



LIFESAVING SOCIETY  
*The Lifeguarding Experts*

# L i f e l i n e r

Winter 2015

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# 2014 LIFESAVING SOCIETY PHOTO CONTEST WINNERS!

The second Lifesaving Society Photo Contest was a great success. Thank you to everyone who submitted photos and voted.

These adorable children stole the spotlight! Two photos submitted by Brenda Kazan earned the highest number of votes and won first place!



Brenda's second winning entry is of Blake and her fellow lifeguard-in-training, eight-month-old Zoe Tong.



Here Brenda's 10-month-old granddaughter, Blake Kazan-Tang, guards the family pool. Blake comes from a family of lifeguards and clearly can't wait to start lifeguarding.



Our second place winner comes from lifeguard Brooke Wardrope. She was working at an outdoor pool and this friendly dragonfly, affectionately dubbed "Ernie," landed on her shirt.



In third place is a photo submitted by Stefania Salzer of the Boys and Girls Club of Hamilton. Pictured are: Paul Wagner, Natasha Cimadamore, Angelica Darby, Stefania Salzer, Sara Noordam, Rebecca Heathcote, Charae Friesen, Taylor Mullen and Aneta Ratajczyk.

**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.

Fulfilling the legal requirements for public swimming pools can be a daunting task for the owners and operators of any aquatic facility.

In Canada most provinces and territories have legislation on public pool operation – but there is no national standard. Regulations and guidelines vary in the aquatic safety issues they address and are sometimes silent on topics the Lifesaving Society feels are important for maintaining safe environments.

This is why the Lifesaving Society's National Safety Management Commission created the National Public Pool Safety Standards for Canadian Public Swimming Pools, which provides guidance to public pool owners and operators implementing provincial/territorial legislation.

Lifesaving Society standards are based on extensive international research of existing standards, guidelines and best practices. Lifesaving Society standards represent the reasonable minimum – pool operators are encouraged to go beyond them.

New national standards exist for these topics: Lifeguard Age / Lifeguard Certification / Bather-to-Lifeguard Ratios / Emergency and Operating Procedures / Entrapment and Suction Hazards / Safety Equipment / Emergency Telephone / Water Clarity / Diving Depths / Records / Lighting Levels / Safety Supervision During Instructional Periods / Swimming Pool Basin Colour / Lifeguard Chair Specifications / Breath-Holding.

All pool owners and operators are strongly encouraged to download the National Public Pool Safety Standards for Canadian Public Swimming Pools at [www.lifesaving.ca](http://www.lifesaving.ca) in the Aquatic Safety Management section.

For more information on implementing these standards at your facility contact Michael Shane by email: [michaels@lifeguarding.com](mailto:michaels@lifeguarding.com), or call 416-490-8844.

## ACTAR TRAINING SYSTEMS

CPR training manikins are required for use in first aid courses. ACTAR training equipment is Canada's No.1 CPR and AED training system. ACTAR products are lightweight and come in convenient carrying bags that are easy to transport. They are easy to clean and require little maintenance. [Lifeguarddepot.com](http://Lifeguarddepot.com) offers the full line including ACTAR 911, ACTAR D-Fib, ACTAR AED trainers, accessory parts and restock supplies.

Visit [www.lifeguarddepot.com](http://www.lifeguarddepot.com) today for additional information on ACTAR training systems.



### Lifeline

Lifeline is published twice yearly and distributed to over 50,000 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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# GRADE 7s GET DRESSED TO GO SWIMMING!

Thousands of Grade 7 students in Ontario participated in the Society's Swim to Survive+ program last year. Over the next few years, thousands more will get the chance thanks to a three-year funding agreement from the Ontario Trillium Foundation and PPL Aquatics.

Swim to Survive+ teaches Grade 7s how to survive an unexpected fall into deep water. First students complete the roll, tread, swim sequence of Swim to Survive – then they learn how to assist a friend while remaining safe themselves. Students swim in clothes to simulate real-life situations and do interval swimming, too. “This program is incredible,” says Sean Friedman of Brampton. “The kids really get a lot out of it and the instructors love to teach it.”

Swim to Survive+ is only offered through the School Grant Program. Aquatic facilities interested in hosting the program can visit [lifesavingsociety.com](http://lifesavingsociety.com) for information and application deadline dates.

