



## National Lifeguard Update – what to expect at your recert

The Lifesaving 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.

While Affiliates have until the end of the year to implement the updated program, recertifying National Lifeguards may be evaluated using the updated curriculum at their next recertification exam. Find out before the recert.

Here's what's new for National Lifeguard – Pool recertifications:

- **Single Lifeguard situation:** In addition to team situations, lifeguards will need to respond as a single lifeguard to a situation in a supervised aquatic setting with one auxiliary staff member.
- **Scanning and observation:** The ability to demonstrate effective lifeguard scanning techniques and observations skills is now a stand-alone evaluation item.
- **Victim management:** Lifeguards will be asked to perform the Management of a distressed or drowning victim item twice; once with aid and once without an aid.
- **Sprint challenge:** Lifeguards now perform this physical standard using any combination of recognizable strokes. Lifeguards are no longer required to swim “head-up.”

Visit the [2023 National Lifeguard update page](#) on the Society's website for full details.

You can review all test items evaluated in [National Lifeguard Pool](#) and [National Lifeguard Waterfront](#) using the At-a-glance lists found on the Society's website. Only items marked with a (†) symbol are evaluated on a National Lifeguard recertification examination.



### 4 TIPS TO HELP PREPARE FOR YOUR NEXT RECERT

1. Hit the water: Improving your aerobic and anaerobic fitness takes time – and you'll need both to pass. Check where your fitness stands well in advance to give you time to improve if need be. See the [March 2021](#) edition of *Lifeline* for sample workouts.
2. Hit the books: Standards evolve over time. Make sure you're up to speed on them before you attend your recert. First aid and CPR standards are regularly improved, and the Society recently updated its National Lifeguard program. Visit the Society's [website](#) to read up on program updates and any changes to candidate resources: *Alert: Lifeguarding in action* and the *Canadian First Aid Manual*.
3. Polish your skills: If you aren't feeling confident, consider contacting your local pool for some in-water practice. Some pools may offer private or small group sessions for the purpose of preparing candidates for the recertification.
4. Ask the experts: Aren't sure about something? Just ask. Send us an [email](#) or call 416-490-8844.

## Breaths-first CPR for drowning

Imagine you see someone in distress across the street grasp their chest and collapse to the sidewalk. Heart attack, maybe? We know what to do. Assess they are unconscious and non-breathing, activate EMS and start CPR.

Ideally, we'd keep up standard CPR procedure (30 compressions followed by two rescue breaths) until EMS arrives. But a bystander not comfortable with mouth-to-mouth, might just use CPR compressions alone until advanced help arrives.

Compression-only CPR would work, but why?

The suspected heart attack victim was breathing until they collapsed. At the start of resuscitation, they likely have normal blood oxygen levels. CPR compressions keep the oxygenated blood in their system circulating throughout the body. Of course, as the seconds go by, the body slowly uses up that oxygen.

Drowning is different. Drowning is not a heart issue, it's a lack of oxygen issue.

In the water, a conscious victim's oxygen levels start to deplete when their breathing is interrupted or reduced from being immersed or submerged. This begins the drowning process. Fighting to stay at the surface of the water, the victim quickly uses up the stored oxygen in their blood until they are no longer able to sustain consciousness.

There is only one way to stop the drowning process and that is administering oxygen at the earliest possible moment followed by compressions. The longer they go without oxygen, the worse the outcome is going to be. Providing oxygen to a drowning victim at the earliest possible moment means giving two rescue breaths first when performing CPR on drowning victims.

Lifeguards are one of the most important layers of protection in preventing drowning. In the best case scenarios, the lifeguard spots potential victims before they become distressed – or just as they are entering a distressed state – and intervenes quickly to stop the drowning process as early as possible.

Drowning prevention and management of a submerged, non-breathing victim is a core training exercise for lifeguards.

Email [Marek Holke](mailto:marek.holke@lifesavingsociety.com) with your comments, questions and suggestions for future articles.

## New Canadian outreach tool box

Lifesaving Society Affiliate Members play a key role the Society's drowning prevention mission. We're calling on all affiliates to educate new Canadians in their communities and help reduce their risk of drowning. Our research shows that 19% of new Canadians say they are unable to swim, and 50% worry that their children may drown. This is where you come in.

To support affiliates, the Society has created a "[virtual tool box](#)" of free resources to help make everyone in their community Water Smart®.

Complimentary resources include:

- Informative slide deck presentation featuring water safety information for parents. This can be used during English language classes at New Canadian Welcome Centres or other locations where new Canadians get information on getting settled into Canada. This presentation can be customized to suit the audience.
- Five different Water Smart tip cards in 11 languages to give to participants (printed or digital).
- Posters and resources for Swim to Survive® including how to incorporate during camp swims or target entire families.
- "Start Boating" promotional cards. Access to the [startboating.ca](http://startboating.ca) website, with great information and videos (in six different languages) for those new to boating.

To learn more, contact the Society's New Canadian Outreach Coordinator, [Bianca Fazzari](mailto:bianca.fazzari@lifesavingsociety.com).

## INSTRUCTOR MANUAL: ONLINE AND BLENDED LEARNING APPENDIX NOW AVAILABLE

The Lifesaving Society's *Instructor Manual* now includes an appendix on online and blended learning. Developed by the Society's Leadership Council, the appendix guides instructors and trainers through the do's and don'ts of teaching Lifesaving Society courses online or in blended learning formats.

