



LIFESAVING SOCIETY
The Lifeguarding Experts

L i f e l i n e r

Summer 2012



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First Aid update

Q & A's



The Society's First Aid Chair Rebecca Boyd answers your questions about first aid updates.

Q Why do Instructors need to attend a First Aid Update Clinic?

A All WSIB training agencies must provide an update clinic for their instructors. The 2010 CPR standards include the use of AEDs. Lifesaving Instructors, NLS Instructors and First Aid Instructors teach CPR sequences to candidates and therefore must attend a First Aid Update Clinic to learn how to teach the new standards.

Q Why has an Emergency First Aid Instructor certification been created?

A To date, Lifesaving Instructor courses have included the content to teach, evaluate and certify Emergency First Aid candidates. For clarity in the field and the general workplace we need to specifically identify who may teach and certify candidates on an Emergency First Aid course. Therefore, the Lifesaving Society will issue a separate certification card, Emergency First Aid Instructor.

Q How do I become an Emergency First Aid Instructor?

A Candidates on Lifesaving Instructor courses taking place after January 1, 2012 that include the new CPR standards will receive two certification cards on successful completion: Lifesaving Instructor and Emergency First Aid Instructor for the single certification fee of \$25.50.

Q I'm already a Lifesaving Instructor. Can I get an Emergency First Aid Instructor card?

A If you are already a Lifesaving Instructor, attend a First Aid Update Clinic. When you need to recertify your leadership awards, indicate you wish to recertify Emergency First Aid Instructor and include the additional \$7.00 payment.

Q If I'm a current Lifesaving Instructor, can I still teach and certify Emergency First Aid candidates?

A Yes, until your Lifesaving Instructor certification expires. Then you will need to recertify as both a Lifesaving Instructor and Emergency First Aid instructor.

Q Must I recertify as an Emergency First Aid Instructor?

A No. If you are NOT going to teach Emergency First Aid, then you do not need to recertify as an Emergency First Aid Instructor. However, you must be an Emergency First Aid Instructor or First Aid Instructor to teach and evaluate Emergency First Aid.

Q If I am a First Aid Instructor, do I need to become an Emergency First Aid Instructor?

A No. If you are a current First Aid Instructor who has attended a First Aid Update Clinic, you may teach both Emergency and Standard First Aid candidates. Remember, however, that only First Aid Examiners may certify Standard First Aid candidates.

Q Can a Lifesaving Instructor teach Emergency First Aid with the new CPR standards if they do not attend the First Aid Update Clinic?

A No. You must attend a First Aid Update Clinic before you can teach the new standards.

Q Does attending the First Aid Update Clinic recertify my Emergency First Aid, Standard First Aid and AED?

A No. You must successfully complete the appropriate Emergency First Aid or Standard First Aid full or recertification course following WSIB rules for recertification (see below).

Recertification: Current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA recertification course not more than three years from the Standard First Aid date of issue. To renew SFA certifications subsequently, award holders must repeat the full SFA Course. Thereafter, individuals may renew by alternating recertifications and full courses. Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

Q When can I begin to teach the new CPR standards?

A You can teach the new CPR standards that include AED training once you have attended a First Aid Update Clinic or attended a Lifesaving Instructor course that included the 2010 CPR standards.

Q Must I purchase all the revised books?

A WSIB requires that all first aid instructors have lesson plans and resources to teach the Emergency and Standard First Aid programs. If you are teaching Emergency or Standard First Aid, you must be using the Lifesaving Society *First Aid Award Guide* (with the 2010 CPR guidelines) and the Society's First Aid Instructor Resource CD.

Q How do I get the revised materials?

A Order the revised literature from the Lifesaving Society: *Canadian First Aid Manual* (\$11.57), *CPR-HCP Manual* (\$9.85) *Canadian Swim Patrol Award Guide*, *Bronze Medals Award Guide*, *First Aid Award Guide* (all \$16.52 each), and *First Aid Instructor Resource CD* (\$21.55). Taxes and shipping extra.

You can download test sheets and the revised Swim Patrol and Bronze medal awards test item pages from www.lifesavingsociety.com to insert into the books you have already purchased.

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.

Lifeline

Lifeline is published twice yearly and distributed to over 60,000 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.

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BE BETTER. DO GOOD.



The Lifesaving Society's National Lifeguard certification is Canada's professional lifeguard standard. Since it was formed, the National Lifeguard training program has undergone periodic revision. The latest update – introduced in June 2012 – features revised test items and performance standards and incorporates the most recent international resuscitation guidelines.

