



LIFESAVING SOCIETY
The Lifeguarding Experts

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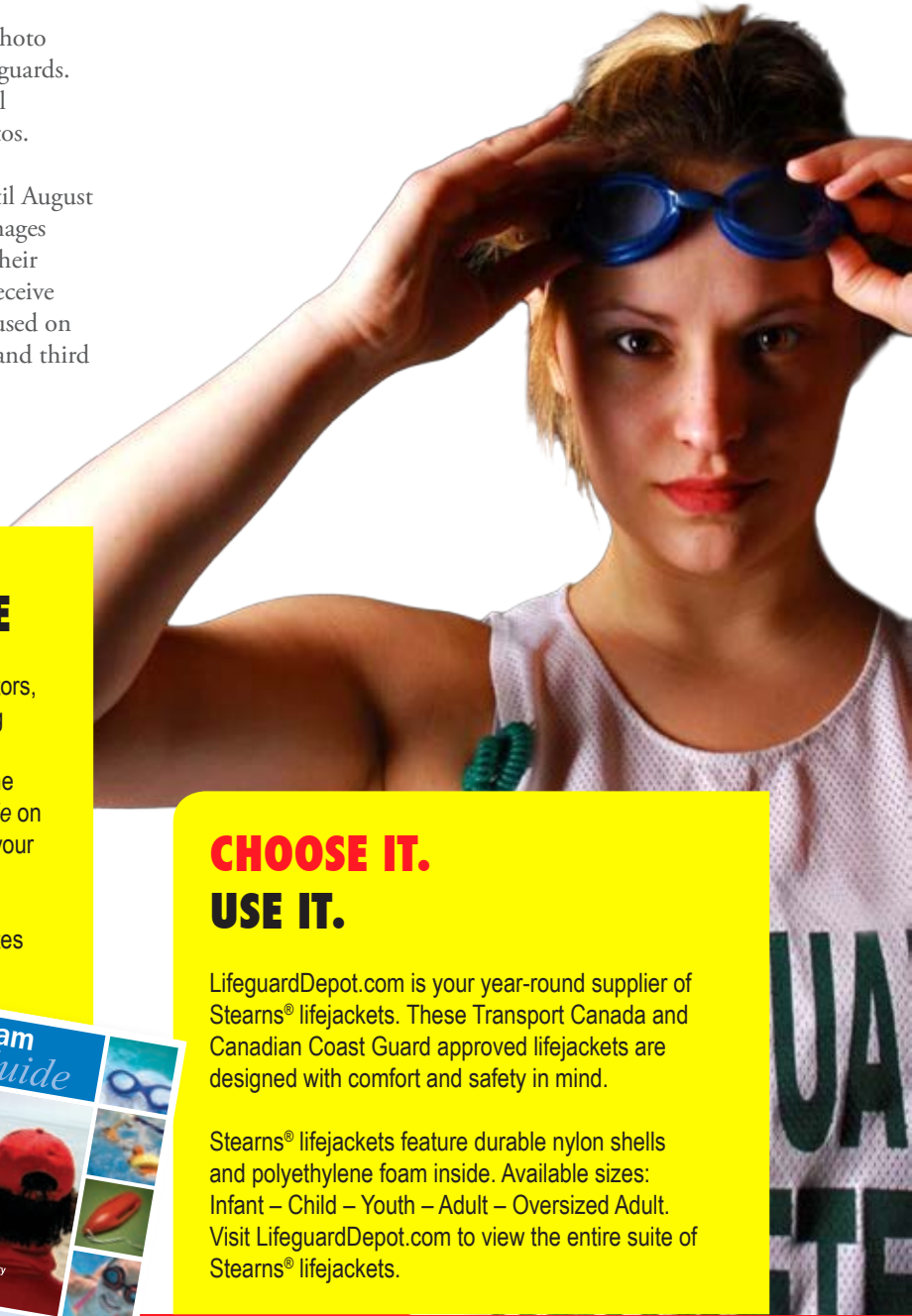
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2014 LIFESAVING SOCIETY PHOTO CONTEST!

