

lifeline

Winter 2008/2009

View Lifeline in
Member Services at
www.lifesavingsociety.com



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Simplifying “instant” awards



The Lifesaving Society wants to make your life easier. That's why the following awards are always “instant,” meaning the affiliate (you or your employer) issues the permanent certification cards along with the appropriate seals or crests directly to the successful candidates. These awards are:

- Canadian Swim Patrol (Rookie, Ranger, Star),
- Basic First Aid, CPR-A, -B, -C,
- Boat Rescue,
- Anaphylaxis Rescuer, and
- Fitness (Bronze, Silver, Gold).

Awards are purchased from the Society in advance of the course so that they may be presented to the candidates upon successful completion of the course. **The Lifesaving Society does not require a copy of the test sheets for these award levels.** Just keep the test sheets on file in your office.

Failing to issue certification cards upon course completion will lead the unknowing candidate to call the Society looking for his or her card. The Society will have to call you – requiring you to correct the error after the fact.

For all other Society awards, send test sheets to the Society's office immediately upon completion of the exam. The Society records the certification on the candidate's record (which can be viewed on the *Find a Member* page of our website) and then issues the permanent certification card directly to the successful candidate.

To order “instant” awards, call us at 416-490-8844, fax us at 416-490-8766, email experts@lifeguarding.com, visit us or send mail to 400 Consumers Road, Toronto, Ontario M2J 1P8.

WSIB'S SFA RECERT POLICY

The Ontario Workplace Safety & Insurance Board (WSIB) specifies that Standard First Aid (SFA) award holders may recertify just once on a SFA recertification course. To renew a SFA certification subsequently, WSIB requires you to repeat the full course. Thereafter, you may renew by alternating recertifications and original courses.

If your SFA certification is older than three years, WSIB requires that you take the full course (not a recert) again.

Holders of Standard First Aid certificates must recertify only with the original certifying agency. Check your Lifesaving Society qualifications on our website under *Find a Member* before you attend your Standard First Aid recertification to make sure you meet WSIB's requirement.

While the Lifesaving Society disagrees with this WSIB requirement, the Society is altering its recertification procedure for Standard First Aid (only) to be in compliance. Call the WSIB at 1-800-663-6639 or 416-344-1016, or email prevention@wsib.ca to inquire about this policy.



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 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.

Please take your seats

After a century of saving lives,
we're going to celebrate in style.

Friday, March 27, 2009

100th Lifesaving Society Ontario AGM

Council Chambers, Toronto City Hall, 100 Queen Street West
6:30 pm Registration. 7:00 pm AGM, Awards Presentations and Social.
All members of the Society are welcome. No cost.

Saturday, March 28, 2009

100th Anniversary Gala

The Arcadian Court, 401 Bay Street (at Queen), Simpson Tower, 8th Floor, Toronto
6:00 pm Cocktail Reception. Gala Dinner and Dance to follow.
Tickets: \$100 per person.
Gala seating is limited. Reserve your seat or table now.
Visa, MasterCard, Amex, cheque.



LIFESAVING SOCIETY®
The Lifeguarding Experts

For Gala tickets, contact:
Lifesaving Society, 400 Consumers Road, Toronto, Ontario M2J 1P8
(416) 490-8844 gala@lifeguarding.com www.lifesavingsociety.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



Canada Post issued a 52¢ Lifesaving Society stamp in July 2008 to commemorate the Society's 100th anniversary of saving lives in Canada.

Stamp image courtesy of:
The Lowe-Martin Group Inc



Congratulations Mr. President

peoplewatch

Dr. Steve Beerman, a past president of the Lifesaving Society Canada, was elected president of the International Life Saving Federation (ILS) in July. He succeeds Alan Whelpton, AO of Australia at the ILS helm.

"I have a humbling sense of responsibility," Beerman said after his election. "While we celebrate our passion for lifesaving, we must think of the great potential benefit of our collective work to reduce the global drowning burden."

