

lifeline

Winter 2010/2011

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Prerequisites

Let's be Clear

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

Many Lifesaving Society awards have "prerequisites." A prerequisite may be an age – e.g., 16 years of age for National Lifeguard or Lifesaving Instructor – or an award(s) – e.g., Bronze Medallion and Emergency First Aid are prerequisites to Bronze Cross.

In order to be certified, all prerequisites must be in place. There are no exceptions. Candidates who do not meet the prerequisites will not be certified.

The Lifesaving Society's policies on prerequisites are:

- Prerequisite awards need not be current.
- Prerequisite awards must be earned prior to the start date of the course to which they apply.

- Minimum age requirements must be attained by the last day of the course or the day of the exam.

This does not affect programming flexibility. When two or more awards are offered together (e.g., Standard First Aid with Bronze Cross or with NLS), the Society deems the prerequisite awards to have been earned in the correct order.

Candidates work hard to achieve Lifesaving Society awards. Make sure all prerequisites are in place before the course starts.

Policy Change

Candidates must hold prerequisite awards, but the prerequisite need not be current within 24 months. This policy applies to all Lifesaving Society certifications.

The policy change is effective October 28, 2010 and will be applied retroactively. The Society will issue awards earned since January 1, 2008, which were being held because of an expired prerequisite.

Note: The Workplace Safety & Insurance Board (WSIB) policy that Standard First Aid (full course) must be current within 36 months in order to attend a recertification course, and the WSIB policy that candidates must alternate between an original course and a recertification course are WSIB policies and are NOT affected by the Lifesaving Society's prerequisite policy change.



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, 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 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.

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.

Drowning prevention in the community

Making waves to save lives

Last July, during National Drowning Prevention Week, 20 facilities and 305 lifeguards completed the "Lifesaving Society 500 metre swim for 500 lives," raising over \$9,000 for drowning prevention education. Thank you to all the lifeguards who participated and congratulations to Richmond Hill guard **Danielle Timmy**, and to the lifeguard team from the **Town of Tillsonburg Community Centre** for raising the most funds.

2011 Water Smart Award

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 for submissions is **January 14, 2011**. Visit our website for more information about how to apply.

Save the Date

500 metre swim for 500 lives
July 16 to 24, 2011

Contact: Laurie Priestman at 416-490-8844
fundraising@lifeguarding.com

Taking it to the streets

More than 80 lifeguards took part in the Lifesaving Society Rescue Tube Relay last August running 120 km over a two-day period. Congratulations to the organizers at the **York Region Aquatic Council** and to all participating guards from York Region municipalities who raised \$4,403 for the Within Arms' Reach drowning prevention campaign. Look for this event again in 2011 in communities across Ontario. For more information contact Laurie Priestman at the Lifesaving Society 416-490-8844 or email fundraising@lifeguarding.com.

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 at the following address.

Return undelivered copies to the:

Lifesaving Society
400 Consumers Road
Toronto, Ontario
M2J 1P8

Telephone: (416) 490-8844

Fax: (416) 490-8766

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



Toronto Police Lifeguard Service waterfront guards - on duty!

*Photo by:
Val Attanasio*



Lifeguard aids

lifeguard

When choosing lifeguard aids, make an educated decision (not merely a financial decision), to ensure a rescue aid is effective and safe for both the lifeguard and victim.

We're talking here about rescue flotation aids carried by a lifeguard on deck patrol or while supervising from a guard chair. (It is not a replacement for the minimum type and number of aids required by Ontario regulations governing public pools: an electrically insulated and non-conducting reaching pole and two buoyant throwing aids securely attached to a rope.)

Here are some considerations when choosing a lifeguard rescue aid:

1. The size of lifeguards and victims differ from rescue to rescue, and a pool cannot dictate the size and weight of its patrons based on the size of the lifeguards on duty.
2. Buoyancy provided: PFDs approved by the Ministry of Transportation must meet the Canadian standard for flotation, which is 69 newtons of buoyancy or 15½ lb. of displacement. A newton is a measured unit of force. Ten newtons are approximately equal to 1 kg (2.2 lb.) of buoyancy. The higher the newton number, the higher the buoyancy rating. Aids designed for water rescue (ring buoys, rescue cans/tubes) have higher buoyancy ratings.

3. Types of victims: non-swimmers, unconscious victims, injured swimmers, seizure victims, multiple victims.

4. How well can a victim (conscious or unconscious) hold onto the aid or be supported by the aid?

Remember, lifeguard aids have higher buoyancy ratings on purpose, and while certain substitutes may work in a pinch, it's important to be equipped with a high-buoyancy aid designed specifically for water rescue to give you and the victim the best chance to survive.