Get your cameras ready! The Lifesaving Society Photo Contest is back and this year it has a theme – lifeguards. In celebration of the 50th anniversary of National Lifeguard we want to see your best lifeguard photos.

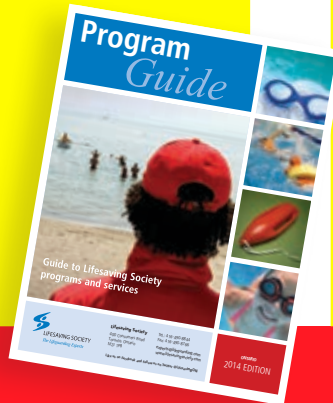
The contest opens Saturday June 28 and runs until August 31 so you have all summer to capture amazing images and enter to win! The top three winners will see their photos in *Lifeline*. The grand prize winner will receive a \$100 lifeguarddepot.com credit, which can be used on merchandise or to recertify your awards. Second and third place winners will receive \$50 and \$25 credits.



2014 PROGRAM GUIDE

The repository of the “rules” within which Instructors, Examiners and Affiliate Members offer Lifesaving Society programs, the updated *2014 Program Guide* makes it easier than ever to quickly find the information you need. Consult the *Program Guide* on our website’s home page or contact us to order your personal print copy (\$10.15).

Don’t forget to check out the popular “Prerequisites At-a-Glance” chart on the inside back cover.



CHOOSE IT. USE IT.

LifeguardDepot.com is your year-round supplier of Stearns® lifejackets. These Transport Canada and Canadian Coast Guard approved lifejackets are designed with comfort and safety in mind.

Stearns® lifejackets feature durable nylon shells and polyethylene foam inside. Available sizes: Infant – Child – Youth – Adult – Oversized Adult. Visit LifeguardDepot.com to view the entire suite of Stearns® lifejackets.

The Lifesaving Society is Canada’s lifeguarding expert. The Society is a national, charitable organization working to prevent drowning and water-related injury through its training program, Water Smart® public education, drowning research, safety management services and lifesaving sport.

The Society’s National Lifeguard certification is the standard for professional lifeguards in Canada. The Society represents Canada’s lifeguards and lifesavers internationally as an active member of the Commonwealth Royal Life Saving Society and the International Life Saving Federation.

The Society is the governing body for lifesaving sport – a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

All donations are gratefully received. A charitable receipt for income tax purposes is issued for donations over \$20. Ontario Branch Charity Registration No. 10809 7270 RR0001.

WHEN YOU WEAR THE CARD, YOU'RE ON GUARD!

Tragedy strikes in backyard pools far too often. Drowning is fast, silent and preventable. The Lifesaving Society's new On Guard Card aims to remind parents that someone *must* be watching children near water with focused attention at all times.

The card is attached to a lanyard and it provides the wearers with important safety messages for keeping young children and non-swimmers safe.

The On Guard Card designates the pool safety supervisor – if you wear the card you're on guard. This allows other adults around the pool to take care of other tasks knowing that someone's eyes are always on the kids in the water. If the adult on guard needs a break the card is passed to another adult – ensuring no lapses in supervision.

Cards can be purchased individually for \$7.50 or in a bulk order of 25 for \$125. It is a great item for backyard pool builders and suppliers to purchase for their clients. Backyard pool owners can also purchase the cards directly from the Lifesaving Society. Please visit the Lifesaving Society's website or LifeguardDepot.com to order.



ACTAR TRAINING SYSTEMS

In a real-life emergency, you'll be thankful you were trained with ACTAR. Canada's #1 CPR and AED training system, ACTAR D-Fib simulates realistic scenarios. The specialized face-plate design mimics the human airway and plastic lung bags allow actual breaths to be delivered. ACTAR D-Fib is now a required product for all National Lifeguard training courses. ACTAR products are lightweight and come in convenient carrying bags.

