

lifeline

Winter 2005/2006

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Drowning inquest – Port Stanley



On August 21, 2004, Mitchell Temple-Medhurst drowned while visiting Main Beach in Port Stanley, Ontario.

Mitchell and three other children were under the care of three agency workers from Madame Vanier Children Services. The four boys were playing 30 metres from shore in chest-deep water while the agency workers supervised them from shore. At the time, three lifeguards were monitoring the more than 600 metres of shoreline from one central lifeguard tower over 150 metres away from where the boys were playing. These circumstances led to Mitchell's disappearance and to the subsequent discovery of his body on the lake bottom 45 minutes later.

Michael Shane, the Society's safety management director, testified as an expert witness at the inquest.

The highlights of his report include:

- Third party care givers should adhere to the Lifesaving Society admission policy when planning trips to supervised sites – see the Lifesaving Society *Guide to Public Pools Regulation*, in which specific age, swimming ability and bather supervision requirements are listed.
- Waterfront operators should establish guidelines for safe beach supervision and post them in the staff office. These guidelines should dictate when and

where lifeguards are to be stationed, their zones, and their rotation patterns. The Lifesaving Society should participate in this review.

- Ensure that lifeguards and part-time or volunteer firefighters are readily identifiable at all times, on land and in water.
- Coordinate response protocols and encourage interaction through training sessions among emergency personnel, i.e., fire, ambulance and police with the beach patrol.
- With assistance from the Lifesaving Society and other partner organizations, the Ministry of Health should create, approve and enforce a new regulation governing the operation of supervised public waterfronts.
- Institute a lifejacket loaner program for children swimming at Port Stanley Main Beach.
- Revise the Lifesaving Society *Waterfront Safety Guidelines* equipment list by adding:
 - one drowning marker,
 - one buoyant rope line at least 25 metres in length,
 - one portable megaphone.

As Canada's lifeguarding experts, the Lifesaving Society establishes aquatic safety standards and consults on aquatic safety issues.



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.

Ice myths and cold realities



Be Water Smart® in summer and winter! Always check the ice before you go on it, measure clean hard ice in several places, and be wary of varying temperature conditions.

Here are some myths and realities to remember:

Recommended Minimum Ice Thickness for New Clear Hard Ice.

No ice is without some risk.
Be sure to measure clear hard ice in several places.

3" (7 cm) or less
STAY OFF!

4" (10 cm) ice fishing walking cross country skiing	5" (12 cm) one vehicle - snowmobile or ATV	8-12" (20-30 cm) one vehicle - car or small pick-up	12-15" (30-38 cm) one vehicle - medium truck
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LIFESAVING SOCIETY
The Lifeguarding Experts
www.lifesavingsociety.com

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Myth: Waterlogged clothing pulls you down in the water and makes you drown.

Reality: Actually, air trapped in your clothing will help keep you afloat temporarily. Once the clothes are soaked with water, they will be heavier, making moving and swimming more difficult.

Myth: The better you swim the better your chances of rescuing yourself if you fall through the ice.

Reality: Swimming proficiency plays only a small part in ice-related rescues. After as little as five minutes, cold water begins to rob you of your ability to move your limbs. This makes it very difficult for you to get out of the water, no matter what your swimming ability.

Myth: Snow on a frozen lake or river makes the ice surface stronger.

Reality: Snow acts as an insulating blanket, actually hindering ice formation and growth.

Myth: If the weather has been cold, the ice must be solid and safe.

Reality: Other factors that are largely independent of air temperature (e.g. wind, a layer of snow on the ice, currents and fluctuating water levels) can weaken ice and make it unable to bear weight. A sudden drop in air temperature, which is actually more dangerous than a sudden rise, can create cracks in the ice.

Myth: Thick ice is stronger than thin ice.

Reality: Even thick ice may be weak if it is "rotten" or contains layers of water. Rotten ice has frozen and thawed repeatedly, making it potentially fragile even when it appears solid.

Cover photo

Temperature fluctuations last winter caused the ice at Prince Edward Point (Lake Ontario) to heave upward and become layered. This natural occurrence gave Don Chisholm a risk-free opportunity to take this photo of his son and grandson lying between two layers of ice.



