

lifeline

Summer 2005

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Spinal injuries: Demonstrate, Describe, Do

Candidates face increasing challenges in spinal injury management through the Society's awards, but the instructor's best approach is to keep it simple at any level.

Bronze Star (Item 11) introduces the importance of immobilization of a *breathing victim on dry land*. The important concepts are recognition of the signs, symptoms and causes, and prevention of further injury.



Bronze Medallion (Item 11) focuses on the immobilization of a *breathing victim in shallow water*. This is a skill item, not a rescue. Teach candidates to recognize a possible spinal based on understanding the mechanism of injury. Explore a variety of turnovers and techniques for immobilization.

Practice tip: With candidates lined up across the width of the shallow end wall, move across the pool in front of them while demonstrating and describing proper hand and body positions and how to assess ABCs. Then, in turn, each partner practices rollovers (using lane lines as a guide) before returning to the shallow-end wall.

Bronze Cross (Item 10) focuses on the recovery of a *non-breathing victim in deep water*, and the use of a trained bystander to assist in shallow water immobilization. Bronze Cross candidates demonstrate

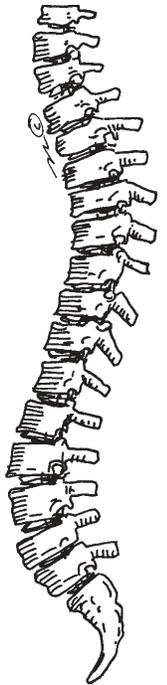


rescue breathing and ability to manage vomit. Like the item at Bronze Medallion, this is a skill demonstration, not a full-blown rescue.

Practice tip: With candidates lined up on a deep end wall, move across the pool demonstrating and describing deep-water immobilization and transport to shallow water. For practice, victims position themselves across the deep end about five metres from shallow water. Using lane lines to guide each group will allow several groups to practice simultaneously. Remember to focus on the "rescuer's" actions – not the bystander's.

NLS (Item 3c) focuses on team work and stabilization on a spineboard for removal. At NLS, victim types and complications may include no pulse, airway obstruction and lumbar injury. Teach NLS candidates a variety of turnovers and adaptation to various environments including shallow water, as well as both "knifing the board" and "slant board removals." NLS candidates should be able to perform all roles as part of a team rescue.

Practice tips: Using several boards simultaneously will maximize practice time allowing small groups of three or four to switch roles and learn from feedback. Move through the steps slowly while candidate proficiency increases, and then begin reducing the time of recovery, removal and early resuscitation.



LIFESAVING SOCIETY
The Lifeguarding Experts

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 programs, Water Smart®, public education, and aquatic safety management services.

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 Royal Life Saving Society and the International Life Saving Federation.

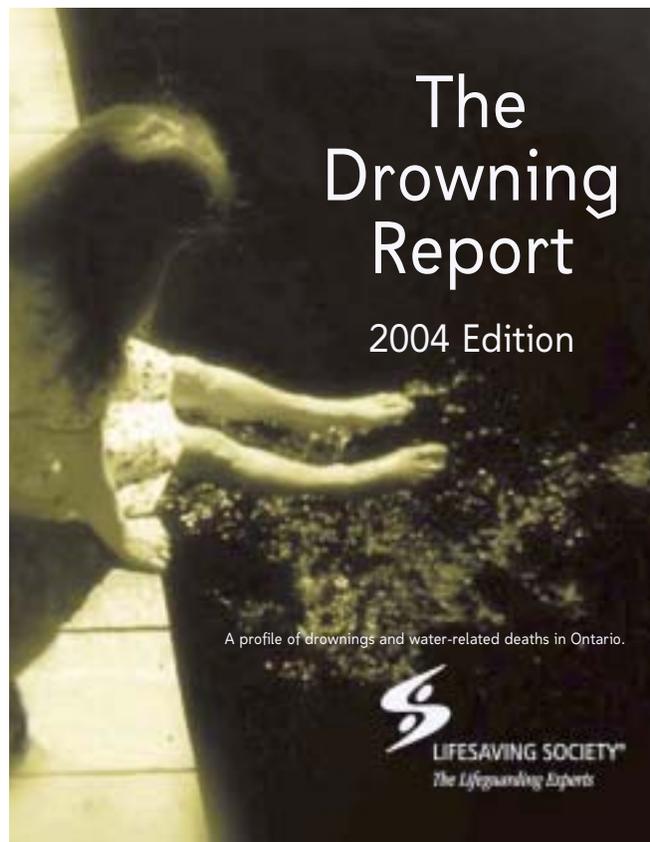
The Society is the governing body for competitive lifesaving – a sport recognized by the International Olympic Committee. All donations are gratefully received. A charitable receipt for income tax purposes is issued for donations over twenty dollars. Ontario Branch Charity Registration No. 10809 7270 RR0001.

