

## Attention Swim Instructors

Are you a Lifesaving Society Swim Instructor? Is the pool you work for closed? Are you interested in teaching swim lessons? Do you have access to a backyard pool?

Consider becoming a Seasonal Swim Licensee (and private entrepreneur). As a Swim Licensee, you can set your own schedule, have fun teaching and have a great and successful summer. It's easy to do, just follow these steps:

1. Register online using the [Affiliate Member Information form](#)
2. Pay the fees (Affiliation \$102 + Swim License \$149 = \$251 for the summer season)
3. Sign the Swim License forms.
4. Start teaching!

The Lifesaving Society's Swim for Life program offers a low-cost, hassle-free and flexible learn-to-swim continuum, which focuses on basic swimming skills and strokes that lead seamlessly into the Canadian Swim Patrol Program.

All the resources you need to teach the program will be emailed to you once you've signed up. That way, you can print what you need as you go (e.g., worksheets, lesson plans, progress reports). Swim Licensees may also order badges and stickers.

For more information, contact Sindy Parsons at [sindyp@lifeguarding.com](mailto:sindyp@lifeguarding.com).



## EXPLORE BRONZE UPDATE WEBINARS

If you're teaching the new Bronze awards this summer, make sure to get updated first. Join an evening Explore Bronze webinar. Check out "Explore Bronze – Update Clinic" [on our homepage](#) to register for one of: June 22, July 22, August 17 or September 20.



## Join us in the Scotiabank Charity Challenge

Exciting news! The Lifesaving Society is again participating in the [Scotiabank Charity Challenge](#) and we'd like you to join us.

There's an event for everyone. The distance options this year are: 4-person marathon relay, a new 10K as well the traditional marathon, half marathon and 5K distances.

Anyone can participate – invite your friends and family on behalf of the Lifesaving Society.

The event runs through October, but [register](#) early because entry fees go up after September 7.

Once you've created your own profile be sure to join the Lifesaving Society Ontario team. You can then start your fundraising to support the Society through your own personal links.

If you raise more than \$400, we will cover your participant fee! The top five fundraisers also receive Society swag.

## UN Resolution on Drowning Prevention

The United Nations General Assembly adopted its first Resolution on Drowning Prevention on April 28, 2021. This is a significant milestone in a long journey in which Canadians have played a key role.

The UN resolution focuses world attention and action on this highly preventable public health challenge. The resolution will increase UN agency awareness and actions to reduce drowning. The resolution will also encourage the engagement of national governments to reduce the burden of drowning through effective policies and legislation, research, and support for community-based drowning prevention action.

The UN Resolution:

- is in response to deep concern that drowning has been the cause of over 2.5 million preventable deaths in the past decade but has been largely unrecognized relative to its impact.
- notes that more than 90% of deaths occur in low- and middle-income countries, with Asia carrying the highest burden of drowning deaths by number.
- notes that drowning disproportionately affects children and adolescents in rural areas, with many countries reporting drowning as the leading cause of childhood mortality.
- clarifies that the official global estimate of 235,000 deaths per annum excludes drownings attributable to flood-related climatic events and water transport incidents, resulting in the underrepresentation of drowning deaths by up to 50% in some countries.
- identifies July 25 as World Drowning Prevention Day starting in 2021.

Canada is well placed to achieve all (and more) of the voluntary actions that the Resolution encourages Members States to adopt. All the key World Health Organization recommended interventions are addressed across Canada.

The Lifesaving Society Canada is a well-developed national lead agency for lifesaving and drowning prevention. And Canada is positioned to support international cooperation by sharing lessons learned and best practices. In fact, our leadership has already contributed to this milestone through collaboration with the World Health Organization, International Life Saving Federation, the Commonwealth Royal Life Saving Society and with drowning prevention intervention projects in Bangladesh and the Caribbean.

The resolution is the result of years of work by many people and organizations in the global drowning prevention community. [You can access the Resolution in multiple languages here.](#)

**July 18-24, 2021**

## National Drowning Prevention Week

LIFESAVING SOCIETY



## Lifesaving Rescue Tube

- Constructed with new performance foam technology that boosts strength and resilience.
- Braided orange leash with high-quality shoulder strap designed for comfort and durability.
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- Ideal for indoor and outdoor guarding in any aquatic setting.
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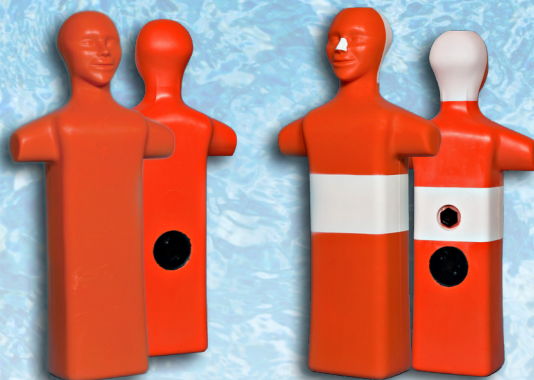
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**Lifesaving Society Training  
and Competition Manikins**



**Training Manikins**

\$210.75 each or 10 for \$179.14 per unit.

Product code: 42.1185.00

**Competition Manikins**

\$358.86 each or 10 for \$305.03 per unit.

Product code: 42.1183.00

- Ideal for practicing pick-ups, carries and removals in lifesaving and lifeguard courses.
- Easy to fill and easy to drain (for submerged unconscious victim simulation).
- Built to withstand regular use.
- Require minimal maintenance.
- Made in Canada by the Lifesaving Society.