Our Cover

Joe Chisholm and his son Jesse Beatson-Chisholm pose between layers of ice at Prince Edward Point, Lake Ontario.

Photo by: Don Chisholm

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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Swim to Survive...



Did you know that the Lifesaving Society, together with the Stephanie Gaetz Keepsafe Foundation, launched a new public education program in 2005 called Swim to Survive?

Swim to Survive is a safety program, just like fire prevention, bicycle safety and seatbelt awareness. We believe basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada, and Swim to Survive was developed for exactly this reason – to provide basic swimming skills to children.

Swim to Survive is not meant to replace swimming lessons. It teaches three skills: roll entry, tread and swim. It is geared to children who don't take swimming lessons, which represents 60 per cent of children in Canada. We hope to reach these kids and teach them at least the minimum skills they need to survive an unexpected fall into water.

We hope the Ministry of Education, school boards, municipal pools, private/backyard pool owners and camps all pick up the Swim to Survive program. In fact, several municipalities already have, including schools in Mississauga, Brampton and Pickering, and as far north as Kirkland Lake.

In York Region, the school boards and nine municipalities have joined to deliver Swim to Survive in their community.

This means over 2,700 students in 57 schools will learn the Swim to Survive skills by the end of March, 2006.

If you're interested in learning more about this new program, or you know a teacher, principal or educator who may be interested, please contact Sandy Parsons at 416-490-8844 or by email: sindyp@lifeguarding.com.



Swim to Survive founding sponsor Barbara Underhill and Lifesaving Society programs vice president Juanita Bueschleb pose with their daughters Samantha and Bailey at the Canada-wide launch of the Swim to Survive program in Toronto.

Russell Medal Commendation

Stephen Lambert received a Rescue Award of Merit from the Lifesaving Society in 2005 for saving his dad from being crushed by a tractor that had flipped over on him. Now, Stephen has been awarded the Russell Medal Letter of Commendation.

The Russell Medal and Russell Medal Letter of Commendation were first awarded in 2000 following the tragic death of Pat Russell. Her family and the Royal Life Saving Society (RLSS) Warwickshire Branch informed the Society's Commonwealth Council that they would fund a permanent memorial to Pat in the form of an annual medal and commendation letter.

John Russell, the Patron of the Medal, will fly to Canada to present the award at the Society's AGM in March, 2006. To read Stephen's rescue story, visit www.lifesavingsociety.com and click on Member Services/Rescue Award of Merit.



...is as easy as 1, 2, 3



Since the Lifesaving Society launched its new Swim to Survive program, we've heard many instructors, lifeguards, and aquatic managers express concern – “is this going to be difficult?” Not at all;

Swim to Survive is a simple, flexible program.

Before you begin, you need to know:

- Swim to Survive is not swimming lessons,
- there are no test/work sheets,
- there is no wrong way to do the skills,
- there are no “must sees,”
- and *anyone* can teach it.

Yes, anyone can teach and evaluate the program. All you need to do is get the free Activity Guide, read it, and teach the three skills. It's that simple. The Activity Guide has useful progressions and teaching tips to help get you started. Once your candidates have completed the skills, you just hand them their free Swim to Survive certificate.

And because you'll only be teaching three skills – roll entry, tread and swim – you can program Swim to Survive in several different ways, for example:

- Test only.
- Deep end test – make this the new deep end test in your facility.
- As a part of drowning prevention day.
- Drop in program – one hour a day, set aside one lane.
- Recreational swim – set up a Swim to Survive lane.
- Birthday party activity.
- Camp swim – everyone must learn the Swim to Survive standard.

- Private mini-lessons in a backyard pool.
- Girl Guide/Boy Scout swim – teach them the Swim to Survive standard.
- Adult learn to swim – don't forget to include parents; they also need to be safe!

The Society has posters and handouts for parents that help promote and explain the program, and because of a generous grant from the Stephanie Gaetz KEEPSAFE Foundation, all of these items are available from the Lifesaving Society free of charge.

The mission is to prevent drownings and with your help we can make it happen.