Statistics from the 2004 Drowning Report



The 2004 Drowning Report reflects data from 2001, the most recent year data is available. Drownings in Canada continued to decline with 431 deaths, down nine per cent from 2000. In Ontario, the number of drownings and water-related fatalities edged up to 144 in 2001, up eight per cent from the all-time low of 133 in 2000. Other Ontario highlights:

- Deaths while boating reached an all time low of 40. This is the first time in 15 years of recording where there were fewer boating deaths than in-water aquatic activities. In-water recreational activities led the 2001 increase with 105 fatalities, up eight per cent from the previous year.
- Drownings among middle-aged adults (35-49 years old) escalated to 53 – or one-third of all deaths – up more than 50 per cent from the previous five-year average.
- After three successive years of decreases, the number of water-related deaths involving alcohol consumption increased in 2001 to 58, up 18 per cent from 2000.
- The 16 deaths in 2001 among 18-24 year olds was a 14 per cent decrease versus the past five-year average.
- For the first time in 15 years of tracking, there were no fatalities during occupational activities.



For the complete Drowning Report, go to the *Water Smart* section of www.lifesavingsociety.com.

Lifeline

Lifeline is published twice yearly for 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 at the following address.

Return undelivered copies to the:

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www.lifesavingsociety.com



All children should learn to swim.

Photo courtesy of Rocket Design

Swim to Survive



he acquisition of basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning.

The Society's new Swim-to-Survive campaign for school-age children reflects this belief.

Swim to Survive is different from regular swimming lessons. It focuses exclusively on achieving the essential minimum skills required to survive an unexpected fall into deep water.

Swim skills are not innate; they need to be taught, and all Canadian children deserve the chance to learn the basics. Unfortunately, fewer parents are enrolling their children in traditional swimming lessons, and fewer schools are providing basic swim instruction to elementary-aged children.

After bicycling, swimming is the second most popular activity in Canada among school-aged children between 5-12 years of age – let's make sure they all have the basic skills to survive.

The Swim-to-Survive campaign is made possible with support from the **Stephanie Gaetz KEEPSAFE Foundation** (www.keepsafefoundation.com). The Foundation is a generous supporter of the Society's Within Arms' Reach campaign and the Founding Sponsor of the Society's Swim-to-Survive campaign.

Contact Barbara Byers, Public Education Director for more information at barbarab@lifeguarding.com, or by phone at 416-490-8844.

All children should learn to

Make sure your children know the basics. Can they pass the Lifesaving Society's "Swim to Survive Standard"?

- Roll into deep water
- Tread water for 1 minute
- Swim 50 metres

Contact your local pool for swimming lessons.

LIFESAVING SOCIETY®
The Lifeguarding Experts

SWIM PROGRAM
LIFESAVING SOCIETY

Stephanie Gaetz
KEEPSAFE FOUNDATION

Designed by: Lowe RHP

Did you know

Drowning is the third leading cause of accidental death for people 60 years of age and under (surpassed only by motor vehicle crashes and poisoning). Data from the Society's most recent annual *Drowning Report* (2004) tells us that most drowning victims are adult men (four times more likely than women) and most of these fatalities occur because the victim fell into deep water unexpectedly.

You can't save who you can't see



OnGuard

Effective scanning is the foundation of the lifeguard surveillance system. Scanning must be systematic and responsive to the changing demands of the supervision zone. As a lifeguard, you need to have a variety of scanning patterns (e.g., horizontal, vertical, triangular) to cover zones of different shapes.

A variety of factors can interfere with your ability to effectively scan a zone including surface glare, water clarity, your position, or the size and shape of the area. Whatever the cause, it is your duty to correct the problem.