The updated National Lifeguard curriculum is grounded in important lifeguard competencies – judgment, knowledge, skill, fitness – and is guided by the following principles:

- demonstrated need
- research evidence
- consistency with regulations in Canada
- consistency with international standards (e.g., ILS, ILCOR)
- Lifesaving Society values

The result is a comprehensive, Canada-wide, professional lifeguard training standard.

Many knowledgeable and thoughtful Canadians have helped shape and improve the National Lifeguard training program since its inception. The most recent revision builds on their outstanding legacy.

What do you need to know or do?

- Affiliates will need to order new *Alert* manuals and revised (2012) NLS test sheets.
- NLS Instructors, Examiners and Trainers will need to attend an NLS Instructor Update Clinic and purchase the new *National Lifeguard Award Guide*.
- All communiqués and resources are available on our website in the Lifeguarding section under National Lifeguard – revised 2012 – Resources.

Lifeguards on NLS

We asked lifeguards of various ages in different locations across Ontario to answer a few questions about the revised NLS program. Here is what they had to say:

Q How do you feel about the new NLS standards?

A “I think it’s due time that the new standards have come out. To be honest, I thought there should have been a fitness requirement a long time ago.”

“I like the new standards and I think they will help me become a better lifeguard and it will ensure that all lifeguards are fit and able to save someone quickly and efficiently.”

“The skills performed here show an excellent amount of fitness in the average person. Being able to do this not only gives me confidence, but confidence in other guards.”

Q How will the new NLS standards affect you as a lifeguard?

A “They’ll just make me a better lifeguard. I’ll be more fit and more alert. They’ll keep me motivated to stay fit.”

“I’m reasonably fit and active so I don’t think they will affect me at all.”

“It will make me work harder to keep my skills at their best.”

Q Have you done any extra physical activity to practice for the new physical skills? If so, what?

A “I will probably start a month before my recert and swim some laps. I work at a pool three times a week so I’m already in the pool a lot. I recently did a kilometre without training and it wasn’t too bad.”

“I try to swim three times a week.”

“Lifeguards accept an enormous responsibility. They undertake to master principles and skills that are crucial to one of the greatest risk management challenges of organized recreation. They assume attitudes and develop skills to ensure alert, vigilant and attentive service to the patrons they supervise. They learn about the burdens and pleasure of responsibility – knowledge that will serve them in many ways beyond aquatics for a lifetime.”

- Dr. Steve Beerman, Past President, International Life Saving Federation

Your questions answered.

Q “Why did it take so long to implement the changes?”

A The whole point of the revision was to make good lifeguards better. This takes time.

The Lifesaving Society revises the National Lifeguard training program on a regular basis to ensure it remains relevant to the needs of lifeguard employers and current with North American and international best practices.

Regular revision ensures that the Society provides an up-to-date, reasonable, comprehensive and balanced program for professional lifeguarding training in Canada.

Great care was taken to review the lifeguard programs and standards from Royal Life Saving Society Commonwealth and surf lifesaving nations, the standards of the International Life Saving Federation and the work of the United States Lifeguard Standards Coalition.

The revised test items were piloted with over 2,000 candidates across Canada to ensure they were effective, achievable and consistent with the intended purpose.

Q “Why do you need to complete a 400 m timed swim for Pool NLS? You will never have to swim that far in any rescue situation in a pool.”

A Fitness is the cornerstone of a lifeguard’s job responsibilities, enabling the lifeguard to remain vigilant, attentive and alert to signs of trouble and to respond both safely and with confidence in an emergency. By including test items that require anaerobic power, muscular strength, muscular endurance and aerobic fitness in NLS, lifeguards will possess the fitness to effectively perform the duties required of them. The Lifesaving Society supports the position of the ILS that swimming tests are a reasonable method of testing physical fitness in lifeguards. The 400 m endurance swim added to the curriculum follows the principle of the Copper Test (Cooper, 1982), measuring time against distance to calculate one’s overall aerobic ability.

Q “What happens if I can’t complete one of the fitness skills?”

A If a candidate is unable to complete any of the test items they will be deemed unsuccessful and not receive the award. If you cannot complete a fitness skill in the allotted time you will not be certified or re-certified as a National Lifeguard.



The Lifesaving Society is now on Facebook and Twitter! Updates are posted regularly – program info, policy changes, new resources – don’t miss a thing. Watch the latest training videos, get instructional resources and connect with lifeguards across Ontario.

www.facebook.com/lifesavingsocietyON

We want to hear from you! Comment on, like and share anything we post, and let us know what you think. If you’re at a Lifesaving Society event tweet us a picture and let us know how it’s going. Have comments or suggestions? Send them to socialmedia@lifesaving.com.