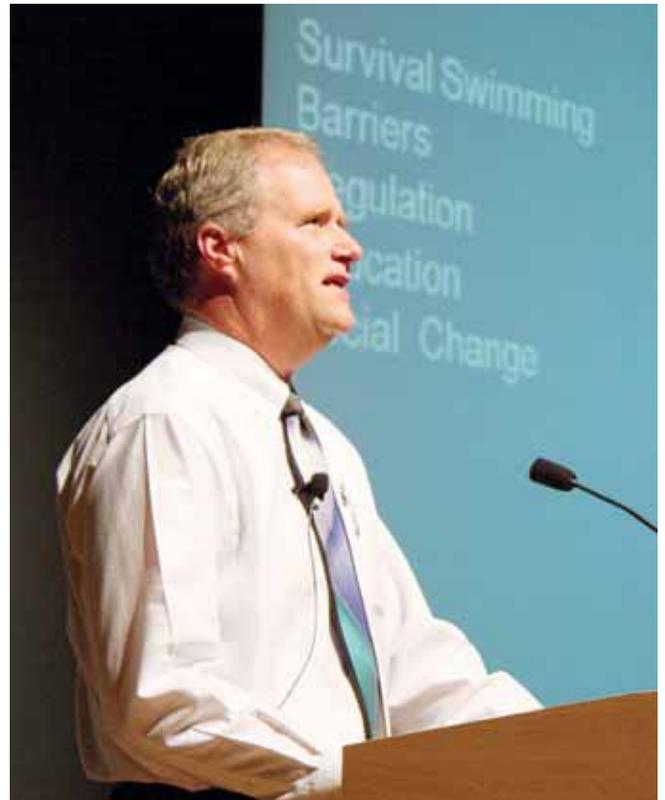
Steve is the first Canadian to head an international lifesaving organization since Marlin Moore who served as president of World Life Saving (1986 to 1988). Steve has provided lifesaving leadership internationally since 1981. He was Competition Chairperson for Rescue '86 in Vancouver. He served as a member of the ILS Medical Committee from 1997 and as Chair since 2003.

From 2004–2008, Steve was as a member of the Lifesaving Commission and Scientific Co-chair for the first ILS World Water Safety Conference (2007). He contributed to the first ILS *World Drowning Report* and 2008–2012 Strategic Planning process. He co-chaired the Task Group to establish the new Drowning Prevention Commission.

Steve started his lifesaving career in British Columbia as a lifeguard and instructor. He was a lifesaving sport competitor, facility manager, program chairperson, and president of the Lifesaving Society Canada.

Steve is well positioned to lead ILS. He is a knowledgeable and enthusiastic supporter of lifesaving sport and lifesaving best practices within ILS and its member organizations. He has been at the forefront of ILS's new strategic focus on drowning prevention.

Steve and his wife Gail have three children – all certified lifeguards – currently attending university. Steve and Gail live in Nanaimo on Vancouver Island.

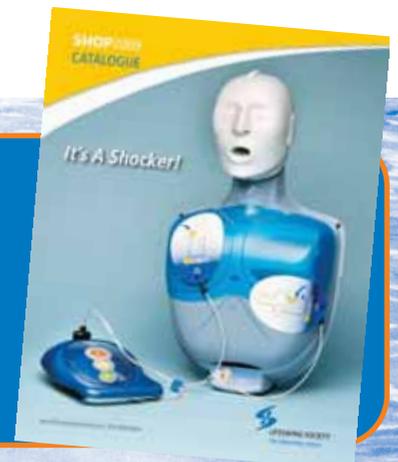


NEW 2009 SHOP CATALOGUE

Our new SHOP Catalogue is on the shelf along with a host of new products for your workplace and home! The latest edition includes a new section that lists our Kiefer line of pool equipment. We've also added more photos to help you pick and choose.