Coming soon -
new teaching
resources

Two new Bronze Medal resources will be available for lifesaving instructors in 2011: i) Bronze Medallion/Emergency First Aid lesson plans, and ii) Bronze Cross/Standard First Aid lesson plans.

They will include PowerPoint slides, lesson plans and sample agendas that cover a weekend format, a three-day format, and a 10-week extended course schedule. All of which will incorporate the 2010 ILCOR CPR guideline revisions.

Call 416-490-8844 or email thestore@lifeguarding.com for more information.

NLS refinements tested



lifeguard

The National Lifeguard Service (NLS) revisions project is in pilot phase. The proposed content is being tested across Canada by over 1,500 real NLS candidates and recertifying NLS guards in a wide range of age groups.

NLS content is based on five required competencies: Judgment, Knowledge, Skill, Fitness and Values. Content revisions are based on:

- Demonstrated need
- Current research
- Consistency with regulations
- Consistency with industry and international standards (e.g., ILS, ILCOR)
- Consistency with Lifesaving Society values

Changes to the program will ensure NLS remains the comprehensive and balanced program for professional lifeguard training in Canada.

In 2011, the Society will make appropriate adjustments based on an analysis of the pilot data and announce the implementation plan for the revised NLS program in due course.

Want to see how you measure up? Try the following fitness items being piloted in the NLS Pool Option:

- Sprint Challenge – starting in the water, swim head up 50 m in 60 sec. or less.
- Endurance Challenge – swim 400 m in 10 min. or less.
- Object Recovery – Starting in the water, approach 15 m and surface dive to recover a 9 kg (20 lb.) object located at a depth of 2 to 3 m.; surface and carry the object 5 m to pool side in 40 sec. or less.
- Rescue Drill – entry and approach 25 m to recover a submerged manikin; carry the manikin 25 m in 90 sec. or less.

Other aspects of content being introduced or updated include first aid and resuscitation protocols; scanning procedures; hyperventilation and underwater blackout; and legislation on relevant topics including workplace violence.



It's OK to say you're sorry



ast year the Ontario government passed the Apology Act, 2009. This follows three other provinces (BC, SK and MB) that already have apology laws.

The Act protects people such as doctors, nurses and other health-care practitioners from the people (or their families) who were harmed. Previously, anyone who said "sorry" or who demonstrated an expression of sympathy or regret was held responsible and liable, which meant the possibility of having their insurance policies declared "null & void" by the insurer. Now, any form of apology expressed cannot be used against the person in a civil court proceeding at a later date.

In the Act, "apology" means an expression of sympathy or regret, a statement that a person is sorry, or any other words or actions indicating contrition or commiseration, whether or not the words or actions admit fault or liability or imply an admission of fault or liability in connection with the matter to which the words or actions relate. This means that if you apologize after an incident and are later involved in a lawsuit, the apology does not:

- constitute an express or implied admission of fault or liability in connection with that matter;
- void, impair or otherwise affect any insurance or indemnity coverage; or
- get taken into account in any determination of fault or liability.

Aquatic staff should discuss this with their employers. Employers should establish clear direction for staff on how to proceed when an incident occurs so staff know what they can and cannot say, who is permitted to speak, and what administrative procedures to follow when speaking to the public following an incident.

Be aware that the Provincial Offences Act is specifically excluded in the Apology Act; in other words apologizing for something like exceeding the speed limit will be used against you in traffic court. But in your role as a lifeguard and in any subsequent civil suit you certainly can and should say "I'm sorry."



THE 2010 AQUATIC SAFETY COLLECTION

Missed the sessions? No problem! All seven of the Lifesaving Society's 2010 Parks and Recreation Ontario Aquatics Conference presentations are on DVD with all appendices, videos and other resources.