Scanning guidelines

You should be able to complete an effective scan of your supervision zone within 20-30 seconds (the time in which a person can slip below the surface). If not, the zone needs to be redesigned. To enhance your scanning:

1. **Guard from elevated stations** even if there is only one swimmer. The view from an elevated station is superior to that at ground level.
2. **Adjust your position** to counter glare and alert other guards to the reason for your move. Wear polarized sunglasses designed for clear peripheral vision.



3. **Scan below the surface** and (in pools) look at the bottom on every scan. Bottom visibility is essential. Change position if glare or light refraction creates blind spots.
4. **Rotate zones frequently** to stay sharp and aware. A shorter period in one station helps prevent mental lapses and improves vigilance.
5. **Take regular breaks:** a minimum 15-minute break every two hours.

Scanning strategies

Lifeguards use a variety of strategies to sort and organize sensory input. Techniques include:

1. **Head counting:** With low patron loads, count the people in your zone on each scan. When the number changes, know why.
2. **Mental filing:** On successive sweeps, build patron profiles that take note of swimming ability, skill or activity. Track changes in behaviour or activity on each scan.
3. **Profile matching:** On each scan, measure what you see against the characteristic profiles of potential trouble or victim types.
4. **Tracking:** Track the progress of individuals who submerge (from the diving board or the surface), and those who fit the high-risk profile (e.g., the unattended child). Attend to "hot spots" more often (e.g., diving boards, rafts, drop-offs, buoy lines, ladders or toys).

Scanning skill drills

Practice improves your scanning skills – especially visual perception and memory. Scanning drills should be part of every pre-season and in-service training program. Here are two to get you started.

Spot the colours: Different coloured objects are placed on the pool bottom.

Guards have one chance to scan the bottom to identify the number of objects, their location and colour.

Timed spotting: Guards know in advance that tennis balls, ping-pong paddles or other floating objects will be released somewhere in the supervised area at randomly selected recreational swims. Using a pre-arranged signal that indicates the guard has spotted the object, the time between the release of the object and the signal is measured. Guards should be able to spot the object within 30 seconds of its release.

The word is out!



Every Canadian needs to know how to swim and teaching them is a key part of the Society's drowning prevention strategy. More and more affiliates are adopting the Society's new Swim Program. Ask about it in your area, and become a Swim Instructor or Assistant Instructor today.

Swim Instructor

If you're already a swimming instructor, you just need to attend a Swim Instructor Update Clinic. This four-hour clinic gives you all the information you need.

If you're at least 16 years of age and hold a current Bronze Cross certification, you can take our new Swim Instructor Course. This course may be combined with the Society's Lifesaving Instructor Course.

Assistant Instructor

If you're 14 years old and have your Bronze Cross, you can become an assistant instructor. You'll learn the roles and responsibilities, communication and leadership skills, and how to teach swimming skills and strokes. Working as an assistant will give you valuable experience that could translate into a job as an instructor. And volunteering as an assistant instructor is a great way to complete your 40-hour community service requirement.

Check with your local pool for upcoming courses, or visit www.lifesavingsociety.com.



To learn more about our Swim Program, contact:

Lorraine Wilson-Saliba
Lifesaving Society Program Manager
Tel: 416-490-8844 Fax: 416-490-8766
Email: lorrainew@lifeguarding.com.

New Swim Program Award Guides

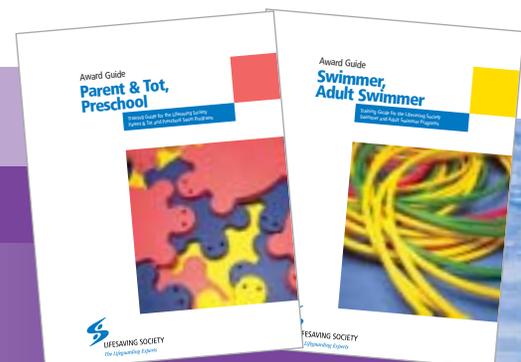
Order your copy today – Our latest Award Guides provide swim instructors with all the information to teach and evaluate the Lifesaving Society Swim Program.

Features:

- Curriculum-at-a-glance charts.
- Test Items, Purpose Statements, Must Sees, Notes for all Swim Program levels.
- Teaching Water Smart®, Stroke Development, Lesson and Core Plans.

The 60-page Parent & Tot, Preschool Award Guide features information on teaching preschoolers, support positions and holds, teaching tips, songs and games. The 84-page Swimmer, Adult Swimmer Award Guide features helpful stroke drills.