If you would like more information or want to order materials, please call Sindy Parsons at 416-490-8844 or by email: sindyp@lifeguarding.com.



Thank you, DRAFT Canada

DRAFT Canada, who graciously selected the Lifesaving Society as one of its pro bono clients for the second year in a row, developed and promoted a radio PSA for the Society in response to the many drownings this past summer, and to support the Society's new Swim to Survive program.

The poignant and direct messages conveyed the need for parents to closely supervise their children around water and to enrol them in swimming lessons.

Thank you, DRAFT Canada, for your ongoing commitment to our drowning prevention mission.

DRAFT

2005 Water Smart® Award

Deadline for submission for the 2005 Water Smart® award is January 31, 2006. Go to the Water Smart/Water Smart Campaign section of our Web site (www.lifesavingsociety.com) for more details.



Are you in the know?

brainwaves

The Lifesaving Society revises instructor and candidate resources for its lifeguards, instructors, examiners and members. For example, the revised Canadian Lifesaving Manual (CLM), as of the October 2004, 7th printing, includes information on the use of an EpiPen® auto injector. And the new Canadian First Aid Manual (CFAM) includes how to use an Automated External Defibrillator (AED).

Be sure to stay on top of recent additions or modifications by looking for announcements in Lifeline. If you don't have a current copy of the manuals, you need them. The following is a sample of new or updated information that you should be aware of.

How to use an EpiPen®

In the case of a severe allergic reaction (anaphylaxis):

- Help a conscious person administer an EpiPen® (if the victim can't do it by him/herself, you may have to administer the victim's EpiPen®).
- Use only the victim's medication, not someone else's.
- Use according to the package instructions.
- Pull off the cap and jab the pen into the victim's outer thigh until a "click" is heard, and hold for 10 seconds.
- If necessary, the EpiPen® will go through clothes. Massage the area to disperse the medication.
- Bend the used needle on a hard surface to show that it has been used, replace the cap and dispose of it safely.
- Watch and monitor vital signs and changes in the victim's condition.



How to use an AED unit

Check the ABCs and perform CPR until the AED arrives. If the victim shows no signs of circulation – including normal breathing, coughing, movement and/or presence of a pulse – turn on the AED unit.

- Position electrodes on the victim and connect to the AED.
- Respond to the AED's visual/voice prompts.
- If a shock is indicated, call "clear" and do a visual check to ensure no one is in contact with the victim.

An AED is a sophisticated computerized device designed to restore the normal rhythm of the heart with an electric shock. Automated means the unit monitors electrical activity in the heart, advises whether a shock should be administered, and sets a corresponding energy dose that is safe and effective. External means it is attached to the chest, not directly on the heart. Fibrillation is a quivery, vibratory movement of the heart muscle, which is usually fatal – "defibrillation" reverses the quivering.



The 2006 edition *is here!*

This essential reference guide for all affiliates, aquatics programmers and instructors includes everything you need to know about the Lifesaving Society's programs and services. New in this edition: Swim Program, Swim to Survive, revised programming models, updated reference materials and much more.

Pick up your copy or additional staff copies today at the Lifesaving Society for \$9.00, or order by phone, fax or email. Look for it online at www.lifesavingsociety.com in January 2006.

Affiliates will receive their complimentary copy by mail in early 2006.

Program Guide
2006 Edition

Guide to Lifesaving Society programs and services

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LIFESAVING SOCIETY
Be Lifesaving. Again.

Born to compete



peoplewatch

Christie Smith started lifeguarding when she was 17 years old in her hometown, Sudbury, Ontario. At that time, she also worked as a camp counsellor, swim instructor, canoe instructor and waterfront head guard.

While already a competitive swimmer, lifesaving competitions never crossed Christie's mind until a friend persuaded her to compete at the 2002 Canadian Lifeguard Championships in Mississauga, and the 2002 World Lifesaving Championships in Daytona Beach, Florida.

"My first competition was National Pools in 2002 at the Etobicoke Olympium. I remember being really nervous; I had no idea what was going on, but I also remember loving every minute of it," says Christie.