The SHOP Catalogue works in tandem with *The Store* section of our website (www.lifesavingsociety.com), which lists even more products with all the specs. The most up-to-date price list is posted on the home page of our website.

To order anything from our inventory or to inquire about our products and services, visit us in person or call Brian Miess at 416-490-8844, or email: bmiess@lifeguarding.com.



A criminal offence



he Lifesaving Society has contacted Waterloo Regional Police to request that fraud charges be laid against an individual who forged certifications.

The Society became involved when an affiliate contacted our office to confirm the certification records for a staff member. The individual in question had gone to great lengths to forge *Find a Member* reports printed from the Society's popular online resource. However, the affiliate had used the *Find a Member* verification process to confirm the employee's report and found the records did not match. The Society recognized that the implications of this case affected more than the individual attempting to cheat the process – lives were at stake, as were the reputation and potential liability of the employer.

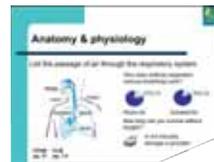
The Lifesaving Society immediately initiated its certification review process – a review committee assesses the facts in the case and interviews the personnel involved. After reviewing the facts, the committee attempted to interview the accused staff member. The individual refused to speak to the Society about the case and so the committee concluded its investigation with a report to the Society's Board of Directors. The Certification Review Committee determined the records were forged, recommended the individual be prosecuted for fraud and contacted the police.

A police investigation is in progress...

Falsifying a Society certification is a criminal offence. The Lifesaving Society encourages its affiliates to always double-check the status of staff certifications using *Find a Member*. If there is any doubt about an individual's records, contact us for verification.

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Lesson plans (using the Discuss, Demonstrate, and Do approach to learning) will help organize and deliver all your first aid courses with reference to the *Canadian First Aid Manual*, *Canadian Lifesaving Manual* the new *Canadian Health Care Provider (HCP) Manual* and *PowerPoint* slides.

Includes:

First aid test sheets, written test for EFA, SFA and HCP

Lesson Plans and PowerPoint presentations for all first aid awards

Featuring the new Anaphylaxis Rescuer award

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The Lifeguarding Experts

Keep on treading



he Ontario Ministry of Education granted an additional \$1.5 million to the Lifesaving Society to support Swim to Survive, meaning thousands more children will have the opportunity to participate. The

Ministry's continued support is a welcome "forward roll" in the right direction.

The Swim to Survive program is the first of its kind in Canada and its message – all children should learn to swim – is being heeded. Following the drowning of an eight-year-old child on a public beach in Quebec, the provincial coroner had this to say in his recent report:

"It is therefore highly recommended that all Quebec children receive basic training which would allow them to master three basic skills. The child learns to orient himself after a roll entry into deep water, to tread water during 60 seconds and finally to swim 50 m using any technique – backstroke, dog paddle, crawl, etc. – to reach safety. This training is offered through a program called **Swim to Survive** and can be taught during three or four pool sessions. Since every child in Quebec should acquire these basic skills we must determine what the best approach is to make sure this training will be available to a majority of children."

Swimming is the second most popular activity after bicycling among Canadian children ages 5 to 12, and the third most popular for people 18 years and older.

Yet, approximately 60 per cent of Canadian children never take swimming lessons. The Lifesaving Society's Swim to Survive School Grant Program allows children to participate in water survival training free of charge during school hours.

During the last school year, 60,000 Ontario Grade 3 students participated in Swim to Survive (up from 45,500 the year before).

For more information regarding the Swim to Survive School Grant Program call Sindy Parsons at 416-490-8844 or email: sindyp@lifeguarding.com.



Three-year-old Anica Bibic completed her Swim to Survive training last summer.

AN EVENING WITH THE TORONTO MARLIES



The Toronto Marlies are hosting a Lifesaving Society charity evening on Sunday March 15, 2009, during a game against the Manitoba Moose. The game starts at 4:00 p.m. at the Ricoh Coliseum, located on the grounds of Exhibition Place.

