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# Insurance... are you covered?

onguard

People often call us to ask about insurance coverage for lifeguards and instructors. The answer varies depending on who you are working for:

- If you are **employed by a corporation** such as a town, city or camp, the corporation likely carries general liability insurance that covers you as the employee. Therefore, you do not need your own insurance.
- If you are **asked to lifeguard or teach private lessons in a backyard pool** then insurance is required. Ask your employer if you are covered under their home owners' insurance policy; if they say yes, you should have them confirm this coverage in writing before you agree to work. If you are not covered under the employer's policy, or the owner is unwilling to confirm such coverage in writing, ensure that you secure adequate liability insurance on your own by contacting an insurance broker.
- Insurance is also required if you are **lifeguarding or teaching in your own backyard pool**. You may be covered under your (or your parents') home insurance policy, but it is best to confirm this with the insurance provider. If you are not covered, ensure that you secure adequate liability insurance on your own by contacting an insurance broker.

If you are **volunteering your examiner services on behalf of the Lifesaving Society**, the Society covers you under its liability coverage so you do not need your own insurance.

If you are a volunteer, the *Ontario Good Samaritan Act* applies with regard to liability, details of which can be found online.



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LIFESAVING SOCIETY

*The Lifeguarding Experts*

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 programs, Water Smart® public education, 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 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.

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

# Lifesaving opportunity



Ratheepan Sivanathan joined the Toronto Police Lifeguard Service's Community Outreach Rescue Program (CORP) in the summer of 2008. CORP offers an introduction to lifesaving and lifesaving sport skills targeting at-risk youth throughout Toronto.

Bruce Hollowell, coordinator of lifeguard services for the Toronto Police Marine Unit, says "Ratheepan is the type of individual that CORP was developed for. He is a competitive, enthusiastic hard worker who thrives on an opportunity like this to gain new experiences and develop himself. The combination of sport and skill presented in CORP creates an environment where people who would not think of lifeguarding as relevant come to it from a unique angle."

Over three summers, Ratheepan developed his skills and enjoyed great success at the Ontario Junior Lifeguard Games winning multiple medals. His interest piqued, he enrolled in the Toronto Sport Leadership Program where he earned his Bronze awards, First Aid and NLS.

Instructor Andrea Chow says, "Ratheepan is the perfect example of what youth can achieve through opportunity, self-determination and dedication. The program has given Rathee and other youth like him the building blocks to achieve great future successes by giving them the leadership skills they will need for a lifetime."

"CORP is an amazing inspiration and a great program for youths everywhere," says Ratheepan. "This program inspired me to become a lifeguard from the beginning and I look forward to volunteering with CORP."

This summer Ratheepan returns to the beach as a lifeguard with the Toronto Police Lifeguard Service and will give back to CORP as a volunteer coach.



peoplewatch

## Lifeline

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Lifesaving Society  
400 Consumers Road  
Toronto, Ontario  
M2J 1P8  
Telephone: (416) 490-8844  
Fax: (416) 490-8766  
E-mail:  
experts@lifeguarding.com  
www.lifesavingsociety.com



Visit the The David Cornfield Melanoma Fund (DCMF) web channel on YouTube and watch "Dear 16-year-old Me."

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# Drowning: a global burden



International Life Saving Federation president and former Lifesaving Society Canada president, Dr. Steve Beerman, delivered an eye-opening presentation about the global drowning burden at the Lifesaving Society Ontario Annual General Meeting in March.

## High-risk populations need targeted prevention

In many high-income nations the highest drowning rates occur in specific populations such as aboriginal, immigrant and disadvantaged groups. In low-income nations it is often women and children who have not been immunized against drowning due to gender or age. Therefore, high-risk populations need targeted prevention to reduce inequity.

## More than 500,000 children drown every year

The largest group among the high-risk populations is children: of the more than one million worldwide drowning deaths per year, more than half are children, most of them in low-income nations. If we can reduce the child drowning rate by 50% (see Immunization works) that would be more than 250,000 child lives saved annually. This exceeds the ability of all other public health and immunization programs both in terms of real lives and percentage.