Christie also believes lifesaving sport has a lot of practical applications, and she likes the people and the atmosphere of the competitions. While she has enjoyed success in individual events over the years, Christie still loves competing in team events and lists relays as her favourite. She believes the sport will continue to grow, and she's right, as long as lifeguards like Christie continue to challenge themselves.

Rescue 2006

Christie will proudly represent her country at the 2006 World Lifesaving Championships in Australia along with three other Ontario athletes: John Eddolls, Jennifer Ellison and Scott Van Doormal. The Canadian team is coached by Don Burton and managed by Lifesaving Society President, Patricia Kitchen. Ontario will also have 14 officials and another 15 athletes/coaches officiating and competing in one or more of the National Team, Masters or Interclub Championships.

Good Luck to Christie Smith and everyone representing Canada at the 2006 World Lifesaving Championships.



And so a national champion was born. Christie's introduction to lifesaving sport in 2002 spurred her forward. She was named a member of the Canadian Lifesaving Team following her performance at the 2005 Canadian Surf Lifesaving Championships, where she won gold medals in the Rescue Tube Rescue Relay, 2km Beach Run and 90m Sprint; a silver medal in the Surf Swim; and a bronze medal in the International Taplin Relay. She also won the women's Pentathlon.



NLS T-shirts

Official National Lifeguard T-shirts available from the Lifesaving Society. These bold black Ts come in two styles: unisex and women's form-fitting, and in several different sizes. Unisex Ts are heavyweight 100% preshrunk cotton. Women's Ts are 95% combined cotton and 5% Lycra for a snug fit.

Order by mail, phone, fax or email; only \$19.50 including shipping, handling and tax. We accept Visa, MasterCard, American Express, personal cheques and money orders (payable to the Lifesaving Society).

322 Consumers Rd. Toronto, ON M2J 1P8
tel: 416-490-8844 fax: 416-490-8766 email: experts@lifeguarding.com



Next summer, get in the swim!

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he Lifesaving Society Swim Program launched in the spring of 2004. Since that time:

- **More than 42 affiliates** in Ontario have picked up the program for their municipality, university or camp.
- **Over 4,400 instructors** and **over 200 trainers** across the province have been trained as swim instructors and swim instructor trainers.



Photo courtesy of Sjoerd Witteveen, York Region Newspaper Group

- **Over 70,000 swimmers** have participated in at least one level of the program.
- All support materials for the program are available in **French and English.**

Summer camps

The Lifesaving Society Swim Program is well suited to day camp and residential camp environments. The content is streamlined and focused, which ensures participants get to spend quality time swimming, experience success in the water, and most importantly, have fun!

Water Smart® safety messages and swimming skills are highly transferable to other aquatic activities that campers take part in, and, since many campers are already participating in the Swim Program at home, parents are familiar with the program.

Summer waterfronts and outdoor pools

The Swim Program is easy to run, doesn't cost a lot, and is designed to get more participants in the water. Our registration tools make it easy to enrol summer participants. With focused development of swimming

strokes and skills, your summer participants will be successful while having lots of fun. Easy transition from the Swim Program to the Canadian Swim Patrol and lifesaving programs will keep your participants coming back year after year.

Swim instructors

Current swimming instructors just need to attend a Swim Instructor Update Clinic to get all the information to teach the new Swim Program. If you are 16, and hold a current Bronze Cross, you're ready to take the Society's Swim Instructor Course. Check with your local pool for upcoming courses or visit www.lifesavingsociety.com.

Uppdate clinics can be arranged as part of pre-summer training at camps and seasonal facilities for those staff who are not already Swim Instructors.

Join the list of Lifesaving Society Swim Program affiliates!

