



First aid extension

In accordance with the extension announced recently by Ontario's WSIB, the Lifesaving Society is extending the currency of its Emergency and Standard First Aid certifications – that expired after March 1, 2020 – **until December 31, 2021.**

Aquatic employers and employees do not need to take any action to qualify for the extensions. The Society will not reprint certification cards: you can view or print your own certification record (including any expiry dates) from [Find a Member](#) or findamember.ca on your mobile device.

We encourage you to recertify as soon as you find an available course or recert.

For more information, visit our [home page](#).

July 18-24, 2021

National Drowning Prevention Week

LIFESAVING SOCIETY

Ready. Set. Recert.

As light begins to glimmer at the end of the Covid tunnel, pool operators and their staff are making plans for a return to some kind of normal. One of those norms is that lifeguard certifications need to be current. Because of lengthy pool closures in many areas of the province, staff have not had the chance for regular in-service training. Many guards will need in-water practice time to get back into the lifeguarding shape they need to recertify National Lifeguard.

To this end, we offer some training tips and sample workouts. Start back gradually with workouts two or three times a week for several weeks until you can meet the time standards in these three physical standard items that are mandatory on a National Lifeguard Pool Recert.

(Continued on page 2)

CALLING ALL LIFESAVING INSTRUCTORS!

Still haven't participated in a Bronze Update Webinar? Don't despair. We're hosting one webinar per month for the next few months. Check out [Explore Bronze - Update Clinic](#) on our home page and register for an upcoming webinar: March 23 (1–3 pm), or April 20 or May 13 (7–9 pm).

Colour zone guidance for recreational water facilities

To assist operators with applicable aquatic protocols in Ontario's colour-coded system, we've developed a [series of easy-to-follow guidelines](#). These guidelines clarify significant aspects of Ontario's current Covid-19 regulations. For full details, consult the most current Ontario regulations and your regional health unit.

GREY LOCKDOWN

RED CONTROL

ORANGE RESTRICT

YELLOW PROTECT

GREEN PREVENT

Ready. Set. Recert. *(Continued from page 1)*

Object recovery (Item 2a). *Demonstrate anaerobic fitness and strength for an object recovery: Starting in the water, swim 15 m and surface dive to recover a 9 kg (20 lb.) object; surface and carry the object 5 m – all within 40 sec.*

- Approach head-down and swim right into the surface dive. Use your momentum. Don't pause.
- Use your best surface dive (head- or foot-first).
- Hold the object close and drive off the bottom with both legs.
- Object does not need to be at or above surface on carry.

Sprint Challenge (Item 2c). *Demonstrate anaerobic fitness: Starting in the water, swim 50 m head-up within 60 sec.*

- Head-up means “eyes up and forward.” Pick a point at the end of the pool and focus on it.
- Get a strong streamlined “eyes-up” push off the wall(s).
- Swim front crawl or breaststroke or a combo.

Endurance Challenge (Item 2e). *Demonstrate aerobic fitness and endurance: Swim 400 m within 10 min.*

- Wear goggles.
- Start with a dive entry.
- Use power strokes (front crawl and/or breaststroke).
- Use flip turns with a powerful drive off the wall into a streamlined glide and seamless transition to the stroke.
- Count strokes per length to monitor and adjust your pace.

Sample workout

The following type of workout can gradually improve and maintain a lifeguard's aerobic and anaerobic fitness to prepare for water rescue. On your first workout back, adjust pace times as necessary to align with your current fitness level. Thereafter, start decreasing pace times so every workout is a challenge.

Brush up on the principles of training in Chapter 5 of the Society's *Instructor Manual*.

Warm up (5–10 min.)

Appropriate dynamic stretches followed by a 200 m swim at an easy pace. Your choice of stroke(s) or kick(s).

Workout Set 1

Using front crawl, choose option A, B or C based on your current physical ability.

Option A – 2 x 100 m @ pace time 2:20 min. each

Option B – 4 x 50 m @ pace time 1:10 min. each

Option C – 8 x 25 m @ pace time 35 sec. each

On your own schedule, gradually ramp up to a 400 m non-stop workout maintaining a uniform pace throughout. If doing 25s, work up to 50s then 100s. If you're not able to jump to 400 m, try 2 x 200 m on a pace of 4:40 min. each.

Cool down with several lengths.

Workout Set 2

Using front crawl, choose option A or B (and number of sets) based on your current physical ability.

Option A – 4 x, 6 x, or 8 x 50 m @ pace time 1:00 min. each

Option B – 4 x, 6 x, or 8 x 25 m @ pace time 30 sec. each

Cool down 8 x 25 m kicking (odd sets eggbeater, even sets choice of kick), followed by 100 m breaststroke.

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Safeguard your campers this summer.

The Lifesaving Society’s Safeguard certification provides safety supervision training for guardians including day-camp counsellors, counsellors-in-training and others who accompany groups of young people to pools or waterfronts.

The course stresses the responsibility undertaken by these group leaders for safeguarding the young people in their care even when under lifeguard supervision. Safeguard focuses on water safety awareness, accident prevention and the principles of aquatic safety supervision.

Safeguard can be taught by any current Lifesaving Instructor who holds National Lifeguard certification. Everything they need is available on the [Safeguard USB](#).

Include Safeguard in your pre-summer training for day camp staff to help minimize risk when they take their charges to swim.

For more information, view [Safeguard](#) or contact the Lifesaving Society.

CALLING ALL AFFILIATES

As the province slowly reopens, we call on all Affiliate Members to help populate Find a Course. As soon as you have courses open to the public, please send them our way. Use the [Online Posting Form](#) or send us an [email](#).

LOOKING FOR A COURSE OR RECERT?