- Lessons Learned 501
- Setting the Wheels in Motion for Safety
- Communicating with the Multicultural Community
- Regulatory Review
- Gar Scare 2
- Video Surveillance: Point/Counterpoint
- Out of Position

Just \$47.50 plus HST. Order today by phone 416-490-8844, fax 416-490-8766 or email: thestore@lifeguarding.com

Together we make a difference



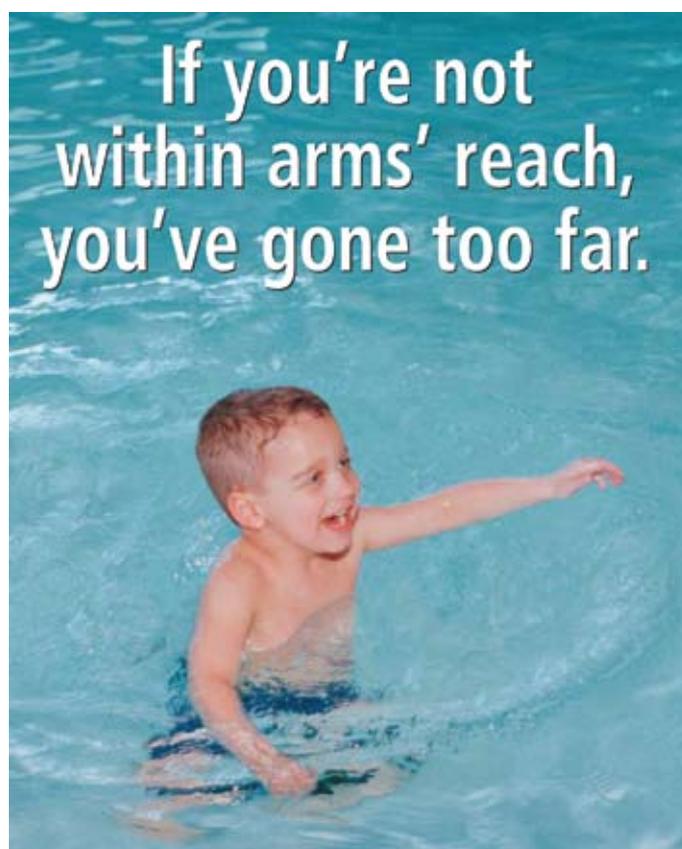
he summer of 2010 in Ontario was notable for its hot and sunny weather, but also for an overwhelming number of drownings in May and June. Of particular concern was the number of children under the age of 19 who drowned. In total, there were 26 fatalities under 19 years of age and 15 fatalities under the age of 10. This compared to 2009 when there were 17 fatalities of under-19-year-olds and five fatalities under the age of 10 years.

The startling number of drownings among children caught the attention of Ontario's Office of the Chief Coroner, which announced a review of all child drownings during the months of May to August 2010. The Lifesaving Society assisted in the review and analysis commenced in September 2010.

The Lifesaving Society researches and reports on drowning and water-related deaths, and has done so for more than 20 years. The data is obtained from provincial coroner offices and our research provides a comprehensive fact base on the drowning "problem," which guides the Society and others in developing drowning prevention "solutions."

The Society augments the coroner's data with its own annual data collection of current-year fatalities, which is gathered from media clippings, media searches and police news releases. The media calls upon the Lifesaving Society for current statistics throughout the summer as well as for the key prevention messages related to drowning circumstances.

But it's our members and affiliates who are key players in spreading these messages year-round. The thousands of lifesavers, lifeguards and volunteers in communities across the province use their training and the information we provide to deliver Water Smart safety messages to the public even when drowning news is not in the public eye. Thank you all.



REVAMPED KIT

The Lifesaving Society revamped its official first aid kit to meet requirements for an Ontario Standard First Aid Kit (1-5 employees). It's lightweight, portable and waterproof with non-freezing and non-expiring contents.

The improved kit contains 15 different products and 57 items for treating most minor ailments and injuries.



Everyone needs one but not everyone has one! Only \$18.95 plus shipping and HST. Call 416-490-884 or email thestore@lifeguarding.com to order. Visit our website for more details.



Coaching lifesaving sport



he Lifesaving Society's *Lifesaving Sport Coach Level 1* certification provides training for lifesaving instructors to coach lifesaving sport at the community level, including the new Lifesaving Sport

Fundamentals program. Here's what a couple of new coaches have to say:

Ashley Miles of Oshawa became a Lifesaving Society Instructor in 2002. This year she completed *Lifesaving Sport Coach Level 1* and now coaches the Lifesaving Sport Fundamentals program. She says "The new program is a welcome change from everyday lessons. It encompasses skills the kids can use in their everyday lives like fair play, teamwork, respect for self and others, and the importance of staying healthy and fit. On top of the new sport skills, you are also coaching them to be better people – the lifesaving sport course brings important principles that will stay with these children their whole life."