## Drowning prevention is a public-health issue

A reduction in drowning around the world requires a transformation from a “recreational approach” to a “public-health approach” towards drowning prevention. Essentially, this approach is a form of “immunization” – we need to *immunize* all children and families against drowning. It is a cost-effective and efficient way to reduce drowning and other injury mortality. Dr. Beerman argues such a public health approach is the best way to engage all available resources and policy makers.



## Immunization works

Data from both low- and high-income nations demonstrates the reduction of drowning mortality due to adequate barriers, close supervision, risk awareness and survival-swimming training. Large population drowning-prevention trials show:

- when one family member is “immunized” against drowning, other family members are positively affected,
- there is a 50% reduction in mortality in the low- and middle-income nations,
- there is a significant reduction (10–40%) in mortality in high-income nations,
- there is a 50% reduction in mortality in aquatic natural disasters,
- this immunization is cheaper than most other immunization programs.

Drowning prevention does not happen at boardroom tables – it is a community engagement. Lives are saved by embedding attitudes, knowledge and skills in people at the community level: on the pool decks, beaches, dock, camps and classrooms of life. It is the work occurring in Canadian communities that makes the Canadian drowning mortality rate near the lowest in the world.

# National Drowning Report



he newest Lifesaving Society National Drowning Report, released in May 2011, indicates that drowning in Canada has shown resurgence in recent years. After reaching an all-time low of 433 water-related deaths in 2004, there was an upswing to 492, 508 and 480 deaths in 2005, 2006 and 2007 respectively.

The Lifesaving Society tracks drowning data to improve and focus its drowning prevention efforts. Notable statistics based on a comparison of 2005–2007\* versus 2002–2004:

- Regional upswings in Ontario (+25%), Alberta (+34%), Newfoundland (+21%), and the northern territories (+45%)
- More drownings among young adults: specifically 18–34 year-olds (+32%)
- More drownings among baby boomers: 50–64 years (+14%)
- More drownings in in-water activities such as swimming and wading (+18%)
- More drownings in bathing/in bath tub (+41%) activities
- Fewer boating fatalities (-13%)
- Preliminary interim data based on media and Internet reports of drowning incidents indicates another upward surge in 2010 versus 2009 (+10%)

\*2007 is the most recent year for which complete data is available. But interim preliminary data prepared by the Drowning Prevention Research Centre (DPRC) from media and Internet reports suggests the increase in drownings continued in 2009 and 2010. The DPRC conducts research into fatal and non-fatal drowning, significant aquatic injury and rescue interventions.

For more information go to [www.lifesavingsociety.com](http://www.lifesavingsociety.com)

## CANADA'S CONTRIBUTION

In his presentation about the global drowning burden, Dr. Steve Beerman noted that Canadians have a unique and positive representation in international projects and organizations, and many Canadian programs are foundations of the global effort in drowning prevention.

- The “Swim to Survive” concept is the template for survival swimming programs that reduce mortality in low- and middle-income nations by 50%.
- The Water Smart Action Guide is the template for many nations’ drowning prevention programs.
- The concept of a Canadian Drowning Report was modelled for the first ILS World Drowning Report in 2007.
- Canadian knowledge-sharing conferences were the basis for the World Conferences on Drowning Prevention in Amsterdam in 2001, Porto in 2007 and Danang in 2011.

## NATIONAL DROWNING REPORT



# It's official: new, easier CPR guidelines

brainwaves

The latest changes to resuscitation protocols are official. The special 30:2 CPR insert in this *Lifeline* outlines what you need to know to teach and perform the new protocols. You can also watch a *Special CPR Update* video on YouTube by following the link posted on our website.

## Do I need to attend an Update?

Yes. Every instructor and examiner must attend the Update before teaching or evaluating the new standards. Updates will be offered throughout the transition and be worth three credits. The next time you recertify your Lifesaving Instructor certification, you will also receive an Emergency First Aid Instructor certification after completing the update.