**Our sponsors:** The Ontario Trillium Foundation's mission is to build healthy and vibrant communities throughout Ontario by strengthening the capacity of the voluntary sector through investments in community based initiatives. The Foundation provides grants to Ontario's charitable and not-for-profit organizations working in the arts and culture, environment, human and social services and sports and recreation sectors. The Ontario Trillium Foundation is an Agency of the Government of Ontario.

PPL Aquatic, Fitness & Spa Group is one of Canada's largest swimming pool companies specializing in the design, construction, equipping and servicing of commercial pool and fitness facilities. PPL and the Papke family became a contributor to the Swim to Survive+ program with a generous donation as well as a commitment to raise even more donations from fellow pool and spa industry professionals.

The Stephanie Gaetz Keepsafe Foundation is the founding sponsor of Swim to Survive+.

**Swim to Survive®**  
Lifesaving Society



**PPL**  
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AND  
THE PAPKE FAMILY

Ontario  
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Teaching Children's Safety.

 **Stephanie Gaetz**  
**KEEPSAFE FOUNDATION**

# ATHLETES AT THE READY

Lifesaving sport participants must be lifesavers first before they become lifesaving sport competitors. Lifesaving sport is the only sport that is based on humanitarian purposes. In August 2014, St. Laurent Masters, Rouge Valley Lifesaving Club and the Toronto Police Lifeguard Service competed at the USLA National Lifeguard Championships. Ali Ferguson, Martin Leprohon and Carolyne Pierre were three of the Canadians who attended the Championships. Read on to find out why lifesaving sport is different than the all others.

“I was walking along the beach with Martin Leprohon and Carolyn Pierre when I heard someone call for the lifeguard,” says Ferguson. “A woman and a man were running to one of the empty lifeguard trucks with a small child in the mother’s arms. Martin, Caro and I jogged over to them and Martin asked the mother what happened. The mom replied that she thought her 16-month-old was choking on a potato chip. The child was making no sounds.”

“We offered to help and the mother gave the child to Martin who began doing back blows. The mother was hysterical. After several unsuccessful attempts, another man came on the scene and declared himself to be a doctor. Martin passed the child to the doctor who began alternating back blows and compressions. The doctor was much more aggressive with his treatment and the mom almost collapsed on the spot watching what was happening to her child.

“I said ‘Here, come with me.’ I took her several feet away and had her turn her back on what was happening. I gave her a big hug and told her that the rescuers were well trained and that her son was in good hands. The mother’s knees gave out and she collapsed with her arms around my shoulders. We both fell to the sand in this position.

“I was watching what was going on behind her and trying to console her. She was praying, crying and screaming. After many minutes, the doctor was able to clear the child’s airway. The child regained consciousness just as EMS arrived on scene.

“I told the mom: ‘They cleared his airway, look, he’s conscious again!’

The mom stood up and ran over to her child. Police and other EMS providers began questioning her, so I left and went to the start line of my Oceanwoman final.”

Ferguson arrived on the start line of the Oceanwoman final as the starting gun went off for the race immediately before hers. She went on to win that USLA Oceanwoman race.

## VISIBLE, IDENTIFIABLE, CONSISTENT

We are the Lifeguarding Experts and we wear red and yellow. Here’s why.

While on guard, it is imperative that lifeguards are easily identified to assist patrons in times of need and provide guidance on safety issues. The combination of red and yellow is the most consistently and commonly used colour scheme of aquatic lifeguards around the world because it fulfills the need for a visible, identifiable and consistent uniform. Municipalities across Canada that understand the importance of universal consistency among lifeguards choose red and yellow.

Join the global community.  
Visit [www.lifeguarddepot.com](http://www.lifeguarddepot.com) for more details.



# POOL LIFEGUARD RESCUE AIDS

## CHOOSING A RESCUE AID

Lifeguards should be ready to rescue victims with and without an aid as drowning victims may not accept an aid or you may have multiple victims to rescue. The most effective aids for in-water rescue are those that have sufficient buoyancy to hold up a victim's shoulders at or above the water, and one that is designed specifically for water rescue such as the rescue tube and rescue can. Alternative buoyant rescue aids such as the ring buoy or adult lifejacket can be used if rescue tubes and rescue cans are not available.

## CARRYING THE RESCUE AID

**Lifejacket:** may be worn over one shoulder through an armhole, a strap may be clipped and slung over one shoulder, or the lifejacket can be held in one hand.

**Rescue can or tube:** may be worn with the shoulder strap over one shoulder or across the chest. The excess line held in your hand.

