



Progressing with progressions

Progressions are an important tool for teaching the Swim for Life® program. Progressions are a sequence of simple skills or steps that build towards a more complex skill. As an Instructor, using progressions (smaller steps and simple skills) will result in swimmers experiencing greater success and positively encourage and motivate them towards achieving the larger goal.

Become a progressions pro

- **Think Small:** Break up the stroke or skill into smaller manageable pieces, and group them back together once your students have mastered each component. Example: when teaching front crawl; work on legs, arms, body position, and breathing separately, then put it all together when the students are ready.
- **Clear and concise:** Use a short explanation with a demonstration so your students see what they need to do, describe what you're doing in short, simple terms.
- **Shorter is better:** Practice skills over shorter distances until students master the technique. Try practicing 5 x 10 metres instead of 2 x 25 metres to allow for breaks and opportunities for feedback.
- **Think about the purpose:** Consider what you're trying to fix. If correcting flutter kick, try using a buoyant aid so students can focus on their kicking technique and not buoyancy.
- **Use Whole-Part-Whole** (refer to page 44 of your *Instructor Manual*) to find skills that are improved with progressions. Observe the full skill/stroke and note problem areas. Focus on those problems using progressions.

Progression examples:

- **Front crawl 5 m (Preschool 5):** Push off wall in glide position > Push off wall and flutter kick 3 metres > Wearing PFD practice front crawl arms > Do 5 metres of front crawl.
- **Back crawl 25 m (Swimmer 3):** Practice kicking with drill "Shake the shoe off" (*Teaching Swim for Life* pg. 23) > Kicking on back with flutter board > Practice arms with drill "Sky-Bottom" (*Teaching Swim for Life* pg. 24) > Practice back crawl.
- **Breaststroke 25 m (Swimmer 5):** Practice whip kick while holding buoyant aid > Practice arms only using a pull buoy > Practice exaggerated sequence: pull-breathe-kick-stretch > Breaststroke.
- **Eggbeater kick on back 15 m (Swimmer 6):** Sitting on deck with legs in the water > In the water sitting on a noodle > In water holding noodle in front of you > Stationary egg beater > Eggbeater on back holding a buoyant aid > Eggbeater on back.
- **Submerge and exhale 3 times (Preschool 2):** Blow bubbles with face in the water > Practice submerging holding instructor's hand > Practice submerging holding wall > Submerge and blow bubbles with assistance > Submerge and exhale.

Using progressions will have a big impact on your students, give it a try next time you're instructing.

SAVE THE DATE!

Join us for our Annual General Meeting on Friday, April 11 at the Hilton Toronto/Markham Suites Conference Centre & Spa (8500 Warden Ave., Markham, ON L6G 1A5). Registration begins at 5:00 p.m. business meeting to follow at 6:00 p.m. All Society members are welcome.

Lifeguarding at the Olympics

Even Olympians need lifeguards. To ensure the safety of the Olympic pool events, 12 Canadians were selected to lifeguard for the 2024 Paris Olympics. Among them were Karianne and Stéphane, a father-daughter duo from Ottawa.

"We saw the job info in the Quebec Lifesaving Society's newsletter and thought it'd be cool to go together," Stéphane said.

Karianne explained, "after applying, we got forms asking if we had watercraft experience or teaching experience. Eventually we were selected out of 800 applicants."

Off they went to Paris where they had a few days to complete France's lifeguard equivalency test and necessary training ahead of the games. Once the games began, the pair were ships passing in the night. "We worked two shifts together total," Karianne said. "Otherwise, he did mostly mornings and I did afternoons and evenings. They were long days. Twelve hour shifts plus several hours of travel time on public transit."

At the events, they stayed busy, keeping close watch on the water and working with the deck/first aid team. You may think that because we at home didn't hear of any incidents,

there were none, but Stéphane explained, "there actually were incidents I got involved in. I brought in oxygen for a swimmer once. I was on duty when a diver hit their foot against the board. A rower passed out after their race, and I was in a boat helping them until they regained consciousness and accepted their medal. Teamwork with other lifeguards and land medical teams is essential for the athletes' safety. You don't see any of that on TV."

Despite their work going unnoticed by the television cameras, Karianne and Stéphane raved about their experience. Karianne got to meet legends Summer McIntosh and Penny Oleksiak, the latter of whom personally congratulated Karianne for being on this Olympic journey. And Stéphane was inspired by the coaches and trainers behind the scenes, playing a huge role in the success of the athletes. "Overall, it was a surreal experience. You're scanning a pool in a room of ten thousand people. It hits you," Stéphane said.

"I've maintained my certifications since the '80s, and I encourage my kids to do the same. It's not hard, and it's opened up so many doors for me. I was a police officer in the marine unit, I ran a first aid company as a Lifesaving Society affiliate, and now I've worked at the Olympics, all because I take the time to recertify. It's so important,"

Stéphane said.