## When should I teach the new standards?

Consult your employer. Lifesaving Society instructors and examiners should not change their teaching, evaluation or performance of resuscitation skills until their employers implement the new protocols. Implementation will begin in the fall. The important

thing to know is that there is no change to the resuscitation standards for drowning victims and your existing training is still effective in saving lives.

## When do examiners start evaluating the new protocols?

Through the transition phase, examiners evaluate candidates according to the protocols they were taught. Under no circumstances should candidates for Lifesaving Society awards who were taught under the current standards be penalized because they do not perform the revised protocols.

## When will the revised literature be available?

The Society is revising its literature over the summer, including the *Canadian Lifesaving Manual*, *Canadian First Aid Manual* and all award guides. Update your own copies of the literature using the 30:2 insert in this *Lifeline* (also downloadable from our website). When ready, we will post the updated test item "Must Sees" as well. Affiliate members and instructors can use the 30:2 insert and updated test item "Must Sees" to introduce the new resuscitation standards to staff during in-service training.



The Lifesaving Society enforces award prerequisite rules to ensure the integrity of its programs. Ensuring that candidates meet prerequisites prior to taking courses is the responsibility of every instructor, examiner and trainer.

Consequences of allowing a candidate to participate in a Society program without having attained the prerequisites can be a serious hassle for everyone involved.

Consider these possibilities:

- The ineligible candidate will have to redo the course or examination – often an expensive proposition and a logistical nightmare.
- The ineligible candidate's other awards may also get held up, meaning he or she will have to redo those too.
- Parents of these candidates will be upset with you and your employer.

Acceptable proof of prerequisites are:

- Lifesaving Society permanent card
- Lifesaving Society "temporary" award card

- Lifesaving Society "Find a Member" print out

For Lifesaving Society awards with age prerequisites, the minimum age requirement must be attained by the last day of the course or the day of the exam. A birth certificate is acceptable proof for age prerequisites.

We rely on you to do your part. Ensure the information that appears on test sheets and master sheets is complete and correct. Do not submit test sheets if they are incomplete or contain falsified information.

Encourage your employer to list prerequisites in their program advertisements so that parents and candidates clearly understand what is expected of them prior to enrolling. Take time to check them out.



## Host a *Lifejacket Checkout Clinic* this summer

The Lifesaving Society believes it is essential that everyone wear a lifejacket/ PFD regardless of swimming ability. You can help spread this important safety message by hosting a Lifejacket & PFD Checkout Clinic this summer.

It's simple. Register your event by August 5, 2011, pick a date(s), collect a few different sizes and types of lifejackets/PFDs and you're set. When you register we'll send you a package that includes an "action plan," handouts, posters and a DVD (if requested).



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The purpose of this clinic is to:

- reinforce the importance of lifejackets/PFDs,
- bring awareness to the potential consequences of not wearing a lifejacket/PFD,
- ensure that everyone understands the term "proper fit."

Our goal is to have clinics running across the province this summer. You can host the clinic at your pool or arrange to do it elsewhere, like at a local sporting goods store, a community event, a day camp/daycare, or outside your local grocery store – the options are endless, so get out there and have some fun!

Call 416-490-8844 or email [daksham@lifeguarding.com](mailto:daksham@lifeguarding.com) to get a registration form.



## Roots has lifejackets

Roots Canada Limited is introducing a new line of personal flotation devices (PFDs) featuring the Society's vintage (circa 1940) Bronze Medallion logo.

The PFDs will be available in selected Roots stores in adult and children's sizes. The Bronze logo will also appear on a line of T-shirts, hats and hoodies. Roots will provide a portion of the proceeds to the Lifesaving Society for drowning prevention initiatives.

The Society is pleased to announce this new partnership, which represents an opportunity to reach Roots customers with important safety messages designed to influence safe behaviour around the water. It also reinforces the notion that lifejackets need not be unattractive. The design of cool-looking lifejackets with the Society's logo makes a

very strong statement about wearing gear that is both protective and attractive.



