



LIFESAVING SOCIETY
The Lifeguarding Experts

L i f e l i n e r

Winter 2012



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Lifeguard Leaders

Development of the Aquatic Supervisor Training (AST) program was the positive result of tragic circumstances: Twenty-five years ago the community of Arthur, Ontario was shaken by the drowning of a young child. The subsequent coroner's inquest recommended advanced training for lifeguards in charge of aquatic facilities. In response, the Lifesaving Society developed the AST program.

Created for experienced lifeguards, AST builds upon existing skills and gives head lifeguards the tools to effectively oversee aquatics staff and facilities. AST provides specific training on:

- Understanding legal requirements and regulations
- Risk management
- Leading staff training sessions
- Communication and motivation
- Planning and record keeping

The Society's Aquatic Management Training (AMT) program offers the same information to non-aquatic personnel.

The aquatic industry has changed since AST was launched. With change comes the need to ensure this training remains relevant and meets the needs of supervisory staff in the 21st century. The Society is revising AST to account for evolving responsibilities and roles, which will empower personnel with skills and advanced knowledge.

Safe swimming environments rely heavily on well-trained staff. To get the training call your local pool or visit our website for course information. For more information about AST and AMT revisions, contact Loriann Ierullo at 905-726-4763 or by email: lierullo@aurora.ca.

NEW! ARE YOU READY? DVD & WORKBOOK

We work hard to prevent major incidents at our facilities. But we know they can happen anytime and anywhere despite our best efforts. When prevention fails, supervisors and their teams need to be prepared to deal with the stressful aftermath.

Are You Ready? is a guide to creating plans for the prevention, response and follow-up to any major incident. Hands-on exercises make major incident planning easier, more efficient and complete.

Are You Ready? will:

- answer questions surrounding major incidents,
- help prevent or lessen the impact of such incidents,
- improve staff awareness of possible situations and solutions,
- assist in developing plans and tools to manage situations when they occur, and,
- identify resources to assist in planning, training and supporting staff before and following a major incident.

Order yours today! One DVD comes with five copies of the 36-page workbook for \$100 plus tax. Additional workbooks are \$9.85 each.



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.

NEW! LIFESAVING SPORT FUNDAMENTALS AWARD GUIDE

The *Lifesaving Sport Fundamentals Award Guide* outlines item descriptions, purpose statements and performance requirements for each of the five levels in the new Lifesaving Sport Fundamentals program.

Use it in concert with the Lifesaving Society's *Coaching Lifesaving* manual and *Instructor Notes*. Together, these reference materials help the lifesaving sport coach to plan, coach and evaluate all levels in the program. The award guide features:

- True Sport principles taught and applied in all levels
- Extensive notes for teaching and evaluating test items
- Clear references to the companion books for specific test items

Essential for all current lifesaving sport coaches and Coach Level 1 course candidates. Order yours for \$16.52 plus GST.



CANADIANS COMPETE in SOUTH AFRICA

Both the Canadian national team and the Canadian development team made a splash at the 2011 RLSS Commonwealth Championships in Durban, South Africa. Both Canadian teams placed fourth overall in their respective fields, bringing home an incredible 14 medals.

Combined, they blew through at least six standing Canadian records and broke or tied three Commonwealth records.

Brittany Shaw set a new Canadian and Commonwealth record for the 50 m Manikin Carry with a time of 36.59 seconds. And with a time of 10.01 seconds, Jordan Andersen set a new Canadian record for Men's Line Throw.

Congratulations to the Canadian teams! Complete competition results are posted at www.rlsscommonwealth.org.

Ontario's delegation of Canadian team athletes, from left to right: Laura Tracey (Team Manager), Mario Di Cosmo, Brittany Shaw, Jennifer Ellison, Davey Hildebrand, Jordan Andersen, Chris Lindsay (Team Manager).