Ordering ACTAR products has never been easier, visit www.LifeguardDepot.com and place your order!



Lifeline

Lifeline is published twice yearly and distributed to over 60,000 members of the Lifesaving Society in Ontario. Opinions expressed in Lifeline are not necessarily the policy of the Society nor of its officers except where noted. Indicate change of address on the mailing label and return it to the Lifesaving Society.

Return undelivered copies to the:

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www.lifesavingsociety.com

BRONZE STAR ITEM 6 (OBJECT SUPPORT) REVISED

Feedback has led to a revision to better support candidate success, and to provide better alignment of the Bronze Star award within the lifesaving program continuum.

The revised item reads: In deep water, support self at the surface for 3 minutes during which support a 4.5 kg (10 lb.) object for 1 minute.

Key changes:

- The object only needs to be supported for 1 of the 3 minutes.
- The top of the object is no longer required to be at the surface.
- Additional Notes:
 - Define “head above surface.”
 - Acknowledge that the candidate may move around.
 - Encourage candidates to hold the object close to the body.

What now?

Lifesaving instructors should implement this revision immediately. The updated page insert is available on the home page of our website along with the updated Bronze Star test sheet, which has been modified to reflect the revision.

LIFESAVING SHORTS VIDEO CONTEST 2014

What's the best way to convince people to be smart around water? **Don't tell them, show them!**

Use your camera, your cellphone, your video camera and make a short water-safety video depicting one of the following Water Smart tips:

BRONZE MEDALLION WORKBOOK

The *Bronze Medallion Workbook*, designed for use with the *Canadian Lifesaving Manual*, helps guide candidates successfully through the course content. Filled with fun, informative activities including fill-in-the-blanks, true-or-false and knowledge questions, the workbook makes learning outside of the pool easier to administer as take-home course work, and gives candidates a handy study guide once completed.

Only \$2.00 when purchased at the same time as the *Canadian Lifesaving Manual*, the workbook is \$3.50 when purchased separately. Order today!

1. Always swim with a buddy.
2. Don't drink and drive your boat.
3. Always wear your lifejacket. The water is colder and deadlier than you think.

The winning entry will receive the **grand prize of a \$100 pizza party** and the video will be posted on the Lifesaving Society website.

Plus, you could win exciting prizes like iTunes gift cards in our monthly draws, so enter early and often – make more videos and enter often!

Instructors get a chance to win a Lifesaving Society T-shirt each time a student enters.

Upload your video to YouTube and email the link with your full contact information to daksham@lifeguarding.com by **October 31, 2014** for your chance to win!

INTRODUCING Safeguard

The Lifesaving Society's new Safeguard certification provides safety supervision training for guardians (e.g., day camp counsellors, counsellors-in-training and others) who accompany groups of young people to pools or waterfronts. The 3.5–4 hour course stresses the responsibility undertaken by these group leaders for safeguarding the young people in their care even when under lifeguard supervision.

Safeguard focuses on water safety awareness, accident prevention and the principles of aquatic safety supervision. Safeguard teaches participants how to identify hazards and at-risk behaviours, how to recognize potential victims, and how to respond safely in an aquatic emergency.

For more information, visit Swimming & Lifesaving / Lifesaving / Safeguard on our website. The candidate exam fee is \$9.20.

The Safeguard program may be taught by any current Lifesaving and Emergency First Aid Instructor who also holds National Lifeguard certification. No special training is required. The Safeguard Program CD provides instructors with the resources needed to teach and evaluate candidates. The CD contains the Safeguard Award Guide (Test items, Must Sees, Notes), the Safeguard PowerPoint presentation, Safeguard Course Handouts and fillable Safeguard Test Sheet.