Go to Roots stores to purchase the lifejackets and merchandise and help support drowning prevention initiatives. All merchandise items are available only in selected Roots stores. Contact the store nearest you to inquire about availability.

## 102<sup>nd</sup> AGM Silent Auction

The Silent Auction following the Society's AGM on March 25 raised \$2,500 for the Water Smart® drowning prevention campaign.

**Thanks to our volunteers:** Sandy Black, Joan Cook, Helena Follows, Heather Kazan, Kenn Little, Lori McNelly, Jeff Schultz, Nathalie Vallières. **Thanks to individual donors:** Brenda Lance, Margie Lizzotti, Janet McCurdy, Peter Mumford, Julie Twaddle, Barbara Underhill, Lorraine Wilson-Saliba, Shirley Wong.

**Thanks to corporate donors:** Art Gallery of Ontario (AGO), Arthur's on the 4th Restaurant, Casa Loma, CN Tower, City of Oshawa, EBimage, Great Wolf Lodge Niagara Falls, Hockey Hall of Fame, Lifesaving Victoria AUS, LSS – Alberta/NWT Branch, LSS – Nunavut, LSS – PEI Branch,



Mariposa Cruises, Ontario Science Centre, Pizza Pizza, Royal Ontario Museum (ROM), RLSS Australia, RLSS UK, St. Joseph Media, Scandivave Spa Blue Mountain, Scarborough Town Centre, Tarragon Theatre, The Fairmont Royal York, The Mandarin, Toronto Maple Leafs Hockey Club.

See you next year!



# Swim with a Buddy – Don't Guard with One

lifeguard

*The following is excerpted from an article of the same title by Jennifer Knights, Program Coordinator – Aquatics at The University of Western Ontario, originally published in Risk Management Vol.5, Iss.3, Feb. 2011.*

Lifeguards are social creatures. Pool decks are warm. Guards are often lulled by the rhythmic sounds of swimmers making their way from one end of the pool to another. Types of swims vary as do the number of swimmers. The pool deck can be exciting. It can also be boring at times. These things combined may lead to lifeguards gravitating towards each other and guarding side by side. The term often used for this is "buddy guarding." It is definitely not taught in lifeguard certification courses and for good reason.



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The scary thing is that too many guards don't understand why buddy guarding is unsafe. Many think that guarding while chatting with another staff member is just another way to multi-task. There are two main problems with this mindset. If you are not focused on scanning and guarding, you are probably not doing it. Lifeguards are constantly challenged with distractions – noises by swimmers, music, a parent calling down from a viewing area, etc. Filtering those intrusions is something that guards must constantly focus on.

Visual distractions are also a challenge – many facilities are surrounded by glass and lifeguards can see beyond the deck into classrooms, other recreational spaces and even into corridors complete with flat-screen televisions. And those are just the visual distractions outside the pool area. On deck, the guards are supposed to be watching to make sure no one is wearing inappropriate footwear, bringing food into

restricted areas, as well as the activities of the people in the water. Guarding with another person beside you adds to the challenge of being able to filter that sensory bombardment and determine when assistance or intervention is required.

The other problem with buddy guarding is that if you cannot see "it" you cannot guard "it." Buddy guarding can leave entire pool areas completely unsupervised. Glare, equipment, location of swimmers, and weather (outdoors of course) are all things that need to be considered when determining lifeguard locations and their zones of responsibility. When lifeguards are located side by side, effective guarding is not possible.

Lifeguards and members of any aquatic team should know that accidents can happen anywhere, anytime – emergencies don't always happen when a pool is at capacity. Well planned and creative staff-training sessions are a great way to get rid of a bad buddy guarding habit to reduce the risk of a life-changing tragedy in your facility.

## GET "FITT" FOR THE NEW NLS PHYSICAL STANDARDS

The revised NLS program will require lifeguards to demonstrate the personal physical fitness needed for the job. Here are two of the Pool Option requirements with sample workouts the University of Waterloo aquatic staff is using to get ready.