Lifeline

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Lifesaving Society
400 Consumers Road
Toronto, Ontario
M2J 1P8
Telephone: 416-490-8844
Fax: 416-490-8766
Email: experts@lifeguarding.com

To unsubscribe, send an email to: memberservices@lifeguarding.com

www.lifesavingsociety.com

Review Underscores Those at Risk

The coroner's Drowning Review highlights many of the Lifesaving Society's concerns, one of which is the need for schools to add swimming instruction to their curriculum.

In 2005, Bangladesh lost 17,000 children to drowning (source: swimsafe.org): that's one child every 31 minutes. By introducing the SwimSafe program, which is similar to the Society's Swim to Survive program, the drowning rate in Bangladesh per 100,000 dropped from 13.31 to 1.94 over a five-year period from 2005 to 2010.

The Society created the Swim to Survive program for school-aged children. Students learn the basic skills necessary to survive an unexpected fall into deep water. If all of Ontario's school-aged children completed the training, the number of drownings each year could be significantly reduced. In 2011, over 85,000 children in Ontario participated in Swim to Survive.

The Lifesaving Society has Swim to Survive videos on YouTube in eight languages (search Swim to Survive).



Dotted with lakes, rivers and ponds Ontario is a natural water park. During the summer months the population flocks to lakeside retreats, beaches and neighbourhood pools. No matter what the water activity there are always risks, and in some cases summer fun ends in tragedy.

To address these risks and help prevent the unnecessary deaths of Ontarians, the Office of the Chief Coroner of Ontario released its Drowning Review last June. Dr. Bert Lauwers, the Deputy Chief Coroner of Investigations for the Chief Coroner's Office, added a personal sentiment to the review.

While vacationing in Florida with his family in 1992, Lauwers and his two-year-old daughter used the hotel pool. Standing on the steps of the pool, his daughter beside him, he turned to have a brief conversation with his wife. After 20–30 seconds Lauwers turned back to find his daughter face down in the water beside him. He lifted his child from the water and was lucky to find her unharmed; still, he said, "my heart was seized with a moment of terror." Similar incidents often end in devastating loss.

The Drowning Review was a response to the high number of accidental drowning deaths in Ontario from May 1 – September 30, 2010. Its purpose was to identify common factors that may have played a role in the drownings and to make recommendations to prevent similar deaths. The Lifesaving Society provided all data input and verification, and was an active member of the review team, which made 12 recommendations on ways to prevent future drownings.

The highest-risk groups in the report were young children and boaters. To protect these people the review recommended the following, which the Lifesaving Society fully endorses:

- Make four-sided fencing on all pools mandatory.
- Include learning to swim and water safety in the education curriculum.
- Pass law that requires anyone on a boat less than 6 m in length to continuously wear a lifejacket or personal flotation device.
- Amend Ontario's Regulation 565 to require a provincial admission and tracking standard for recreational, non-instructional swimming in public pools.

The Lifesaving Society continues to work with the Office of the Chief Coroner to obtain and provide evidence-based research and empirical data. Canada's Drowning Prevention Research Centre uses this information to monitor drowning trends that support lifesaving initiatives across the country.

NEW! BRONZE CDs

New and veteran instructors alike will benefit from the Society's Bronze Medallion and Bronze Cross Instructor Resource CDs.

A complete suite of lesson plans and PowerPoint slides are designed specifically to help instructors organize and deliver these combined courses:

- Bronze Medallion with Emergency First Aid
- Bronze Cross with Standard First Aid

The lesson plans also feature sample agendas for courses offered over a weekend, three-day format or 10-week extended program. Lesson plans use the Discuss, Demonstrate and Do teaching format and feature unique student activities.

Order yours today for just \$21.55 per CD plus HST.



UPDATED FIRST AID RESOURCES

First Aid Instructors who have completed the First Aid Update Clinic and are teaching the new standards must use the updated literature. Look for the words “with the 2010 CPR guidelines” on the cover.

