

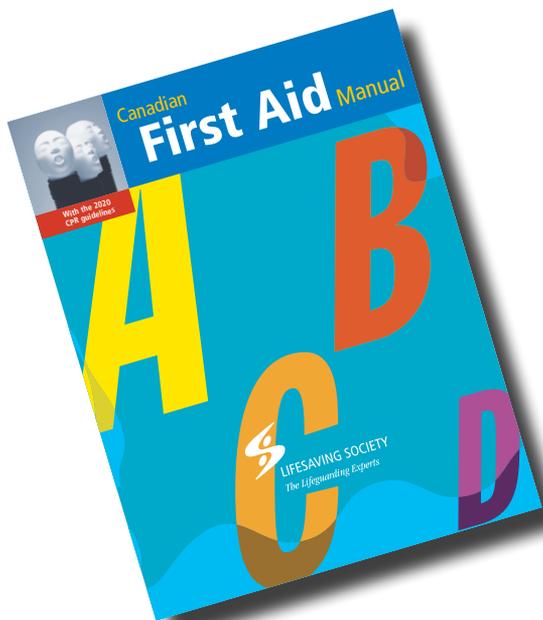


First aid update

The *Canadian First Aid Manual* has been updated to reflect the 2020 CPR guidelines. Changes are minor:

- An updated Chain of Survival (p. 3) re-emphasizes the importance of early initiation of CPR by lay rescuers. The new “Recovery” link acknowledges the need to support recovery, treatment and rehabilitation for cardiac arrest survivors.
- AVPU assessment terminology to identify level of consciousness appears on p. 20.
- Use of the F.A.S.T. assessment tool (p. 35) for strokes – temporary or not – is reemphasized, and reference to Transient Ischemic Attack (TIA) has been removed.
- A new Dehydration sidebar appears on p. 75.
- A note on evolving terminology relating to the treatment of spinal-injured victims appears on p. 54-55.
- A new appendix on opioid overdoses and naloxone appears on p. 92.

[Download and insert the Canadian First Aid Manual UPDATE summary](#) into your existing *Canadian First Aid Manual* or purchase a new copy from [LifeguardDepot](#).



RESEARCH STUDY LINKS MEDICAL CONDITIONS AND FATAL DROWNINGS

A research study on the link between medical conditions and fatal drownings in Canada was released on May 9, 2022 and published in the *Canadian Medical Association Journal*. The study reviewed all Canadian unintentional fatal drownings (2007–2016) in the Drowning Prevention Research Centre database. Analysis revealed that one in three people who drowned in Canada had a pre-existing medical condition and in 44% of these cases, the medical condition directly contributed to the drowning. Further, people with heart disease and seizure disorders were at increased risk of drowning compared to the general public.

[Read the complete study.](#)

Fun fact – Endurance Challenge

Lifesavers and lifeguards require aerobic fitness and endurance to successfully perform rescues. Candidates’ aerobic fitness and endurance is evaluated in lifesaving and lifeguarding courses during the Endurance Challenge item, which consists of a 400 m swim that must be completed within 12 minutes (Bronze Medallion); 11 minutes (Bronze Cross) and; 10 minutes (National Lifeguard pool).

The time standard is based on the Cooper Swim Test – an aerobic swimming fitness test in which participants attempt to cover as much distance as possible in 12 minutes. The test was adapted for a distance of 400 m and pilot tested to confirm the minimum time standards would satisfy the performance requirements for each certification.

Head over to the [Lifeguarding](#) and [Lifesaving](#) sections of the Society’s website to learn more about each certification.



Become an Examiner Mentor

The Lifesaving Society is seeking experienced examiners who are ready to take the next step in their leadership development to apply for appointment as a volunteer Examiner Mentor. Examiner Mentors are senior Lifesaving Society Examiners appointed by the Society's Area Chairs to mentor examiner candidates through their apprenticeship phase and approve them for examiner certifications.

Successful Examiner Mentor applicants have completed a minimum of three exams, possess strong leadership and communication skills, and are keen to coach and support the next generation of Lifesaving Society examiners.

Examiner Mentors:

- Provide effective apprenticeship experiences for examiner candidates including the planning of the exam, summative feedback and evaluation of their performance, and guidance on their professional development as potential Lifesaving Society examiners.
- Act as expert resources to apprenticing examiner candidates in matters related to Lifesaving Society evaluation standards including the values, attitudes and techniques that are expected of an examiner.
- Complete Lifesaving Society administrative requirements in a timely manner including completion of training records for the apprenticing examiner candidate.

- Ensure the smooth conduct of the examination, including final pass or fail decisions as the examiner of record (done in consultation with the examiner candidate).
- Assist in the identification, recruitment and development of potential Lifesaving Society examiners.
- Attend Examiner Mentor workshops and clinics as required.

Those interested in becoming an Examiner Mentor follow a three-step process:

1. Application – Complete the [application form](#) and return it to the Lifesaving Society office.
2. Learning Opportunity – If approved, an Area Chair will be in touch to arrange the learning opportunity.
3. Assessment – After you complete the learning opportunity, an Area Chair will decide whether to appoint you as an Examiner Mentor.

To learn more about being an Examiner Mentor, see Chapter 8 of the *Examiner Handbook*, review the [Examiner Mentor section](#) of our website, or contact your local [Area Chair](#).





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Swim Transition Instructor Clinic - Now available online!

Red Cross Water Safety Instructors can transition to Lifesaving Society Swim for Life Instructor certification by completing the Society's official online Swim Transition Instructor Clinic – approved by the Lifesaving Society Canada and endorsed by the Canadian Red Cross (CRC).