Only \$14.25 each (\$18.00 with shipping, handling and tax included). Order by phone, fax or email.



Toronto lifesaver in Asia



peoplewatch

On December 26, 2004, Sri Lanka and other parts of Asia were devastated by a tsunami. Carl Rottman (pictured kneeling, far right), a Toronto paramedic and the Lifesaving Society's Ontario Medical Advisory Chair, went to Sri Lanka as part of a team organized by the David McAntony Gibson Foundation to provide medical aid to disaster areas.



Their mandate was to treat refugees displaced by the tsunami. They brought a water purification engineer who helped clean wells for local villagers, and toured two or three refugee camps a day for two weeks. They treated numerous patients with respiratory infections, untreated infected wounds, skin infections, dehydration and more. They provided data to the Sri Lanka Ministry of Health regarding the general health and well being of those residing in the refugee camps, and assessed patients for the outbreak of possible opportunistic diseases such as malaria. By the end, the team treated about 3,500 patients, brought approximately \$40,000 worth of medicine to the area and trained 60 local people in water sanitization techniques.

Rotmann says the experience was overwhelming but rewarding. "It is a hard to express in words some of the visual images we took in. The people of Sri Lanka really amazed me with their strength and courage."



Rescue Award of Merit – Hanover Fire Department

The Lifesaving Society presented its Rescue Award of Merit to the Hanover Volunteer Fire Department on April 1, 2005.

"Before Samantha could grab the tree and pull herself up, the trailing cedar canoe filled with water and rammed broadside into her stomach..."

To read the details of this and other incredible rescues, visit the *Rescue Award of Merit* section of our Web site under *Member Services* at www.lifesavingsociety.com.

IT'S A SHOCKER

ACTAR D-fib™ CPR-AED training manikin

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NEW
LOWER PRICES

The ACTAR D-fib™ CPR-AED training manikin has all the features needed to teach both CPR and AED. The fully modelled upper body facilitates jaw-thrust and accommodates training electrode pads.

You'll save time with ACTAR D-fib™ because disinfection between uses isn't necessary. Neither are face shields or mouth barriers – ACTAR D-fib's™ disposable lung doubles as a face shield/barrier.

ACTAR D-fib™ is lightweight and comes in compact packaging of singles, 5's or 10's – all with a nylon backpack or carrying bag.

To order, phone 416-490-8844,
fax 416-490-8766,
or email experts@lifeguarding.com.



Let's set a new world record



Get ready. Get set.
Let's break a
world record!

Did you know the Guinness World Record for "Greatest number of people to swim 100 metres at different venues in one hour" is 2533?

This summer, help us break that record. On **July 23, 2005, from 1:00 – 2:00 p.m.**, the Lifesaving Society and the City of London are sponsoring a multi-venue swim-a-thon. We encourage all Ontario lifeguards, swim instructors, pool managers, aquatic staff and the general public to get organized to beat this record. It's easy to set up:

- Find a pool in your area that will spare a lane or two for an hour.
- Gather 10 people (each person finds their own sponsors).
- Swim 100 metres each between 1:00 – 2:00 p.m. on July 23.
- Have someone witness it.
- Collect the money and send it in.

That's it! So jump in and help out - it's a lot of fun and all the money raised will go directly to the Lifesaving Society's drowning prevention campaign.

To register or get more information, please contact Sindy Parsons at the Lifesaving Society by phone 416-490-8844, or by email sindyp@lifeguarding.com.



(Above)
For the third year in a row, the Society's *Single Facility Fundraising Award* is presented to the Town of Aurora for raising the most money for Water Smart® through events.



(Right)
Congratulations to the City of Windsor, who took home the Society's *2004 Darnell Challenge Cup*, awarded to the affiliate who mobilizes staff and volunteers to raise the most funds for Water Smart® through events.

DROWNING IS THE SECOND **PREVENTABLE** LEADING CAUSE OF **DEATH** FOR CHILDREN UNDER 10 YEARS OF AGE!

I support the Lifesaving Society's Water Smart® drowning prevention work.