[@Lifesavingsociety](https://twitter.com/Lifesavingsociety) On

NOT ON MY WATCH

As lifeguards we are taught that our primary job is prevention. We scan the waters under our charge and attempt to predict incidents before they happen. “Walk please,” “you need to take a swim test,” “stay within arms’ reach” – these common phrases are used at pools all over Ontario to warn patrons and protect them from harm.

But what happens when safety matters are taken out of our immediate control? At one aquatic facility in Ontario (which is no longer operational) a host of unsafe conditions forced lifeguards into a difficult situation, ultimately ending in the resignation of one aquatic supervisor.

The facility in question was using broken lane-rope buoys with sharp edges that could easily have caused injury. Instead of replacing the damaged parts, lifeguards were instructed to turn the sharp edges toward the bottom of the pool where the health inspector wouldn’t see them.

“ It is important that lifeguards understand their rights and responsibilities, and know that they have options.”

The pool surfaces at the same facility were painted each summer using a mixture of paint and paint thinner; using thinner made the paint stretch further and saved money. When the pools were filled the “paint” mixture began peeling off the bottom in sharp, jagged chunks. Children and adults were cut and scraped; some even had pieces wedged under their fingernails and toenails resulting in a trip to the hospital.

Lifeguards weren’t treated any better. Sun safety is paramount for outdoor lifeguards and precautions such as hats and umbrellas are generally commonplace. But at this particular facility there were not enough umbrellas for

the number of guards on duty at a given time. When more umbrellas were requested they were refused. And forget hats – they were considered a breach of uniform.

Being young, needing a job and wanting to avoid confrontation leads many lifeguards in similar situations to do nothing and hope for the best. It is important that lifeguards understand their rights and responsibilities and know that they have options. Lifeguards in Ontario have the support of the Public Pools Regulation 565. In it, lifeguards and assistant lifeguards have the authority and obligation to act by closing their pool if they identify a hazard. Section 18.1 states:

18.(1) Where a public pool is in use and a lifeguard or an assistant lifeguard determines that a safety hazard exists in the pool or on the deck, the lifeguard or assistant lifeguard shall direct all persons to leave the pool or any part thereof and shall advise the operator of the existence of the safety hazard.

Some examples of safety hazards lifeguards may identify are:

- emergency telephone not working,
- swimming pool bottom black disc not clearly visible from 9 m,
- main drain (outlets) covers on the bottom of the pool are loose,
- no sanitizer in the pool (FAC is zero).

If you find yourself in a dangerous situation remember, you are responsible for the safety of bathers. If you have questions about safety protocols please contact Michael Shane, safety management director at michaels@lifeguarding.com or call the Society.

WHEN WILL GUYS GET THE MESSAGE?

Even though 79 men drowned in 2011 versus 18 women, the Canadian Safe Boating Council and the Lifesaving Society are targeting women everywhere in a new poster campaign (see reverse page).

Why target women if males between the ages of 18 and 49 are at a significantly higher risk of drowning than their female counterparts? Because the influential women in the lives of men – wives, girlfriends, sisters, daughters and mothers – have the best chance of motivating them to change their behaviour. Sure, men may hate being nagged, but it may be just the thing to save their lives.

Some men say that wearing a lifejacket looks silly or feels uncomfortable, but it doesn’t have to be. Check out the new pull-cord inflatable lifejackets at www.smartboater.ca. These new lifejackets and PFDs are lightweight and look a whole lot better than traditional lifejackets. Most importantly – they can save the wearer in the case of an accident.

“ In Canada, 79 men drowned versus 18 women in 2011.”

Some men say that wearing a lifejacket makes it look like they can’t swim. Actually, in the event of a boat accident even the best swimmers can become disoriented or be knocked unconscious. A lifejacket is a precaution that won’t seem silly after surviving a potentially fatal incident.

Take action! Pull out the full-page poster from this Lifeline and post it at your local marina, cottage or pool. If you see the poster at a mall, tweet a picture @lifesavingsociety ON, or visit our Facebook page and comment on the poster letting us know where you saw it. If you would like additional copies of the poster contact Daksha Moti at daksham@lifeguarding.com.

TAKE ACTION!

Looking for a fun and creative way to host a public education event this summer? Try running a Lifejacket Clinic or have kids enter the Water Smart Contest. By running one of these events or you are eligible for the Society’s Water Smart Award. For all the information you need about these events and others, go to the Who’s Drowning section of the Society’s website and click on Take Action.

Lights. Camera. Lifesaving.