Those who already have the *Instructor Manual* without the appendix need not purchase a new copy of the book. The appendix is available in English and French as a standalone PDF at no charge. Download it from the [Teaching/Resources](#) section of the Lifesaving Society website or from the Leadership Library home page.

The latest printing of the *Instructor Manual* with the appendix can be purchased from [LifeguardDepot.com](#).



## New – Canadian Swim Patrol staff training module

Introducing the “Canadian Swim Patrol Staff Training Module” – available at no charge to Lifesaving Society Swim for Life affiliates.

The Society's Canadian Swim Patrol (CSP) program introduces swimmers to basic lifesaving skills and techniques. The staff training module, developed by the experts on the Society's Swim Committee, is designed to provide Swim Instructors with effective teaching strategies for the lifesaving items found in the Rookie, Ranger, Star curriculums of the CSP program.

The module is easy to incorporate into staff training with great flexibility in how the content might be delivered. For details, download a copy of the staff training module today from the Swim for Life affiliate Dropbox.

Contact [Sindy Parsons](#) or call 416-490-8844, extension 243 if you have questions or want more information.



## Benefits of a comprehensive aquatic safety audit

The Lifesaving Society recommends that all aquatic facilities undergo a comprehensive aquatic safety audit at least once every five years.

A comprehensive audit maximizes the safety of participants in public aquatic recreational facilities by identifying what steps can be taken to minimize the risk of drowning or serious water-related injuries. Comprehensive audits are available from the Lifesaving Society for all aquatic facilities including swimming pools, beaches and spas.

Benefits include:

- **Identification of potential hazards:** Supported by the Coroner’s office as a tool to enhance public safety, an aquatic safety audit identifies potential hazards in a facility that could lead to accidents or injuries. By identifying these hazards, steps can be taken to mitigate them.
- **Compliance with regulations:** Aquatic safety audits ensure that your facility is compliant with all relevant regulations and standards in Ontario. This guards against fines and legal issues, and ensures that your facility is operating in a safe and responsible manner.
- **Improved training and procedures:** An aquatic safety audit identifies areas where staff training and emergency response procedures can be improved.
- **Reduced liability and risk:** By identifying potential hazards and improving safety procedures, an aquatic safety audit helps reduce a facility’s potential liability. Recognized by public insurers as a method of reducing risk, aquatic safety audits help protect your facility and ensure that it is operating in a responsible and safe manner.

Free estimates are available for any of the Society’s safety management services.

Contact [Michael Shane](#) at the Lifesaving Society to discuss your comprehensive aquatic safety audit.

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## 2023 Ontario Lifeguard Championships

Provincial level sport returned to Ontario February 18 when the University of Waterloo played host to the 2023 Ontario Lifeguard Championships. Lifeguards from across the province competed in teams of two or four to earn the title of Ontario Champions in an intense, one-day format.

Congratulations to the Lifesaving Club of Markham (see photo above) who defended their title as Ontario club champions (last earned in 2020), edging out runner-up, McMaster Lifeguard Team.

Markham Team A swept the gold medals in the four-person competition while Bryan Tsang and Tiffany Ho of Markham won in the tightly contested two-person field. For the full list of results, visit the [Lifesaving Sport results](#) section of our website.

A heartfelt thank you to our hosts, the University of Waterloo along with the many volunteers and officials who made the championships a success.

## Updated first aid test

In the [June](#) and [September](#) 2022 editions of *Lifeline*, first aid instructors and examiners were introduced to the Society's updated first aid content and resources. Changes were minor and included an update to the mandatory written test for candidates on the Society's Emergency First Aid (EFA) and Standard First Aid (SFA) courses.

First Aid Instructors should transition to the updated First Aid Test at their earliest convenience. The test is included in the most recent printing of the Society's [First Aid Award Guide](#) (Twentieth printing, January 2023). The test is also available in the (zip file) download from the [First Aid Instructor Resource](#) page in LifeguardDepot.com (Select "Download" from the Media field).

First Aid Instructor Trainers may access the test in the Leadership Library.

A copy of the updated tests (English and French) was emailed to First Aid Examiners on February 21, 2023. If you didn't receive your copy, email [raining@lifeguarding.com](mailto:raining@lifeguarding.com) to update your contact information and request a copy.

## APRIL POOLS DAY

Attention Affiliates – has your facility registered for April Pools Day? April Pools Day is the Society's spring public education and fundraising event where aquatic facilities across Ontario invite local families into their pool to participate in water safety activities. The goal is to educate as many families as possible across the province.

To get started, head over to the [annual events page](#) on the Society website for all the details and to fill out a [registration form](#).

## JOIN US AT OUR AGM

You are cordially invited to the Lifesaving Society Ontario Annual General Meeting to be held Friday, April 21, 2023 at the Holiday Inn – Toronto International Airport at 6:00 p.m.

The Society's current (certified after April 20, 2021) National Lifeguards, Instructors, Examiners, Coaches and Trainers are entitled to vote as are members of the Board of Directors, current Activity Centre Council Chairs, Affiliate Members, Area Chairs and their respective committee members. [R.S.V.P. here.](#)



Visit and bookmark [commonwealthlifesavingchamps2023.ca](http://commonwealthlifesavingchamps2023.ca) for details on the upcoming RLSS Commonwealth Lifesaving Championships.

Open to one National Team and one Development Team per Commonwealth nation, the championships are hosted by the Lifesaving Society Canada and the City of Windsor, September 13–17, 2023.

Be sure to check back often as additional features are added on the run up to the event including: online volunteer applications, team registration and event pass purchasing. Once the Championships get under way, you'll be able to catch all the action with live results, event photos and live streaming.

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