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LIFESAVING SOCIETY

The Lifeguarding Experts



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Time out – Covid hits Aquatics

Webinar

Wednesday, Aug. 5, 2020



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Host

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Agenda

- Introduction
- Update
- Blended Learning
 - First aid
 - National Lifeguard
- Question and Answer
- Wrap Up



Current situation

- Status of aquatic facility operations varies by province but re-opening is taking place
- Ontario in Stage 3 in all regions except Windsor-Essex



Poll # 1



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Clarification re: “gathering limits”

- The Re-Opening Framework for Stage 3 detailed “gathering limits”
- Gathering limits do not apply to facilities such as pools, tennis courts and ice rinks

Clarification re: physical distancing

- There is no legislation in Ontario that requires lifeguards to maintain physical distancing while performing their lifeguard duties or while training.
- Lifeguards should ensure that physical distancing precautions are followed to the best extent possible.
- Ontario Regulation 364/20 (Section 5, Schedule 1) made under EMCPA details requirements for businesses or places in **Stage 3** of reopening and that provide in-person teaching or instruction.

Instructional physical distancing

- Space is operated to enable students to maintain a physical distance of at least two metres from every other person, except where necessary for teaching and instruction that cannot be effectively provided if physical distancing is maintained (*emphasis added*);
- The total number of students permitted is limited to the number that can maintain a physical distance of at least two metres from every other person and cannot exceed 50 persons (indoors), or 100 persons (outdoors)

Poll #2



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First Aid – Terminology

- **“Online Learning”** – a learning method that uses the internet. It may be instructor-led (i.e., live stream) or self-directed (i.e., on-demand modules).
- **“Blended Learning”** – a method of learning that combines online and in-person sessions.
- **“Computer-Based Training”** – a term used by WSIB to describe a 100% online, self-directed learning training for SFA and EFA.

First Aid – Terminology

“Instructor-Led Learning”

- Live interactions
- Real-time communications
- Feedback – Instructor/peer generated

“Self-Directed Learning”

- Static/on-demand modules and activities
- Feedback – computer generated



First Aid – Terminology

“Face-to-Face/In-Person”

- Sessions with an instructor in the space providing feedback and evaluation of performance
- A requirement for certification
- Must follow all Lifesaving Society and Health Unit requirements



First Aid – Terminology

“Certification”

- Def. *“the formal attestation or confirmation of certain characteristics of an object, person, or organization”*.
- Signified the completion of skill attainment based on the learning outcomes and demonstration to the Society’s Must Sees.
- Example: Standard First Aid certification;
National Lifeguard certification

First Aid – Certification Update

WSIB

- WSIB has extended first aid award expires to December 31, 2020
- Applies only to awards that expired March 1, 2020 and after
- Applies to:
 - Standard First Aid, Emergency First Aid
- Lifesaving Society cards will not be re-issued; check www.FindaMember.ca

First Aid – Certification Update

Lifesaving Society

- Lifesaving Society awards extended until October 1, 2020
- Applies only to awards that expired March 1, 2020 and after
- Applies to: Bronze Cross, National Lifeguard, Wading Pool Attendant, Instructor, Examiner, Trainer Leadership
- Cards will not be re-issued; check www.FindaMember.ca

Poll #3



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First Aid – Terminology

“Training”

- Def: *“the action of teaching a person or animal a particular skill or type of behaviour.”*
- Related to a specific skill or set of skills
- May or may not be part of a larger certification program
- Example: in-service training focused on use of the rescue tube; use of a BVM as part of an in-service



First Aid – What Can I Do?

Course	Virtual	Certification after Virtual?	In-person	Certification after In- Person?
SFA Course (16 hr.) online	16 hr			
SFA Course (16 hr.) blended	Max. 8 hr.		Min. 8 hr.	
SFA Recert (8 hr.)			Min. 8 hr.	
EFA Course (8 hr.) online	8 hr.			
EFA Course (8 hr.) blended	Max. 4 hr.		Min. 4 hr.	