The Marlies will donate \$2 from every ticket sold, as well as proceeds from the 50/50 draw to drowning prevention education. Join us in the "Marlies Alley" 90 minutes before the game for fun and games and meet mascots Duke the Dog and Buddy the Lifeguard Dog.

End-zone tickets are only \$15 if you mention you're with the Lifesaving Society. Come and watch the future Maple Leafs and bring your friends and family; it's going to be a great game!

The Toronto Marlies hockey club is committed to being a leader in the community and to supporting charities, not-for-profit groups and community programs.

For more information or to purchase tickets call Nick Scissons at 416-263-3946, fax 416-263-3901, or email nsicissons@torontomarlies.com.

Lifeline turns 50

“h

ave you ever seen a large family sitting around a dining table not talking to each other?” With this analogy, Ontario Branch President, Bredin Stapells, launched the Society’s first newsletter in 1958.

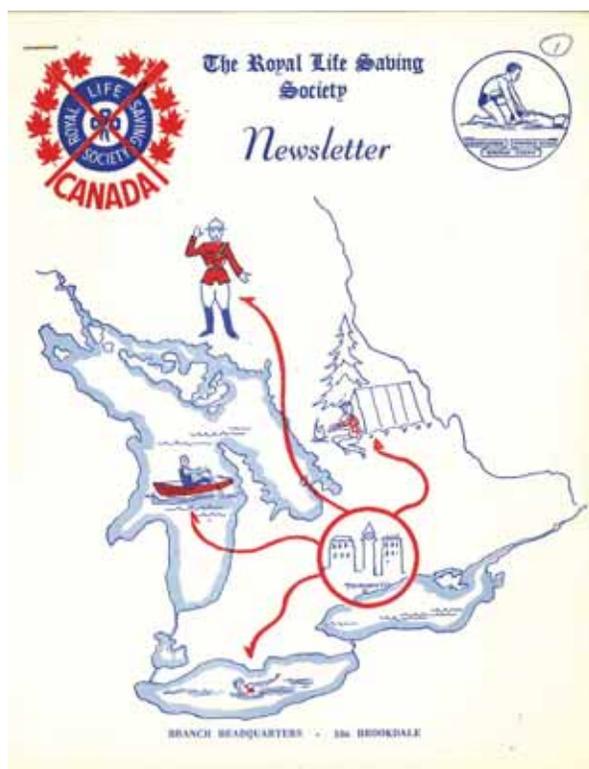
“Our Society has been very much like this family for many years. In this first issue of the Newsletter we want to start talking to you. And in a true family sense we hope you are going to start talking to us.”

It would be March 1961 before the “Newsletter” was christened “Lifeline” and subsequently became “Lifeline.” Ten years later, circulation had reached 6,800. Today, Lifeline is distributed twice yearly to some 60,000 members of the Society in Ontario, Canada and internationally.

The need for effective communication is as important as ever and, as Bredin said long ago, we hope you are going to talk to us about how we’re doing.

It’s been several years since we last updated the look, but before we make any visual changes, we need your opinions about what’s on the inside. What kind of things do you want to read about? Which articles are most useful to you as a lifeguard or instructor? What improvements would you make? What’s already great about Lifeline? How would you prefer to receive it? And any other constructive thoughts you might have!

Send your feedback to lifeline@lifeguarding.com and help us launch Lifeline toward its centenary!



The front page of the first edition (1958) of what would later be named Lifeline. Note the Holger-Nielsen method of artificial respiration in the upper right.

St-Laurent “Master” world champs

For the past two years, Ottawa’s St-Laurent Masters Lifesaving Club members juggled full-time jobs and families to train several hours daily preparing for the World Masters Lifesaving Championship in Germany. The payoff was 33 medals and world record performances by Tony Zezza in the 50 m Manikin Carry and Daniel Bérubé in the 100 m Tow with Fins.

