



LIFESAVING COMMENDATION

The Lifesaving Society awards its Lifesaving Commendation to Lifesaving Society certified employees who, in the line of duty, perform a successful rescue in a life-threatening emergency requiring resuscitation.

The first ever Lifesaving Commendation Certificate was awarded to Samantha Slobodian, Gabrielle Pellerin and Katherine Hogue.

On June 8, 2017, Samantha, Gabrielle and Katherine were on duty, lifeguarding at the Gatchell Pool in Sudbury, when they responded to an unconscious victim face down in the deep end of the pool. The non-breathing victim was removed from the pool and resuscitation was initiated. After a few compressions and rescue breaths, the victim began to breathe on his own and made a full recovery.

Congratulations to the rescuers for their actions that resulted in saving a life.

[Visit our website for information about how to nominate.](#)



Left to right: Jerry Lynch (nominator), Samantha Slobodian, Katherine Hogue, Lori Henri (recreation director).

Pay an invoice online

Did you know that Affiliate Members are able to pay invoices online?

First, log in to your personal account at lifesavingsociety.com or [click here](#) to register. You need your Member ID and Web Access Code to register. Once logged in, choose your affiliate association. If you don't see your affiliate listed, ask your web administrator to confirm that you are set up as an e-commerce user. Any individual listed on an affiliate account as an e-commerce user can pay an invoice.

How to pay online:

1. Once you are registered and logged in to your account, select the affiliate account to be paid.
2. Next, choose Pay Your Account Online from the left-hand side navigation menu. A list of all open items on your account will display.
3. Choose which invoice(s) to pay by selecting the corresponding checkbox(es) under the Pay column and clicking Generate Payment. You will receive a receipt for your payment by email.
4. Follow the on-screen prompts for payment and you're all done. All invoices that you pay online will still be visible in your open items list until we receive your payment and post it to your account. Payments will be applied to your account within one business day of making the payment.

Please note that we cannot accept partial payment of invoices online. All invoices you select require full payment. Our online payment system accepts Visa, Mastercard and American Express credit cards. If you have a credit note available, you will be able to apply it to the invoice of your choosing.

CANNABIS & LIFESAVING SPORT INFORMATION BULLETIN

As of October 17, 2018, adults who are 18 years of age or older are able legally to possess up to 30 grams of legal cannabis (dried or equivalent in non-dried form) in public.

The World Anti-Doping Agency Prohibited List is the international standard for identifying substances prohibited in sport based on current scientific and medical research and the input from all stakeholders. All cannabinoids (cannabis, hashish and marijuana) have been prohibited in competition since 2004 as they are considered to be:

- Performance enhancing as they can cause muscle relaxation and reduce pain during post-workout recovery; can decrease anxiety and tension, resulting in better performance under pressure; and can increase focus and risk-taking behaviours.
- A potential health risk due to negative effects on respiratory, cardiac, and mental health.
- A violation of the spirit of sport since it is illegal in many countries and the use or abuse of marijuana does not exhibit the ethics and moral judgment that upholds the spirit of sport.

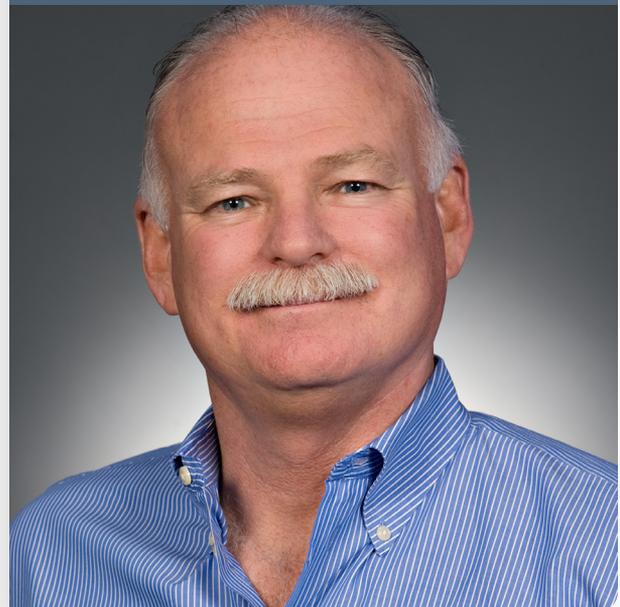
All athletes are subject to the Canadian Anti-Doping Program and must be aware that a positive test to a prohibitive substance can result in sanctions. Lifesaving Sport athletes are reminded that they are not to use cannabinoids, no matter its legal status in Canada. The only way to avoid a doping violation for cannabis is through abstinence. This is no different than any other prohibited recreational drug or medication.