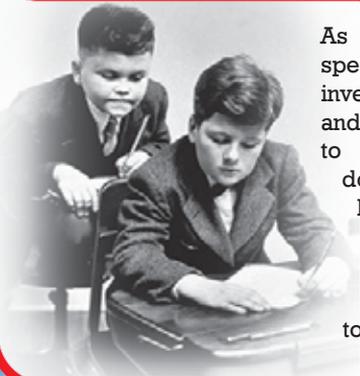
Stephanie Embleton with two of her junior athletes

Stephanie Embleton, who competes as a senior with the Richmond Hill Lifesaving Club, became a coach last spring. "I really enjoyed competing as a junior and I wanted to share this with others. I get to see the sport from an entirely new perspective as a coach and it's great to see the progression in the techniques and abilities of the juniors I coach."

Contact your area chair and lifesaving sport representative to set up a course in your area and join these Lifesaving Sport Fundamentals program affiliates: City of Brampton, Town of Essex, University of Guelph, Town of Halton Hills, Town of Milton, City of Mississauga, Town of Oakville, City of Oshawa, University of Ottawa, Town of Saugeen Shores, City of Thunder Bay, Town of Tillsonburg, City of Toronto and University of Western Ontario.

Visit "Take a Course" on our website for information on upcoming courses.

Don't cheat the candidate



As a lifesaving instructor you carry a special and privileged certification, and you invested a significant amount of time, energy and money to earn your instructor certification to train others. With so much invested, don't cheat your candidates or yourself by not following minimum timelines, "must sees" or test items for any lifesaving certifications.

A minimum number of hours are required to obtain Emergency or Standard First

Aid certification under existing workplace legislation. An Emergency First Aid course is scheduled as a one-day course over eight hours and a Standard First Aid scheduled as two-day course over 16 hours.

Cutting corners not only does disservice to your candidates, but a failure to meet the obligations can lead to a certification review, suspension or decertification of your awards.

Lifesaving high school club

Seventeen-year-old Ameya Pendse is a Grade 12 student at Milliken Mills High School in Unionville and president of the first high school **Lifesaving Society Club**. He is also a national lifeguard and instructor.

Ameya approached the Society about creating a high school club that teaches people about first aid and water safety. With the Society's support, Ameya enlisted his principal, Ms. Catherine McGinley, who supported the idea saying "the club will teach young people not only about personal safety, but also valuable life skills they can share with family and friends." Ms. McGinley also noted that the club promotes healthy living and lifestyles, which is a board initiative.

Ameya then recruited Mr. Joe Lofkowitz to act as teacher advisor. Mr. Lofkowitz is a Bronze Medallion holder and former instructor. With these key people in place, Ameya's club proposal was unanimously approved by the student council. The club executive consists of: Jonathan Chu, Kimberley Cummings, Alana Fortella, Edwina Huang and Melissa Wong, all of whom are lifesaving instructors. "None of us [the executive] are doing this for money or volunteer hours" Ameya says, "we are doing this because we strongly believe in this cause."

The club's main goal at Milliken Mills is to raise awareness of drowning prevention and to teach CPR-A and eventually first aid. Ameya believes everyone should have this education. The plan is to certify 1,800 students with CPR-A in groups of 12 throughout the school year. There is a nominal registration fee for the training with funds directed to the Society's Water Smart campaign.

Ameya's advice to other high school students in Ontario who would like to start such a club is "just do it; it may be challenging, but it is very rewarding."

For more information contact Kelly Manoukas at 416-490-8844 or email fundraising@lifeguarding.com.



Milliken Mills Lifesaving Society Club president, Ameya Pendse

New Athlete Rep

In October 2010, Roberto Aburto was elected Ontario Sport Council Athlete representative. Roberto has been involved in lifesaving sport for over a decade and is active in both pool and waterfront formats. He coaches several clubs and

varsity programs as well as members of the national lifesaving team. Roberto's vision for the sport includes greater coaching development and increased support for regional competitions. Welcome aboard, Roberto!

New Canadians at risk



Results of a recent study commissioned by the Lifesaving Society show that “new Canadians” – particularly those who have been living in Canada for less than five years – are at higher risk of drowning when

boating and swimming.

In fact, despite plans by 79% of new Canadians to be in and around water during summer, they are four times more likely to be unable to swim than those born in Canada.

Highlights from the study tell us that new Canadians:

- Intend to participate in boating and swimming almost as much as those born in Canada (79% will participate, 31% in boating, 57% in swimming).
- Have different knowledge and experience, particularly those who have been in Canada for less than five years.
- Are more nervous when near water (31%) and when in a boat (42%).
- Say they can't swim (four times as many).
- Are more likely to worry about their children drowning (50%).
- Believe (as do those born in Canada) that learning to swim is a necessary life skill (92%).
- Believe that all children should receive lessons during school time (93%).
- Find the Society's Swim to Survive information to be effective in encouraging people to learn to swim (91%).
- Find the translated Swim to Survive parent handouts to be helpful (85%) in providing information they did not know before.

