



NEW REGS, NEW GUIDE

The Ontario Ministry of Health and Long-Term Care revised the Public Swimming Pool Regulation 565, effective July 1, 2018. The revised Regulation includes public spas, wading pools and receiving basins.

The Lifesaving Society has revised its *Guide to Ontario Public Pools Regulation* to help aquatic staff members understand and interpret the updated Regulation.

The *Guide* outlines the “Regs” in simple language using everyday terms understood by aquatic personnel. It explains and interprets key aspects of the Regs based on the Society’s lifeguarding expertise and extensive experience in cases of drowning, near-drowning and water-related injuries.

The revised *Guide* is available now for \$44.52 – tax included and free shipping. Call us to order or visit lifeguarddepot.com to order online.

In the revised Regulation:

- Lifeguard and assistant lifeguard age remains at 16 years of age.
- An admission standard to safeguard young non-swimmers.
- Aquatic instructors now must also possess an assistant lifeguard or lifeguard certification.
- Mandatory ranges for safe water management: residuals chlorine, pH, alkalinity.
- Mandatory pool operator training.
- First aid kit content changes.
- Automation recognized through reduced manual water testing.

Owners and operators of public swimming pools, spas wading pools, spray pads and receiving basins in Ontario must comply with the requirements prescribed in Regulation 565 as it represents a mandatory minimum for safe operations.

Guide to Ontario Public Pools Regulation

Regulation 565 amended to include public pools, wading pools, spas, spray pads, and receiving basins.

July 2018 Edition



NEW PROGRAM GUIDE NOW AVAILABLE

We’ve revised the Lifesaving Society *Program Guide*, which provides the most up-to-date information on the Society’s programs and services. The *Program Guide* helps aquatic programmers plan and deliver Lifesaving Society courses and it should be part of every programmer’s reference library. The 2018 edition features the information programmers need to know about the Society’s new leadership system.

You can consult the *Program Guide* online on our [website](http://www.lifesavingsociety.com). Hard copies are available for purchase from the Society’s office.



NATIONAL DROWNING PREVENTION WEEK

The Lifesaving Society designates the third full week in July as National Drowning Prevention Week (NDPW) to focus community and media attention on the drowning problem and drowning prevention.

NDPW provides a focus around which community Water Smart® educators can plan news releases, do television and radio interviews, run public demonstrations, deliver public training events, and otherwise promote drowning prevention messages and events. Many successful community events are launched with a Mayor's Proclamation of Drowning Prevention Week.

There are various themes and suggestions for how you can target your NDPW campaign and use specific messages to address trends found in the Society's drowning reports and the data from the Drowning Prevention Research Centre. Use the key messages on social media and be sure to include the #NDPW2018 and #SNPN2018 hashtags.

[Get all the information you need on our website.](#)



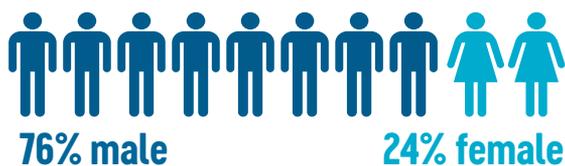
ONTARIO DROWNING REPORT

This infographic summarizes the most recent data on water-related fatalities available from the Office of the Chief Coroner for Ontario. With the exception of the first chart, all data refers to the most current five-year period, 2011-2015.

ONTARIO WATER-RELATED FATALITIES AND DEATH RATES, 2006-2015



WHO IS DROWNING?



* Death Rate per 100,000 / Year

[Visit our website to view the complete infographic.](#)

Beware of Great Lake currents

By Scott Ruddle

In September 2012, Jamie Racklyeft nearly drowned when he became caught in a rip current. Fortunately, a nearby kayaker rescued him. Jamie wasn't in an ocean when the incident occurred – he was swimming in one of the Great Lakes – and sadly, an hour after Jamie was rescued a 16-year-old boy drowned in the same location.

Jamie didn't know that rip currents and other dangerous currents exist in the Great Lakes. He considered himself a good swimmer but never anticipated the trouble he could get into, and didn't know how to save himself when he got caught in the rip.

Jamie decided to do something to help prevent more drownings in the Great Lakes and helped to organize the [Great Lakes Water Safety Consortium](#) (GLWSC), a best-practice community of first responders, research scientists and lifeguards among others. Their mission is to end drowning in the Great Lakes.

Even though the Great Lakes do not have significant tides their wind-generated waves can cause several dangerous currents. These include lateral currents, outlet currents, channel currents, and rip currents formed by structures and through sandbars.