Athletes who are taking medical marijuana should work with their physicians to explore non-prohibited alternatives to prohibited medications. Where no alternative is available, athletes should apply for a medical exemption.

[For more information visit the Society's national website.](#)

PERRY SMITH, KNIGHT

The International Life Saving Federation inducted Perry Smith, Lifesaving Society Ontario Program Director, as a Knight in the Order of Lifesaving for his volunteer service to the organization. Perry started officiating internationally in 2000 and has served on the ILS Sport Commission since 2002. ILS President, Graham Ford presented the award during the recent ILS Lifesaving World Championships in Adelaide, Australia.



EXAMINER Q&A

Q: Have you completed your Examiner Standards Clinic or passed your Examiner course, but have not yet completed your co-exams?

A: As of January 1, 2019, anyone wishing to become a Bronze, First Aid or National Lifeguard Examiner must complete a co-exam(s) with a current examiner mentor.

Q: What is an examiner mentor?

A: Examiner mentors are experienced Lifesaving Society examiners appointed by the Society's Area Chairs to mentor examiner candidates through their apprenticeship (co-exams) and approve them for examiner certification.

Q: How do I find an examiner mentor?

A: Examiner candidates are responsible for contacting an examiner mentor to complete their co-exams. If you work in aquatics, you may know one or more examiner mentors who reside in your area. You may contact any Area Chair for guidance and recommendations. If you don't know who your Area Chair is, contact the Society's office.

Q: What if I have completed (or will be completing) my co-exam(s) by December 31, 2018?

A: Before January 1, 2019, you can co-examine with an experienced examiner. Submit your paperwork to the Lifesaving Society office immediately following the exam for processing.

DONATE – HELP IMMUNIZE ONTARIO CHILDREN AGAINST DROWNING

Sizzling summer temperatures in Ontario smashed historical records this year and drove thousands of people to enjoy beaches and pools.

Unfortunately, things turned tragic for many families, among them an 18-year-old engineering student, and a mom and her 5-year-old daughter. In Canada, drowning remains the second leading cause of preventable death for children under 10 years of age.

As a member of the Lifesaving Society, you know that swimming and water safety instruction makes a difference. Unfortunately, not everyone gets an opportunity to learn these skills.

The Society's Swim to Survive program teaches school-aged children the skills they need to survive an unexpected fall into deep water.

This holiday season please make a donation of \$25 to Swim to Survive. Every \$25 donated provides this Swim to Survive training for another Ontario child. You can [donate now by clicking this link to Canada Helps](#). It is fast, easy and secure. And you receive a tax-deductible donation receipt immediately.

Give a gift to save a life.

AGM NOTICE

The 110th Ontario Annual General Meeting of the Lifesaving Society will be held Friday April 11, 2019 at the Holiday Inn – Toronto International Airport Hotel – 970 Dixon Road, Toronto, Ontario in the Trillium Ballroom. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend.

Check your email inbox for the invitation in early March. To ensure you're on the mailing list, update your info on [our website](#) by clicking on LOGIN and registering.

WATER SMART AWARD

Don't forget to send in your submission for the 2018 [Water Smart Award](#)! The deadline of January 11, 2019 is fast approaching!

The Lifesaving Society presents its annual Water Smart® Award to an Affiliate Member of the Society for outstanding community service to drowning prevention education.