### Swim 400 m in 10 min. or less

- 400 m, rest 1 min.; 300 m, rest 1 min.; 200 m, rest 1 min.; 100 m
- 6 x 200 m, 30 sec. rest between reps

### Swim 50 m head-up in 60 sec. or less

- 8 x 25 m, 15 sec. rest between reps
- Vertical flutter kick with 4.5 kg/10 lb. brick; 6 x 45 sec., 15 sec. rest between reps

To design your own workout program, use the FITT principles of training – Frequency, Intensity, Time, Type. Google "FITT Principles" for details.



# Fundamentally a success

The Town of Saugeen Shores launched the Lifesaving Sport Fundamentals Program last fall and since then, the program has doubled in size.



So what are the keys to launching the Lifesaving Sport Fundamentals Program successfully? Shanna Reid, aquatic supervisor of Saugeen Shores offers this advice: "Start small, hire a great coach, and build the program slowly."

In Saugeen, organizers first incorporated the Lifesaving Sport Coach Level 1 course into staff training. Now, with a team of coaches available, the program runs in two lanes, two days per week. Participants range in age from 8 to 13 years old with a wide range of swimming abilities from kids in the learn-to-swim program to those on the swim team.

Reid sees the program as a stepping stone and motivator for future lifeguards and instructors. "It is a great place for the kids to get started to encourage them to continue on their swimming career to get their Bronze Medallion. The program is flexible and can be adapted according to pool space and equipment. Participants love the variety!"

The rewards are tremendous so consider championing the program in your pool today! Contact Lorraine Wilson-Saliba at 416-490-8844 or email [lorrainew@lifeguarding.com](mailto:lorrainew@lifeguarding.com) for more info about how to get started.



# Swim to Survive



## video online

The Lifesaving Society has videos on YouTube that outline the steps to teaching the Swim to Survive skills. Produced using off-camera narration (which allows for voice-over) the videos are available in eight languages: English, French, Cantonese, Hindi, Mandarin, Portuguese, Punjabi and Tamil.



A three-minute version alerts viewers about the importance of the Swim to Survive program and demonstrates the three major skills: roll into deep water, tread for one minute and swim 50 metres. It also reminds viewers that swim lessons provide vital life skills. A one-minute version has been created for TV.

The concept for the video took root when members of the Peterborough community approached the Society following the drowning of a four-year-old Peterborough child last summer. They wanted to do something to motivate people to take swimming lessons and to enroll their kids in lessons.

The video was made possible with financial support from Barbara Underhill and the Stephanie Gaetz KEEPSAFE Foundation, the translation services from OMNI and the video-production talent of Ted Rankine and his Playsafe Productions crew.

The Lifesaving Society believes all Canadians should learn to swim.

# You've earned the credentials, now dress the part



Anyone can wear a T-shirt that says lifeguard. But wearing a Lifesaving Society official lifeguard uniform identifies you as the real deal.

In order to provide service to hundreds of patrons at our pools and beaches, lifeguards must be easily and clearly identifiable. The Lifesaving Society lifeguard uniform colours – yellow and red – are consistent with the International Life Saving Federation guidelines and are synonymous with guarding professionals around the world.

By wearing the Lifesaving Society lifeguard uniform you join the fraternity of those uniquely qualified individuals who recognize the importance of being identified as a lifeguard regardless of what beach or pool you are at anywhere in the world.

The Lifesaving Society lifeguard uniform consists of a shirt and shorts with an option for a hat if you are outdoors. All shirts have the word LIFEGUARD printed on the front and back. Singlets are screened with the word LIFEGUARD or LIFEGUARD/SAUVETEUR on the front and back. Custom orders can be fulfilled.



