



Swimmers gotta swim

You can't learn to swim if you're standing still. Swimmers need practice and lots of it. Try out these tips to keep your classes moving and learning during lessons.

Try EGGS

Example – show your students what the skill or progression looks like

Group Practice – everyone tries the skill, accommodate different abilities by using teaching aids

Group Feedback – share common things everyone can work on

Specific Feedback – after another round of group practice, give each swimmer something specific to work on

Plan for group practice

Pick the right formations and the right activities to make the most of your group practice.

Waves: separate swimmers into groups (bonus points for using fun group names like sharks and dolphins), then have one group go at a time.

Circle: ideal for stroke drills. Use a staggered start, separating swimmers by a few metres, position yourself in the middle of the circle to allow you to see swimmers on both sides.

Semicircle: perfect for practising stationary skills (i.e., treading water), allows the instructor to evaluate all swimmers at once.

Keep things moving

- Teach in short bursts and get swimmers practising right away. By breaking skills into digestible chunks and having participants practising, they'll be more focused on the task at hand.
- Beware of the wall. Having swimmers line up at the wall is often necessary, but can be a missed opportunity for practice. Have swimmers do something like hold the wall and kick, blow bubbles or tread water while they wait their turn.

- Use transitions to practice skills. Don't walk your class from the shallow end to the deep end; instead, have them practice a stroke or skill on the way.

Swimming lessons are for swimming. Plan your lessons to maximize practice and movement and you'll see the results in your swimmers' skills.

SAVE THE DATE: NATIONAL DROWNING PREVENTION WEEK

National Drowning Prevention Week (NDPW) runs from July 19–25, and we want you to participate in this action-packed week.

The 2026 theme, **Prepare to be Water Smart**, focuses on planning ahead for safe water activities, building skills and making smart choices around water to save lives. The [NDPW asset kit is available to download](#) on our website and includes free social media resources, statistics and water safety messaging to share with your community.

[#NDPW2026](#)

July 19-25, 2026

National Drowning Prevention Week

LIFESAVING SOCIETY

New first aid program launches June 22

The new WSIB First Aid program launches on **June 22, 2026**. As of this date, Emergency First Aid and Standard First Aid courses are discontinued by training providers. All existing Emergency First Aid and Standard First Aid courses must be completed by **June 21, 2026**, as they will **not** be processed by the Society after this date.

What's New

Full details on the new program and its impacts to Affiliates, instructors, examiners, trainers and award holders are available on our website, as well as the following documents:

First Aid program transition resources

- [What's New for Instructors, Examiners and Trainers \(2nd edition\)](#)
- [What's new for Affiliates \(2nd edition\)](#)
- [First Aid Programming Information Guide](#)
- [First Aid Equipment Lists](#)
- [First Aid Fact Sheet](#)
- [First Aid Update Course now open](#)



CHANGES TO INSTRUCTOR PACKS

The following updated packs will be available for purchase on June 22, 2026. The course content, hours and online teaching resources remain unchanged.

Pack and inclusions	Price
Swim Instructor Pack (includes: Instructor Manual, Teaching Swim for Life, Swim for Life Award Guide, Canadian Swim Patrol Award Guide, binder)	\$90.00
Lifesaving Instructor Pack (includes: Instructor Manual, Canadian Swim Patrol Award Guide, Bronze Medal Award Guide, binder)	\$75.00
Combined Swim and Lifesaving Instructor Pack (includes: Instructor Manual, Teaching Swim for Life, Swim for Life Award Guide, Canadian Swim Patrol Award Guide, Bronze Medal Award Guide, binder)	\$115.00

Prices are not inclusive of tax or shipping.

Why oxygen matters more than you think

There's a shift happening in how we think about the treatment of a drowning emergency, and it starts with one key idea: oxygen.

"[A] drowning injury leads to hypoxia," explained Dr. Cody Dunne, Lifesaving Society Canada's National Medical Advisory Committee Chair, in a recent webinar. "The lack of oxygen ultimately causes our tissues and organs not to do their basic jobs."

That means the real threat isn't just cardiac arrest. It's what happens before. "From the moment hypoxia sets in, brain cells begin to die," said Dr. Dunne. This is why oxygen is gaining attention. In fact, new guidelines strongly recommend its use. Dr. Dunne went on to say, "Oxygen should be provided to a drowning person in cardiac arrest."

Here's the key takeaway for lifeguards: early action matters most. "If we intervene earlier, we can actually stop that person from ever reaching cardiac arrest," said Dr. Dunne. In drowning cases, lungs are already damaged, which means normal rescue breathing may not deliver enough oxygen. Increasing oxygen levels early can help slow the progression of injury and improve outcomes. You don't need advanced tools. "We need a simple checklist, on-off strategy," said Dr. Dunne.

The direction is clear: oxygen isn't extra, it's becoming essential.



Oxygen is becoming an increasingly important part of drowning response. Current recommendations strongly support providing oxygen to a drowning victim that requires resuscitation, and facilities should review whether oxygen equipment and trained personnel are part of their emergency action plans.

