



National Lifeguard Update

As previously advised in the September issue of *Lifeline*, the Society has updated the National Lifeguard program to ensure its curriculum and performance standards remain current, relevant and grounded in the competencies required by lifeguards.

As soon as their instructors are updated, Affiliates may implement the updated National Lifeguard program at their convenience (but no later than December 31, 2023).

Implementation details are featured in the [National Lifeguard Update](#) and in the [Lifeguarding](#) section of our website.

National Lifeguard Instructors

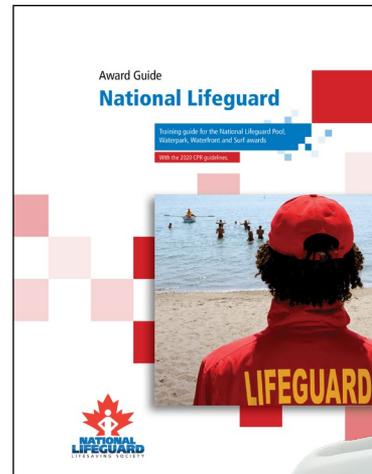
If you plan on teaching National Lifeguard, you need to:

1. Find out when your employer plans to transition to the updated National Lifeguard program.
2. Purchase and study the updated [National Lifeguard Award Guide](#). Start with the “Note to National Lifeguard Instructors”.
3. Update your teaching resources by purchasing the new [Teaching National Lifeguard USB](#).
4. Complete one of the three update options for Instructors. Details available in the [National Lifeguard Update](#) and on the [2023 Update Info](#) page of our website.

To teach or examine the updated National Lifeguard program, you need the updated [National Lifeguard Award Guide](#) with updated test requirements and evaluation standards for all National Lifeguard options.

[Teaching National Lifeguard USB](#) features 216 pages of course outlines and detailed lesson plans for National Lifeguard Pool, Waterpark and Waterfront courses.

Affiliates (only) may exchange recently purchased “old” *National Lifeguard Award Guides* for the new edition. **This exchange opportunity ends June 30, 2023.** Read our Return Policy or email orders@lifeguarding.com for details.



NATIONAL LIFEGUARD LIFESAVING SOCIETY		Pool Revised 2022		Date of birth		Lifeguarding theory & practice		Pool facility analysis		Rescue and proficiency		Entry & removals		Rescue drill		Underwater swim	
		Side 1: Please record each candidate's name and contact information accurately.		Gender		1*	2*	3*	4*	5*	6*	Prerequisites		Date earned:			
1	Last name	M F		Year								Bronze Cross		Date earned:			
	First name			Month								Standard 1st Aid		Date earned:			
	Address			Day													
	City	Prov.	Postal Code														
	E-mail																
	Phone																
2	Last name	M F		Year													
	First name			Month													
	Address			Day													

NATIONAL LIFEGUARD LIFESAVING SOCIETY		Pool Recertification Revised 2022		Date of birth		Prerequisites checked		Object recovery		Sprint challenge		Endurance challenge		Scanning & observation			
		Side 1: Please record each candidate's name and contact information accurately.		Gender		6b	6c	6d	8b	11	Prerequisites		Date earned:				
1	Last name	M F		Year								National Lifeguard Pool		Date earned:			
	First name			Month													
	Address			Day													
	City	Prov.	Postal Code														
	E-mail																
	Phone																
2	Last name	M F		Year													
	First name			Month													
	Address			Day													



Community spotlight – Orillia Lifesaving Team

Founded in the fall of 2022 with the support of a \$25,000 sponsorship from Hydro One, Orillia's Lifesaving Team is ready to make waves when lifesaving sport makes its Ontario return in 2023.

"The sponsorship from Hydro One was a huge benefit," recounts Christine Wareing, Orillia's Aquatic and Fitness Supervisor. "It helped pay for a lot of the start up costs and allowed us to market the program in the community."

"The City of Orillia worked hard to generate excitement and awareness of the team with videos, radio ads, social media campaigns and other marketing materials." Christine continued. "The most popular response that generated registrations was from the e-blasts through our online registration system."

All the marketing paid off – the Orillia Lifesaving Team currently has 50 members and counting. "We've had to adjust some of the schedules because of the demand – but that's a good problem to have!"

The team had their first practice October 12, and recently completed their first competition, participating in the fall session of the Society's [TeleGames](#). Despite the club just getting started, the City of Orillia is already seeing the benefits of having lifesaving sport at their facility. "The coaches are enjoying it; the kids are having a blast, and the parents love the program. We even had one parent join the team and is looking into becoming a Lifeguard and Swim instructor".

What's next for the Orillia Lifesaving Team? Christine is already making plans. "The pool season runs October through June, so next is to continue participating in the TeleGames while we look into creating a waterfront version of the program to run during the summer."

Interested in making Lifesaving Sport a success story in your community? [Contact Perry Smith](#).

The City of Orillia thanks **Adrian Wong** and **Leslie Aziz** for their contribution to the Orillia Lifesaving Team.