The Lifesaving Society's Training and Competition manikins enable course participants to practice important lifesaving and sport skills while maintaining physical distancing protocols.

The Competition Manikin is ILS approved for lifesaving sport competition and allows you to control weight and buoyancy.

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## Blended learning: synchronous vs. asynchronous

In 2020, the Lifesaving Society prepared [a guide](#) to support its affiliate members and leadership personnel who plan to augment traditional in-person training with online or blended learning delivery of the Society's courses. This guide confirms which Lifesaving Society courses are approved for online and/or blended learning.

The online portion of all courses currently approved should be "synchronous." This means live instructor-led education and engagement using the high-quality resources developed by the Lifesaving Society. Candidates should actively participate in their learning, have the ability to ask and answer questions in real-time, and learn from their peers and receive feedback on their performance. Instructors and trainers should provide candidates with every opportunity to apply, to demonstrate, and to practice what they know and are learning.

"Asynchronous" indicates a self-directed learning experience with no instructor present – like a reading assignment completed outside the online environment. Instructors of online or blended courses may use asynchronous methodology to augment, but not replace instructor-led sessions. Self-directed activities should be assigned sparingly and with a clear purpose directly related to the course learning objectives. Instructors must "take up" offline assignments to reinforce the desired learning outcomes.

Please note that the recommended course times found in the current edition of the Program Guide are based on instructor-led activities, either online or in person. Self-directed activities are not included in the course time allocations.



## Do the math. Broaden your base

As they plan for reopening, many aquatic programmers are worried about not having enough qualified staff and Covid may have made things worse.

We analysed our award statistics to find the formula required to produce instructors and lifeguards. If you think of Swim Instructors and National Lifeguards as the top of their respective pyramids, it is clear that without a broader base of Bronze certified candidates, we will continue to suffer staff shortages. This may not be the only cause, but it is something all of us can take action on.

Visit our website for more information on running [Bronze Medallion](#) and [Bronze Cross](#) courses.

$$6 + 5 = 1$$



On average, it takes 6 Bronze Medallion and 5 Bronze Cross candidates to produce 1 new Swim Instructor.

$$3 + 2 = 1$$



On average, it takes 3 Bronze Medallion and 2 Bronze Cross candidates to produce 1 new National Lifeguard.

## Jr. Medics online

It has been said that ‘a year of life was lost’ in the period of social distancing associated with Covid-19. This is especially true for children who lost a year of normal classroom life. In response, 27 Queen’s University medical students have come together to teach free, virtual first-aid workshops to approximately 250 elementary school students in the Kingston community through an initiative called Jr. Medics. This year, it was adapted to an online format by current co-chairs Kaitlyn Rourke and Amir Wachtel, Class of 2023.

While Jr. Medics is not an official first aid certification, it covers essential skills, such as calling 911 and responding to choking, cuts, and burns. “It teaches young students basic knowledge of how to react to emergency situations, starts them on the journey of learning more first aid, and increases their comfort in interacting with healthcare professionals,” explains Amir.

Volunteer medical students teach the workshops using interactive and fun activities. Jr. Medics also demonstrates the value of making the most of any situation. “Instead of being held back by the forced isolation, we took the opportunity to update our curriculum and expand our catchment area,” says Kaitlyn.

This year, instructors led 50 virtual Jr. Medics first aid workshops, which have been a success for students and teachers alike. Jess Donaldson, a Grade 6 teacher at Sir John A. MacDonald P.S., reported, “Upon our class reflection (following a Jr. Medics session) many students commented on how they would feel much more comfortable in a situation where a friend or family member was hurt.”

Kaitlyn and Amir hope that teachers who want to keep their students engaged and knowledgeable about first aid sign up for a Jr. Medics session for the coming school year.

For more information: <https://jrmedicsqmed.wixsite.com/website/about>; or email: [jrmedics.qmed@gmail.com](mailto:jrmedics.qmed@gmail.com)

*Kaitlyn is a National Lifeguard and Lifesaving Society Instructor and Examiner who worked for the City of Ottawa during her undergraduate years. Amir worked as a lifeguard, swimming instructor and volunteer first aid responder with UBC’s Emergency Medical First Aid Team during his undergraduate studies at the University of British Columbia.*

## Critical Incident Plan Template

The Lifesaving Society has created a template for developing a Critical Incident Plan for aquatic facilities. In chart form, the template guides facility operators and employees to prepare for and manage critical incidents.

The template establishes a structured and systematic process for responding to a critical situation to enhance your team’s response and to reduce the possibility that important steps will be overlooked. The template will also help when explaining processes and procedures to staff.

The [template is posted in Safety Management/Resources on our website](#).

## Annual Report Online

The Society’s [Annual Report](#) for 2020 – the year Covid changed everything – paints a very different picture than its predecessor with program participation way down from the all-time high recorded in 2019.

As you will read, while the challenges of the global pandemic have thrust change upon us, we decided early on to approach this as an opportunity – for a rethink of standard operating procedures, for innovation in program design and delivery, and for acceleration of IT initiatives.

We continue to navigate and adapt to the ever-changing public health situation with a laser focus on our drowning prevention mission. We fear the lack of availability of swimming lessons, combined with increased desire for outdoor recreation in, on and near the water may lead to more drownings among children – particularly in unsupervised settings. We’re working hard to make sure this doesn’t happen.



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