Order the Safeguard Program CD (\$22.20) directly from www.LifeguardDepot.com (Books & DVDs) or call the Lifesaving Society office at 416-490-8844.

MADD Canada, the Canadian Safe Boating Council (CSBC) and the Lifesaving Society are promoting the "Call 911" concept among the boating community with a poster that endorses the importance of reporting impaired boaters. The poster was created with a financial contribution from Transport Canada to CSBC, creative provided by Saatchi & Saatchi Canada and advertising space provided by Pattison Outdoor Advertising. The LCBO extended the partnership by agreeing to display the posters in their stores in Ontario. Similar agencies in other provinces have expressed interest in doing the same in their outlets.



 **LIFESAVING
SHORTS**
WATER SMART VIDEO CONTEST FOR TEENS

ASK THE EXPERT:

PATRICK KING, LIFEGUARD SERVICES CHAIR

The revised (2012) National Lifeguard standards become mandatory in Ontario as of July 1, 2014. All Lifesaving Society affiliates must be delivering the new program by this date. No courses run with the previous National Lifeguard standards will be processed by the Society.

The National Lifeguard Exam Policy lists the mandatory requirements for hosting a National Lifeguard exam. If these requirements are not met, candidates will not be certified. Ontario Lifeguard Services Chair Patrick King answers your top two questions about the exam process and gives instructors and examiners some tips for better National Lifeguard recertifications.

The top two questions we receive from National Lifeguard candidates are:

Q What do I bring to a National Lifeguard recertification?

A Bring proof of original or previous recertification of your NLS award and a whistle. (Try using *Find a Member Mobile* - www.findamember.ca)

You are strongly encouraged to bring a pocket mask, gloves and resources (*Alert, Canadian First Aid Manual, Canadian Lifesaving Manual*).

Q How should I prepare for a National Lifeguard recertification?

A Be prepared to demonstrate your skills at standard. The exam is not the time to learn the skills. You have to be ready to show your stuff. Don't expect to walk in not having swam since your last Recert and expect to make the time standards.

Know the test items. They're in Lifeguarding at www.lifesavingsociety.com. So is the Recert policy. Must Sees are found in the *National Lifeguard Award Guide*.

To help instructors and examiners during their National Lifeguard courses and exams, here is Patrick's list of useful tips and reminders.

Role of the instructor or examiner

- Instructors and examiners must evaluate candidates to the Must Sees. Do not allow personal bias on the way you like to achieve an item influence evaluation. Candidates may use any technique that allows them to meet the Must Sees – let them experiment.
- The role of the instructor is to provide candidates with multiple ways of achieving items and allowing them to use judgment on the specific technique.
- Object Recovery (Pool Option, Item 2a): The brick is not required to be out of water. "Head above surface" means candidate can breathe easily with jaw line at or above surface.
- Candidates are sometimes told that "modified" has been eliminated as a spinal rollover – this isn't true – see the *Canadian Lifesaving Manual* for details on a modified rollover.
- Standards can be met by using many different techniques; the goal of an instructor is to empower candidates with a variety of different techniques so they are able to use their judgment on which technique will work best for the different situations they might encounter.
- The benefit of the National Lifeguard program is that it develops empowered professional lifeguards with strong judgment skills – not robots.
- When an item is timed, the time limit must be met – no exceptions.

Create appropriate situations that foster candidate learning

1. Create realistic situations to best prepare candidates for real life:
 - Assign candidates unconscious and conscious spinals – real-life spinal victims are often conscious. Avoid "crazy spinals."

