



Recent drowning data

The 2017 Ontario Drowning Report will be released at the end of June and the 2017 Canadian Drowning Report will be released in July.

- The most recent Ontario data reveals that 130 water fatalities occurred in 2014 (the most recent year for which data is available from provincial coroners' offices).
- The number is substantially lower than what has been reported in previous years (an average of 167 in the previous five years).
- This can be partially explained by fewer than normal drowning fatalities occurring in July of 2014. (12 in July 2014 versus a typical yearly average of more than 32). Of note, cooler than average temperatures were reported in July 2014.
- Nationally, there were fewer drownings in Canada as a whole – 428 drownings compared to an average of 473 over the previous five years.

July 16-22, 2017

National Drowning Prevention Week

LIFESAVING SOCIETY

The Lifesaving Society has created a NDPW implementation package to assist in spreading drowning prevention messages during NDPW. Visit our [website](#) for more information.

10th Annual April Pools Day – a splashing success

Eight affiliates representing 17 pools combined water safety messages with water fun to raise over \$4,000. Thank you to all of the participating affiliates for supporting Water Smart initiatives for the Society. You helped make our 10th annual event one of the most successful ever!

[Click here](#) to watch some friendly competition between the OPP, Muskoka Paramedics and Bracebridge Recreation Lifeguards.



Congratulations to the Waterloo Warriors Lifesaving Club, the 2017 Canadian Lifeguard Emergency Response champions! For full results, click [here](#).

Stand-up paddleboarding? Wear a lifejacket!

There is controversy over the requirement to wear PFDs while using stand-up paddleboards. These boards are flotation devices, and as such some paddleboarders argue they should not be required to wear or carry a PFD. This is a senseless, high-risk proposition – and it's against the law.

Transport Canada classifies stand-up paddleboards as human-powered vessels when they are being used for navigation (i.e., a trip or circuit of a group crossing or solo outing). This means paddleboards come under the same guidelines as canoes or kayaks in which users are expected to have a Canadian Coast Guard approved PFD, a sound signalling device and 15 metres of floating rope with them at all times.

When a paddleboard is used within the surf zone for surfing activities, or within a beach area designated for their use, these requirements are not in force.

Leashes are also highly recommended and should be worn at all times. If you fall off your board it may easily be pulled away by the wind or current, and swimming after your board (especially with a paddle in hand) can be exhausting even with a PFD. And never unleash yourself from your board to swim to shore. If you break your paddle or lose it, or you are stuck or exhausted, lie down on your board, put your paddle blade under your chest with the handle facing the nose of the board and paddle it like a surfboard towards shore. This is most efficient and stable in severe winds.

Always check weather forecasts and your paddling route before you depart! And, whenever possible, paddle with a friend – it's more fun that way anyway!

Here is the link to the latest information:
[Transport Canada - Safe Boating Guide](#)

Get covered (lifeguard insurance)

Do you run summer swimming lessons in your backyard or a neighbour's pool? Do you run lifesaving or first aid classes privately or as an independent contractor? If you answered yes to either question, you should consider liability insurance.

The Lifesaving Society through HUB Insurance provides current National Lifeguard holders, who are at least 18 years of age, with professional and general liability insurance.

HUB offers an inclusive, competitive, and needs-tailored professional liability and general liability insurance program for Lifesaving Society's certified National Lifeguards. It is important to have insurance that protects you and those you service on a professional level should an unfortunate incident occur for which you are held liable.

[Visit our website for more information.](#)

Lifeguarddepot.com sells lifejackets

Transport Canada and Coastguard approved. Made with durable nylon outers and polyethylene foam inners. Brightly coloured with zippered fronts and adjustable straps. Available in the following sizes: Infant (< 30 lb.), Child (30–60 lb.), Youth (60–90 lb.) and Adult (> 90 lb.). [Buy now!](#)



Leadership Training: What's New?

The Society has revised its leadership training system zeroing in on the competencies needed to provide quality lifesaving education to Canadians in the 21st century. The result is a multi-level, competency-based system designed to encourage and support the development of progressively skilled and knowledgeable Lifesaving Society instructors – at all levels.

Key changes

New (as of January 1, 2018): Assistant Instructor, Swim Instructor, Lifesaving Instructor, First Aid Instructor, National Lifeguard Instructor, Examiner, Trainer, National Trainer.