Congratulations to these exceptional athletes and to the entire Canadian team!

Photo, from left: Doug Liloyd, Tony Zezza, Christina Sutcliffe, Andy Shelp, Donna Woodman, Philippe Lemire, Sue Kelly, Daniel Bérubé, Carla St-Germain, Christine Wagg, Jacques Morissette, Oliver Gomes, Kristy Fleet, and Nathalie Vallières Loy (team manager). Missing are Perry Smith (pool



events only) and Shelley Demkiw, who broke her foot during a training camp just prior to departure for Germany.

Armed to survive

Every year, the Canadian Forces Rangers host a two-week Junior Ranger training camp for First Nations Canadians aged 12–16. Last summer, the Rangers introduced the Society's Swim to Survive survival training program to the camp.

According to the Lifesaving Society's drowning statistics, Canadian aboriginal peoples drown at a rate six times higher than the national average of other Canadians in the same age group. Many First Nations communities are located in water-rich environments but with little or no opportunity to learn basic swimming skills.

Lifeguards from Geraldton were responsible for teaching the in-water sessions and even though the water was cold, the kids were eager and enthusiastic. "Fun was had by all," said pool coordinator Jenne Curtis. "My staff had a great time teaching them and it really was great to see the improvement they made in such a short time."

Should any of the kids go on to a career in the military, they would have a head start passing the Canadian Forces survival training standard, which includes two additional elements that give it a military slant: not only do participants have to roll into deep water, tread for one minute and swim 50 metres – they have to roll into the water from a height and do so wearing military fatigues – the latter of which certainly makes the swimming components more difficult.

This program is in effect thanks to the efforts of Jenne Curtis, Warrant Officer Robert Patterson and Captain Ed Beeksma of the 3rd Canadian Ranger Patrol Group.

If you would like more information about this program or Swim to Survive, contact Sindy Parsons by phone at 416-490-8844 or by email: sindyp@lifeguarding.com.



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June 9 - 14, 2009

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Taylor test kits

Our line of pool test kits by Taylor includes everything you need to monitor chemical levels in a backyard pool or commercial environment. Dip-n-read sureTRACK-4 test strips measure levels in 15 seconds. Complete K-2005 (shown) and K-2006 kits are a must for public pool operators or

facilities with hot pools. Single, boxed or multi-pack replacement agents are listed in The Store at www.lifesavingsociety.com. Call Brian Miess at 416-490-8844 or email brianm@lifeguarding.com to order.



Canada in the Caribbean



Instructors worry about different things when teaching in the Caribbean notes NLS Chair Peter Mumford, who just returned from teaching lifesavers in the Turks & Caicos Islands.

“I taught almost entirely in the ocean. Participants were not used to chlorinated pool water, which seemed to affect their skin and eyes more severely than we might deem normal. Under an unrelenting sun, we worried about barracudas, which are attracted by shiny objects and fish. Silver coloured Jack fish, about the size of a small mouth bass, swam all around us while we were practicing our skills. Twice, a barracuda came after us. We weren’t afraid of their bite: it was their razor sharp fins that can cause incisions as deep as four to five inches!”

Peter is the most recent Lifesaving Society Canada volunteer to assist the Caribbean, since Canada assumed lifesaving development responsibility in support of the region. For the past 30 years, Canadians have been teaching in Jamaica, St. Lucia and Barbados.

In 1990, president-elect Patrick D’Almada and national board member Rob Richardson taught for the Barbadian National Conservation Commission’s lifeguard service. Today, Barbados has its own instructors and examiners.

Canada pursues a three-stage development model when working with Caribbean countries. In the first stage, Canadian instructors deliver lifesaving, lifeguard and first aid training courses directly to the public. The second stage focuses on establishing leadership training self-sufficiency by training and certifying local instructors and examiners so the nation becomes self-sufficient. The final stage is to help establish organizational self-sufficiency – building a lifesaving organization and governance.