**Ring buoy:** may be carried rope in one hand, ring in the other. Ring over one shoulder and line in hand.

## ENTRIES WITH A BUOYANT RESCUE AID

Lifeguards must enter the pool with caution and concern for their safety and the safety of the victim and other patrons. The buoyant rescue aid can be held, tossed to the side, or let down to the deck or water's level before entry. If holding the rescue aid, be aware of the impact of the water and control the aid to allow a quick approach to your victim.

Entries may be feet first or head first depending on the facility design, location around the pool, obstructions, water conditions, depth and victim's condition.

## APPROACHES WITH A BUOYANT RESCUE AID

If the buoyant aid is trailing behind you on your approach, time your contact with the victim so you can

retrieve the aid and extend it to the victim in a timely manner. Always approach the victim in such a way that they are unlikely to grasp you.

## HOW TO RESCUE VICTIMS USING RESCUE AIDS

*The following are examples – other methods may also be used.*

### Conscious victim:

From behind, grasp the victim around the waist with one arm and use your free hand to bring the rescue aid to the front of the victim under their arms so they can grab onto the aid. Using a buoyant aid is very useful when inserted between and under the arms for two victims clutching together.



### Unconscious victim using:

**Rescue tube** – with the rescue tube across your chest and under your arms, approach a facedown victim using head-up front crawl. Swim up to the victim so your shoulders are aligned. Grasp the victim in a modified carry. Using a pendulum maneuver, return in the direction you came bringing the victim into a face-up position. The victim will now be floating on the rescue tube. You can then switch into another control carry (double-chin or head carries work best). You may also remain in a modified carry if it is most comfortable.

**Lifejacket** – put both arms through the lifejacket arm holes so that the lifejacket is inside out. If you have larger/longer arms keep elbows out of the arm holes. Approach the victim so that your shoulders are aligned with theirs. Grasp them in a modified carry. Using a pendulum

maneuver, return in the direction you came bringing the victim into a face-up position. You can remain in a modified carry or grasp the victim in a temporary single-chin carry, pull one arm at a time out of the lifejacket and grasp the victim in a double-chin or head carry.

#### Recovery of submerged victims:

The rescue tube/can will be useful to help bring a large victim or double clutch victims to the surface. Once you grab the victim(s) protect the airway then pull down on the line of the rescue tube/can and swim to the surface. Use the rescue tube/can for support and transport to closest point of safety.



## SOCIETY RETIRES BOAT COURSE TO REFOCUS ON BOATER SAFETY

Participation in the Society's classroom-based BOAT course has declined dramatically since online testing for the Pleasure Craft Operator (PCO) card became available. After consultation with affected Affiliates and Instructors, the Lifesaving Society will retire the Boat Operator Accredited Training program in Ontario by year end.

"Our drowning research shows a decline in deaths involving small craft since the Pleasure Craft Operator Competency program was introduced and we're proud to have been a part of that decline," says Lifesaving Society program manager, JP Molin. "The Society was one of the original accredited agencies when we launched BOAT in 1999. Since then, over 40,000 Ontarians have earned their PCO cards through the Society's BOAT course."

The Lifesaving Society is certainly not abandoning boater safety, but it's time to rethink how we can best educate at-risk boat users. The Society will refocus and reallocate resources to where they will be most effective – an expanded public education campaign targeting small craft users.

For more information about the retirement of the BOAT program, contact Program Manager JP Molin by email: [jpm@lifeguarding.com](mailto:jpm@lifeguarding.com).

## CHOOSE IT. USE IT.

Lifeguarddepot.com® sells lifejackets. Our lifejackets are Transport Canada and coast guard approved; they are made with durable nylon outers and PE foam inners; they are brightly coloured with zippered fronts and adjustable straps. The following sizes are available: Infant (< 30 lb.), Child (30–60 lb.), Youth (60–90 lb.) and Adult (> 90 lb.).



[www.lifesavingsociety.com](http://www.lifesavingsociety.com)

# FUNDRAISING EVENTS

**SEALS Swim to Survive:** Lesley Burton Zehr swam 35.5 km across Lake Huron in July, cutting her swim short because of unfavourable weather conditions. She raised \$12,000 for the Society's Swim to Survive program. Thanks to Lesley, more than 500 Grade 3 students will have the opportunity to learn to Swim to Survive. You can learn more about Lesley and her swim at [www.sealsswim.com](http://www.sealsswim.com).

