

Janet Johnston-Small, Norma Johnston (Cotter) and Meagan Small.

Three generations of lifeguards

In the late 1930s, Norma Johnston (Cotter) learned to swim at the beaches in Toronto with her father. She competed with Lakeshore Swim Club for five years. During that time, she swam open-water swims at the CNE, the Canadian Championships in Quebec, and the Long Pond at Centre Island in Toronto. She still has a box full of engraved competition medals and awards to mark her distinguished love for aquatics. Norma was one of the first female lifeguards hired by the City of Toronto in 1947.

Her daughter Janet fell in love with the sport too, earning her awards in the 1980s. She worked as a lifeguard during summers throughout school before letting them expire after university. Years later, while recovering from an injury, Janet returned to the pool. She began swimming lengths and soon, swimming became a passion and a big part of her life once again.

An advertisement for the City of Orillia’s “All in One Course” ignited Janet’s desire to re-earn her instructor/guard qualifications as a “bucket list” fitness goal. Janet registered for the program with the support of Aquatic & Fitness Supervisor Jack Mair, and re-earned her Bronze awards, Swim & Lifesaving Instructor and Standard First Aid in the spring of 2019. “Jack was so compassionate and wanted to see me reach my goal,” she said about the experience.

Meanwhile Janet’s daughter, Meagan Small, was due to recertify her National Lifeguard in the fall. Janet wanted to recertify with Meagan as a mother daughter duo. Her dream became reality when she became a fully certified National Lifeguard with her daughter in October 2019. Mair presented Janet’s and Meagan’s awards together. Janet said, “It brought a tear to my eye to attain this goal and to share it with my daughter Meagan. Lifeguarding is in our genes.”



Brian Miess succeeds Doug Ferguson

The Lifesaving Society Ontario Board of Directors announces the appointment of Brian Miess as CEO effective January 1, 2020. Well known in Lifesaving Society circles – provincially, nationally and internationally – Brian has been a member of the Society’s professional staff since 2005. He came to the Society with 15 years’ affiliate experience as Aquatics Director and member of the Town of Carleton Place’s senior management team.

Brian’s volunteer service with the Society included stints on the Ontario Board of Directors as Vice President Lifesaving Sport, as Chair of the Lifeguard Services Committee, and as a member of other Ontario and national committees and task forces. He has an intimate knowledge of the Society’s training, leadership and lifesaving sport programs – as a trainer, coach and affiliate.

Brian studied administration and business at the University of Ottawa. He is married with three children. Brian succeeds Doug Ferguson who retires after a 46-year career as Executive Director.

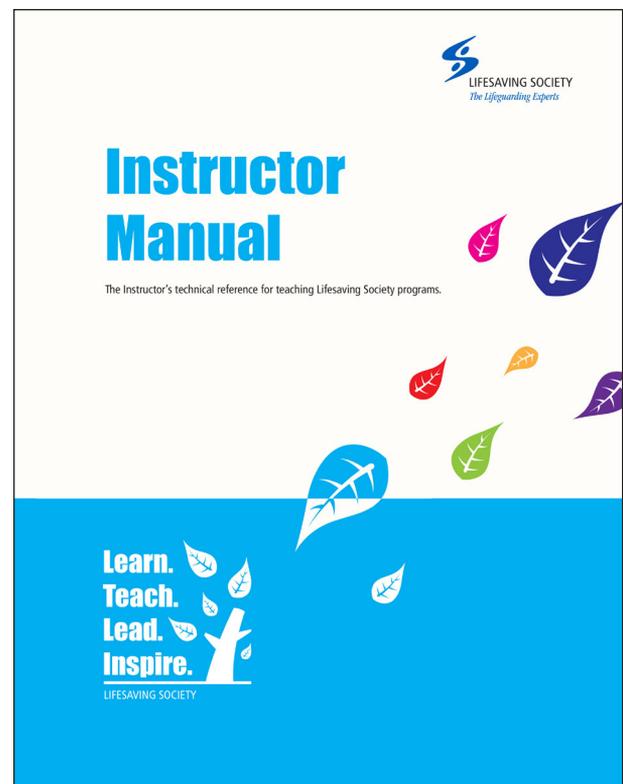
NEW – Lifesaving Society Instructor Manual

Out with the old, in with the new! The new *Instructor Manual* provides instructors with the essentials needed to successfully teach, coach and evaluate Lifesaving Society programs. Used with award guides, the *Instructor Manual* (which replaces *Instructor Notes*) is the required text on all instructor courses. Care has been taken to emphasize the practical application of teaching and learning principles. Use it to deliver and evaluate any award with confidence.

Note to Instructor Trainers

As of January 1, 2020, candidates will receive the new *Instructor Manual* in Swim Instructor Packs and Lifesaving Instructor Packs. You need to buy a copy, read it and reference it while teaching.

The new Instructor Manual is 108 pages, coil-bound and in full-colour. Price: \$20.00. [Buy your copy today from lifeguarddepot.com](http://lifeguarddepot.com).



Lifesaving Society EFA and SFA certifications valid for three years (36 months) from date of certification

While Lifesaving Society certifications are held for life, the Society deems them “current” for a specific period – primarily for employment purposes – after which the award holder must “recertify.” Historically, this currency period is 24 months from the date of certification.