Here's my donation: \$10.00 \$15.00 \$20.00 \$_____ **or** make me a monthly donor – gift of (min. \$5/month): \$_____ Cheque (payable to the Lifesaving Society) VISA MasterCard Amex

Name _____ Address _____ Phone: _____

Credit Card # _____ Expiry Date _____ Signature _____

Mail to the Lifesaving Society, 322 Consumers Road, Toronto, Ontario M2J 1P8
Lifesaving Society Ontario Branch Registered Charity # 10809 7270 RR 0001

SAJE – First aid beyond the pool deck



brainwaves

Lifesaving First Aid Examiner Jeff Rohner-Tensee and his company SAJE Health & Safety deliver CPR and first aid training directly to the public.

SAJE Health and Safety opened in 1997. They offer on- and off-site training. SAJE prides itself on flexibility; being able to give customers what they want, when and where they want it. For SAJE, this meant choosing the Lifesaving Society as its training agency.

For the second year in a row, SAJE won the Society's Private Affiliate Award – awarded to the largest non-municipal Lifesaving Society training program in Ontario. SAJE also works with pro bono clients including the MS Society of Canada, for whom SAJE provides first-aid training to volunteers and event staff.

"We are doing what we can to alleviate some of the expenses of the MS Society so they can help where help is needed the most," says Rohner-Tensee.



Lifesaving Society President-Elect Alain Rabeau (left) presents the Private Affiliate Award to Jeff Rohner-Tensee.

required to register as affiliate members – only to cover the content under the test items for each level. After conducting the course, instructors complete the appropriate test sheet and send a copy with the exam fees to the Society office.

For a listing of programs, services, exam fees, literature prices and courses offered by the Society, visit www.lifesavingsociety.com.

The Lifesaving Society encourages instructors to go out and teach. No special approval is required to offer the Society's courses. Instructors are not

ON SALE NOW!

THE NEW CANADIAN FIRST AID MANUAL IS HERE.

Inside you'll find the most up-to-date information required for all first aid courses. (See the outside back cover for details.)

The Canadian First Aid Manual is designed for a broad audience – lifeguards, babysitters, camp staff, recreation staff, parents, grandparents – everyone. First aid candidates will find the Canadian First Aid Manual easy to read and clearly laid out with colour photos and charts, while instructors will have a complete first aid text that covers all the technical information required to teach first aid courses.

Get certified in all levels of first aid from one agency – the Lifesaving Society – using one first aid text – the Canadian First Aid Manual – if you don't have it, you need it.



Ask the Expert – Off-site trip standard



When camp, program or school staff are entrusted with the welfare of participants, they must take every precaution to ensure safety. This means when participants are exposed to water hazards, either at their site or at another location, the organizing authorities must provide a reasonable standard of care in managing that risk.

The Lifesaving Society Council recently approved an “Off-Site Trip Standard,” which recommends that National Lifeguard-certified staff be present at all times



during water activity or when the risk of immersion exists. The ratio of certified staff to participants should be in keeping with the Ontario Health Regulations.

The following are possible methods of implementing this standard with your group:

1. Phase in the requirement. Staff should be NLS certified by June 1, 2006 in order to work.
2. Include an NLS certification course as part of your pre-camp training program for aquatic staff.
3. Plan budget strategies now for implementation of the standard. Will you be able to cover the cost to certify staff? Will the necessary certification have to be prerequisite to employment?
4. Ensure an appropriate protocol for trips is in place to ensure safety and success. This may include protocols such as establishing communication requirements, preparing a risk assessment checklist and assessing participants' swimming ability, to name only a few.

2005 Aquatic Safety Management Courses

Pool Operator Level 1 September 13, 14 – Halton Hills
Pool Operator Level 2 November 7, 8 – PRO Aquatics Conference
Aquatic Safety Inspector October 12, 13 – Richmond Hill

BLUE FLAG



The Blue Flag is a symbol of high environmental, sanitary and safety standards at a beach or marina. The Lifesaving Society is a member of the Blue Flag jury that evaluates beaches for Blue Flag designation.

The Foundation for Environmental Education, based in Denmark, owns and operates the Blue Flag Program. Since its inception in 1987, the program has grown to include 2,087 beaches and 737 marinas in 24 countries. Flying the Blue Flag means a beach or marina has met 27 strict criteria in the areas of water quality, environmental education and information, environmental management, and safety and services.

A Blue Flag is awarded to a beach or marina for one bathing season, and the operator must reapply for certification each year. If at any time a beach or marina does not meet the standards, the flag is removed until the criteria are met. For owner or operators of beaches and marinas, a Blue Flag designation is a way of identifying to residents and tourists that the site meets a recognized standard.