- Victim types must be selected from the list provided. These were identified based on research into the emergency situations most commonly encountered by lifeguards. The list of first aid situations permitted for a National Lifeguard exam are listed in the *National Lifeguard Award Guide – Appendix A*.
 - First aid situations must be realistic and applicable to real life. Candidates must use actual barrier devices and gloves. Teach candidates how to use them properly – no pretending that they are using them.
2. Include single lifeguard situations in your exams:
 - Item 10 in the National Lifeguard Pool option Lifeguarding Situations clearly states: “Respond to emergency situations as single lifeguard and as both a leader and a member of a lifeguard team.” Single lifeguard situations prepare candidates for reality – guarding as a single lifeguard with a “within-call” back-up is common practice – set your candidates up for success in the real world.
 3. During National Lifeguard courses there should be a balance between Accident Prevention / Intervention and Rescue response situations. Remember to remind candidates that the best rescues are the ones they never have to do.

Using the National Lifeguard Exam Policy

Refer to the National Lifeguard Exam Policy (page 25 of the 2014 *Program Guide*, available on our website).

1. One topic we address is which items are included in a National Lifeguard recertification exam. Examiners should only be examining the *mandatory* items, which are as follows (note: candidates cannot fail on non-mandatory items):

Physical Standard:

- Item 2a Object recovery
- Item 2c Sprint challenge
- Item 2e Endurance challenge

Judgment and Skill

- Item 9a Management of distressed or drowning victim
- Item 9b Management of submerged, non-breathing victim
- Item 9c Management of spinal-injured victim
- Item 9d Management of an injured swimmer (may be evaluated in Lifeguarding situations)
- Item 10 Lifeguarding situations

2. Another issue we see is the use of appropriate rescue aids during National Lifeguard courses and recertification exams.

In addition to the rescue aids required by the Ontario Public Pools Regulation 565, each on-duty lifeguard must be equipped with a rescue aid suitable for use in a swimming (lifeguard in the water) rescue.

The best choice of rescue aid will depend on the situation and facility in which it will be used. The following commonly available items are recommended for use as a lifeguard’s rescue aid:

- Rescue tube
- Rescue can
- Lifejacket/PFD
- Paddleboard (for open water)

Read more about lifeguard rescue aids in the sidebar below.

LIFEGUARD RESCUE AIDS

The ideal aid for a swimming rescue is:

- **highly visible in colour** – for ease of spotting by a victim or backup guards responding to a rescue in progress.
- **extremely buoyant** – at a minimum, able to support one adult victim at the surface, face out of the water.
- **easy to grasp** – for both the victim and lifeguard.
- **streamlined** – to minimize response time and facilitate swimming and towing
- **made of a soft material** – to minimize the likelihood of injury
- **lightweight/easily portable** – to minimize lifeguard response time
- **equipped with a tow line** – to allow a lifeguard to swim with both arms and legs.

2014 ONTARIO DROWNING REPORT

Drowning is a serious problem. In Canada, drowning is the number one cause of unintentional injury deaths among children 1–4 years of age, and the second leading cause of preventable death for children under 10. With almost 500 fatalities annually, drowning is the third leading cause of unintentional death among Canadians under 60 years of age. While the long-term trend is down, drownings have increased in recent years.

Highlights from the Society's *Ontario Drowning Report* (2014 edition) include:

- In the 5-year period (2007 to 2011), 836 drownings occurred in Ontario – with 160 in 2011 (the most recent year for which we have complete coroner's data). The drowning rate over this period increased by 8% to 1.3 per 100,000 population over the previous 5 years.
- The majority of drowning victims are men, who have a drowning rate of 2.1 per 100,000 versus 0.5 per 100,000 for women. The highest rates occur among men 15-24 and those over 55 years.
- Drowning rates for children under 5 years and for men and women 65+ years are almost 20% higher than the historic national average for these age groups.
- The overwhelming majority of drownings happen in lakes (48%) and rivers (22%).
- Swimming is the most common recreational activity involved (27%). The major contributing risk factors among those swimming are being unable to swim (31%), swimming alone (30%), and alcohol consumption (25%).
- The major contributing risk factors for boating-related drownings are not wearing a lifejacket (86%), boating alone (36%), and alcohol consumption (38%).

The complete report is available on our website.