Set your cameras to record! The 2012 Lifesaving Shorts video contest is here! Make a video depicting one of the following Water Smart® tips:

1. Always swim with a buddy.
2. Don’t drink and drive your boat.
3. Always wear your lifejacket. The water is colder and deadlier than you think.

WIN a \$100 PIZZA PARTY for you and your friends AND see your masterpiece on the Lifesaving Society website! Plus, you’ll be entered in monthly draws for exciting prizes like iTunes gift cards. If you’re an instructor or trainer, you also get a chance to win a cool Lifesaving Society T-shirt each time one of your students enters.

Get creative. Grab a group of friends, challenge your camp or pool to create videos, or do it on your own. Videos can be up to three minutes long and must depict the safety messages accurately.

Upload your video to YouTube and email the link with your full contact information (and your team members’ info, if applicable) and how you heard about the contest to Daksha Moti – daksham@lifeguarding.com. You will receive an email to confirm that we have received your entry.





See the new light weight **Pull Cord**
inflatable life jackets at...

SmartBoater.ca

*100 lives could be saved each year
simply by wearing a life jacket*



LIFESAVING SOCIETY
The Lifeguarding Experts



Canadian Safe Boating Council

New Canadian Drowning Report

The Canadian Drowning Report reflects the most recent data from provincial coroner's offices from the past 20 years up to and including 2009. The report indicates that the profile of drownings in Canada is shifting, contributing to an upswing over the five-year period between 2005 and 2009.

There has been significant long-term progress in reducing death by drowning in Canada, but the more recent upswing reinforces the need for continued strong drowning prevention efforts. After reaching an all-time low in 2004, there was a resurgence of drownings between 2005 and 2009. Over the five years, there was an average increase of 8% versus the previous five-year average (2000–2004).

Taking population into account, the national water-related death rate was also up slightly to 1.5 per 100,000 people during 2005–2009 versus the previous five years. There may be implications for drowning prevention efforts resulting from some long-term changes in the mix of “who,” “when” and “what victims were doing.”

Who: The aging population is leading to an older profile of who is drowning – more drownings among “baby boomers” 50–64 years of age (+25%) in line with population growth in that age group.

When: More deaths are now occurring at night (+39%), on weekdays (+17%) and during winter/spring months (+18%) than seen in the previous 15 years of tracking.

Where: More drownings are occurring during near-water, non-aquatic activities (+20%) such as walking near water or on ice and falling in (+29%); bathing (+33%); and transportation incidents (+33%) including snowmobiling (+56%). These increases were partially offset by fewer boating fatalities (-12%).

Other notable changes between 2005 and 2009 include:

- More drownings among those 18–24 and those 25–34 years old (+17% and +29% respectively versus the previous five years). Young men, in particular, remain a high-risk group.
- Regional upswings in Ontario (+20%) and Alberta (+25%), offset by a decrease in British Columbia (-14%).

Interim data for 2010 and 2011: Complete final data on fatal drownings and water-related deaths are not yet available for 2010 and 2011. However, interim data based on media and Internet reports indicate an upward surge (+10%) of reported drownings in 2010, but down 6% in 2011, both compared to 2009.

This reflects, at least in part, Canadian weather trends, particularly in the summer when participation in recreation in, on or near water is at its highest. Summer 2009 was cooler than the previous few summers according to Environment Canada. The summers of 2010 and 2011 were the third and fourth warmest summers on record since Environment Canada began tracking temperatures in 1948.

ALL FOR SPORTS AND SPORTS FOR ALL

Team building, fair play, ethics in sport and personal responsibility – what else could you want from a children's program? Lifesaving skills? You got it!

The Lifesaving Sport Fundamentals Pool program has officially launched and is ready for your pool. All you need is a certified Coach Level 1, a *Lifesaving Sport Fundamentals Award Guide* and our newly created *Lifesaving Sport Fundamentals CD*.

This CD contains all the support materials you'll need. Practice and session plans, worksheets, certificates, progress reports, brochure copy, parent letters, promotional materials and more!

Don't have a coach? Get certified! Go to Find a Course on the Society's website and search for Coach Level 1 to find a course near you. Lifesaving Sport Fundamentals encourages children to be active in sport and provides a supplement to traditional swimming lessons. Competitions for eligible ages are exciting for the whole community.

Get involved now! Contact Lorraine Wilson-Saliba, Lifesaving Sport Director at lorrainew@lifeguarding.com.

Takin' it to the beach!

The overwhelming success of the Lifesaving Sport Fundamentals Pool program led us to develop an Open Water option. Piloting opportunities are available for summer 2012. Add some fresh excitement to your waterfront programming. Contact Lorraine Wilson-Saliba, Lifesaving Sport Director at lorrainew@lifeguarding.com.