As soon as affiliates send us their course listings, we post them to [Find a Course](#). Use this tool to find that course or recertification, so you’ll be ready to get back to work when called upon.

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Leadership library for trainers

The Society’s online Leadership Library is the repository of resources for Trainers who deliver leadership training courses. Access is restricted to current Trainers who first [LOGIN](#) on the Society’s website. On the left-side navigation bar, you will see (only) the leadership courses to which you have access according to the Trainer certifications you hold. For example, a Trainer certified to teach Assistant, Swim, and Lifesaving Instructor can access resources for those courses.

In the Leadership Library you’ll find the most current resources like PowerPoints, planning templates, and instructional scenario cards, etc., designed to help you make the most of your course. These resources are those listed in the “Resources” sidebars of the Course Guide sessions of the corresponding leadership award guides.

Scotiabank charity challenge

Way to go *Team Lifesaving Society* whose members raised \$12,000 for drowning prevention in the [Scotiabank Charity Challenge – Toronto Waterfront Marathon](#) virtual race last October.

The Society plans to participate again in the 2021 event so get your shoes ready. This is a fun fundraiser suitable for all ages and all fitness levels! Participants pick their distance and how, where and when they complete it. Details to be announced.

Thank you to our leading 2020 marathoners for an outstanding fundraising performance: Pamela D’Costa-Dupley, Barbara Byers, Andrea Herrmann, Kenn Little, Dawn Maragh, Adrian Herscovici, Kai Herrmann, Daksha Moti, Ann Palmer, Nikesh Amit, Jeff McCurdy.



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LifeguardDepot.com is the online store of the Lifesaving Society. All proceeds from LifeguardDepot.com support drowning prevention and the development of young leaders through lifesaving sport.

Fundraising marathoners Blake and Brooke Kazan-Tang pause for a mid-thon photo-op by parents Eddie Tang and Heather Kazan.

Dryland training during Covid-19

While we wait for in-water training to resume, dryland training for lifesaving sport athletes is becoming crucial. The lack of available pool time creates an opportunity for athletes to focus on their weaknesses and improve overall muscle strength and conditioning.

The inclusion of warming up and muscle activation as well as stretching is essential to prevent injury. The purpose of dryland training is to increase core stability and to engage the appropriate muscles rather than trying to strain yourself. Mobility and stability in each exercise should be a focus as building additional strength is difficult without a solid foundation.

The following workout plan provides examples of exercises without equipment which should be completed with care and caution. Medicine balls, pull-up bars and stretch bands are also great tools to increase the variety in your workout. Modify the recommended repetitions and rounds based on the desired level of difficulty with the overall goal of completing the workout.

Warm-up and muscle activation

Exercises to warm up muscles prior to a workout should be dynamic (moving) in nature. Examples include:

- **Arm circles:** With arms straight out to the sides parallel to the floor, start with small rotations and gradually work towards the largest possible. Perform with forward and reverse rotations.
- **Lateral arm swings:** With arms at your sides, in one continuous and fluid motion, swing them laterally out and up over your head, crossing them over one another with bent elbows at the top of the motion; then swing them back down to cross over one another with bent elbows as your hands reach your shoulders. This will target the triceps while opening up your chest.
- **Butt kicks and leg swings:** Butt kicks can stretch your quadriceps while activating your hamstrings. Leg swings (forward to back and side to side) will activate your hips and stretch your groin.
- **Core planks and Bird Dogs:** Front and side planks, Bird Dogs (on hands and knees, extend left arm and right leg off the floor in line with the body. Repeat alternating sides).

Dryland training workout

Repeat this workout for 5 rounds, with 1 minute rest between each round.

- 10 x Burpees (with push-up if desired)
- 40 x Russian Twists (at the top of a sit up position with feet off the ground, alternate touching the ground on each side of your body)
- 10 x Inch Worms (with legs straight and feet shoulder width apart, place palms down in front of your feet and walk them forward past a high plank position and then back to your feet)
- 60 x Flutter Kicks on your back
- 60 x Mountain Climbers (while on your hands and feet, alternate raising each knee to your chest)

Stretching

Fifteen minutes of stretching to recover is recommended. Post-workout stretching may be static (still) in nature as your muscles are already warm. Fifteen seconds should be the minimum amount of time for each muscle stretched. The use of foam rollers can aid in this process. Ensure the stretches are being done with proper form and do not continue past a point where pain occurs.

More information on lifesaving sport can be found [here](#).

VIRTUAL AGM APRIL 16

The Lifesaving Society Ontario Annual General Meeting will be held by teleconference on Friday, April 16, 2021 at 6:00 p.m. EDT followed immediately by an Affiliate Recognition Awards video honouring 2020 recipients. [Registration required](#). The 2020 Annual Report and meeting-related documents will be posted on the Society's homepage.

The Society's current (certified after April 16, 2019) National Lifeguards, Instructors, Examiners, Coaches, and Trainers are entitled to vote as are members of the Board of Directors, current Activity Centre Council Chairs, Area Chairs and their respective committee members.



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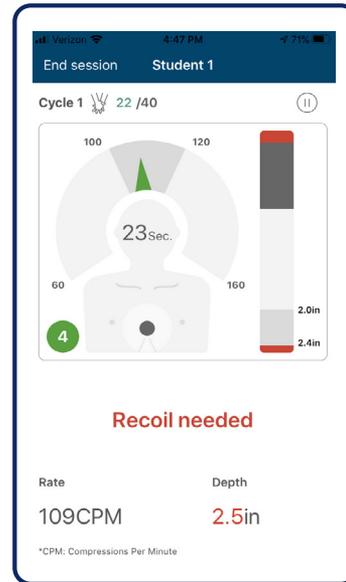
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