*Incoming Governor John Macintyre (left)
with outgoing Governor Marc Neeb.*

JOHN MACINTYRE – NEW SOCIETY GOVERNOR

The Society welcomes John Macintyre as our new Governor. John has a long history with Lifesaving Society Ontario and extensive experience in Ontario's parks and recreation sector.

John has had an outstanding 35 year career highlighted by Executive Leadership roles as Senior Vice President, Corporate Development & Residential Projects, for BUILD TORONTO, Vice President of the Toronto Economic Development Corporation, Acting CEO of Invest Toronto and Director of Parks, Forestry and Recreation for the City of Toronto.

“I'm humbled to be returning to my roots as a Lifesaving Society volunteer to serve as Governor. To provide leadership within an organization that defines leadership is very exciting and I am hopeful that I can make a meaningful contribution in this role.”

John is active in the Toronto community serving as a Director for the Toronto Blue Jays Charitable Foundation and a Board Director for the Governor General's Canadian Leadership Conference.

He is a former Chair of Parks and Recreation Ontario who has provided strong leadership to other organizations including the Juvenile Diabetes Research Foundation and the Ontario Trillium Foundation.

Once upon a time, John was a Lifesaving Society Instructor and National Lifeguard who competed in the 1988 Lifesaving World Championships in Australia.

John succeeds Marc Neeb who served as Governor since 2003. The Society is grateful to Mr. Neeb for his dedication to service excellence for over a decade.



CANADA'S NATIONAL LIFEGUARDS – WISER WITH AGE

In celebration of the National Lifeguard award's 50th anniversary we interviewed some of Canada's oldest current National Lifeguards to find out how their experiences as lifeguards shaped their lives and why they've stayed in the pool so long.

Holly Smith, 67 – Newfoundland – *Fun fact: Holly returned to lifeguarding after retirement for a little fun and excitement*

Have you ever rescued anyone?

A number of times. I think when I trained in my early 20s and as a teenager the first aid training and lifeguarding really prepared me for everything in life. With a growing family you have emergencies. When I had sick kids, injured kids, a husband with an angina attack, it prepared me. I can focus on what to do and it comes to me, and I don't panic. I credit my lifeguard training for that. You go into emergency mode, you stay calm and focused.

Brenda Graham, 67 – New Brunswick – *Fun fact: Brenda has had New Brunswick branch President Doug Trentowsky as an examiner for 29 years straight*

What is your best memory of lifeguarding?

Lifeguarding for all of the youth in our area, families and Girl Guides and Scouts Canada, that's the most rewarding. When you're volunteering it's really great to be able to volunteer as a lifeguard because you're doing something for these children.

Judie Oliver, 81 – Ontario – *Fun fact: Judie swims the 400 metre endurance challenge in approximately six minutes*

What wisdom can you share with younger National Lifeguards?

Keep getting it [certified]! You're almost guaranteed a summer job; someplace always needs a lifeguard even if you don't speak the language. It's a universal language of swimming, fitness and health and all the usual stuff – because it's true!



Have you ever rescued anyone?

It was almost textbook, I was working for the City of Toronto – this kid comes on deck and the entrance was at the shallow end; he walked down to the deep end and I knew he couldn't swim, it was just a gut feeling. He jumped off the diving board and blub, blub, blub! I jumped in and got him out and sent him down to the shallow end and said you have some fun.

Louise McTavish, 73 – Nova Scotia – *Fun fact: Louise earned her National Lifeguard award in one of the first courses in the country*

When did you first certify as a National Lifeguard?

It was 1964 – we were one of the first people to run the course here in Greenwood; I remember it was May 11, 1964. I've got the manual and everything from the first course.

What is your best memory of lifeguarding?

All the parties at the end of the summer! It's the people that I've met and the places I've been to examine, on a raft in a lake, that sort of thing. I've been to just about every pool in Nova Scotia at workshops of some kind; I've met a lot of people; I really enjoy people who are interested in doing water stuff.