NEW & IMPROVED SOFT RESCUE BOARD

TAKING ALL CLUB ORDERS NOW!

Considering new rescue boards? Before you buy, consider the benefits of Dolphin's new soft rescue boards.

1. **Less injuries:** Soft rescue boards are safer because they are covered with foam.
2. **Less time and expense toward repair:** The soft-foam covering is far less likely to be damaged.
3. **Build confidence:** Soft rescue boards help produce more confident lifesavers because learners are able to spend more time in the water without fear of injuring themselves or others.
4. **Parallel performance:** Soft rescue boards perform as well as full-size rescue boards and are widely used on beach patrols and real rescues.

Dolphin soft rescue boards are fully certified by the Lifesaving Society. Soft rescue boards are \$1,199 each. Order five or more for \$1,079.10 each or order ten or more and pay just \$959.20 per board.





All Lifesaving Society award holders know that a lot of money and time go into taking courses. So imagine spending your weekend in a classroom or pool only to find out weeks later you've wasted your time.

Pre = prefix: in front of, before, earlier than, prior to
Requisite = adj: essential, necessary

Many Lifesaving Society awards require prerequisites to be in place before starting the course. The prerequisite may be another award or a minimum age. Everyone is responsible for following Society policies to prevent unnecessary, negative public relations that result when candidates are not certified after participating in a course.

Remember:

- Prerequisite awards need not be current.
- Prerequisite awards must be earned prior to the start date of the course to which they apply.
- When two or more awards are offered together (e.g., Emergency First Aid and Bronze Cross), the Society deems the prerequisite award to have been earned in the correct order.
- Minimum age requirements must be attained by the last day of the course or the day of the exam.
- Proof of prerequisites must be in the form of a permanent card, Find a Member printout or a Lifesaving Society temporary card. Expired temporary cards (more than 90 days old) may not be used as proof of certification.

Instructors:

- Check candidate prerequisites on the first day of the course. Accept proof of prerequisites in the form of a permanent card, Lifesaving Society temporary card or Find a Member printout. Expired temporary cards may not be used as proof of certification.
- Photocopy the prerequisites for the examiner.
- Follow your employer's policies for registration fee credit or refund for candidates who cannot prove prerequisites.

- Explain to parents and candidates that continuing with the course will result in no certification.
- Do not issue temporary cards to candidates who cannot prove prerequisites.
- Include a photocopy of Standard First Aid prerequisites from Red Cross, St. John Ambulance and Canadian Ski Patrol with the test sheets submitted to the Society.

Examiners:

- Check candidate prerequisites (photocopied proof provided by the instructor is sufficient).
- Explain to parents and candidates that the candidate cannot be certified without proof of prerequisites.
- Follow affiliate policies on removal of candidates from the exam.
- Do not include the names of the candidates who cannot prove prerequisites on the test sheet.
- Do not issue temporary cards to candidates who cannot prove prerequisites.

Affiliates:

- Put procedures in place to ensure that all candidates prove they hold the proper prerequisites prior to the start of each course.
- Include a list of the required prerequisites in your program brochure and refer registrants to it.
- Provide your registration staff with the Prerequisites At A Glance document and make sure they understand it.
- Do not allow candidates to register if they cannot prove prerequisites.

Candidates:

- Learn your Lifesaving Society Member ID number. Your Member ID can be used to access your awards record via Find a Member at www.lifesavingsociety.com.

- Contact us right away if you do not receive a permanent certification card within 90 days of your course. Don't wait until you register for the next course.
- Check the Lifesaving Society website or the Affiliate's program brochure for the required prerequisites and make sure you hold those awards.
- Find your certification cards that prove you hold the prerequisites.
- Bring your certification cards or Find a Member printout with you on the first day of the course.
- Call us if you receive a notice saying you don't hold the prerequisites for a course you have taken.

Lifeguards give it two thumbs up!

After screening the new Are You Ready? DVD at various pools across Ontario, lifeguards, pool supervisors and facility managers had a lot to say.

"The group in Barrie was animated, boisterous and involved. After the exercises they watched the Are you Ready? video and you could hear a pin drop." Bruce Hollowell, Coordinator Lifeguard Services with the Toronto Police Service Marine Unit.