- | | | |
|-----------------------------------|-------------------------------------|-------------------------------------|
| - Boys & Girls Club of Niagara | - Town of Essex | - Extreme Fitness |
| - Municipality of Chatham-Kent | - City of Hamilton | - Town of Tecumseh |
| - Brock University | - Town of Halton Hills | - Frank's Swim School Ltd |
| - Ontario Pioneer Camp | - City of Mississauga | - Town of Whitchurch-Stouffville |
| - Camp Lubavitch | - Town of Kirkland Lake | - Glen Bernard Camp |
| - Ray Priel Centre | - City of Ottawa | - Township of Coleman |
| - Camp Tanamakoon | - Town of Markham | - Hamilton East Kiwanis |
| - Soloway Jewish Community Centre | - City of Toronto | - Boys & Girls Club |
| - CF PSP (Splashin Europe) | - Town of Milton | - Township of Larder Lake |
| - Town of Carleton Place | - City of Windsor | - James Recreation Committee |
| - City of Barrie | - Town of Oakville | - University City Recreation Centre |
| - Town of Englehart | - Dovercourt Recreation Association | - Laurentian University |
| - City of Brampton | - Town of Richmond Hill | - University of Ottawa |

Check out the Swim Program Guide and Curriculum-at-a-Glance on our Web site at www.lifesavingsociety.com for more information. We'd be happy to talk with you about any aspect of our new Swim Program and we're ready to help you set up, so call us today.

For more information contact:

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

Ask the expert – Lifeguard positioning and rotation



onguard

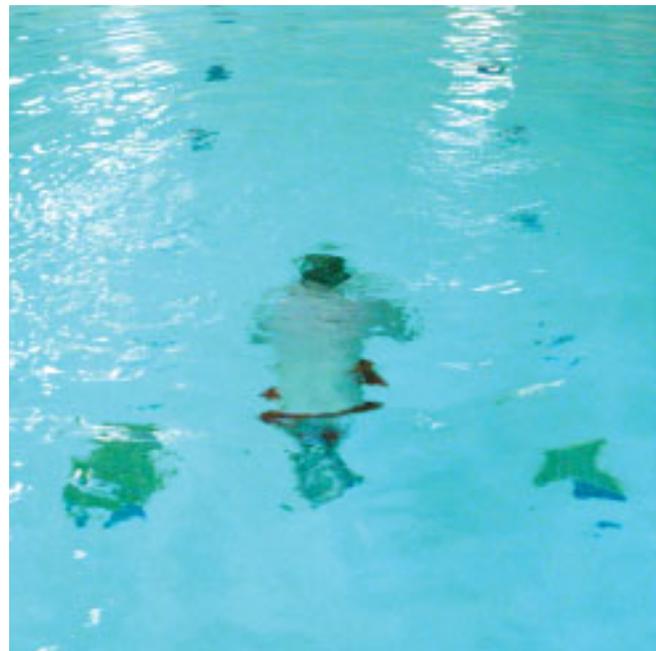
More often than not, a lifeguard's main duty is to prevent accidents. In fact, 95 per cent of the time lifeguards do just that; they recognize and react before an incident occurs. Every time a lifeguard stops someone from running on the deck, edging down the side of the pool into deeper water, or double bouncing off a diving board, the lifeguard is using recognition and prevention skills.

To give lifeguards the best opportunity to prevent an incident, it is important to make certain they are stationed appropriately and remain alert. A few key factors to ensuring proper zone supervision are:

- Station lifeguards with their back to the sun (or windows) to eliminate surface glare.
- Station lifeguards in areas where incidents have occurred in the past.
- Station lifeguards where they have a clear view of their entire zone, including the pool bottom.

When lifeguards cannot see the bottom of the pool in their zone they should move immediately. Once in a location where they can see the entire bottom of the pool, lifeguards should notify their on-duty supervisor and other lifeguards of the rationale when relocating.

In swimming pool settings, rotation frequencies of 10-15 minutes are quite common. Frequent rotations to different stations help lifeguards stay vigilant. Moving positions also increases circulation and respiration, and this helps enhance lifeguards' attentiveness to their zone and the bathers within that zone.



LIFESAVING RESCUE TUBE

Lifeguards and facility operators choose the Lifesaving Society rescue tube for guarding their pools and waterfronts.

This strong, ultra-light and easy to carry rescue tube meets all lifeguard specifications for rescue performance. It's designed with stainless steel clip & rings to "wrap'n'snap" around a victim, and provides superior buoyancy and safety. With its readily identifiable bright yellow exterior and long blue leash with wide shoulder strap, it also allows lifeguards to maintain contact with their rescue aid at all times.