The GLWSC and the [Great Lakes Surf Rescue Project](#) have come up with a survival technique to aid swimmers caught in a rip current: **if you're caught in a rip current, try to Flip, Float and Follow.**

- **Flip** on your back to help keep your face out of the water.
- **Float** on your back to conserve energy, calm yourself down, and observe where the current is taking you.
- **Follow** the safest path to be rescued. (This might be swimming perpendicular to the current, moving toward a ladder or object that floats, or calling out and waving for assistance.)

The GLWSC meets annually. If you work on a Great Lakes beach check out their information pamphlets and signs or, better yet, consider attending the conference.

[You can read Jamie's story here.](#) [Here's more information about dangerous currents in the Great Lakes.](#)

Scott Ruddle is a Lifesaving Society National Lifeguard Instructor Trainer, Provincial Water Safety Auditor, and international speaker and advocate for improved water safety and drowning prevention. He can be reached at gbbpwaterfront@yahoo.ca



NEW CANADIANS ENCOURAGED TO STARTBOATING

*START*boating is a comprehensive program designed to teach basic boating and water safety skills. The program launched last year in English, French, Mandarin, Cantonese, Hindi and Tagalog. It consists of a series of online, interactive videos, which guide users through the basic skills required to enjoy a day on the water safely.

While suitable for all boaters, the program was developed with Canada's growing immigrant population, especially newcomer families, in mind. Research conducted by the Lifesaving Society suggests that while the majority of these newcomers plan to spend time in and around water, new Canadians (living in Canada for five years or less) are four times more likely to be unable to swim than those born in Canada, and are therefore at greater risk of drowning.

*START*boating allows users to choose from one of four vessel types – canoe, kayak, stand-up paddleboard (SUP) and small outboard motorboat. These represent entry-level craft, the ones most likely to be used by those new to boating.

The introductory video begins with a family planning to spend a day on the water. As the family continues their journey, users can click on additional videos that demonstrate:

- what to wear and what to pack
- how to understand right of way, mapping, markers and areas to avoid
- how to call for help in an emergency
- how to use safety equipment including how to fit a lifejacket/PFD.
- important skills like paddling, launching their boat and righting and re-entering from the water

[To watch the videos go to startboating.ca](http://startboating.ca)

EXAMINER MENTOR

As of January 1, 2019, anyone wishing to become a Bronze, First Aid or National Lifeguard Examiner must do their co-exam(s) with a current Examiner who has been designated as an Examiner Mentor.

Examiner Mentors are senior Lifesaving Society Examiners appointed by the Society's Area Chairs to mentor examiner candidates through their apprenticeship phase and approve them for examiner certification. Below is the job description of the Examiner Mentor.

- Provide effective apprenticeship experiences for examiner candidates including evaluation of their performance and guidance on their professional development as potential Lifesaving Society Examiners.
- Complete Lifesaving Society administrative requirements in a timely manner including completion of training records for the apprenticing examiner candidate.
- Assist in the identification, recruitment and development of potential Lifesaving Society Examiners.
- Act as expert resources to Lifesaving Society apprenticing examiner candidates in matters related to Lifesaving Society evaluation standards.
- Attend Examiner Mentor workshops and clinics as required.

Area Chairs have identified an initial group of experienced examiners that will be appointed as Examiner Mentors prior to January. These people will be notified in the coming months and will have the opportunity to accept or decline this appointment.

An application and training process is in development for future Examiner Mentors, so check future editions of *Lifeline* for new details. For more information contact Leadership Director [Becky Lehman](#) or Member Services Director [Sheri Stewart](#).

WATER SMART CONTEST

Register to host the Water Smart Contest in your facility. We'll provide everything you need! [Visit our website for more information.](#)

WATER SMART AWARD

You and your staff are doing so many things to promote Water Smart messages. Why not capture it all in pictures and complete a submission report to compete for the Water Smart Award? The deadline is January 11, 2019. [Visit our website for more information.](#)

SWIM TO SURVIVE

The Swim to Survive School Grant Application will be online later this month! View your application, grant reimbursements and status 24/7. Details will be available in time for the grant application deadline of July 13.

If you have questions or want more information contact [Sindy Parsons](#).

CLICK HERE TO

DONATE

TO WATER SMART® DROWNING
PREVENTION EDUCATION

NOW!

SAVE THE DATE

Fundraising is rewarding and fun. The Lifesaving Society invites aquatic staff and their communities to participate in fundraising initiatives to support the Society's Water Smart® drowning prevention education.

Lifesaving Society 500 Metre Swim for 500 Lives (10th annual), July 14–22

This province-wide event features an aquatic staff challenge with the goal to have 500 lifeguards complete a 500 metre swim during in-service training.

Lifesaving Society Rescue Tube Relay, July 8–15

This year the City of Ottawa area aquatic staff will run the rescue tube relay across their region.

For more information on these events or running fundraising events in your area, contact [Laurie Priestman](#) or call 416.490.8844 ext. 265.

Get involved and save lives!