Environmental Defence Canada is the national operator of the Blue Flag Program. Their goal is for all beaches across Canada to eventually meet national Blue Flag standards of safety and cleanliness.

Canadian sets new world record

Marc Prud'homme (Canadian Forces) set a Canadian and unofficial world record in the 100m Carry with Fins event at the 28th annual Canadian Lifeguard Championships in Kamloops, May 4-7, 2005. In a time of 50.49 (besting the former world record of 50.52), Marc raced 50m wearing fins to recover a submerged manikin and carry it to the finish edge.

Other Canadian records also fell in Kamloops. For full results, visit the *Competition* section of our Web site at www.lifesavingsociety.com



www.rescue2006.com
MAJOR SPONSOR

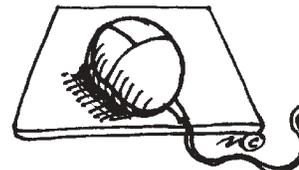


Pay from anywhere, anytime

In a continuing effort to improve customer service, the Lifesaving Society has a new electronic payment option available. Affiliates and individual members of the Society can pay the Ontario Branch at anytime, from anywhere, through their bank, by telephone or Internet.

To set up this convenient system, please contact your bank and use your Lifesaving Society I.D. number as your account number. You can send explanations about your payment and any questions about your account by email to payments@lifeguarding.com.

We welcome any suggestions to make this and other administrative processes easier for our customers, and to help you to continue making contributions to aquatic education and drowning prevention in Canada.



More than 4,000 competitors from 30 different nations are expected to attend the World Lifesaving Championships February 10-26, 2006.

The Championships involve six separate competitions – national teams, interclub, masters, surf boats, still-water boats and IRB – and stretch over 14 days in the Australian summer.

Anyone interested in attending the Championships is urged to book now at www.rescue2006.com.

Before you submit – check the prereq!

*Emergency First Aid is a prerequisite for Bronze Cross.
Standard First Aid is a prerequisite to NLS.*

When a first aid certification from an agency other than the Lifesaving Society is used as a prerequisite for a Lifesaving Society award, we need to see a photocopy of the certification card with the Lifesaving Society test sheets. The Society will not issue awards if the proof of prerequisite is missing. Affiliates should notify candidates of prerequisites in their promotional materials and at registration locations.

For NLS, the Standard First Aid award must be current, i.e., within two years of the date of issue. A current Standard First Aid award is not required for an NLS recertification.

So remember, before you submit test sheets to the Society, check to ensure all prerequisites are current and copies are attached.