Lifesaving Society President Patrick D’Almada (wearing white baseball cap) with lifeguards from St. Lucia on a training course in 2006.

Peter’s swimming-lifesaving-lifeguard training course in Turks & Caicos is an example of the first stage. Other Caribbean nations are well advanced with national lifesaving organizations in place. A Caribbean Lifesaving Association was formed in the early 2000s. St. Lucia hosted the Caribbean Lifesaving Championships and International Life Saving Federation (ILS) meetings in 2003. This provided an opportunity to showcase development in the region. As a result, many of the islands joined ILS and committed to further training and development using Canadian standards. Delegates from the islands are now actively involved with ILS and regularly participate in meetings.

Today, the Caribbean operates as a loose federation of independent programs. Canada continues to assist with the goal of ensuring a sustainable lifesaving and lifeguard program with NLS as the single lifeguard standard and national self-sufficiency in lifesaving. We just have to learn to watch out for the barracudas.

Still time to get "ReBronzed"!



From Dryden to Welland, from Essex to Ottawa, over 1,000 of you have been "ReBronzed" and earned our 100th anniversary commemorative Bronze Medallion. We congratulate the municipalities, YMCAs, Canadian Forces bases, universities and private affiliates that have helped us celebrate 100 years of saving lives.

The ReBronze award is an opportunity for members who once held their Bronze Medallion to get together and tackle a few items from the current Bronze Medallion exam and a few from the old days. It's a great way to re-connect with old friends and meet new ones.

Many Lifesaving Society affiliates are offering the ReBronze exam as part of staff training; in part, to give employees the opportunity to relive those early years of their training, but also as a personal challenge. The City of Kitchener even put an ad in the local newspaper inviting former staff to return and get ReBronzed.

Certain municipalities and facilities have challenged one another to see who can ReBronze the most candidates; Ottawa challenged Hamilton to a friendly challenge, and YMCAs across the province are competing against one another. Why not challenge other facilities in your area or a similar-sized municipality to see who can earn the most awards?

You're not too late to participate in this once-in-a-lifetime opportunity. All the information you need to run a ReBronze exam is available on our website, including the test sheet and sample lesson plan.

For additional information, call Becky Lehman at 416-490-8844 or email beckyl@lifeguarding.com.



The City of Hamilton ReBronzed all of its staff and certified more than 450 people in Anaphylaxis Rescuer training last summer.

TIME'S RUNNING OUT!

All recreational boaters will require the Pleasure Craft Operator Card (PCO card) to drive a boat powered by a motor by **September 15, 2009** regardless of their age or size of the craft. The penalty for operating a motorboat without a PCO card is over \$300.

You earn the PCO card by scoring 75 per cent or higher on a test of basic boating safety knowledge. This lifetime certification must be carried onboard by operators of all pleasure craft powered by a motor.

The Society's Boat Operator Accredited Training (BOAT) course is one way to earn the PCO card. Most BOAT certifications are earned during the winter and spring. "Promotion of BOAT courses in local hockey arenas and winter festivals are often met with great enthusiasm," says Micole Ongman, manager of recreation for the Town of Whitchurch-Stouffville. "BOAT" courses are ideal for families to learn together since everyone needs a PCO card."

You can look up courses in the "Take a Course" section of our website or check with your local recreation or aquatic facility. If you're not a BOAT Instructor, but you are an affiliate member of the Society (and also have a PCO card and hold a current examiner status), you can supervise BOAT tests. Contact the Society for additional information.

Experienced boaters can study independently and take the test when they're ready. The Society's *BOAT Study Guide* will bring you up to speed; it contains all the knowledge Transport Canada requires to pass the test.





2009 Exam fee schedule

Effective January 1 through December 31, 2009.

