



Updates to National Lifeguard environment criteria

The Lifesaving Society Canada recently revised the National Lifeguard program environments to provide consistency across the country. The new requirements guarantee the core values required of lifeguards (judgment, knowledge, skills and fitness) are taught, practised and evaluated in appropriate and specific settings. This update ensures that lifeguards develop the essential skills, principles, practices, and decision-making processes necessary for effective safety supervision. The updates are as follows.

Updated National Lifeguard Pool environment:

A pool is an artificially constructed basin in which persons can swim, wade or dive that is equipped with a filtration system and meets water clarity standards for safe swimming (e.g., clearly see the bottom of the pool at the deepest point).

The pool must be a minimum of 15 metres in length (25 metres preferred) along the longest axis of measurement, 5 metres in width and a minimum of 1.5 metres in depth (3 metres preferred) at the deepest end.

Updated National Lifeguard Waterfront environment:

If an outdoor open-water environment has a minimum depth of 1.5 metres, and access to the shore, then it can be used for aquatic activities. Entry and/or exit from the water may take place using a beach, dock, jetty or pier.

There are no changes to the National Lifeguard Waterpark and Surf environments.

Affiliates have until January 1, 2026 to ensure that they meet the revised environment criteria when hosting National Lifeguard Pool or Waterfront courses. If you have any questions, contact [Marek Holke](#).



2025 WATER SMART® CONTEST

Get those pencil crayons sharpened because the 2025 Water Smart Contest is now open! The theme is **Lif jackets**. **Choose it. Use it.** [Register and get materials here](#). Good luck to all the artists!

COURT AND INQUEST FINDINGS

The Lifesaving Society regularly participates in and reviews Coroner's Inquests and legal proceedings related to drownings. These reviews provide valuable insights to help prevent similar situations. [View our library of inquest reports and legal precedents on our website.](#)

Another successful CPLC in the books

The 2025 Canadian Pool Lifesaving Championships (CPLC) took place from May 9 to 11 at the Windsor International Aquatic & Training Centre. More than 200 athletes from across the country competed in a series of rigorous pool-based lifesaving events designed to test both physical prowess and rescue proficiency. Congratulations to the Lifesaving Club of Markham for winning the National club title.

A highlight of the championships was the win by Richmond Hill Lifesaving Club (Team 1) in the Simulated Emergency Response Competition (SERC), which saw participation from 18 teams. In this event, teams are presented with a simulated emergency situation and must respond effectively, showcasing their ability to assess, plan and execute a rescue under pressure. The SERC emphasizes teamwork, problem-solving, and adaptability, reflecting the unpredictable nature of real-life emergencies.

The CPLC is more than just a competition; it's a celebration of the dedication and commitment of Canada's lifesaving community. Athletes, coaches, officials, volunteers, and spectators come together at events like this to provide opportunities for athletes to engage in meaningful competition while promoting the overarching goal of drowning prevention and water safety education. The event also served as a stepping stone for athletes aiming to represent Canada in international competitions, fostering the development of high-performance lifesaving sport in the country.

Thank you to everyone who helped make the 2025 CPLC a success.

Policy changes

Change of Name Policy – available now

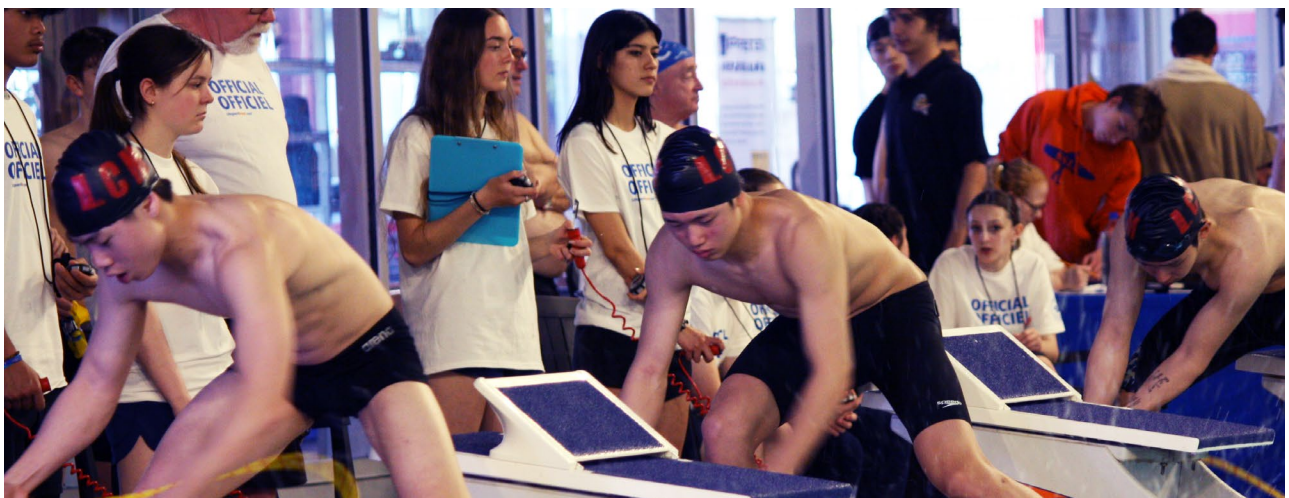
Similar to your driver's licence, our certifications are legal proof that the named individual has met the required standards of the certification. Therefore, all of your certifications must match your official government documentation. If you have changed your legal name and need to update your Society certifications, [review the policy on our website](#) and use the [Member Account Update Form](#) to submit a request.