Lifeguards using oxygen should receive proper training in oxygen administration through approved courses or by trained individuals. Facilities should also ensure equipment is maintained, accessible, and aligned with local medical direction and organizational policies.

For aquatic facilities, the key question is no longer *if* oxygen should be considered, but *how* it can be implemented safely and effectively within existing emergency response systems.

THE WATER SMART® CONTEST IS NOW OPEN!

Crack out your colouring pencils as the 2026 Water Smart Contest is here and more exciting than ever. This year's contest aligns with the National Drowning Prevention Week theme, Prepare! And you don't need to be an affiliate to participate. Anyone and everyone can submit their contest entries directly to us. Learn more and get all the resources [on our website!](#)



Uniforms designed by lifeguards for lifeguards!

High-visibility lifeguard uniforms in distinctive red and yellow – international lifeguard colours. Singlets, T-shirts or long-sleeved shirts, shorts and hats.

Durable, lightweight fabric. Superior comfort and fit. Quick drying. UV protection. Available exclusively from the Lifesaving Society.

Order online at LifeguardDepot.com or call 416-490-8844. Custom orders available.

Lifeguard Depot.com®

To Do: Teach Canadian Swim Patrol or Bronze this summer

Shaping the next generation of lifesavers is an honour we don't take lightly, but teaching Canadian Swim Patrol, Bronze Medallion and Bronze Cross is also a lot of fun. If you're lucky enough to be teaching any of these courses this summer, we've prepped a little "To Do" list to help you get ready.

To Do:

- **Review current policies** including facility requirements and minimum candidate numbers. Detailed policies are available online for [Bronze Star](#), [Bronze Medallion](#) and [Bronze Cross](#).
- **Review course requirements.** Start by gathering the most current Award Guide(s) for the level(s) you are teaching. Carefully review all requirements for each level, making sure to read each item's Purpose statement, Must Sees and Instructor Notes.
- **Explore available program resources.** Get the latest Teaching Bronze USB – filled with teaching materials and take advantage of additional free resources on the [Swimming & Lifesaving Resources webpage](#).
- **Confirm candidate literature.** Each candidate needs their own copy of the required [Canadian Lifesaving Manual](#) and (optional) Bronze Medallion and Bronze Cross Workbooks, order on [LifeguardDepot.com](#).
- **Plan your course** using the sample core plans, lesson plans and learning activities on the [Teaching Bronze USB](#) to help things run smoothly. Ask your employer about Canadian Swim Patrol core plans and lesson plans.
- **Confirm required equipment** from the [complete list of required and optional equipment](#) for Bronze levels and Canadian Swim Patrol.
- **Secure an Examiner** as soon as possible. If you are having trouble finding an examiner, [contact your Area Chair](#) for assistance.
- **Use additional Instructor resources** like the [Bronze Awards Video USB](#), designed specifically for instructors teaching Bronze levels. The videos bring the *Canadian Lifesaving Manual* to life through demonstrations of tows, carries, removals, victim simulations and more.

Check everything off this to do list and you'll be fully prepared to deliver a safe, effective and successful course. Happy teaching!



red rescue

This innovative new inflatable board is compact enough to fit in a backpack, yet strong enough to withstand any challenge in the water.

Save lives, save space, save money.

Order online from [LifeguardDepot.com](#) or call 416-490-8844.

Lifeguard Depot.com®

THE CLASSIC FOX 40



Order from LifeguardDepot.com
or call 416-490-8844.

**Lifeguard
Depot.com**[®]



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

Learn to swim from your own backyard

Starting up your own business teaching swimming lessons in your backyard pool is a rewarding summer job. Use this checklist to get set for a successful season:

- **Register as an affiliate or seasonal swim affiliate with the Lifesaving Society.** Anyone offering Lifesaving Society programs (including Swim for Life[®]) must hold a current affiliate status (and Swim License) with the Lifesaving Society. Ensure your registration is active before delivering lessons. Begin the process [by filling out this application form](#).
- **Know your community bylaws.** Most municipalities have bylaws relating to the operation of a business in a home setting. Contact your local bylaw office to verify what regulations apply to your situation and ensure you are operating within the law.
- **Ensure your Instructor and lifeguarding qualifications are current.** Confirm that your qualifications are up to date before you begin. If you're expired or expiring before the summer ends, find recertification courses [on the Society's website](#).
- **Get insurance.** It is essential to check with your homeowner's insurance provider to determine whether you are covered to offer swim lessons on your premises. Additional insurance may be necessary because standard homeowner's insurance typically does not cover commercial activity like swimming lessons, so additional liability insurance is often required.
- **Create a safe learning environment.** Make sure your backyard pool is equipped with the necessary safety equipment. The Lifesaving Society's [Backyard Pool Safety Checklist](#) is a useful tool to help you set up a safe teaching environment. Additionally, ensure that you have practiced your emergency plan in your backyard pool setting, and that others in the home are familiar with it so everyone is prepared. This is crucial for the safety of everyone in or near the swimming pool and the integrity of the programs you deliver.