The following first aid resources are now available:

- *First Aid Award Guide* (2010 CPR guidelines)
- *Canadian First Aid Manual* (2010 CPR guidelines)
- *First Aid Instructor Resource CD* (2010 CPR guidelines)
- *Canadian CPR-HCP Manual* (2010 CPR guidelines)

In addition, the *Push Hard, Push Fast* handout is an easy way to introduce the new standards. Download it from our website or purchase hard copies (\$8.00/pkg. 50).

Don't forget about test sheets. Revised test sheets for CPR, Emergency First Aid and Standard First Aid are available online. Look for the words “Updated 2011” or “Revised 2011” on the front.

With the 2010 CPR guidelines

Canadian

First Aid



STAY CURRENT ATTEND THE CLINIC

Are you a Lifesaving Society Instructor or Examiner? Then it's time to sharpen your skills by attending a First Aid Update Clinic. The clinic will teach you how to apply the new resuscitation protocols and, you'll receive information about planning, teaching and evaluating the Society's training programs.

Do you really need to attend a clinic? Yes! All Lifesaving Society Instructors and Examiners who wish to remain current are required to participate in a First Aid Update Clinic. This applies to: Lifesaving Instructors, First Aid Instructors, NLS Instructors, Lifesaving Instructor Trainers, First Aid Instructor Trainers and NLS Instructor Trainers.

Don't let your skills get rusty and your qualifications lapse, sign up for a First Aid Update Clinic near you. Check with your employer or go to our website and check “Take a Course” to find a clinic. (For detailed information, read the *First Aid Update Clinic Notes for Conductors* on the “Teach and Coach” page of our website.)

GET CREDIT

Don't forget your Lifesaving Society leadership recertification card. An update clinic is worth three Lifesaving Society leadership recertification credits. Bring your card to the clinic and you'll be ready to recertify your instructor and examiner qualifications.

FITTER AND FASTER NLS

Your heart beats fast as you see someone in the water who needs your help. Now, you must sprint to them, carry them through the water, remove them and maybe even start CPR. Are you fit enough?

Performing any type of aquatic rescue is physically demanding. Lifeguards need to make quick, smart decisions and use rapid bursts of intense physical exercise. The new NLS fitness requirements challenge and enhance the ability of Canadian lifeguards.



International research shows the benefits of fitness testing and most countries already include physical components in their lifeguard training and exams. To ensure Canadian guards have a reasonable level of fitness, the revised NLS Pool program includes skills such as:

- 15 m underwater swim – to demonstrate anaerobic fitness required for search and recovery of victims.
- 50 m head-up sprint in 60 sec. or less – to demonstrate anaerobic fitness and power required for rescues.
- 400 m swim in 10 min. or less – to demonstrate aerobic fitness and endurance required to complete a prolonged rescue including CPR before EMS arrives.

Start training on your own, or create a fitness challenge among staff teams. Be prepared: not only for the upcoming NLS changes, but for real-life rescues.

Training tips

Lifeguards understand the need for practice when it comes to skills such as CPR and first aid. Fitness is no different. Here are tips to help you become one of Canada's strongest lifeguards:

400 m swim in 10 min. or less

- Wear goggles.
- Use a power stroke (front crawl and/or breaststroke).
- Practice swimming the 400 m timed swim.
- Stay streamlined after your turn. Maintaining a streamline position actually conserves energy and will take approximately one second off your time for each length.
- Do flip turns. A flip turn with a streamline push-off at the wall will conserve energy, add propulsion and potentially reduce your time by two seconds per length – over 16 lengths, that's 32 seconds!
- Practice, practice, practice. To be successful you need to do this at least twice per week.

50 m head-up sprint in 60 sec. or less

- Practice pushing off the wall in a head-up, streamlined position, then again with kicking.
- Practice pushing off the wall in a streamlined position. Hold for five seconds and then start front crawl arms. Place a rubber duck on your head to reinforce keeping your head straight.
- Practice head-up front crawl with a water polo ball (or any inflatable ball), keeping it directly in front of you. Use arms to ensure the ball stays in line with your face.