And don't forget that in addition to meeting all lifeguard specifications, this rescue tube also meets International Life Saving Federation specifications for competition and is the official rescue tube for provincial and Canadian lifeguard championship events.

You can't afford not to have one! Don't hesitate to contact Brian Miess, sport and merchandise director with any questions at 416-490-8844, or by email: brianm@lifeguarding.com.

Order today by phone: 416-490-8844, fax: 416-490-8766, or email: experts@lifeguarding.com.



\$55

Prevention in style



every year, Windsor's lifeguards strive to raise money for the Lifesaving Society's drowning prevention campaign. In February 2005, four lifeguards came up with a creative new way to fundraise – a fashion show dubbed "Prevention in Style."

The show combined drowning prevention education with fashions from local stores and designers. The show was organized by lifeguards Samantha Hope, Angela Iacobelli, Rachelle Rivait, Heather Zaleski and Nada Sarapa, along with management rep Carri-Belle Murphy.

The show was held on August 25, 2005, at the historic Walkerville Centre Theatre. It starred Windsor's lifeguards, who performed on a stage set with a tiki hut and a beach complete with on-duty lifeguards. As the lifeguards modelled some of the season's finest garbs (in scenes they choreographed themselves), commentators entertained the audience while discussing drowning statistics and prevention strategies.

The participating stores were Butterfly Gowns, Little Lords and Ladies, Jean Machine, Bikini Village, SportChek, 1850 Levis, West 49, Bluenotes, Randy River, Stars, and International Clothiers, as well as independent designs by Jeff Denome for Fathom Clothing, Kristen Poon and Samantha Hope.

Thanks to the generous donations of local community business and large corporations such as Pepsi Co., Lifesaver Pool Fencing, Sunrise Pools, Hiram Walker, Windsor Family Credit Union, Cramdon's, and Remark Farms, the show raised **\$4,395** for Water Smart® education, surpassing amounts raised in previous years.



This was the year of the big idea! Prevention in Style was a great experience for a great cause, and we're all looking forward to next year!

The Store: www.lifesavingsociety.com

The Lifesaving Society's online store is your one-stop shopping location for sport equipment, clothing, staff uniforms, CPR and AED training systems, rescue and training equipment, books and videos, Water Smart® stuff, first aid supplies and much, much more!

Just go to www.lifesavingsociety.com and click on The Store.

Can't find what you're looking for? Need a price quote? Need to customize your order? Just contact Brian Miess, sport and merchandise director by phone: 416-490-8844 or by email: brianm@lifeguarding.com.

Brian welcomes your calls and emails, and is available to make your shopping experience simple and trouble-free. All of our products come with a money back satisfaction guarantee.

Order today by phone: 416-490-8844, fax: 416-490-8766, or email: experts@lifeguarding.com.





2006 Literature Prices

Canadian Lifesaving Manual.....	\$33.44
Canadian First Aid Manual.....	\$10.35
Alert: Lifeguarding in Action.....	\$33.44
BOAT Study Guide.....	\$ 9.62
NEW SWIM INSTRUCTOR PAC – includes:	\$35.36
Instructor Notes.....	\$14.82
Parent & Tot, Preschool Award Guide.....	\$14.82
Swimmer, Adult Swimmer Award Guide	\$14.82
Lifesaving Images Binder.....	\$ 9.62
LIFESAVING INSTRUCTOR PAC – includes:	\$44.00
Instructor Notes.....	\$14.82
Swim Patrol Award Guide	\$14.82
Bronze Medals Award Guide	\$14.82
First Aid Award Guide	\$14.82
Lifesaving Images Binder.....	\$ 9.62
NEW COMBINED PAC (Swim & Lifesaving Instructor) Includes: Instructor Notes, Award Guides (all above) and Lifesaving Images Binder	\$62.35
NLS INSTRUCTOR PAC – includes:	\$45.76
National Lifeguard Award Guide	\$14.82
NLS Standards Video.....	\$22.00
NLS Standards DVD	\$22.00
Guide to Ontario Public Pools Regulation	\$33.80
Lifesaving Images Binder	\$ 9.62
BOAT INSTRUCTOR PAC – includes:	\$45.76
BOAT Instructor Notes, 23 Colour Masters	\$29.12
BOAT video or DVD.....	\$15.00
Lifesaving Images Binder	\$ 9.62
Waterfront Safety Guidelines	\$ 9.00
Wading Pool Guidelines	\$ 9.00
Backyard Pool Safety Guidelines	\$ 9.00
Guide to Ontario Public Pools Regulation	\$33.80
Standards Journal (2001 Edition).....	\$33.80
Standards Journal 2 (2004 Edition).....	\$33.80
The Drowning Report.....	\$ 9.00
Water Smart Action Guide.....	\$ 9.00
Ice: The Winter Killer	\$22.00
Program Guide	\$ 9.00