Your uniform consists of:

- **Singlets** (yellow with red) – male and female cuts available in all sizes.
- **Short sleeve shirts** (yellow with red) – ideal for indoor or outdoor use, can be used to distinguish supervisors from staff, etc.
- **Long sleeve shirts with collar** (yellow with red) – used for outdoor pools and beaches to protect guards from the sun.
- **Shorts** (red) – **NEW** this summer and in stock! – male and female cuts available in all sizes, no logos or screens.
- **Hats** (red) – with Lifeguard or Lifeguard/Sauveteur printed on the front.

Visit our website or contact us today to order.

# Check your boards

A spineboard is a vital piece of rescue equipment. Every lifeguard is trained on how to use one. But like other elements of a rescuer's gear, a spineboard must be in peak working condition to be effective.

Boards are often used for training or practice and then put away. In some cases they spend months or years unused hanging on the wall. The Lifesaving Society recommends that you inspect a spineboard daily to ensure it is in good working condition. If it is not, repair it immediately.

Common problems are: runners falling off, Velcro not holding, rusted buckles, cracked or splintering wood, and even screws sticking out. The following checklist outlines conditions for determining if a spineboard is in working order. The board must have:

- No apparent cracks or splinters
- No appearance of water damage
- Smooth clean surface
- Minimum of 3 straps
- Straps in good working condition, i.e.,
  - the Velcro sticks
  - the plastic buckles work
  - the metal buckles are not rusting and work
  - there are no missing pins (if applicable)
- Runners secured tightly and in good condition
- Tail (if applicable) secured tightly and in good condition
- When a neck stabilization device is present, it should be in good condition
- No missing or rusting screws

The Lifesaving Society carries a complete line of new spineboards and accessories as well as replacement parts. Visit our store online or contact us today.





# Upcoming fundraising events



This summer the Lifesaving Society invites all aquatic staff to participate in our fundraising events to raise money in support of the Society's Water Smart® drowning prevention campaign.

## *Lifesaving Society 500 metre swim for 500 lives*

Dedicated to the 500 Canadians who drown every year, this event aims to have 500 lifeguards complete a 500 m swim during in-service training.

**When:** Saturday July 16 to Sunday July 24, 2011

**Entry fee:** Aquatic staff participant fee is \$15 (excluding sponsorship)



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## *Lifesaving Society Obstacle Challenge*

Participants in this all-ages event complete obstacle challenges at different stations including Swim to Survive skills, a Dolphin Relay or Water Ball Relay, and an Obstacle Swim.

**When:** July 16 through to September 5, 2011

**Entry fee:** All participants are asked to make a donation and seek sponsorship to raise funds for drowning prevention.

Prizes are awarded to individuals and facilities raising the most funds. To get entry forms for these events, call Laurie Priestman 416-490-8766 or email [fundraising@lifeguarding.com](mailto:fundraising@lifeguarding.com)

## Press record on water safety and you could win!

Are you teaching Bronze Medallion or Cross this summer? If you are, please tell your candidates about the 2011 video contest open to those aged 13–18 years.

Make your own water safety video and you could **WIN \$100 at Future Shop** AND see your masterpiece on the Lifesaving Society website. Plus, monthly draws for exciting prizes like **iTunes gift cards!**

And, if you're an instructor or trainer, you get a chance to **win a Lifesaving Society T-Shirt** each time one of your students enters.

**Submission deadline: October 31, 2011**

For contest details and more information, visit the Water Smart section on [www.lifesavingsociety.com](http://www.lifesavingsociety.com)



## Water Smart Award

Don't forget to take pictures and document all of the Water Smart events and activities you host this summer. When you submit them to us you become eligible for the 2011 Water Smart Award, awarded to an affiliate for outstanding community service to drowning prevention education. Submissions are due January 13, 2012. Go to our website for more info.