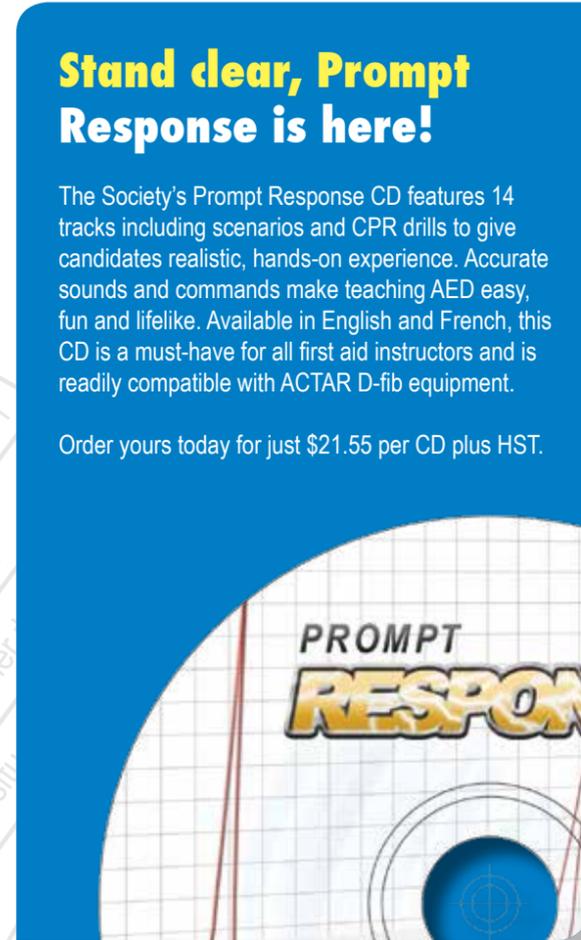
"Thank you. That was the best training we have ever had. Clearly the understanding that we are all part of a team that swims together or sinks together has struck a chord." Margaret Mclean, Chef de programmes et ressources humaines, Pointe-Claire Aquatic Centre

The Are You Ready? DVD and corresponding Workbook are designed to prepare staff and facilities to deal with a major incident from response to recovery. Are You Ready? features real-life testimony from lifeguards and aquatic professionals who have experienced a major incident in their facility. The opportunity for staff to see the lasting impact of such a scenario increases their understanding of major incidents and emphasizes a team response.

Stand clear, Prompt Response is here!

The Society's Prompt Response CD features 14 tracks including scenarios and CPR drills to give candidates realistic, hands-on experience. Accurate sounds and commands make teaching AED easy, fun and lifelike. Available in English and French, this CD is a must-have for all first aid instructors and is readily compatible with ACTAR D-fib equipment.

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



Free Swim to Survive® lessons are being offered this summer throughout Toronto. CUPE 4400 and RBC Royal Bank Foundation have generously funded lessons at four locations between July 9 and August 3. See the event on the Society's Facebook page for more information, visit our website, or contact Cindy Parsons by phone 416-490-8844 or email sindyp@lifeguarding.com.

Survival goes viral

Thousands of children have participated in the Swim to Survive® program and learned the basic skills to survive a fall into deep water. Thousands more have accessed the message online where the Swim to Survive video is available in eight languages.

In fact, the Swim to Survive video has been viewed over 46,000 times on the Society's YouTube channel. Now you can play a part in preventing drowning with the click of a button. Visit the Society's YouTube channel or Facebook page and share the video on Facebook or Twitter. By helping to increase awareness of the program and the need for basic survival skills you could save a life.

Peterborough firefighter David Gillespie, along with police officers John Lyons and Monica Gillespie, teamed with the Lifesaving Society to create the Swim to Survive video after the tragic loss of four-year-old Avery Pringle in 2010. "We just don't want to see this happen to another family," said Gillespie.

Swim to Survive rolls north

Limited access to traditional swimming lessons increases drowning incidences by six times in First Nations communities. Right to Play and the Lifesaving Society are teaming up this summer to meet this problem head on.

Right to Play is an international non-profit organization that uses the power of sport to bring about social change across the world. The Promoting Life Skills in Aboriginal Youth (PLAY) program supports cultural identities and values while providing opportunities for active involvement in sport.

This July, two teams of two lifesaving instructors will visit four communities in northern Ontario (Moose Cree, Wapekeka, Sandy Lake and Marten Falls). During their one-week stay, the instructors will teach the Society's Swim to Survive, Swim for Life, First Aid and BOAT programs.

It is the goal of the Lifesaving Society to eradicate drowning – by utilizing data collected by the Drowning Prevention Research Centre and from the Ontario Coroner's Office, we are able to target programming to communities and people in need.

Be a leader, start a club

Did you know that as a qualified instructor, you can volunteer to teach CPR-A to other students at your high school? By organizing a Lifesaving Society Club you will increase the number of CPR-trained individuals in your school and you will raise money for drowning prevention that will help save lives.