15 m underwater swim

- Learn how to do a streamlined push off the wall above and below the water.
- Learn how to do a proper underwater breaststroke pull (see pg. 9-16 in the *Canadian Lifesaving Manual*).
- Exhale slowly and continuously over the duration of the distance. Do NOT hold your breath the entire time and do NOT exhale all at once! Review the dangers of hyperventilation (see pg. 9-17 in the *Canadian Lifesaving Manual*).



**25 m approach, recover a submerged victim,
25 m carry in 1:30 or less**

- Practice a streamline start from wall.
- Wear goggles and put your face in the water.
- Do a proper surface dive. If doing a foot-first surface dive, ensure you maintain a streamlined position when descending to the victim/manikin.
- Practice eggbeater and/or whip kick for carrying a victim.
- Experiment with different carries of the victim/manikin to find your optimal technique.

ENDURANCE SWIM WORKOUT SUGGESTION

The new NLS endurance swim requires candidates to swim 400 metres in 10 minutes or less. Get in shape with a good workout. Here's one suggested routine.

Warm up

- 200 m: choice of stroke at an easy pace.

Set 1

- Choose A, B or C based on your current physical ability:
 - A. 4x100 m front crawl @ pace time 2:20 each
 - B. 8x50 m front crawl @ pace time 1:10 each
 - C. 16x25 m front crawl @ pace time 35 sec. each

Cool down from first set with several lengths.

Set 2

- Choose A or B (and number of sets) based on your current physical ability:
 - A. Four, six or eight sets of 50 m front crawl @ pace time 1:00 each
 - B. Four, six or eight sets of 25 m front crawl @ pace time 30 sec. each

Cool down

- 200 m: 50 m eggbeater and 50 m choice of stroke, followed by 100 m breaststroke.

Progress through the workout based on your ability until you are able to swim the full 400 m continuously.

FROM BEACH TO BOARDROOM

To achieve its mission of preventing drowning, the Lifesaving Society calls upon a far-reaching group of dedicated volunteers to contribute their time and expertise. One such homegrown volunteer is Roberto Aburto.

Rob earned his Bronze Medallion more than 15 years ago before going on to become a lifeguard in Mississauga. It was during those formative years that he discovered his passion for lifesaving sport, which he became involved with both as a competitor and volunteer. With this involvement, Rob learned more about the Society as an organization and the work it does at home and across the globe. "I am a great advocate of the Lifesaving Society and its tremendous success rate in developing leaders not only in lifesaving, but in other areas of life."

The chance to travel also fostered Rob's interest: "Involvement with the Society gave me tremendous opportunities to travel across Canada and to the U.S. for the 2002 World Lifesaving Championships."

Today, Rob is the coach of the Mississauga Lifesaving Club and the Wilfrid Laurier Lifeguard Team. "Assisting with the Mississauga Lifesaving Club developed my skills in management, leadership and working with a technical set of rules," he explains. Rob also plays important roles with the Society: in 2010 he was elected Ontario's athlete representative to the sport council and in May 2011 he

was appointed to the Society's board of directors as legal advisor and corporate secretary. These roles are a testament to Rob's abilities; he is directly involved with athletes while simultaneously working in an executive role and, as such, he makes direct contributions to lifesaving sport in Ontario, across Canada and internationally.

"The Lifesaving Society has an important mission and I want to support that. It is important to give back."

In his professional life, Rob is a litigation lawyer with Gowling Lafleur Henderson LLP. "The firm supports my role on the Society's board of directors, which allows me to give it the time it deserves." Rob says "the Lifesaving Society has an important mission and I want to support that. It is important to give back."

The Lifesaving Society values Rob's efforts and enduring commitment, as it appreciates the work of all of its volunteers – the difference they make is evident in the extensiveness of the Society's network globally and in the strength and success of its programs. Keep up the good work, Rob!



Roberto Aburto receives the Society's Centenary Medal from Governor Marc Neeb in 2010. The Centenary Medal commemorates the Society's 100 years of saving lives in Canada while paying tribute to those who have made or are making significant contributions to the mission of the Society.