The Society’s two-year currency period is problematic in the world of workplace first aid. The Ontario government (e.g., WSIB, Ministry of Health Public Pools Regulation) observes a three-year currency period for Emergency First Aid (EFA) and Standard First Aid (SFA) as do most other Canadian issuers of first aid certificates. Recently, the Canadian Standards Association Technical Committee – while citing the increasing evidence for the validity of a two-year currency period for first aid certifications – recommended a three-year requalification period in line with the industry consensus.

In the interests of reducing confusion among employers and harmonizing the Lifesaving Society currency period with Ontario government regulations, CSA recommendations and the general practice among other workplace first aid providers, the Lifesaving Society Ontario has adopted a three-year period for the validity of its workplace EFA and SFA certifications only.

Going forward, the Society’s EFA and SFA certification cards will include a “Valid Until” date on the front. There is no change in the two-year currency period for all other Lifesaving Society certifications.

Employers must take note of the evidence that skill retention among emergency responders requires regular practice and more frequent recertification. Employers may require their aquatic staff to recertify their first aid certifications more frequently than every 36 months.

EFA AND SFA IN FIND A MEMBER

Find a Member is the industry standard for documenting certifications on site for both employers and staff. Find a Member service recognizes three-year currency for EFA and SFA certifications. When “Current Only” is selected, Find a Member will display EFA and SFA certifications earned within the last 36 months, and all other awards earned within the last 24 months.



Get Lifesaving Society invoices and statements of account by email

Starting in 2020, we will send your invoices and statements of account to your preferred email address. This environmentally friendly alternative to mailing paper copies means you can view, save or share these documents easily with others.

Right now, you can view your account history and invoice details, and pay your invoices online by [logging in to lifesavingsociety.com](https://lifesavingsociety.com) as a representative of your affiliate.

For further information contact Dawn Maragh at 416.490.8844 x230 or send an email to customer_accounts@lifeguarding.com.



NEW!

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- ✦ Lightweight construction with new performance foam technology for strength and resilience.
- ✦ Braided orange leash with high-quality shoulder strap designed for comfort and durability.
- ✦ Stainless steel clip and rings for secure "wrap'n'snap" around victim or manikin.
- ✦ Length: 37" Width: 5¾" Height: 3½"
- ✦ Ideal for guarding any aquatic setting and compliant with ILS specs for lifesaving sport competition.
- ✦ Price: \$84.84. Product Code: 42.7400.00

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LifeguardDepot.com is the online store of the Lifesaving Society. All proceeds from LifeguardDepot.com support drowning prevention and the development of young leaders through lifesaving sport.

AGM Notice

The 111th Ontario Annual General Meeting of the Lifesaving Society will be held Friday April 17, 2020 at the Holiday Inn – Toronto International Airport Hotel – 970 Dixon Road, Toronto, Ontario in the Trillium Ballroom. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend.

Check your email inbox for the invitation in early March. To ensure you're on the mailing list, update your info on our website by clicking on LOGIN and registering.

Water Smart Award

Don't forget to send in your submission for the 2019 [Water Smart Award!](#) The deadline of January 10, 2020 is fast approaching!

The Lifesaving Society presents its annual Water Smart® Award to an Affiliate Member of the Society for outstanding community service to drowning prevention education.

BULLETINBOARD

To allow for better planning and budgeting by Affiliate Members, the Society announces prices and fees one year in advance. (We published 2020 prices and fees last December.) The complete list of 2020 and 2021 fees and literature prices are posted in Find a Form on the Society's website.

2020 Literature Fees

Canadian Lifesaving Manual	\$43.80
Canadian Lifesaving Manual with Bronze Medallion Workbook	\$45.85
Alert: Lifeguarding in Action	\$43.80
Coaching Lifesaving	\$27.80
New Instructor Manual	\$20.00
Examiner Handbook	\$27.80
Trainer Manual	\$27.80
Canadian First Aid Manual	\$13.90
Any single Award Guide	\$19.60
Swim Instructor Pack	\$48.70
Lifesaving Instructor Pack	\$58.70
Combined Swim and Lifesaving Instructor Pack	\$82.20
National Lifeguard Instructor Pack	\$72.10

2020 Exam Fees

Canadian Swim Patrol (kits for class of 10)	\$15.20
Safeguard	\$10.35
Bronze Star	\$10.35
Bronze Medallion	\$16.75
Anaphylaxis Rescuer	\$1.30
CPR-A, B and C	\$1.30
Basic First Aid	\$1.30
Airway Management	\$10.35
Automated External Defibrillation	\$10.35
Emergency First Aid (with CPR B)	\$10.35
Standard First Aid (with CPR-C) or recert	\$20.15
CPR-HCP	\$16.05
Wading Pool Attendant	\$10.35
Bronze Cross or recert	\$20.35
National Lifeguard or recert	\$33.50
Lifesaving Sport Official	\$15.45
Instructor, Instructor Trainer, Coach	\$29.35
Leadership Recert (Each additional leadership recert at the same time \$8.75 to a maximum of \$60.00)	\$29.35
Aquatic Supervisor	\$29.35

Retail prices are the same for all affiliates throughout Ontario and include free shipping and handling.

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