Jackie Scott, 75 – Alberta – *Fun fact: Jackie rescued two separate people on two separate vacations*

What wisdom can you share with younger National Lifeguards?

Lifeguarding has given me the opportunity to have a career to serve in a capacity that is very special to the community. If you're considering lifeguarding as a stepping stone don't just consider it as that – consider it as a job opportunity and make it your career. It has its rewards – the people you meet and the affect that you can have on peoples' daily lives in and around the water.

What was your first exam like?

It was a male/female combo, you had to rescue males and females – because when you're lifeguarding you don't pick a gender to go after. The CPR was a lot different – we didn't have the devices we have today at all; there was one rescue where you did compressions, where you straddled the victim and one where you straddled them and pulled their arms over their heads.

LIFESAVING FUNDRAISING ACROSS THE PROVINCE

Fundraising is rewarding *and* fun. This summer the Lifesaving Society invites aquatic staff and their communities to participate in fundraising initiatives to support the Society's Water Smart® drowning prevention campaign and the Swim to Survive® program.

Province-wide events

Lifesaving Society 500 Metre Swim for 500 Lives (6th Annual), July 19–27, 2014: Dedicated to lives lost in drowning incidents, this year's event features an aquatic staff challenge with the goal to have 500 lifeguards complete a 500 metre swim during in-service training to raise funds for the "Within Arms' Reach" campaign.

Lifesaving Society Swim to Survive a-thon, July 26, 2014: How many pool patrons can attempt the Swim to Survive skills at their local pool? Visit your local facility, take the challenge and raise funds for the Society's Swim to Survive program.

National Lifeguard 50th Anniversary Swim, August 16, 2014: We salute and celebrate our National Lifeguards with this aquatic staff challenge – how many metres can you swim in 50 minutes?

Regional events

Lifesaving Society Rescue Tube Relay (5th Annual), July 12–13, 2014: Grey-Bruce area aquatic staff run the rescue tube relay across their region raising funds and awareness for drowning prevention education.

Lifesaving Face-to-Face, July 1–15, 2014: York Region aquatic staff will raise funds while spreading the "Within Arms' Reach" message – "If you are not within arms' reach of your children anytime they are around water, you have gone too far."

School Year 2014–2015: Be a leader, start a club. Did you know that as a qualified instructor you can volunteer to teach CPR-A to other students at your high school? By organizing a Lifesaving Society Club you will increase the number of CPR-trained individuals in your school while raising funds for drowning prevention.

For more information on the events, how to run a Lifesaving Society Club at your high school, or how to get your community involved, contact Laurie Priestman or Kelly Manoukas at 416-490-8844 or email fundraising@lifeguarding.com.

105th AGM Silent Auction

Our silent auction raised over \$3,800 for the Water Smart® drowning prevention campaign. Thanks to auction volunteers: Kenn Little, Heather Kazan, Eddie Tang, Cheryl Cakebread, Peggy Callery, Jason Jolicoeur, Jillian Mattiuz, Jeff McEwan, Sarah Newton, Ashley Percy, George Turnbull and Heather Zaleski. Thank you to Individual Donors: Jenn Boughner, Brenda & Steve Lance, Kenn Little & Michael Wilcox, Heather Johnston, Jennifer Kessell, Margie Lizzotti, Julie MacIsaac, Marc Neeb, Sarah Newton, Palmer/Coyne Family, John Rapp, Dawn Schneider and Stacey Weston. Thank you to Business and Organization Donors: Art Gallery of Ontario, City of Temiskaming Shores, City of Windsor Recreation & Culture, CN Tower, DIPSTIX, DRUXY'S, Essex Pelee Island Coast, Great Wolf Lodge, Julia's Art Studio, M & O Knits, Mariposa Cruises, Microsoft Canada Inc., Magna International Inc., Maple Leaf Sports & Entertainment, Nancy Johns Gallery & Framing, Oakville Executive Golf Course, Ontario Science Centre, Oxford Properties Group (Scarborough Town Centre), Pizza Pizza Ltd., PRAXIS, RLSS Australia, RLSS India, RLSS Malaysia, RLSS Sri Lanka, Shaw Festival, Stratford Shakespeare Festival, Tarragon Theatre, The Keg Restaurants Ltd., The National Ballet of Canada, The Niagara Parks Commission, Thirty One Gifts, Tillsonburg Community Centre, Tree Top Trekking, Windsor Family Credit Union Sports Centre, Windsor Spitfires, Windsor Symphony Orchestra.