JLC Recognition Seals	\$4.68/sheet of 18
Canadian Swim Patrol Rookie, Ranger or Star Patrol	\$12.50/kit for class of 10
Bronze Star	\$8.25
Bronze Star Recert	\$4.25
Bronze Medallion	\$13.75
Bronze Medallion Recert	\$7.00
Bronze Cross or Recert	\$16.75
Distinction	\$11.50
Distinction Recert	\$5.50
Diploma	\$35.00

First Aid

Anaphylaxis Rescuer	\$1.10
CPR: A, B and C	\$1.10
Basic First Aid or Recert	\$1.10
Emergency First Aid (with CPR B) or Recert	\$8.50
Standard First Aid (with CPR C) or Recert	\$16.50
Automated External Defibrillation	\$13.25
CPR-HCP	\$13.25
Airway Management	\$8.50
BOAT	\$13.50
Boat Rescue	\$8.50
Lifesaving Fitness	\$5.00
Wading Pool Attendant	\$8.50
Patrol Rider	\$16.75
National Lifeguard Service or Recert	\$27.50
Instructor, Instructor Trainer, Coach, Official	\$24.00
Instructor Recert	\$24.00
Each additional Recert at same time	\$6.50 (max. of 50.00)
Level 1 Official, Judge, Meet Manager, Referee	\$23.00
Aquatic Supervisor Training	\$25.00
Aquatic Management Training	\$25.00

2009 Literature prices

Effective January 1 through December 31, 2009.

Canadian Lifesaving Manual	\$35.18
Alert: Lifeguarding in Action	\$35.18
Canadian First Aid Manual	\$10.92
Canadian CPR-HCP Manual	\$9.48
BOAT Study Guide	\$10.15
SWIM INSTRUCTOR PAC	\$37.19
LIFESAVING INSTRUCTOR PAC	\$46.26
COMBINED PAC (Swim & Lifesaving Instructor)	\$64.24
NLS INSTRUCTOR PAC	\$48.16
Waterfront Safety Guidelines	\$9.48
Wading Pool Guidelines	\$9.48
Backyard Pool Safety Guidelines	\$9.48
Guide to Ontario Public Pools Regulation	\$35.55
Guide to Ontario Public Spas Regulation	\$35.55
Standards Journals	\$35.55

2009 Canadian Lifeguard & Emergency Response Championships
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28.05.09 - 31.05.09 Piscine du Parc Jean Drapeau Park, FINA Pool, Montréal
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100 SOCIÉTÉ DE SAUVETAGE
LIFESAVING SOCIETY®

Calendar

Get Calendar updates at www.lifesavingsociety.com

2009

February 28-March 1

Ontario University Lifeguard
Championships (University of Western
Ontario)

March 7

Ontario Senior/Masters Lifesaving
Championship - Pool (Tilsonburg)

March 9-June 17

TYR Junior Lifeguard TeleGames -
Spring (All Pools)

May 28-29

Canadian Lifeguard Emergency
Response Championship (Montreal)

May 30-31

Canadian Lifeguard Championships
(Jean Drapeau Park, FINA Pool,
Montreal)

June 11-14

Commonwealth Lifesaving
Championships (Edmonton)

June 20

TYR Ontario Junior Lifeguard Games -
Pool (Richvale Pool, Richmond Hill)

June 29-August 26

TYR Junior Lifeguard TeleGames -
Summer (All Pools)

August 1-2

Ontario Lifeguard Championship
(Oshawa)

August 9

TYR Ontario Junior Lifeguard Games -
Waterfront (Cobourg)

August 9

Ontario Masters Lifesaving
Championship - Waterfront (Cobourg)

August 10-11

Ontario Senior Lifesaving Championship -
Waterfront (Cobourg)

August 30-31

Canadian Surf Lifesaving Championships (Nova
Scotia)