**Pedal 4 Drowning Prevention:** University of Guelph lifeguards Derek Quick and John Carey cycled 6,000 km across Canada from Vancouver to Halifax in July to fundraise for the Lifesaving Society's Swim to Survive program. Over the 52 day ride, the duo stopped in communities across the country to promote water safety and Swim to Survive lessons. They raised more than \$1,700 for Swim to Survive. Learn more by visiting their Facebook page: "Lifesaving Society Pedal for Drowning Prevention."

## SAVE THE DATE 2015:

**Lifesaving Society April Pools Day (8th Annual):** Wed. April 1 – Thurs. April 30, 2015. In 2014, nine facilities participated and raised \$3,000. Since 2008, our affiliates and their staff have raised over \$20,000 for drowning prevention education.

**Lifesaving Society 500 metre swim for 500 lives (7th annual):** Sat. July 19 – Sun. July 27, 2015. In July 2014, lifeguards raised \$3,500 for the Within Arms' Reach campaign. Since 2010, 1186 lifeguards participated and raised \$26,000 for drowning prevention education.

**Lifesaving Society Rescue Tube Relay (6th annual):** July–August, 2015. In 2014, lifeguards from the Grey Bruce area covered a relay distance of 270 km and raised \$700. Since 2010, 428 lifeguards have raised \$18,000 for the Within Arms' Reach campaign. Who will step up in 2015?

For more information on fundraising events, please contact Laurie Priestman or Kelly Manoukas at 416-490-8844 or email [fundraising@lifeguarding.com](mailto:fundraising@lifeguarding.com).



# ONE MAN'S CHARITABLE GIFT

David Walter Page Pretty, past governor of the Lifesaving Society Ontario passed away peacefully in his 89th year on January 6, 2014.

David's volunteer career with the Society spanned eight decades. He had a keen interest in the preservation of the historic record of the Society in Canada and, during his lifetime, gifted over \$10,000 to the Olive Pretty Archives Fund, named after his mother, a former secretary treasurer of the Ontario Branch from 1932 to 1956.

David's bequest of \$50,000 will ensure that many projects related to the cataloguing, scanning and preservation of the Society's archival material come to fruition. The Society is grateful for David's kind gesture.

To learn more about David and his work for the Society, visit our website under Individual Members/Milestones.



## THOUSANDS JOIN CANADA'S SWIM TEAM

Canadian children from coast to coast have joined Canada's Swim Team since the Join Canada's Swim Team promotion launched last summer in pools across the country.

Join Canada's Swim Team is a recognition and incentive promotion designed to encourage all Canadian children to learn to swim. Any child who swims 25 m non-stop for the first time during swimming lessons can join the team. The instructor witnesses the swim and rewards successful kids with the Canada's Swim Team Membership Card. The child registers as a member on the Canada's Swim Team website.

Participants in the Society's Swimmer 3 or 4 or Lifesaving Sport Fundamentals Level 1 may be the most likely "25 m swim ready" target audience. All swimming lesson providers can participate. There's no cost and no staff training required. Details are available on the Society's website or on the Canada's Swim Team website: [www.getswimming.ca](http://www.getswimming.ca).

Join Canada's Swim Team is a Swimming Canada initiative with the Lifesaving Society Canada, the Canadian Red Cross, the Canadian Medical Association, and sponsored by RBC Insurance.

### SHOP ONLINE 24/7/365

Lifeguarddepot.com® is the online store of the Lifesaving Society, providing a comprehensive selection of equipment and supplies required to operate safe aquatic facilities and training programs including CPR instruction – all guided by the Lifesaving Society's 100 years of knowledge and experience as the lifeguarding experts.

**Lifeguard  
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[www.lifesavingsociety.com](http://www.lifesavingsociety.com)

# SWIM FOR LIFE UPDATES

Changes to our Swim for Life program take effect March 2015. The revisions are based on feedback from affiliates, instructors and participants.

## Revision highlights:

- Changes primarily affect Preschool and Swimmer levels.
- Distance and time ranges were eliminated to provide specificity and ensure consistency among instructors (Adult Swimmer maintains ranges).
- Stroke “Must Sees” are more specific.
- Swim to Survive® items shifted up one level to better align the required swim distance with participant ability.
- Water Smart® education is now a stand-alone “Item” with “Must Sees” to ensure that appropriate water safety message are delivered at specific levels.
- A few new items were added to fill perceived gaps in progressions.