Leading a philanthropic activity like starting a Lifesaving Society Club builds leadership skills and looks great on a resume or on a university or college application. We will assist you with the fundraising aspects and provide a "tool kit" to get you started. Contact us before the upcoming school year to allow time for us to guide you through the process and get you ready. If you're interested, contact Kelly Manoukas at 416-490-8844 or email fundraising@lifeguarding.com.

Summer fundraising events

Participate in one of our fundraising events this summer and raise money for the Society's Water Smart® drowning prevention campaign. Your efforts will help prevent drowning and thousands of water-related injuries!

Lifesaving Society 500 metre swim for 500 lives

Saturday July 21 to Sunday July 29
Dedicated to the 500 Canadians who drown every year, this event aims to have 500 lifeguards from 50 facilities complete a 500 metre swim during their in-service training.

Lifesaving Society Swim to Save Lives

Saturday July 21 to Monday September 3
This all-ages event challenges community-pool patrons to swim 50 m, 100 m, 150 m or 250 m.

For both events, participants make a donation and seek sponsorship to raise funds. Prizes are awarded to individuals and facilities that raise the most funds. To receive registration forms for these events, call Laurie Priestman 416-490-8844 or email fundraising@lifeguarding.com.

Join Canada's Swim Team!

There's a new Swimming Canada movement sweeping the country called CANSwim and the Lifesaving Society is a proud partner. CANSwim is not a new swimming program or a water safety program: it is a movement to teach every Canadian child to learn how to swim. The goals of CANSwim are:

- To teach every Canadian child to swim 25 metres before they complete elementary school.
- To educate parents on the value of enrolling their children in swimming lessons.
- To educate municipalities on the value of making swimming lessons accessible to all Canadian children.
- To reduce the barriers to learning to swim such as financial obstacles, proximity to facilities, cultural background, etc.

One initiative within CANSwim is Join Canada's Swim Team, which fosters recognition and incentive (not training) that any provider of swimming lessons can implement with no additional staff training or resources. Keep an eye on the Society's website or Facebook page for more details.

103rd silent auction

The silent auction following the Society's AGM on March 30 raised over \$2,900 for the Water Smart drowning prevention campaign. Thanks to the auction volunteers: Wady Dyson, Helena Follows, Heather Kazan, Kenn Little, Lori McNelly, Peter Turner, Katie Williams. Thanks to individual donors: Ed Bean, Barbara Byers, Doug Ferguson, Anne-Marie Friedmann, Sarah Ingleton, Kevin Jackson, Madison & Megan Kessell, Margie Lizzotti, Wendy Mahony, Janet McCurdy, Jennie Miller, Marc Neeb, Sister Jean Leier, Julie Twaddle, Lorraine Wilson-Saliba. Thanks to business and organization donors: Art Gallery of Ontario (AGO), Bazaar Marketing, Blistex, Casa Loma, City of Kitchener, City of Toronto, CN Tower, Dancap Productions, EBimage, Forever Creating (Tina LaSelva), GoodLife Fitness, Great Wolf Lodge Niagara Falls, Marion Aquatics (Prince Albert, SK), Mariposa Cruises, Magna, MADD, Ninutik (Maple Syrup), Maverick Systems (Phil McCurdy), Ontario Power Generation, Roots Canada, Royal Ontario Museum (ROM), RLSS Australia, RLSS India, RLSS New Zealand, RLSS UK, Scarborough Town Centre, Shaw Festival, Stratford Shakespeare Festival, Toronto Blue Jays Baseball Club, Toronto Symphony Orchestra, Tree Top Trekking (Barrie), The Keg, The National Ballet of Canada, Town of Whitchurch/Stouffville.

See you next year!