Lifeguarding at the Olympics opened a new door for Karianne too, who, after watching the rowing events, was inspired to give it a go herself, and has now made the rowing team at her university.

Who knows where lifeguarding will take them next. Maybe the LA Olympics in 2028?





Bringing new tunes to the water

There's no denying it: babies and kids love music, and songs make for fun and engaging Parent & Tot lessons. But the tried and true songs of years past might be dated or unknown to newer instructors or to instructors from diverse background who didn't learn English songs growing up. It's time to change things up and encourage a new generation of instructors to warm up their vocal chords and get singing!

As trainers, let's help our Swim Instructor candidates explore new songs, learn where to find them and how to incorporate them into lessons.

A great place to start: assign your Swim Instructor candidates the task of finding a children's song on YouTube or a popular kid's show. Have them bring that song to the course and brainstorm as a group which skills the song can be used for. During one of your in-water sessions, practice the songs as a group.

Here's a list of songs to get you started:

- The Wheels on the Bus
- Itsy Bitsy Spider
- Baby Beluga
- Five Little Ducks
- Icky Sticky Bubble Gum
- If All of the Raindrops
- Here Comes the Fire Truck
- The More We Get Together

Sing-a-long everyone!

Even with a lesson plan full of songs, engaging parents to join in the singing can be a difficult and intimidating. Training instructors to modify their chosen songs as activities can help lessen the need to perform songs on their own. In your course, take that list of songs you made as a group and brainstorm ways you can use them as an activity instead of standing in a circle signing.

This new generation of swim instructors have a wide range of resources around them. Let's help them use these resources to offer creative and exciting Parent & Tot classes.



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Canadians shine at Lifesaving World Championships 2024

Canada's top lifesaving athletes and officials showcased their skills, dedication and competitive spirit at the 2024 Lifesaving World Championships held in the Gold Coast, Australia. This event takes place every two years, and features events from the pool, ocean, and beach. This past summer, Canadians put on an impressive display securing notable finishes in several challenging events and officiating across all arenas.

Impressive highlights

The Canadian Youth Team, with several standout athletes from Ontario, achieved significant milestones. They placed 13th overall, with an exceptional second-place finish in the Simulated Emergency Response Competition (SERC), demonstrating their quick decision-making and lifesaving skills under pressure. The team also had a sixth-place finish in the Women's Rescue Tube Rescue and an eighth-place finish in the Women's Ocean Relay.

The Canadian Open Team competed fiercely across both ocean and pool events, and secured an eleventh-place overall finish. Ontario athletes were a strong presence on the team, their efforts yielding several respectable results.

Jonelle Halog finished 5th in Men's Beach Flags, Ainsley McMurray placed 7th in the 100 m Rescue Medley and the 50 m Manikin Carry, and the team's Men's Beach Relay narrowly missed the podium with a 4th place finish.

Spotlighting Ontario Masters Athletes

Our Masters athletes made their mark with several podium and near-podium finishes: Dennis Cook took 1st place in the Men's Beach Flags (30–34 age group), showcasing his agility and speed, and Jordan Andersen secured a third-place finish in the Men's 2 km Beach Run (35–39 age group), highlighting his endurance and athleticism. Lifesaving Sport is truly for all ages, as Tom Yeh competed in the 70–74 age group and placed 6th in several events!

Dedication behind the scenes

Thank you to the dedicated officials, many of whom were Ontarians, who made the championships possible. Holding key positions such as Chief Referee, Deputy Referee, and Event Director, our officials helped create a fair, well-organized, and memorable championship, underscoring Ontario's commitment to excellence in lifesaving sport.

Thank you to the management team who worked tirelessly behind the scenes to support the athletes and represent Canada with professional pride.

Congratulations to all Canadian athletes, officials, and team members for their exceptional performances and contributions this year!



Going above and beyond

This is a letter sent recently to our CEO.

Dear Lifesaving Society,

I manage the safe water program with a local public health department. I am writing to share an incident that highlights the significant role lifeguards play in ensuring public health and safety, and to commend the admirable actions of a certified lifeguard.

This past summer, a lifeguard at a local pool noticed an issue with the pool's filtration system, which resulted in cloudy water and potentially compromised water quality. Despite reporting the problem to the pool management, no immediate action was taken. Demonstrating a strong commitment to public safety, the lifeguard took the initiative to contact the public health department. As a result, we were able to intervene and address the situation promptly.

This lifeguard's dedication and proactive approach prevented a potential public health concern and underscored the critical importance of vigilance and responsibility in their role. Their actions reflect the high standards of training and character that the Lifesaving Society instills in its lifeguards.

I believe it is important to recognize and celebrate this lifeguard's commitment and courage. Their behavior serves as an example for all lifeguards and reinforces the vital partnership between public health authorities and lifeguards. This incident also highlights the need for ongoing support and training to ensure all lifeguards are well-prepared to handle similar situations in the future.