First Aid – BVM Training Clinic

Resource

- A module Trainers and Affiliates can use to provide training to staff, employee groups, etc.
- Who can offer:
 - First Aid Instructors who hold an Airway Management or CPR-HCP certification
- Contents:
 - Slide deck
 - Certificate of Training (fillable PDF)
 - www.lifesavingsociety.com > First Aid Resources



Poll #4



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Online and Blended Learning



Online
Modules and
Evaluation

Online Modules
with In-Person
Evaluation

Online Modules
with In-Person
Modules and
Evaluation

In-Person Modules
and Evaluation
with Online
Components



Online Live + In-Person Modules

Hardware – BYOD, webcam recommended

Software – Zoom, Google Drive and Forms

Timing – Mass, Divided: 2 weekends, 2 weeks in between

Instructional Hours – 6 hr. assignments, 10 hr. live, 24 hr. in-person. Live stream tutorials upon request

Ratios - 1:32 online, 1:16 in-person

Critical Assignments

Due Weekend 1 Sun. 3 hr. prior to class

1. Self Assessment
2. Scanning (Items 5a, 5c)

Due Thur. prior to Weekend 2

1. Video of your physical skills (Items 2a-f)
2. Video of your secondary assessment - unconscious (Items 9a-d, 10)
3. Video of your secondary assessment - conscious (Items 9a-d, 10)



Outline Weekend 1 – Online Live

Fri.	2 hr.	Welcome, logistics, goals, plan	
	2 hr.	Noticing Activity Lifeguard Script Intro	Items 4, 5a,10
Sat.	3 hr.	Lifeguard Theory Activity Rescue Process Activity	Items 1, 9a-d, 10
Sun	3 hr.	Self and Team Assessment Scanning Assignment Debrief Pool Facility Analysis Q & A Critical Assignments	Items 3, 4, 5a-c

Outline Weekend 2 Fri. – In-Person

	2 hr.	Welcome, logistics, teams	
Fri.	4 hr.	Exam Physical Skills Evaluations Facility Search: Missing Person Entries and Removals Specialized Techniques	Items 8, 2a-f, 6, 7

Outline Weekend 2 Sat. – In-Person

Sat.	4 hr.	Rescue Processes (dry on deck)	Items 1, 4, 5a-c, 9a-d, 10
	3.5 hr.	Rescue Processes (wet in and out of pool)	Items 1, 4, 5a-c, 9a-d, 10
	30 min.	Self and Team Assessment	

Outline Weekend 2 Sun. – In-Person

Sun .	2 hr.	Exam - Items 9a, b, c, d	Item 9a-f
	4 hr.	Practice Scenarios	Items 1, 4, 5a-c, 9a-f, 10
	4 hr.	Exam - Scenarios	Item 10