Verification of Identity Policy – coming soon

The Verification of Identity policy outlines the courses in which candidates must provide proof of their identity in the form of government-issued identification to their instructor, examiner or trainer.

The full policy will be available on our website in July 2025 and will include which photo identification is acceptable proof, as well as the steps to take for those who do not have any government-issued identification with a photo on it.

We will be reaching out to affiliates, instructors, examiners and trainers in July to provide them with additional information to assist in implementing this new policy no later than January 1, 2026.



How will you be “Safer Together”?

This year’s theme for National Drowning Prevention Week is **Safer Together**. There are lots of ways you can participate. Here are some ideas to get you started:

- Host a [Lifejacket Clinic](#)
- Participate in the [Water Smart® Contest](#)
- Offer free Swim to Survive® lessons
- Ask your local government to declare July 20–26, 2025 National Drowning Prevention Week

[Take a look at our website](#) for more NDPW ideas and resources.

Remember to share!

Send us pictures of your events and activities and use #NDPW2025 on social media.

July 20-26, 2025

National Drowning Prevention Week

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UPDATED SLIDE DECKS FOR TRAINERS

As of July 1, you'll find refreshed slide decks for Instructor courses (Assistant, Swim, Lifesaving, First Aid and National Lifeguard), the Examiner and Trainer courses in the Leadership Library. Available in English and French, these resources align with the *Instructor Manual*, *Examiner Handbook* and *Trainer Manual*. Download your copies and happy teaching!

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Safety supervision tips

As lifeguards and swim instructors, safety supervision is one of the most important parts of our role. Swim season is ramping up again, so more people of all ages will be enjoying fun in the sun at pools and beaches. Whether it's your first time teaching or lifeguarding or you're a returning professional, remember these tips to help keep swimmers safe:

While Teaching:

1. Always be the first person in the water and the last person out at the end of the lesson.
2. When swimming lengths, never send your students off to the deep end. Instead, position yourself in the deeper water and ask your students to swim toward you.
3. Keep your eyes on your students at all times. If you're demonstrating a skill, make sure swimmers are in shallow water, sitting on the side, or if appropriate, holding the wall.
4. Stay focused! You want your students to have fun and learn, but ultimately you want them to be safe in and around the water.

While Guarding:

1. Know the zones for your facility and scan your entire area, including the surface, middle and bottom.
2. Watch for glare. If glare prevents a clear view of your zone, reposition yourself or request support from your team to maintain full visibility.
3. Be aware of and address blind spots or other obstructions (e.g., floating objects, crowded areas) that might prevent you from being able to see your entire zone.

4. Proactively manage swimmer safety by recognizing early warning signs of trouble (e.g., fatigue, hyperventilation, unsafe behaviour). Ensure caregiver ratios are enforced and swimmer identification systems (like wristbands) are used.
5. When lifeguarding outdoors, take care of yourself: stay hydrated, wear sun protection like a hat and sunscreen, and cool off during breaks when appropriate.
6. Always be rescue-ready! Stay in a position where you can respond instantly. Keep rescue equipment within arm's reach and avoid distractions.

Here's to a safe and successful summer!

Jocelyn Palm Cup nominations are open

Every year, the Lifesaving Society awards the Jocelyn Palm Cup to the affiliate making the most outstanding contribution to the National Lifeguard program. The nomination period for this prestigious award is open now until January 15, 2026.

The [Jocelyn Palm Cup Evaluation Guide 2025](#) explains the criteria the Society will use to select our next winner. Tell us your story. Share examples of your efforts, challenges you've overcome and the impact you've made.

We look forward to hearing your success stories! Submit your nomination on [our website](#).



Making a Splash

Small beginnings, big impact

In a county bordered by over 100 kilometres of shoreline, water safety is not just a seasonal concern, it's a year-round priority. The Elgin County Drowning Prevention Coalition, established four years ago, has grown into a powerful, community-driven initiative.

The Coalition brings together a wide array of partners, including hospitals, police and fire services, search and rescue, aquatic facilities, newcomer organizations, local politicians and small businesses. Together, these groups have organized drowning prevention events and initiatives like public swims with educational booths. They also had water safety materials translated into various languages.

In 2023, the Coalition undertook an academic study through Queen's University and partnered with the Drowning Prevention Research Centre Canada to publish their first Community Drowning Report, focused on Elgin, Middlesex, London and Oxford counties. The findings identified who is most at risk of drowning and where incidents are occurring. This evidence served as the foundation for the Coalition's planning of future public education and outreach opportunities.

The Elgin County Drowning Prevention Coalition is the definition of small but mighty, and the work they're doing in their community is not only making a splash, but saving lives too. To keep up with their work or get involved, [visit their website](#).

