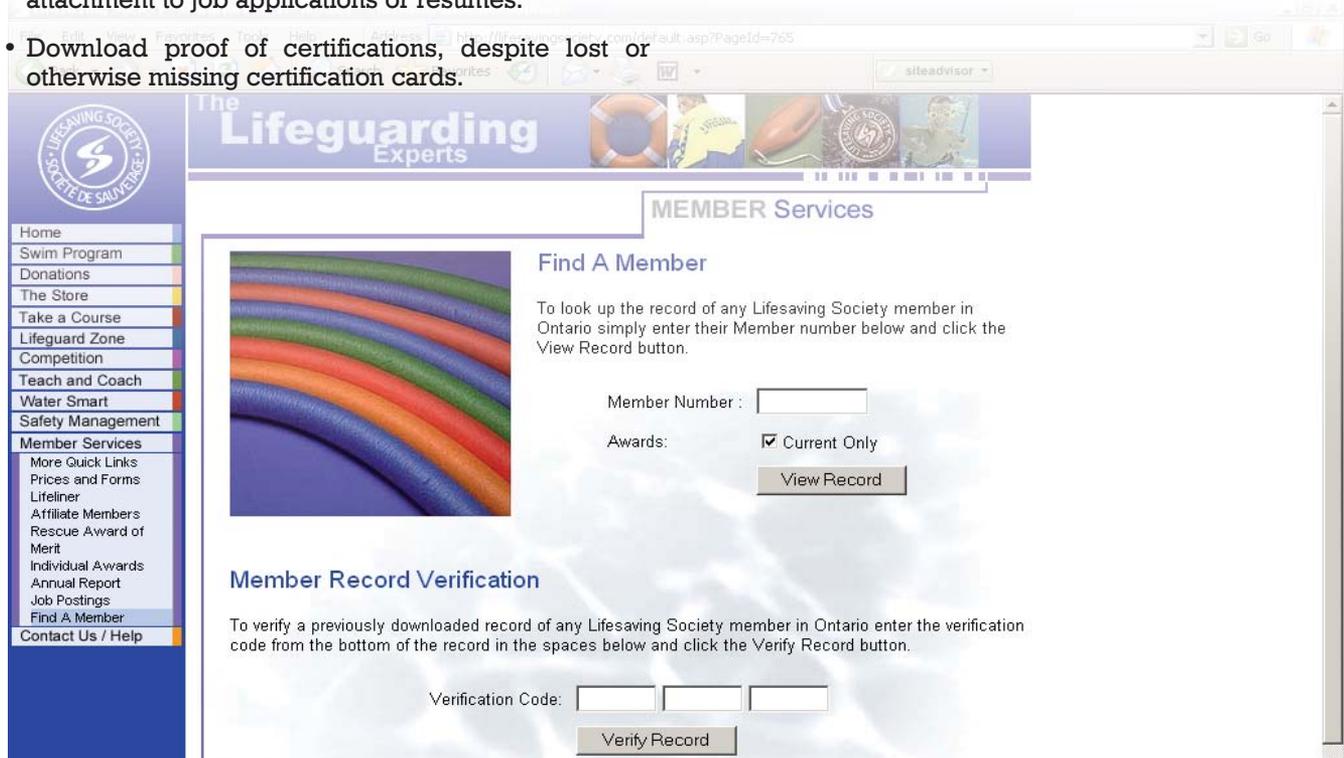
## Benefits to members:

- Obtain a complete at-a-glance history of your Lifesaving Society certifications – an impressive attachment to job applications or resumes.
- Download proof of certifications, despite lost or otherwise missing certification cards.
- Learn the processing status of an award you recently took. For example, you can use Find A Member to check if your recertification has been processed yet.

The Lifesaving Society offers this innovative service as an exclusive benefit to support its individual and affiliate members.

Go to our Web site and click on *Find A Member* in the Member Services section to check your individual record today. If your record is incomplete, give us a call or email us at [memberservices@lifeguarding.com](mailto:memberservices@lifeguarding.com)

(Privacy: Only those to whom the member has given his or her Lifesaving Society ID code have access to the list of certifications.)



# Calendar

Get Calendar updates at [www.lifesavingsociety.com](http://www.lifesavingsociety.com)

- |   |   |   |   |
|---|---|---|---|
| <p><b>2006</b><br/> <b>June 24</b><br/>                 TYR Ontario Junior Lifeguard Games – Erin Meadows Pool (City of Mississauga)<br/> <b>July 1 - August 13</b><br/>                 TYR Junior Lifeguard TeleGames – Summer (All Pools)<br/> <b>July 8</b><br/>                 Sand'n Sun Competition (City of Brampton)<br/> <b>July 9</b><br/>                 Ottawa Regional Waterfronts (Petrie Island)<br/> <b>July 17-21</b><br/>                 Drowning Prevention Week</p> | <p><b>July 21, 22</b><br/>                 Ottawa Regional Pools (University of Ottawa and Canterbury Pool)<br/> <b>July 22</b><br/>                 Drowning Prevention Day – Swim to Survive® Challenge begins (until September 4)<br/> <b>July 22</b><br/>                 TYR Ontario Junior Lifeguard Games – Waterfront (City of Brampton)<br/> <b>July 23</b><br/>                 Ontario Lifesaving Championships – Masters Waterfront (City of Toronto)</p> | <p><b>July 29</b><br/>                 Burlington Lifeguard Championship (City of Burlington)<br/> <b>August 5, 6</b><br/>                 Ontario Lifeguard Championship – Senior Pool (Richmond Hill)<br/> <b>August 14, 15</b><br/>                 Ontario Lifesaving Championship – Senior Waterfront (Wasaga Beach)<br/> <b>August 25</b><br/>                 Canadian Surf Lifesaving Championships – TYR Junior Games &amp; Masters (Manitoba)<br/> <b>August 26, 27</b><br/>                 Canadian Surf Lifesaving Championships – Senior (Manitoba)</p> | <p><b>September 24 - 29</b><br/>                 Commonwealth Lifesaving Championship (Bath, England)<br/> <b>November 11 - 26</b><br/>                 TYR Junior Lifeguard TeleGames – Fall (All Pools)<br/> <b>2007</b><br/> <b>January 6 - 7</b><br/>                 Ottawa Winter True Two Pool Championship (Ottawa Valley Lifesaving Club)<br/> <b>March 3</b><br/>                 Ontario Lifesaving Championships – Senior &amp; Masters Pool (Upper Canada Lifesaving – location TBC)</p> |
|---|---|---|---|

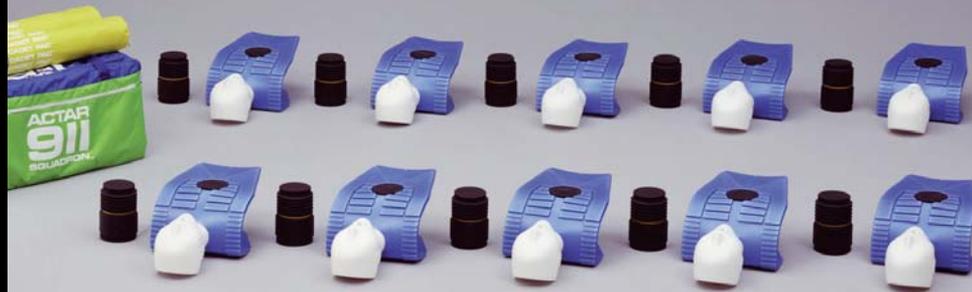
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## ADULT & CHILD



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LIFESAVING SOCIETY

*The Lifeguarding Experts*