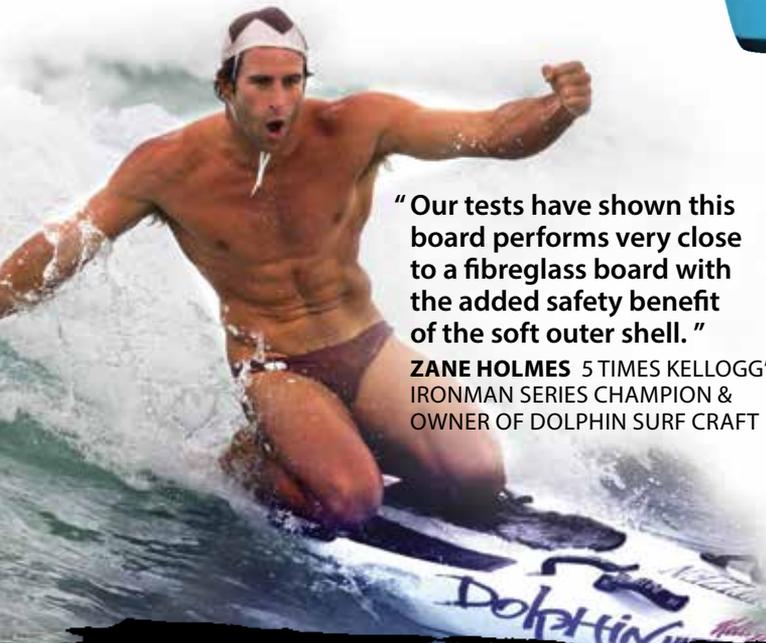


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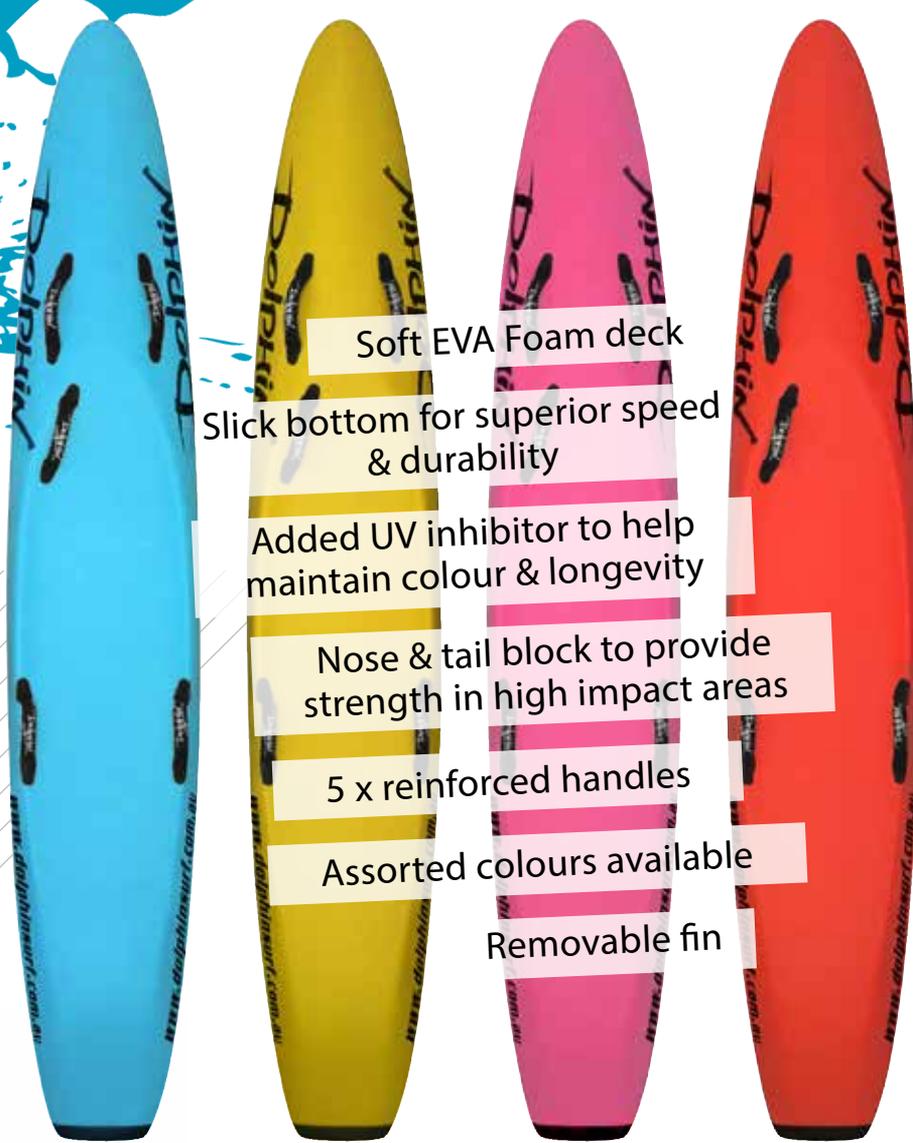
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Soft EVA Foam deck

Slick bottom for superior speed & durability

Added UV inhibitor to help maintain colour & longevity

Nose & tail block to provide strength in high impact areas

5 x reinforced handles

Assorted colours available

Removable fin

Built for performance and tested in Canada's open waters, 8'10" soft racing boards provide young competitors with a manageable craft that makes transitioning to full-size racing boards easier by building their confidence and proficiency. Soft boards are \$875 each. Order five or more for \$787.50 each or order ten or more and pay just \$700 per board.

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