October 5-December 16

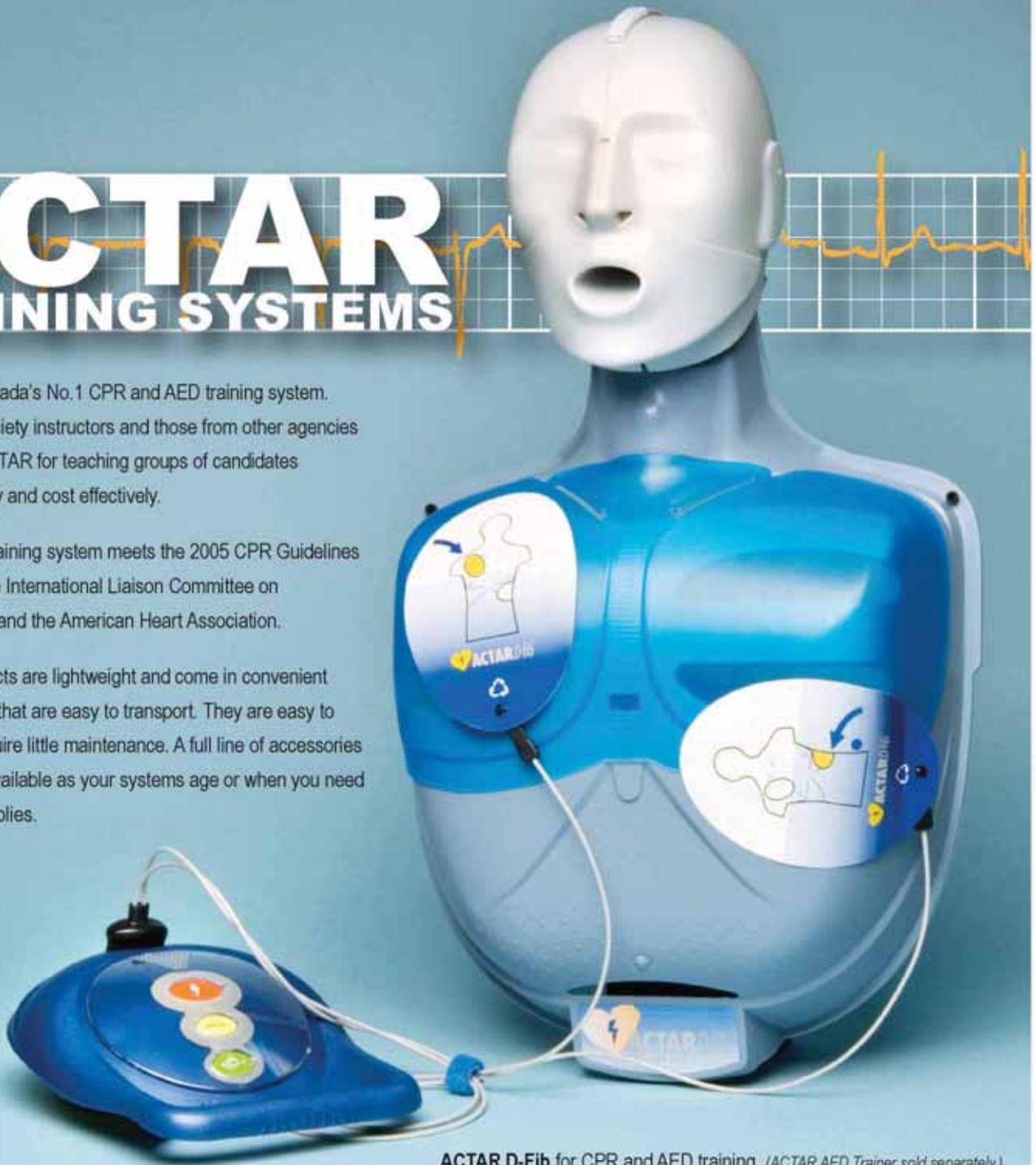
TYR Junior Lifeguard TeleGames - Fall (All Pools)

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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