The need for speed

Endurance challenges, love them or hate them, must be done. Fitness is a pillar of lifesaving and lifeguarding, and must be maintained and tested regularly.

Here are ten ways to improve your aerobic endurance and pick up the pace. Grab your goggles and let's go!

1. **Consistent training:** Make sure to train regularly. Aim for at least three to four swim sessions per week. 
2. **Mix up your routine:** Incorporate different styles such as front crawl, back crawl, and breaststroke to work on different muscle groups. 
3. **Set goals:** Have a clear goal in mind, like improving your time by 10 seconds each week. 
4. **Interval training:** Practice swimming fast for a set distance, then take it easy for a bit to recover. 
5. **Focus on technique:** Good form is key to swimming efficiently. Get feedback from another lifeguard or instructor, coach or another experienced swimmer. 
6. **Strength training:** Use exercises like squats, lunges, and core workouts to build muscle strength. 
7. **Proper nutrition:** Fuel your body with healthy foods and stay hydrated. 
8. **Rest and recovery:** Your body needs time to recover and get stronger. Don't forget to rest. 
9. **Monitor your progress:** Keep track of your times and progress. This will help you stay motivated. 
10. **Celebrate all wins:** Keep a positive mindset. Whether you shaved 10 seconds or 1 minute, celebrate each win! 

Let's get rescue-ready

Lifeguards remain vigilant at all times, continuously scanning their assigned areas and taking proactive steps to prevent incidents before they occur. Staying alert, and rescue-ready at all times is an essential part of the job. Whether you're starting a new job this summer, or returning to a previous facility, you need to be rescue-ready. Here's how:

Before you start working:

- Be confident in your facility's emergency procedures and your ability to execute them.
- Check all equipment, understand the facility rules and regulations, hand and whistle signals and zones of coverage.
- If you're unsure of something, ask your supervisor.
- Practice your rescue skills and fitness drills to stay rescue-ready.

Before your rotation:

- Gather your lifeguard essentials – uniform, whistle, and rescue gear

During your shift:

- Choose the most effective scanning patterns and positioning for the facility and situation
- Sit or stand in a way that you can move into action immediately
- Communicate clearly with your team
- Keep equipment on-hand so you can use it immediately when needed

Emergencies in the water can escalate quickly, and delays can have serious consequences. A rescue-ready lifeguard can recognize hazards early, react without hesitation and perform skills confidently. This not only improves outcomes for the victim but also builds trust with patrons and your team.

Read the stretching article from the [March Lifeline](#) to help get you warmed up and ready to hit the water.

A Water Smart® reading list

After a long day of swimming and enjoying the summer heat, why not curl up with a great book? We've curated a list of great, kid-friendly books that promote water safety. Share this list with your swimmers, campers or patrons.

1. *A Treasure at Sea for Dragon and Me: Water Safety for Kids (and Dragons)* by Jean E. Pendziwol
2. *Duncan the Swimming Elephant: Duncan's First Swim* by Chris Cumberbatch and Kelly MacDonald
3. *Josh the Baby Otter* by Blake Collingsworth
4. *Kids Don't Float: Water Safety* by Sherrie Giddens
5. *Let's Go to the Beach! Beach Safety Tips with Lifeguard Leslie* by Leslie Schewene
6. *Maisy Learns to Swim* by Lucy Cousins
7. *Quack Quack, Take Two Steps Back* by Matt Buckingham
8. *S is for Swim* by Margaret LeGear
9. *Stewie the Duck Learns to Swim* by Kim and Stew Leonard Jr. with Dr. Lawrence E. Shapiro

Download a copy of this list as a poster [here](#).

GO BLUE FOR WORLD DROWNING PREVENTION DAY

World Drowning Prevention Day (WDPD) is on July 25, 2026. Help us shine a light on the impacts of drowning prevention by participating in the *Go Blue!* campaign. Contact your local landmarks, businesses and monuments to request that they be illuminated in blue light to raise awareness of the event. We promote participating landmarks on [our website](#), so please [let us know](#) what's going on in your community!



BOOK BUDDY

Are you holding an event this summer? Buddy the Lifeguard Dog would love to attend and represent the Society. Our beloved mascot, who is featured prominently in numerous Water Smart materials, is great for photo ops, engaging with kids and celebrating aquatics in Ontario.

But Buddy is a busy pup; check to see when he's available and inquire about booking him through [our online form](#).



LIFEJACKETS CAN SAVE LIVES, SO LET'S SHARE THEM!

Making lifejackets accessible through a lending program helps residents and visitors in your community stay safer in, on and around the water. The Society is excited to continue our Lifejacket Contribution program to help communities stock their lifejacket lending stations.

The Lifejacket Contribution Program is a partnership – the Society can contribute up to nine adult-sized, Transport Canada-approved lifejackets to communities that match the donation with an equal number of new, Transport Canada-approved infant, child, or youth lifejackets. [Contact us](#) for more details.