I hope that sharing this story will motivate other lifeguards to exhibit the same level of dedication and responsibility. We look forward to continuing our collaboration with the Lifesaving Society to promote safety and well-being in our communities.

Thank you for your continued dedication to training and certifying lifeguards who uphold the highest standards of safety and professionalism.

Sincerely,

Manager, Environmental Health

Lifeguards bear a lot of responsibility. Sometimes as you're working situations may arise that you aren't sure of. Lifeguards in Ontario have the support of the Public Pools Regulation 565. In it, lifeguards and assistant lifeguards have the authority and obligation to act by closing their pool if they identify a hazard.

Section 18.1 states: 18.(1) Where a public pool is in use and a lifeguard or an assistant lifeguard determines that a safety hazard exists in the pool or on the deck, the lifeguard or assistant lifeguard shall direct all persons to leave the pool or any part thereof and shall advise the operator of the existence of the safety hazard.

Some examples of safety hazards lifeguards may identify are:

- emergency telephone not working,
- swimming pool bottom black disc not clearly visible from 9 m,
- main drain (outlets) covers on the bottom of the pool are loose,
- no sanitizer in the pool (FAC is zero).

If you find yourself in a dangerous situation remember, you are responsible for the safety of batthers. Always speak to your fellow staff and supervisors for support. If you're still uncertain, you can contact the Lifesaving Society for guidance by emailing experts@lifeguarding.com or calling 416-490-8844.

Award deadlines are approaching!

It's almost that time of year when the Lifesaving Society acknowledges affiliates through the Water Smart® Award and the Jocelyn Palm Cup. These awards celebrate the recipients outstanding efforts to bring Society programs and public education to their communities.

The **Water Smart® Award** recognizes the promotion of Water Smart activities and messages. Some past winners created colouring books or ran lifejacket lending programs. The deadline to submit your entry is **January 31, 2025**. Get all the details, more inspiration, and the submission package [on our website](#).

The **Jocelyn Palm Cup** is awarded to the affiliate making the most outstanding contribution to the National Lifeguard program by providing training, community engagement and more. The deadline for entries is **January 17, 2025**. Find the nomination form and a breakdown of how we evaluate your submission [on our website](#).

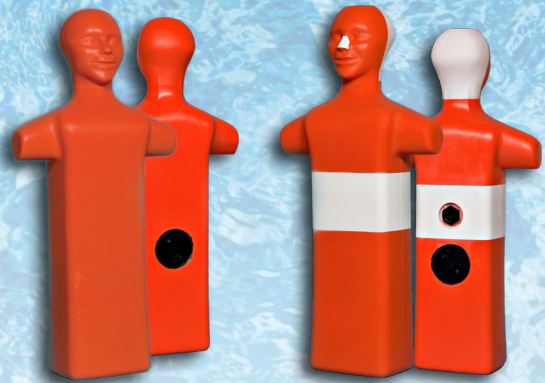
Both these awards are a perfect opportunity to showcase your hard work! We look forward to seeing your submissions.

HOLIDAY CLOSURES

The Ontario branch is closing for the holidays from Monday, December 23 to Friday, December 27. We'll be open for business Monday, December 30 and Tuesday, December 31, and close again on Wednesday, January 1 for New Year's Day holiday.

The last day for LifeguardDepot.com orders to be received and shipped is Friday, December 20, place your orders early to ensure they arrive when you need them.

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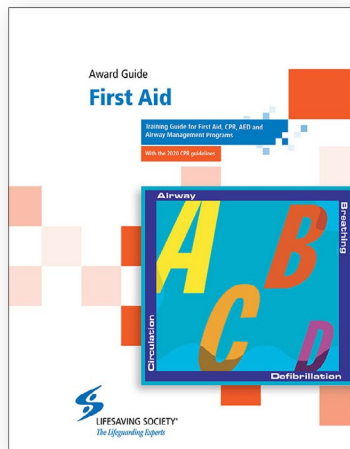
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First Aid Award Guide – editorial change

From time to time, the Lifesaving Society reprints publications to replace stock as needed. Reprints often capture minor changes, such as typos, updating contact lists and suggestions from the field for improved clarity.

The most recent edition of the *First Aid Award Guide*, twenty-second printing from January 2024, removed the Must-See bullet "Treatment with injured side down" from Item 6 for suspected head injury. This change is consistent with the existing treatment protocol outlined in the *Canadian First Aid Manual*.



Updated Program Guide

The Society has published the next edition of its *Program Guide*. Now available exclusively online, this edition improves accessibility and functionality for all our members while maintaining its familiar layout and design.

The updated *Program Guide* makes it easy to quickly find the information required to deliver Lifesaving Society training programs. The 2025 edition provides details concerning Affiliate obligations and responsibilities and the services available from the Society together with an overview of the Society's programs, services, policies and administration requirements.

[Download your copy of the Program Guide](#) from the Society's home page, and refer to it often to ensure that we are all giving out the correct information.



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