NEW TRAINER MANUAL NOW AVAILABLE

The *Trainer Manual* is the Lifesaving Society Trainer's technical reference and companion to the leadership award guides. Collectively, these resources provide Trainers with the knowledge and tools to effectively plan and deliver the certifications in the Lifesaving Society leadership system. All active Lifesaving Society Trainers need this manual, and it is a required text for candidates on Lifesaving Society Trainer courses. The *Trainer Manual*:

- Defines the Trainers' job and explores their professional responsibilities.
- Provides supporting information for the 13 areas of competency underlying the leadership curriculum standards.
- Provides guidance on evaluating leadership candidates.
- Provides direction on "apprentices and apprenticeship" for the aspiring Trainer candidate as well as the Trainer of record responsible for apprentices.
- Highlights leadership course policies and administrative processes and procedures.
- Includes Trainer Tips and Case Studies.

The *Trainer Manual* is available at lifeguarddepot.com for \$27.80.



NEW EXAMINER HANDBOOK NOW AVAILABLE

The new *Examiner Handbook* provides the essential knowledge and tools required to plan and conduct Lifesaving Society examinations. All active Lifesaving Society examiners need the *Examiner Handbook* and it is the required text for candidates on Lifesaving Society Examiner courses. The *Examiner Handbook*:

- Defines examiners' job and explores their professional responsibilities.
- Provides guidance on planning and conducting fair and efficient examinations.
- Provides information on relevant policies and administrative process and procedures.
- Provides direction regarding use of award guides in planning and executing the examination.
- Provides direction concerning types of examinations: original versus recertifications; continuous evaluation, multiple awards at same time; "challenge" exams.
- Provides guidance on "apprentices and apprenticeship" for the aspiring examiner candidate as well as the Examiner Mentor responsible for apprentices.

The *Examiner Handbook* is available at lifeguarddepot.com for \$27.80.

BULLETINBOARD

To allow for better planning and budgeting by Affiliate Members, the Society is announcing prices and fees for the 24 months beginning January 1, 2019 through December 31, 2020. This means prices are guaranteed at least one year in advance. Increases for 2019 & 2020 average less than 1.5% per annum.

Retail prices are the same for all affiliates throughout Ontario and include free shipping and handling.

The complete list of 2019 & 2020 fees and literature prices will be posted in [Find a Form](#) on the Society's website.

2019 & 2020 Literature Fees

| | |
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| Canadian Lifesaving Manual | \$43.80 |
| Canadian Lifesaving Manual with | |
| Bronze Medallion Workbook | \$45.85 |
| Alert: Lifeguarding in Action | \$43.80 |
| Coaching Lifesaving | \$27.80 |
| Examiner Handbook | \$27.80 |
| Trainer Manual | \$27.80 |
| Canadian First Aid Manual | \$13.90 |
| Canadian CPR-HCP Manual | \$11.45 |
| Any single Award Guide | \$19.60 |
| Swim Instructor Pack | \$48.70 |
| Lifesaving Instructor Pack | \$58.70 |
| Combined Pack – Swim and Lifesaving Instructor | \$82.20 |
| National Lifeguard Instructor Pack | \$72.10 |
| Guide to Ontario Public Pools Regulation | \$43.70 |

2019 & 2020 Exam Fees

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| Canadian Swim Patrol (kits for class of 10) | \$15.20 |
| Safeguard | \$10.35 |
| Bronze Star | \$10.35 |
| Bronze Medallion | \$16.75 |
| Anaphylaxis Rescuer | \$1.30 |
| CPR-A, B and C | \$1.30 |
| Basic First Aid | \$1.30 |
| Airway Management | \$10.35 |
| Automated External Defibrillation | \$10.35 |
| Emergency First Aid (with CPR B) | \$10.35 |
| Standard First Aid (with CPR-C) | |
| or recert | \$20.15 |
| CPR-HCP | \$16.05 |
| Wading Pool Attendant | \$10.35 |
| Bronze Cross or recert | \$20.35 |
| National Lifeguard or recert | \$33.50 |
| Lifesaving Sport Official | \$15.45 |
| Instructor, Instructor Trainer, Coach | \$29.35 |
| Leadership Recert | \$29.35 |
| (Each additional leadership recert at the same time \$8.75 to a maximum of \$60.00) | |
| Aquatic Supervisor | \$29.35 |

Lifeguard Depot.com®

SHOP ONLINE 24/7/365

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