



5 Tips for giving better feedback

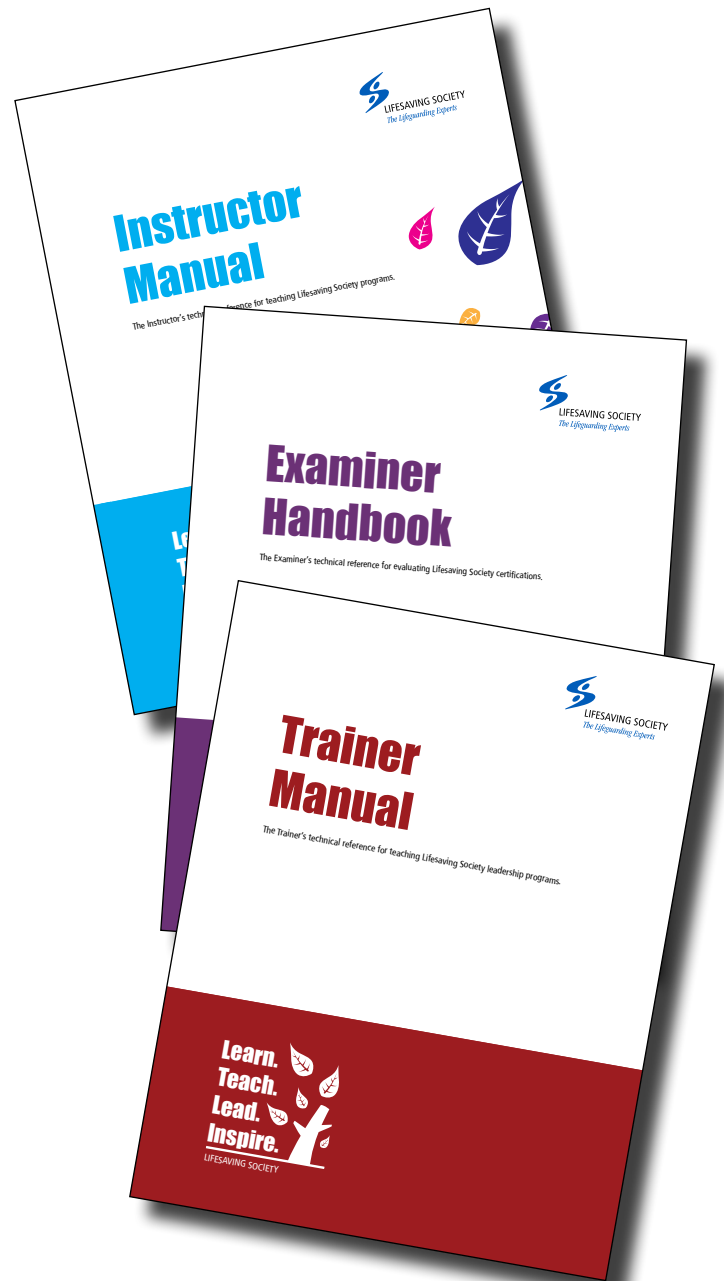
Providing useful feedback at the right time and in the right way is an essential task for Lifesaving Society instructors, examiners and trainers.

Effective feedback is designed to improve performance. Effective feedback should motivate and respect candidates. Importantly, the way you deliver feedback has an impact on its effectiveness.

Consider how you might incorporate these five feedback tips:

- **Focus on what is right.** Point out what aspects of a skill a candidate is performing well. Focusing on candidates' strengths leads to higher levels of improvement vs. feedback that focuses solely on weaknesses.
- **One step at a time.** Deliver feedback in manageable chunks that a candidate can easily digest. Too much feedback at once can confuse or overwhelm candidates, preventing them from translating it into effective action.
- **Prioritize.** Think about what feedback should come first, and what can wait. And always start with safety. If a candidate is performing a skill in a way that may injure themselves or others – intervene. Then, move on to the performance-based feedback that will result in the greatest improvement.
- **Provide feedback in writing.** Ideally, feedback is followed by immediate practice. But this isn't always possible. When this is the case, provide candidates with written feedback. It can then be reviewed ahead of the next session or class, increasing the odds of it being put into practice.
- **Use coaching conversations.** Empower and encourage candidates to take the lead in their own personal assessment and development. Ask them to share their thoughts on how a particular skill or lesson went, then follow up on the points they raise. Remember, learners can be their own worst critics. Guide the conversation to focus on the most important ideas and what went well to help put "what went wrong" in perspective.