Exam Fees

We are pleased to inform you that there are no changes to exam fees for 2006. For current fees, visit our Web site.

Ontario AGM

The 97th Ontario Annual General Meeting of the Lifesaving Society will be held on March 24, 2006, and hosted by the City of Kitchener. Members and friends of the Society, including instructors, examiners and affiliate representatives are cordially invited to attend.

Registration is at 6:00 p.m. –
Business meeting at 7:00 p.m. –
Awards presentation and refreshments follow.

Payment made easy

Making donations or purchases from the Lifesaving Society has never been easier.

Affiliate and Individual Members of the Society can pay electronically at anytime, from anywhere, through their bank, by telephone or by Internet. To set this up, contact your bank and use your Lifesaving Society I.D. number as your account number. When you make an e-payment, email us (payments@lifeguarding.com) to tell us what you are paying for or how you want us to apply your payment.

(Because email is not a secure means of sending confidential information, we recommend you do not include credit card numbers in emails. Include your phone number and we'll call you for your card number.)

We also accept cash, cheque, money order, Visa, MasterCard, American Express and debit card. Affiliate members can order on their account or by purchase order.

Calendar

Get Calendar updates at www.lifesavingsociety.com

2006

- January 20, 21**
Ontario University Lifeguard
Championship (University of Waterloo &
Laurier)
- February 10 – 26**
Rescue 2006 World Lifesaving
Championships (Geelong & Lorne,
Australia)
- March 4**
Ontario Lifesaving Championships –
Senior & Masters Pool (CPLA - Ottawa
University)
- March 11 – 26**
TYR Junior Lifeguard TeleGames -
Spring (All pools)

- May 19 – 21**
Canadian Lifeguard Championships –
Senior & Masters, and TYR Junior
Lifeguard Games,
(Halifax, Nova Scotia)
- June 24**
TYR Ontario Junior Lifeguard Games –
Erin Meadows Pool (City of Mississauga)
- July 1 – August 13**
TYR Junior Lifeguard TeleGames -
Summer (All Pools)
- July 8**
Sand'n Sun Competition
(City of Brampton)

- July 22**
TYR Ontario Junior Lifeguard Games –
Waterfront (City of Brampton)
- July 23**
Ontario Lifesaving Championship –
Masters Waterfront (City of Toronto)
- August 5, 6**
Ontario Lifeguard Championship –
Senior Pool (TBC)
- August 12**
Lifesaving Team Challenge –
City of Toronto (City of Toronto)
- August 14, 15**
Ontario Lifesaving Championship –
Senior Waterfront (Wasaga Beach)

- August 25**
Canadian Surf Lifesaving Championships
– TYR Junior Games & Masters (Manitoba)
- August 26, 27**
Canadian Surf Lifesaving Championships
- Senior (Manitoba)
- September 24 – 29**
Commonwealth & Lifesaving
Championships & Conference (Bath,
England)
- November 11 – 26**
TYR Junior Lifeguard TeleGames - Fall
(All Pools)

OFFICIAL BRONZE CROSS & BRONZE MEDALLION T-SHIRTS



You worked hard to earn your Bronze award. Now, get the official T-shirt – you've earned it! Order yours from the Lifesaving Society today. Both shirts come in two styles: unisex and women's form-fitting, and in several different sizes. Unisex Ts are heavyweight 100% preshrunk cotton. Women's Ts are 95% combined cotton and 5% Lycra for a snug fit.



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