Calendar

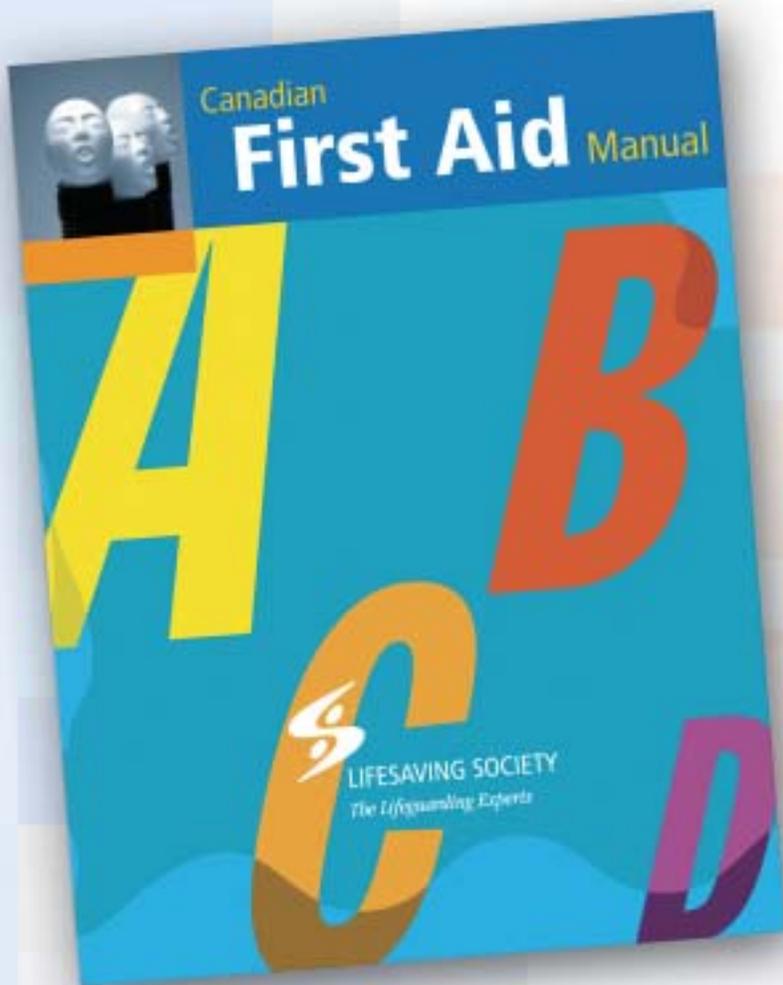
2005

- July 23**
Drowning Prevention Day
- July 2 – August 14**
TYR Junior Lifeguard TeleGames – (All pools)
- July 17**
Ont. Masters Lifesaving Championship – Waterfront (Woodbine Ashbridges Bay Beach, Toronto)
- July 30-31**
Ont. Lifeguard Championship – Senior Pool (Oakville)

- August 6**
TYR Ontario Junior Lifeguard Games – Waterfront (Brampton)
- August 15-16**
Ont. Lifeguard Championship – Senior Waterfront (Wasaga Beach)
- August 26**
Cdn. Surf Lifesaving Championships, Junior & Masters Divisions (Lac St. Jean, Quebec)
- August 27-28**
Cdn. Surf Lifesaving Championships, Senior Division (Lac St. Jean, Quebec)

- November 12-17**
TYR Ontario Junior Lifeguard TeleGames (All pools)
- November 19**
Ontario Lifesaving Championship – Senior, Masters Pool (Ottawa)
- 2006**
- January 28**
Ont. Masters Lifesaving Championship – Pool (TBC)
- February 10-26**
Rescue 2006 World Lifesaving Championships (Geelong & Lorne, Australia)

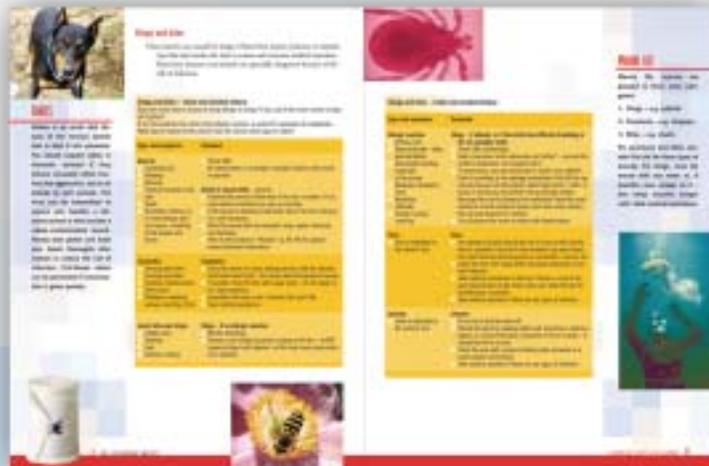
- March 4**
Ont. Lifesaving Championship – Pool (TBC)
- March 11-26**
TYR Junior Lifeguard TeleGames – (All pools)
- March 24**
Ontario Annual General Meeting (Kitchener)
- September 24-29**
Commonwealth Lifesaving Championships & Conference (Bath, England)



**ORDER
YOUR COPY
TODAY**

// Experience tells us that if you are called upon to perform first aid in an emergency, it will likely be for someone you know or care about – a family member, friend or colleague – at home or in the workplace. //

From the Introduction by Dr. Steve Beerman, chair of the International Life Saving Federation's Medical Commission and past president of the Lifesaving Society Canada.



Succinct and practical advice to first aid candidates with the focus on things they can actually do something about:

The Scene; Primary Emergencies; Secondary Emergencies; AED and Airway Management. Notes pages are provided for on-course use.

The 104-page, full colour *Canadian First Aid Manual* is \$9.95 (\$14.00 with shipping, handling and tax included). Order by phone, fax or email. Cash, cheque, Visa, MasterCard, American Express and debit cards all accepted.

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 E-mail: experts@lifesaving.com www.lifesavingsociety.com