REQUIRED WATER SESSIONS IN BLENDED LEARNING

As of January 1, 2023, the Examiner course is no longer eligible for delivery via online learning. It remains eligible for delivery via blended learning.

The Society has updated its guide to the delivery of online and blended learning courses.

When Covid hit in 2020, the Society published the guide to provide affiliates with the flexibility to deliver leadership courses during a time when pools were accessible on a very limited basis, if at all. Now that the aquatic world has re-opened, we've updated the guide to reflect how we proceed going forward.

The updated ([December 2022](#)) guide identifies the blended learning courses that require in-water sessions. These include the Examiner and Trainer courses. The majority of candidates in these courses come from an aquatic background and typically start their Examiner and Trainer journey in aquatic programs. The in-water experiential component is important in the training of those in aquatic program streams.

The Society's *Program Guide* will be updated in the next edition.

Save the Date 2023

January

13

Water Smart Award submission deadline
Download the submission package

15

Jocelyn Palm Cup submission deadline
Download the nomination form

February

18

Ontario Lifeguard Championships
University of Waterloo

March

11-12

Ontario Senior & Masters Pool Lifesaving Championships
Town of Oakville

April

21

114th Ontario Annual General Meeting
Holiday Inn – Toronto International Airport
All members of the Lifesaving Society welcome

June

3-4

Ontario Junior Lifeguard Games – Pool
City of Markham

June

9-11

Canadian Pool Lifesaving Championships
City of Windsor

August

6

Canadian Lifeguard Challenge
Martinique Beach, NS

17-19

Ontario Junior, Senior & Masters Waterfront Lifesaving Championships
Town of Saugeen Shores

25-27

Canadian Surf Lifesaving Championships
Martinique Beach, NS

September

13-17

RLSS Commonwealth Lifesaving Championships
City of Windsor

October

18

Canadian Symposium on the Use of Emerging Technology in Aquatic Safety Supervision
Email Michael Shane



Jessey Elf immediately after finishing 1st in the Surf Race

Jessey Elf wins gold at Rescue World Cup

Congratulations to Jessey Elf who earned Gold in the 400-meter Surf Race and Silver in the 2km Beach Run at Rescue World Cup portion of the 2022 Lifesaving World Championships.

Jessey was part of the Canadian delegation competing at the Lifesaving World Championships in Riccione, Italy, September 21 – October 2, 2022. A record 54 nations participated in the National Team competition in which Canada placed 23rd.

A heartfelt thank you and congratulations to the Ontario athletes, coaches, managers and officials who participated and supported the Championships.

The next Lifesaving World Championships will be held August 20 – September 8, 2024 on the Gold Coast, Australia.



Team Canada at the 2022 Lifesaving World Championships in Riccione, Italy

THE CLASSIC FOX 40



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PRICES AND FEES

Complete 2023 fees and literature prices are posted in [Find a Form](#) on the Society's website.

2023 Literature Prices

Canadian Lifesaving Manual	\$48.00
Canadian Lifesaving Manual with Bronze Medallion Workbook	\$50.50
Alert: Lifeguarding in Action	\$48.00
Canadian First Aid Manual	\$17.00
Instructor Manual	\$25.00
Coaching Lifesaving	\$35.00
Examiner Handbook	\$35.00
Trainer Manual	\$35.00
Any single Award Guide	\$25.00
Swim Instructor Pack	\$60.00
Lifesaving Instructor Pack	\$74.25
Combined Swim and Lifesaving Instructor Pack	\$94.85
National Lifeguard Instructor Pack	\$82.50
Bronze Medallion Workbook	\$7.00
Bronze Cross Workbook	\$7.00
Teaching Bronze USB	\$28.85

2023 Exam Fees

Canadian Swim Patrol (kits for class of 10)	\$17.45
Safeguard	\$15.00
Bronze Star	\$15.00
Bronze Medallion	\$25.00
Anaphylaxis Rescuer	\$2.00
CPR-A, B and C	\$2.00
Basic First Aid	\$2.00
Airway Management	\$15.00
Automated External Defibrillation	\$15.00
Emergency First Aid (with CPR-B)	\$15.00
Standard First Aid (with CPR-C) or recert	\$25.00
CPR-HCP	\$15.00
Pool Attendant	\$15.00
Bronze Cross or recert	\$25.00
National Lifeguard or recert	\$40.00
Lifesaving Sport Official	\$20.00
Instructor, Instructor Trainer, Coach	\$35.00
Leadership Recert	\$35.00
(Each additional leadership recert at the same time to a maximum of \$75.00)	\$25.00
Aquatic Supervisor	\$35.00

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

LifeguardDepot.com offers a great selection of Stearns lifejackets and PFDs. A wide range of sizes for everyone, from adults to infants. Easily adjustable, lightweight and comfortable!

Order online from LifeguardDepot.com or call 1-844-647-7033.
Free standard shipping within Canada.
Some exclusions apply.

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