PUPPIES FOR DROWNING PREVENTION

How much is that doggy in the lifeguard uniform? Rescue your very own stuffed Buddy the Lifeguard Dog plush toy from the pound for just \$35.40 plus HST. This cute and cuddly addition to your lifeguard team sports an official Lifesaving Society lifeguard uniform.

Buddy is the official mascot of the Lifesaving Society. Proceeds from sales of the plush toy support Buddy's favourite cause – the Water Smart® drowning prevention campaign. Visit our website or contact us directly to get your Buddy.

BIG BUDDY

A life-sized Buddy is available to Affiliate Members for use at Water Smart® events. To book the furry Newfoundlander, contact the Lifesaving Society by phone or email. But beware: Buddy is a very popular guy and is booked well in advance during the summer months.

WHY RISK IT? GET AUDITED

Responsible aquatics managers are always thinking about safety. They ask questions like: Is the equipment in good working order? Does the water quality meet the standard? Are the patrons safe? Well here's another question – why leave these and other questions of safety to chance?

A comprehensive Aquatic Safety Audit performed by the Lifesaving Society answers these questions and more. Audits educate facility supervisors and staff about potential danger zones. Audits also identify recommendations that will maximize patrons' safety.

Sandra Hall, aquatic coordinator at the Peterborough Sport & Wellness Centre, understands the value of a Society safety audit. "[By conducting an audit] we've reduced or eliminated personal injury lawsuits [from] bathers. The fact that we did an audit and continue to seek the assistance of the Lifesaving Society to review our operations shows the courts and insurers that we are operating to a safe standard."

The Lifesaving Society conducts comprehensive safety audits of all aquatic facilities including swimming pools, beaches and spas. These safety audits:

- clearly illustrate due diligence by the corporation
- identify compromises in regulations and provincial standards
- standardize operation
- resolve operational issues
- are supported and encouraged by corporate insurers

If it is foreseeable, it is preventable. Don't wait until it's too late. Contact Michael Shane at the Lifesaving Society today for a free estimate on a comprehensive aquatic safety audit in your facility. Call 416-490-8844 or email michaels@lifeguarding.com



IT HAPPENS IN HIGH SCHOOL

Sports, prom and the cafeteria are all part of the high school experience. As are students or teachers collapsing on the playing field or choking at lunch. These situations happen – is your school prepared?

Be the one to get your high school ready. If you hold awards from the Lifesaving Society, you can start a Lifesaving Society Club and teach your fellow students CPR-A training.

THE FIRST OF ITS KIND

Ameya Pendse formed the first Lifesaving Society Club at Milliken Mills High School during the 2010–2011 school year. The club certified 106 students in CPR and raised \$420.

Here's what you need to do to get started:

1. Contact the Society's fund developer, Kelly Manoukas, who can guide you through the steps of starting your own club. Or visit our website, click on Donate and then Lifesaving Society Club for more details.
2. Seek out Lifesaving Society members in your school who hold Lifesaving/Swim Instructor, National Lifeguard Service and Standard First Aid with CPR-C awards to be part of your executive team.
3. Find a school advisor (a teacher) to assist with the set-up of your club (where and when to hold club meetings and CPR-A training sessions).
4. Train your fellow students in CPR-A while raising funds for drowning prevention education.

Each student who receives training contributes a registration fee, a portion of which is donated to the Lifesaving Society's Water Smart drowning prevention campaign.

For more information, contact Kelly Manoukas or Laurie Priestman by phone at 416-490-8844 or email fundraising@lifeguarding.com.

Save the date - the race is on!

Save the date: the Lifesaving Society 500 metre swim for 500 lives takes place during National Drowning Prevention Week, July 21–29, 2012. For more information, please contact Laurie Priestman at 416-490-8844 or email fundraising@lifeguarding.com.

Last year over 100 lifeguards from across the province completed the 500 metre swim for 500 lives, which is a tribute to drowning victims, and raised over \$4,300 for drowning prevention education.