“The results of the study confirm what we have observed in communities across the country: newcomers to Canada often have different knowledge or experiences around issues of water safety,” says Barbara Byers, Public Education Director for the Lifesaving Society. “We commissioned this study to help us better understand what those differences are and how we can improve the way we educate all Canadians about water safety.”

Based on Statistics Canada projections of the Canadian population, which suggests the number of foreign-born persons will rise to as high as 25–28% by 2031, the need to reach out to new Canadians is even more important ongoing. “Without question, learning to swim is important for all Canadians,” Byers says. “We need to make sure that we are doing our best to make our education and water safety prevention tools available to everyone.”

Visit our website for more details on the study.



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2011 Literature Prices

Effective January 1 through December 31, 2011.

Canadian Lifesaving Manual	\$36.53
Alert: Lifeguarding in Action.....	\$36.53
Canadian First Aid Manual	\$11.34
Canadian CPR-HCP Manual	\$9.85
BOAT Study Guide.....	\$10.54
Swim Instructor Pac.....	\$39.63
Lifesaving Instructor Pac.....	\$48.04
Combined PAC (Swim & Lifesaving Instructor) ..	\$67.72
NLS Instructor Pac	\$50.00
BOAT Instructor Pac	\$49.12
Waterfront Safety Guidelines	\$9.85
Wading Pool Guidelines.....	\$9.85
Backyard Pool Safety Guidelines.....	\$9.85
Guide to Ontario Public Pools Regulation	\$36.91
Guide to Ontario Public Spas Regulation.....	\$36.91
Standards Journals	\$36.91

Ontario AGM

The 102nd Ontario Annual General Meeting of the Lifesaving Society will be held on Friday, March 25, hosted by the City of Oshawa. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend.

Registration starts at 6:00 pm. The business meeting begins at 7:00 pm followed by the awards presentation and social. Further details will be posted on our website.

2011 Exam fee schedule

Effective January 1 through December 31, 2011.

Award	2011 Fee
Junior Lifeguard Club Recognition Seals	\$4.86/sheet of 18
Canadian Swim Patrol – Rookie, Ranger or Star	\$12.98/kit for class of 10
Bronze Star	\$8.55
Bronze Star Recert	\$4.30
Bronze Medallion	\$14.25
Bronze Medallion Recert	\$7.15
Bronze Cross or Recert	\$17.30
Distinction	\$12.25
Distinction Recert	\$6.25
Diploma	\$35.50
First Aid	
Anaphylaxis Rescuer	\$1.15
CPR: A, B and C	\$1.15
Basic First Aid or Recert	\$1.15
Emergency First Aid (with CPR B) or Recert	\$8.85
Standard First Aid (with CPR C) or Recert	\$17.10
Automated External Defibrillation	\$13.75
CPR-HCP	\$13.75
Airway Management	\$8.85
BOAT	\$14.00
Boat Rescue	\$8.85
Lifesaving Fitness	\$5.20
Wading Pool Attendant	\$8.85
Patrol Rider	\$17.30
National Lifeguard Service or Recert	\$28.50
Level 1 Official, Judge, Meet Manager, Referee	\$25.00
Instructor, Instructor Trainer, Coach	\$25.00
Instructor Recert	\$25.00
Each additional Recert at same time	\$7.00 (max. of 50.00)
Aquatic Supervisor Training	\$26.00
Aquatic Management Training	\$26.00

Spring Thing 2011

The Ultimate Aquatic Workshop
 Wednesday May 11, 2011
 Angus Glen Community Centre
 Markham, Ontario
www.yrac.ca

ACTAR TRAINING SYSTEMS

ACTAR is Canada's No.1 CPR and AED training system. Lifesaving Society instructors and those from other agencies depend on ACTAR for teaching groups of candidates simultaneously and cost effectively.

The ACTAR training system meets the 2005 CPR Guidelines outlined by the International Liaison Committee on Resuscitation and the American Heart Association.

ACTAR products are lightweight and come in convenient carrying bags that are easy to transport. They are easy to clean and require little maintenance. A full line of accessories and parts is available as your systems age or when you need to restock supplies.



ACTAR D-Fib for CPR and AED training. (ACTAR AED Trainer sold separately.)

• ACTAR 911 for Adult / Child CPR:



• ACTAR 911 Infantry for Infant CPR



• ACTAR AED Trainer for simulating live sequences.



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