The self-directed Swim Transition Instructor Clinic provides an orientation to the Society's Swim for Life program. It is designed exclusively for CRC Water Safety Instructors who want to take advantage of the opportunity to transition to Lifesaving Society's Swim for Life Instructor certification.

Register now at e-lifesaving.ca

Online instructor recertification

Did you know that you can recertify your Lifesaving Society Instructor, Examiner, Coach and Trainer awards online? It's quick and convenient in 6 easy steps!

1. Go to the Society's website: www.lifesavingsociety.com
2. [Login to your account](#) and click on "Recertification" (on the left side of the page). If you have not registered for an account before, click "Register" to create an account. You will need:
 - your Member ID, which is the 6-digit code on the bottom right of your certification cards.
 - your Access Code, which is the 8-digit alphanumeric code on the tear-away portions of your award cards.
3. Confirm or update your personal information.
4. Indicate all the awards you want to recertify.
5. Upload documentation of extra credits that can't be automatically verified by our database (e.g., teaching Swim for Life or Canadian Swim Patrol).
6. Enter your payment information.

As soon as the transaction is processed, your [Find A Member](#) record will be updated!

Visit the [Teaching](#) section of our website to [learn more about recertifying](#) Lifesaving Society leadership awards.

If you need help, call us at 416-490-8844.

Lifeguard 4 Life podcasts

Check out the most recent episodes of Lifeguard 4 Life – a Lifesaving Society Ontario podcast. Join Stephanie and Jason as they discuss staff shortages with a panel of aquatic industry insiders in Episode 4: Aquatic Staff Shortage: The Impact of Covid-19. Stick around for everything you need to know about Area Chairs in Episode 5.

Listen on [Anchor](#), [Spotify](#) or [YouTube](#). New episodes monthly.



NEW! INFLATABLE WATERPARK SAFETY STANDARDS

The Society's *Inflatable Waterpark Safety Standards* assists inflatable waterpark owners and operators in providing a safe aquatic environment for their patrons. *Inflatable Waterpark Standards* defines the minimum standards of operation and addresses the key challenges associated with inflatable waterparks where the public is admitted for aquatic activity.

The standards have been established for waterfront settings although many of the standards may apply when these inflatable devices are used in public swimming pools.

[Order your copy](#) today from the Lifesaving Society and add it to your reference library.



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All proceeds from LifeguardDepot.com support drowning
prevention and the development of young leaders through Lifesaving Sport.

Water Smart Contest

Affiliates – warm weather has returned and so has the Lifesaving Society's Water Smart Contest! Host a contest at your facility to engage your staff and program participants and help make your communities Water Smart.

Tip: Schedule your contest during National Drowning Prevention Week (July 17-23) or World Drowning Prevention Day (July 25).

This year, the Water Smart Contest features 3 categories:

1. Water Smart Colouring contest – For swimmers 7 years of age or younger.
2. Draw a Water Smart Poster – For swimmers 8-12 years of age.
3. Instagram Picture Contest – Open to all ages (follow us! [@lifesavingsocietyon](https://www.instagram.com/lifesavingsocietyon))

Visit the [Water Smart Contest](#) section of our website for details including downloadable information packages and the registration information sheet. Have a Water Smart summer!

Questions? Contact [Lori Groves](#).

WATER SMART AWARD

Planning to host a Water Smart Contest at your facility? Be sure to apply for the Lifesaving Society's 2022 Water Smart Award. This annual award is presented to an Affiliate Member of the Society in Ontario for outstanding community service to drowning prevention education.

Maybe your community hosts events during National Drowning Prevention Week? Or perhaps you're particularly active sharing drowning prevention messages on social media? Whatever your facility does to promote drowning prevention education throughout the year – it all counts, so keep track of it and let us know!

Visit the [Water Smart Award](#) page of our website for details including downloadable information packages and application forms. The application deadline is January 13, 2023.

Updated equipment list for updated National Lifeguard coming this fall

The Society's National Lifeguard Examination Policy defines the minimum conditions and equipment required for National Lifeguard examinations. [Review the current \(2012\) policy.](#)

The Society will release an updated exam policy later this fall to coincide with the official release of the updated National Lifeguard program. The 2022 policy will reference the updated list of mandatory and optional equipment for the four National Lifeguard options.

Here is one change: Where the current equipment list simply references "suitable rescue aids (PFDs, lifejackets, rescue tubes / cans)," the updated equipment list for National Lifeguard Pool is more explanatory and specifies a "variety of buoyant and non-buoyant rescue aids. Buoyant rescue aids may include a rescue tube, rescue can, ring buoy, or an adult lifejacket or PFD. All buoyant rescue aids should be a minimum 50 newtons of buoyancy, which is equivalent to a basic adult lifejacket approved by the Canadian Coast Guard. Non-buoyant rescue aids may include a throw line, throw bag, or a reaching pole."

Preview the [updated equipment list](#).

For more information, contact program manager [Marek Holke](#).

500 metre swim for 500 lives

The Lifesaving Society invites all aquatic staff to swim 500 metres to help save 500 lives by participating in the Society's Week to End Drowning fundraising event. The event takes place during National Drowning Prevention Week (July 17-23, 2022) and is dedicated to the 500 Canadians that lose their lives to drowning each year.

Since its inception, over 2000 lifeguards have participated and raised over \$40,000 for drowning prevention education.

Visit the fundraising section of our website for [more information](#) and to [download the registration form](#).

July 17-23, 2022

National Drowning
Prevention Week

LIFESAVING SOCIETY



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