Other successful events last summer include the **Lifesaving Society Race to Save Lives**, which raised \$3,083 for the Society's Within Arms' Reach campaign. Congratulations to Danielle Timmy and Krystle Todd from the Town of Richmond Hill for raising the most funds.

Lifeguards from Windsor-Essex County raised \$4,776 for the Within Arms' Reach campaign at last year's **Lifesaving Society Rescue Tube Relay** and are seeking another community to take on in 2012.

BULLETINBOARD

2012 Literature Prices

Effective January 1 through December 31, 2012

Canadian Lifesaving Manual	\$37.26
Alert: Lifeguarding In Action	\$37.26
Canadian First Aid Manual	\$11.57
Canadian CPR-HCP Manual	\$9.85
BOAT Study Guide	\$10.75
Swim Instructor Pac	\$40.42
Lifesaving Instructor Pac	\$49.00
Combined PAC (Swim/Lifesaving Instructor)	\$69.07
NLS Instructor Pac	\$51.00
Waterfront Safety Guidelines	\$9.85
Wading Pool Guidelines	\$9.85
Backyard Pool Safety Guidelines	\$9.85
Guide to Ontario Public Pools Regulation	\$37.65
Guide to Ontario Public Spas Regulation	\$37.65
Standards Journal (2001 or 2010 edition)	\$37.65
Award Guides	\$16.52

2012 Exam Fee Schedule

Effective January 1 through December 31, 2012

Award	2012 Fee
Canadian Swim Patrol	\$13.29/kit for class of 10
Rookie, Ranger or Star	\$13.29/kit for class of 10

Award	2012 Fee
Bronze Star	\$8.75
Bronze Star Recert	\$4.38
Bronze Medallion	\$14.55
Bronze Medallion Recert	\$7.25
Bronze Cross or Recert	\$17.70
First Aid	
Anaphylaxis Rescuer	\$1.15
CPR A, B and C	\$1.15
Basic First Aid or Recert	\$1.15
Emergency First Aid (with CPR B) or Recert	\$9.00
Standard First Aid (with CPR C) or Recert	\$17.50
Automated External Defibrillation	\$14.00
CPR-HCP	\$14.00
Airway Management	\$9.00
BOAT	\$15.00
Boat Rescue	\$9.00
Lifesaving Fitness	\$5.30
Wading Pool Attendant	\$9.00
National Lifeguard Service or Recert	\$29.10
Lifesaving Sport Officials	\$25.50
Instructor, Instructor Trainer, Coach	\$25.50
Instructor Recert	\$25.50
Each additional recert at same time	\$7.00(max 50.00)
Aquatic Supervisor Training	\$26.50
Aquatic Management Training	\$26.50

Ontario AGM

The 103rd Ontario Annual General Meeting of the Lifesaving Society, hosted by the City of Brampton, will be held on March 30, 2012 at the Century Gardens Recreation Centre. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend.

Spring Thing 2012

The essential aquatic workshop
 Wednesday May 16th, 2012
 For information visit: www.yrac.ca

Get your feet wet

The revised *Wading Pool Guidelines* is a must have for operators of public wading pools, splash and spray pads. The latest edition of the *Wading Pool Guidelines* is easy to read and implement. Information includes:

- Supervision and construction requirements
- Standard operating procedures
- Special safety considerations

The revised *Waterfront Safety Guidelines* details the criteria for determining the need to supervise a waterfront. Recommendations apply to both supervised and unsupervised swimming areas.

Get your copy of either publication today for just \$9.85 plus GST. Go online or contact us directly at 416-490-8844.

ACTAR

TRAINING SYSTEMS

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.

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

- Training CDs are current for drowning victims and easily adaptable by instructors for compressions-first scenarios.
- D-fib manikin allows candidates to practice jaw thrusts.



ACTAR D-fib
for Adult/Child CPR



ACTAR AED Trainer
for simulating live sequences



ACTAR 911
for Adult/Child CPR



ACTAR 911 Infantry
for Infant CPR