Donate online! Visit our website and click Donate Now on the home page in the left column. A new window will open where you have the option to direct your donation to a specific Lifesaving Society fund or cause. Thank you for your support!

SEALS Swim to Survive Summer 2014

Lesley Burton Zehr and the SEALS Swim to Survive crew are hitting the waters of Lake Huron again this summer on July 19, 2014 to attempt the 75 km crossing from Harbor Beach, Michigan to Goderich, Ontario.

Last year, Burton Zehr's first attempt was cut short due to adverse weather and water conditions. She did, however, complete a 25 km solo swim in seven hours and five minutes along the Lake Huron shoreline – and she raised over \$6,000 for the Swim to Survive program. "We had a bit of snag due to weather conditions last year, but I'm ready to get back in the water," she says. Lesley has been training and is looking forward to completing her swim.

Burton Zehr is trained and ready. She is an experienced competitive swimmer and former Lifesaving Society instructor, examiner and lifeguard. She estimates the swim will take about 40 hours to complete.

Lesley's message is "everyone has a duty to know their abilities in the water" and she wants people to know that drowning is preventable. She is someone who leads by example: be Water Smart and show people how to behave around water, especially families with young children.

There will be a handful of community seminars leading up to the event, as well as donation stations in different communities. These include educational sessions and backyard pool evaluations in the Waterloo area aimed at increasing knowledge of Water Smart drowning prevention behaviours and the importance of learning to swim as a life skill.

Follow Lesley Burton Zehr at www.sealsswim.com.

This event is sanctioned by Solo Swims Ontario and coincides with National Drowning Prevention Week (July 19–27, 2014). Visit the Society's website to donate to Lesley's swim. For more information contact Fund Developer, Kelly Manoukas at 416-490-8844.

SEALS: *Swimming Education Awareness Life Skills*

First Aid Award Guide – en français!

C'est magnifique! The *First Aid Award Guide* is now available in French. This is a must-have resource for Standard and Emergency First Aid Instructors. Get yours today for \$17.02, online at www.LifeguardDepot.com or call 416-490-8844 to order.



Join Canada's Swim Team

Swimming Canada, the Lifesaving Society Canada and the Canadian Red Cross announced the launch of Join Canada's Swim Team to encourage all Canadian children to learn to swim.

Starting July 1, our Join Canada's Swim Team initiative will recognize children 12 years and under who learn to swim 25 metres non-stop. Instructors who witness this accomplishment can reward swimmers with the Canada's Swim Team Membership Card – a great incentive for youth to learn to swim! All swimming lesson providers are invited to participate in this no-cost program. Visit www.lifesavingsociety.com to find out how your pool can take part!



Water Smart Contest

Help spread the Society's Water Smart messages! Participate in one of two age categories with different tasks and prizes. It's easy and doesn't require a lot of planning. Go to our website for info and to register – deadline is September 26, 2014.

Lifeguard Depot.com®

We've got it all

LifeguardDepot.com offers a comprehensive selection of equipment and supplies required to operate safe aquatic facilities and training programs including CPR instruction – all guided by the Lifesaving Society's 100 years of knowledge and experience as the lifeguarding experts.

LifeguardDepot.com® is the online store of the Lifesaving Society.



Visit www.lifeguarddepot.com today!