Retired (as of January 1, 2019): Advanced Instructor, CPR-HCP Instructor, Airway Management Instructor, Boat Rescue Instructor, Distinction Examiner, Core Instructor clinic, Examination Standards clinic, Instructor Trainer clinic.

Affiliates may transition to the new leadership courses anytime between January 1, 2018 and January 1, 2019.

Complete details of the new leadership system will be featured in the 2018 edition of the Lifesaving Society *Program Guide*. In the interim, consult *Leadership Training: What's New for Affiliates?* and *Guide to the Revised Leadership Program* at lifesavingsociety.com.

Trainer Update Clinics

The exciting changes in the revised leadership system have a major impact on Lifesaving Society Trainers. That is why Trainers who wish to teach the new leadership certifications must first attend a Lifesaving Society Trainer Update Clinic. Trainer candidates (those who have attended an Instructor Trainer Clinic but who have not yet completed the apprenticeship requirements for Trainer certification) are also welcome.



The Trainer Update Clinic provides participants with 3 credits towards recertification.

Affiliates organize the update clinics. Consult your local affiliates or the Find a Course section of the Lifesaving Society website for dates and locations. **Only Trainers who have completed the Trainer Update Clinic may teach the new leadership courses.** Trainers are advised to consult affiliates on their timetable for introducing the new leadership courses and plan their attendance at an update clinic accordingly.

For the update clinic and for teaching the new leadership courses, Trainers must purchase the new leadership award guides available at lifeguarddepot.com.

Details available in *Leadership Training: What's New for Trainers?* and *Leadership Training: What's New for Affiliates?* both posted at lifesavingsociety.com

For more information, contact program manager Amy Lowe at amyl@lifeguarding.com.

Water Smart Award

If you answer yes to one or more of the following questions, you should enter to win the Lifesaving Society's Water Smart Award. Have you ever:

- participated in National Drowning Prevention Week?
- hosted drowning prevention activities in your community?
- participated in the Water Smart Contest?
- offered Family Swim to Survive?
- promoted the Lifesaving Society's Water Smart messages in your community?
- booked Buddy the Lifeguard Dog for community events?
- offered free Swim to Survive lessons?
- had a summer Water Smart team promote Water Smart messages at your facilities?
- promoted the ON GUARD card to new backyard pool permit owners?
- created fun new items to help promote Water Smart messages to your community?

All you have to do is capture some pictures of all the great Water Smart initiatives you do and complete a submission report (available on our website). The deadline for submission is January 12, 2018, so you have plenty of time! Click [here](#) for more details.

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World Conference on Drowning Prevention

Register now for the 2017 World Conference on Drowning Prevention. Go to www.wcdp2017.org

2017 Water Smart Contest

This year we have three age-group categories to participate in: 7 & under, 8–12 and 13–17. Affiliates can register to host the Water Smart Contest in their facilities – we'll provide the promotional materials and prizes for the winners. It's easy. [Visit our website for more information.](#)



The Outdoor Company™

As an exclusive to the Lifesaving Society, all regular price Coleman products are available now for 30% off when you order online at www.colemancanada.ca and enter discount code LSS30.

Summer fundraising events

Drowning Prevention Week: July 16–22

Summer is swim time so get your community active in drowning prevention events and support the Lifesaving Society's programs in water safety. Why not plan an event during National Drowning Prevention Week?

500 metre Swim for 500 Lives

Challenge your town to support this annual event. Lifeguards swim to stay in shape and the community sponsors with funds and cheers.

Around the province

Interested in other team-building events to raise money for drowning prevention? Ask us for our "Event in an Envelope" to help support your events. If you are organizing a larger event we also provide an "Event in a Box" (minimum fundraising commitment is \$250.00).

2017 Rescue Tube Relay – Hosted by Town of Oakville

The Town of Oakville is geared up for this year's Rescue Tube Relay. Ten Oakville pools are joining forces to carry a Rescue Tube on a 25 km course through Oakville on Tuesday July 18th. Lifeguards will run, bike and swim the rescue tube from pool to pool raising funds for Water Smart initiatives. Want to get involved or learn more about this event and how to support it? Email Jonathon Brooker of White Oaks Pool for more info: jonathan.brooker@oakville.ca

For info or registration info on all of these events email fundraising@lifeguarding.com or call Laurie Priestman at 416.490.8844 x265.



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