For more great strategies on providing feedback, check out the Lifesaving Society's *Instructor Manual*, *Examiner Handbook* and *Trainer Manual*, all available from [LifeguardDepot](https://www.lifesaving.org/lifeguarddepot).



Save the date

Annual General Meeting

The 113th Annual General Meeting of the Lifesaving Society Ontario will be held Friday, April 22, 2022 at 6:00 p.m. ET. More information, including how to register, will be available in the new year.

Jocelyn Palm Cup

The Lifesaving Society invites nominations for the 2021 Jocelyn Palm Cup. The cup is awarded annually to the affiliate in Ontario making the most outstanding contribution to the National Lifeguard Service.

Visit our website [for more information](#) and to [download the nomination form](#). Submit the completed nomination form to marekh@lifeguarding.com by January 30, 2022.

Water Smart Award

Don't forget to send in your submission for the 2021 [Water Smart Award](#)! The January 14, 2022 deadline 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.



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National Lifeguard instructors – we want your help!

The Society is revising and expanding the teaching resources available for National Lifeguard Pool, Waterpark and Waterfront instructors – and we want your help.

We invite you to share the best activities, drills and lesson plans you've created for a National Lifeguard course. This includes:

- Great scanning activities or methods of teaching lifeguard positioning.
- Innovative ways to facilitate lifeguard situations that would help other instructors.
- Effective ways of teaching how to use rescue aids.
- Effective ways of teaching victim management skills like a rollover or removal.

Whatever it is, the Society's Lifeguard and First Aid Manager Marek Holke would love to hear about the creative and resourceful ways you've come up with to teach National Lifeguard courses.

[Email Marek](#) your great ideas by January 31, 2022.

Reminder to explore Bronze

Bronze instructors and examiners need to be ready when affiliates implement the revised Bronze medal awards (by June 2022). Haven't updated yet? It's easy:

1. Order the new [Bronze Medals Award Guide](#).
2. Read [What's new for Instructors?](#)
3. Take the [Explore Bronze Self-Guided Tutorial](#).

The tutorial is a fun, interactive experience that takes approximately 20 minutes to complete. The tutorial lets you engage with the new curriculum online at your own pace, on your own time. Once completed, you're ready to teach the revised Bronze medal awards!

Want a head start on your planning? [Order the Teaching Bronze USB](#). It includes sample core and lesson plans, learning activities and PowerPoint presentations for each Bronze level.

These and other resources are [on our website](#).



Lifesaving Society CPR Training Manikin Lungs

Order online at LifeguardDepot.com or call 416-490-8844

Lifesaving Society CPR Training Manikin Lungs are:

- For use with ACTAR D-Fib and other CPR training manikins.
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Lifeguard Depot.com®

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.

Updated guide for online and blended learning

The Lifesaving Society has updated its *[Delivery of online and blended learning: A guide for Lifesaving Society affiliates and leadership personnel](#)*. This version, dated December 2021, incorporates our experience and learning to date.

First aid review

The Lifesaving Society has completed the review of its first aid programs to identify any changes needed as result of the most recent guidelines released by the International Liaison Committee on Resuscitation in collaboration with the American Heart Association.

There are no changes that affect first aid program test items or standards (i.e., Must Sees) or first aid course length. We will make minor editorial changes to our first aid literature focusing primarily on additional knowledge in the following areas:

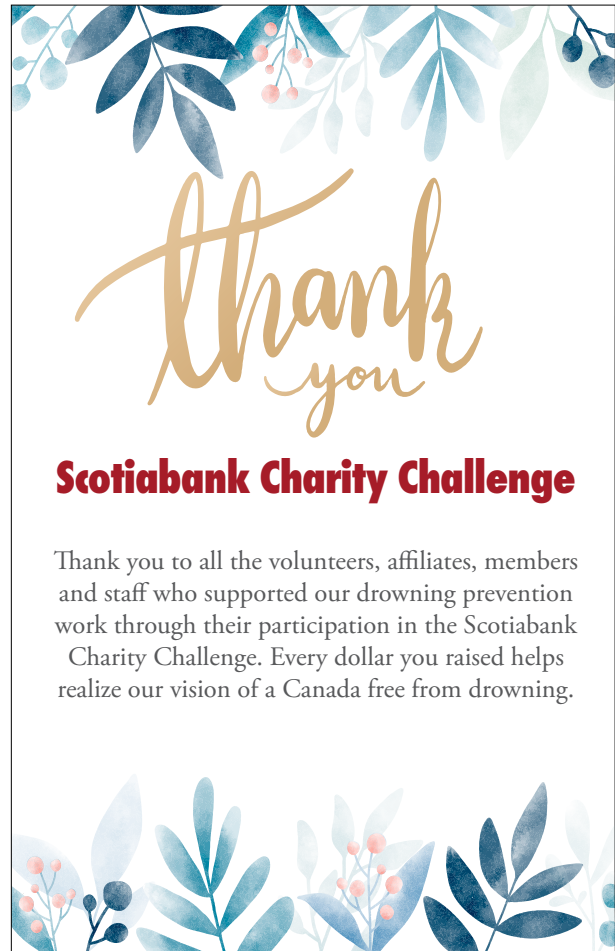
- Chain of Survival update
- Level of consciousness assessment tool
- Infant resuscitation techniques
- Tourniquet knowledge
- Stroke assessment tool
- Dehydration
- Oxygen use
- Opioid overdoes and naloxone

First Aid Instructors – stay tuned for more information in the new year.

July 17-23, 2022

**National Drowning
Prevention Week**

LIFESAVING SOCIETY



Scotiabank Charity Challenge

Thank you to all the volunteers, affiliates, members and staff who supported our drowning prevention work through their participation in the Scotiabank Charity Challenge. Every dollar you raised helps realize our vision of a Canada free from drowning.

Affiliates – help your swim instructors recertify!

The Society recognizes that Swim Instructors are experiencing challenges earning enough credits for recertification. In response, we've developed the *Online Swim Instructor Credit Session* that affiliates can schedule for their staff. It's easy to program, designed to be delivered online and candidates earn one credit towards their leadership recertification.

For more information, [read the full session outline](#) or contact [Sindy Parsons](#) by email or call 416-490-8844 x 243.

PRICES AND FEES

Complete 2022 fees and literature prices are posted in [Find a Form](#) on the Society's website.

2022 Literature Prices

Canadian Lifesaving Manual	\$45.60
Canadian Lifesaving Manual with Bronze Medallion Workbook	\$47.70
Alert: Lifeguarding in Action	\$45.70
Coaching Lifesaving	\$28.95
Instructor Manual	\$20.40
Examiner Handbook	\$28.95
Trainer Manual	\$28.95
Canadian First Aid Manual	\$14.55
Any single Award Guide	\$20.40
Swim Instructor Pack	\$50.70
Lifesaving Instructor Pack	\$60.70
Combined Swim and Lifesaving Instructor Pack	\$86.20
National Lifeguard Instructor Pack	\$75.05
Bronze Medallion Workbook	\$ 4.10
Bronze Cross Workbook	\$ 4.10
Teaching Bronze USB	\$26.20

2022 Exam Fees

Canadian Swim Patrol (kits for class of 10)	\$15.85
Safeguard	\$11.00
Bronze Star	\$11.50
Bronze Medallion	\$17.35
Anaphylaxis Rescuer	\$1.50
CPR-A, B and C	\$1.50
Basic First Aid	\$1.50
Airway Management	\$11.00
Automated External Defibrillation	\$11.00
Emergency First Aid (with CPR-B)	\$11.00
Standard First Aid (with CPR-C) or recert	\$21.00
CPR-HCP	\$16.75
Wading Pool Attendant	\$11.00
Bronze Cross or recert	\$22.00
National Lifeguard or recert	\$35.00
Lifesaving Sport Official	\$16.25
Instructor, Instructor Trainer, Coach	\$30.75
Leadership Recert	\$30.75
(Each additional leadership recert at the same time \$9.15 to a maximum of \$60.00)	
Aquatic Supervisor	\$30.75

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



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