Must Have Course Design Elements

Big Picture

Learning Outcomes

Online Learning Strategies

Motivation

Social

Psychological Safety



Big Picture

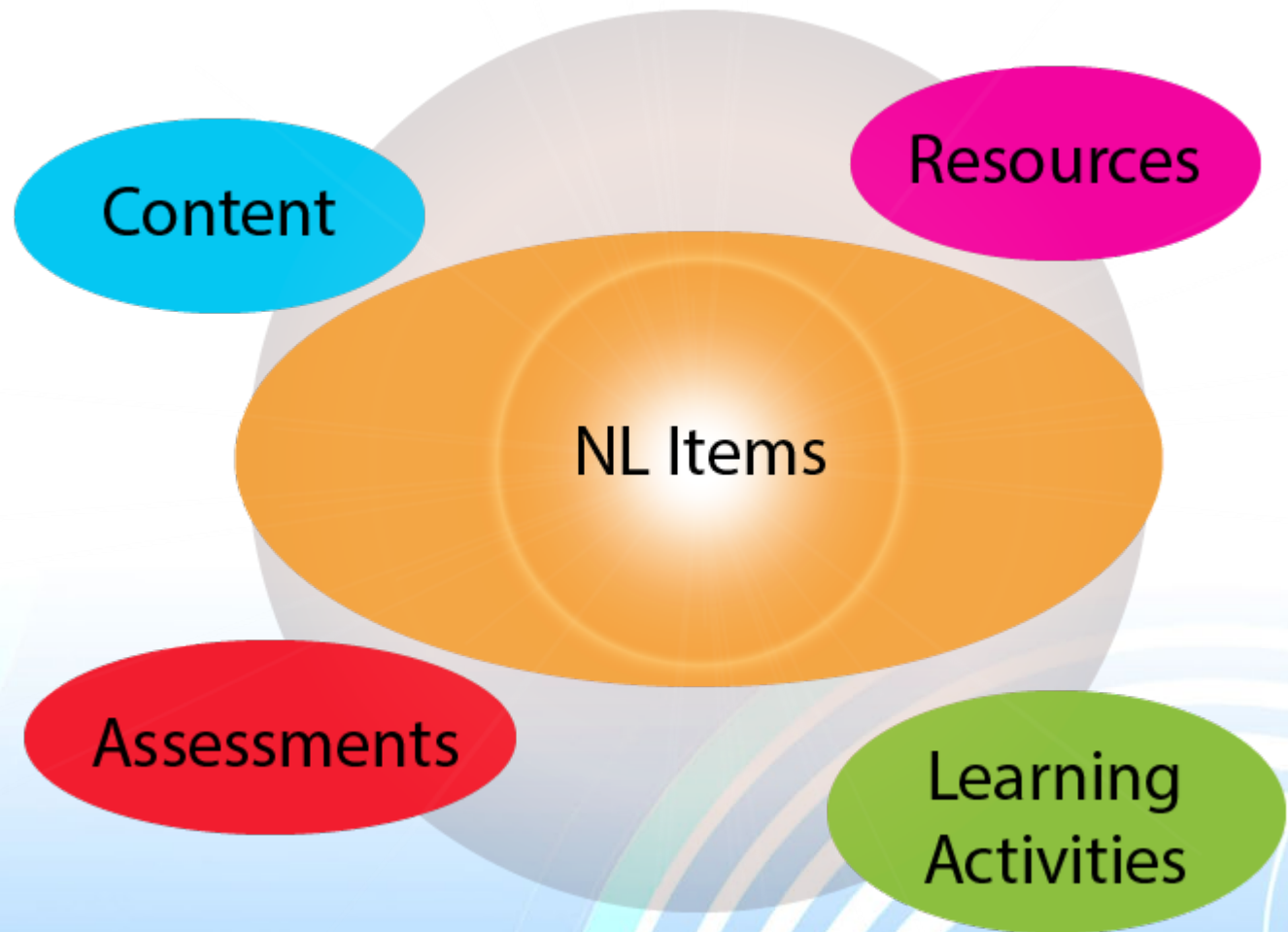
What's your why for being here?

- Discover for each candidate
- Remember for each candidate
- Reminders for each candidate



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Learning Outcomes



Online Strategies – Self-Regulated Learning



Online Strategies – Structured Repetition

Fri. 1	Noticing Activity Lifeguard Script Intro	Items 4, 5a,10
Sat. 1	Lifeguard Theory Activity Rescue Process Activity	Items 1, 9a-d, 10
	Scanning Assignment	5a, c
Sun. 1	Scanning Assignment Debrief	5a-c
Sat. 2	Rescue Processes (dry on deck)	Items 1, 4, 5a-c, 9a-d, 10
	Rescue Processes (wet in and out of pool)	Items 1, 4, 5a-c, 9a-d, 10

Motivation

Goals

- Self/team assessment

Internal

- Personal why
- Mastery
- Autonomy
- Competency



External

- Expectations
- Certification
- Recognition
- Rewards

Needs

- for belonging
- for competition

Social



Interactions

Live = high facilitator

Teams = high peer

Low Self Led = low content

Low Public = low community



Psychological Safety

Low Expectations

High Expectations

High
Psychological
Safety



Comfort Zone



Learning Zone

Low
Psychological
Safety



Apathy Zone



Anxiety Zone

(Edmondson, 2019)

Learning Zone



Clarify the nature of this course.

Frame failures as learning opportunities.

Emphasize effort and practice before performance.

Articulate why this course matters.

Ensure people know I don't think I have all the answers.

Promote curiosity.

Ask good questions.

Create structure to elicit ideas and concerns.

(Edmondson, 2019)

Learning Zone



Encourage open dialogue.

Listen thoughtfully and signal what I hear matters.

Acknowledge people for bringing ideas/questions forward.

Destigmatize failure.

Celebrate intelligent errors.

Transform bad news into a positive experience.

Clarify boundaries.

Respond to clear violations with appropriately tough consequences.

(Edmondson, 2019)

Questions and Answers



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Wrap Up

- Thanks to all those who made this webinar possible
- More info:
 - Download resources from handouts tab
 - Go to the Lifesaving Society website for:
 - Dates/topics/speakers of future webinars and recordings of past webinars
 - Aug. 19 webinar - **release of new** *Lifesaving Society Guide to Training during COVID-19, Safety Guidelines for Affiliates, Trainers, Instructors, Examiners and Coaches.*



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