## Updated resources:

The latest versions of our *Swim for Life Award Guide* and *Teaching Swim for Life* will be available for purchase in March 2015. A new resource CD for existing Swim Licensees will be ready for summer 2015 with updated resources including lesson plans, Water Smart activities, etc.

Check with your affiliate to see when they will change to the revised program.

## COMING IN MARCH 2015 – SWIM STROKES AND SKILLS VIDEO

Watch “Must Sees” come to life as really cool kids demonstrate revised Swim for Life strokes and skills. In eight short and informative videos front crawl, back crawl, breast stroke, dives, entries and more are seen above and below the water. Colourful animation and slow motion capture highlight key aspects of each stroke and skill. Watch the trailer on our website!



# BULLETINBOARD

## 2015 Literature Prices

Effective January 1 through December 31, 2015

Canadian Lifesaving Manual	\$38.95
Alert: Lifeguarding in Action	\$38.95
Canadian First Aid Manual	\$12.10
Canadian CPR-HCP Manual	\$10.30
BOAT Study Guide	\$11.25
Swim Instructor Pac	\$43.72
Lifesaving Instructor Pac	\$52.70
Combined Pac (Swim & Lifesaving Instructor)	\$73.67
NLS Instructor Pac	\$65.98
Waterfront Safety Guidelines	\$10.30
Wading Pool Guidelines	\$10.30
Backyard Pool Safety Guidelines	\$10.30
Guide to Ontario Public Pools Regulation	\$39.40
Guide to Ontario Public Spas Regulation	\$39.40
Standards Journals	\$39.40

## 2015 Exam Fee Schedule

Effective January 1 through December 31, 2015

Canadian Swim Patrol – Rookie, Ranger or Star (kit for class of 10)	\$13.75
Bronze Star	\$9.30
Bronze Star Recert	\$4.65
Bronze Medallion	\$15.12
Bronze Medallion Recert	\$7.60
Bronze Cross or Recert	\$18.37

## First Aid

Anaphylaxis Rescuer	\$1.20
CPR: A, B and C	\$1.20
Basic First Aid or Recert	\$1.20
Emergency First Aid (with CPR B) or Recert	\$9.30
Standard First Aid (with CPR C) or Recert	\$18.17
Automated External Defibrillation	\$9.30
CPR-HCP	\$14.50
Airway Management	\$9.30
Lifesaving Fitness	\$5.48
Wading Pool Attendant	\$9.30
National Lifeguard Service or Recert	\$30.20
Pool, Open Water, Emergency Response Officials, Meet Manager, Meet Referee	\$15.00
Instructor, Instructor Trainer, Coach	\$26.50
Instructor Recert	\$26.50
Each additional Recert at same time	\$7.20 to max \$50.00
Aquatic Supervisor Training	\$27.50
Aquatic Management Training	\$27.50

### Ontario AGM

The 106th Ontario Annual General Meeting of the Lifesaving Society, hosted by the City of Toronto, will be held on March 27, 2015 at the North York Civic Centre. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend.

### 2014 Water Smart Contest

Judging is underway! Visit our website to see if your submission won!

### 2014 Water Smart Award

Don't forget to submit your Water Smart® Award submission today! Include details about the initiatives you completed in the last year with some photos.

The Lifesaving Society presents its annual Water Smart Award to an affiliate member of the Society for outstanding community service to drowning prevention education. If you're an affiliate, and you promote Water Smart behaviours in your community through activities, let us know!

The deadline to submit is **January 16, 2015**. Visit our website for more information about how to apply.

**DROWNING IS THE SECOND LEADING CAUSE OF INJURY DEATHS IN CANADA AMONG CHILDREN UNDER 10 YEARS.**

**SWIM TO SURVIVE IS PART OF THE SOLUTION.**

The World Health Organization's first ever *Global Report on Drowning: Preventing a Leading Killer* confirms that a range of interventions are effective at preventing drownings including teaching school-age children basic swimming skills.



The Lifesaving Society's Swim to Survive programs provide children with the essential skills needed to survive an unexpected fall into deep water. Details in Swim to Survive at [www.lifesavingsociety.com](http://www.lifesavingsociety.com).



**Swim to Survive**<sup>®</sup>  
Lifesaving Society

Sponsored by Ontario Ministry of Education, Ontario Trillium Foundation, PPL Aquatics, and the Stephanie Gaetz Keepsafe Foundation.