## Water Smart Contest

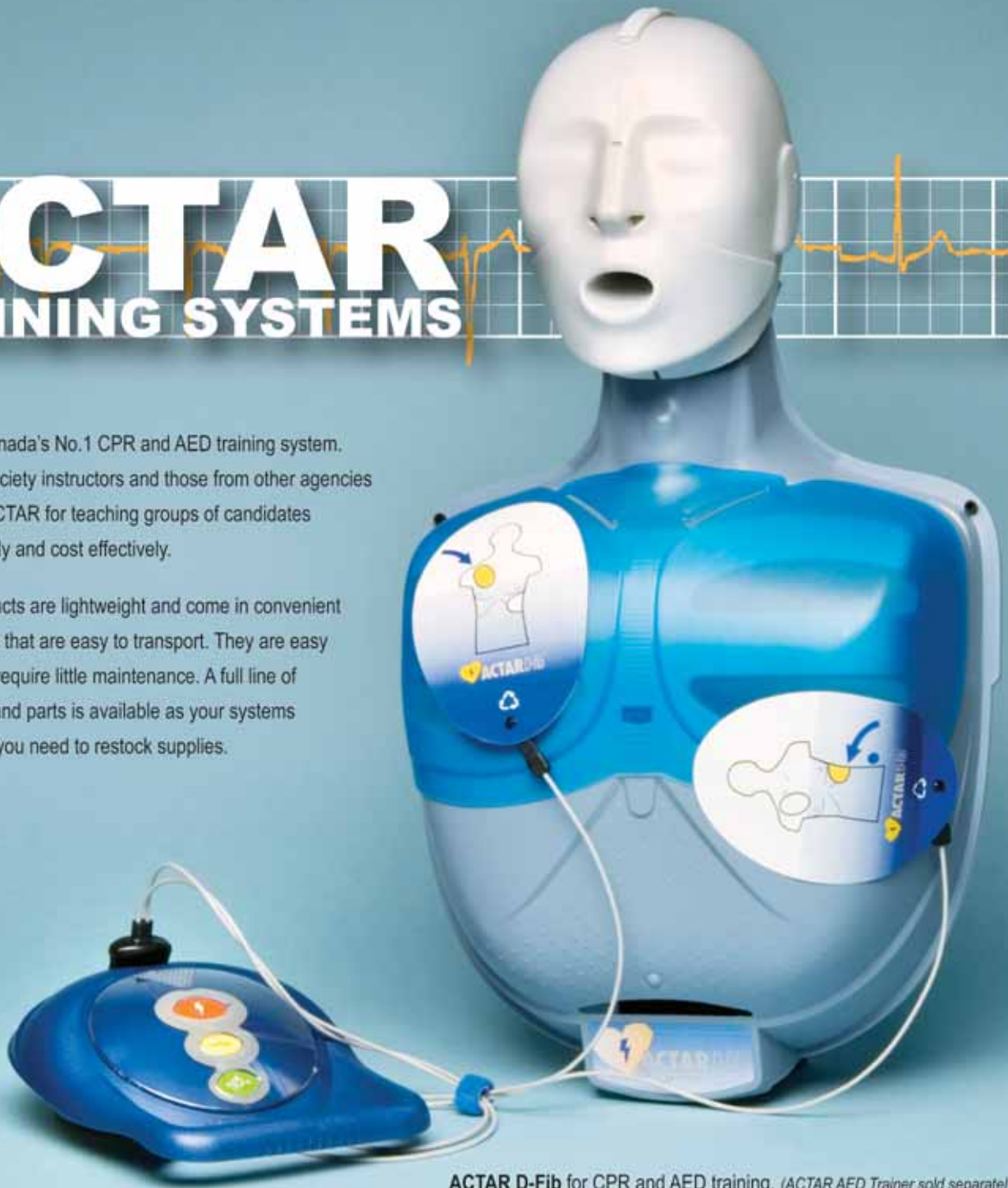
Comic strip creators unite! This year 8–12 year-olds will create a comic strip depicting one of three Water Smart messages. Go to our website to register and find more information. Registration deadline is August 5, 2011.

# ACTAR

## TRAINING SYSTEMS

ACTAR is Canada's No.1 CPR and AED training system. Lifesaving Society instructors and those from other agencies depend on ACTAR for teaching groups of candidates simultaneously and cost effectively.

ACTAR products are lightweight and come in convenient carrying bags that are easy to transport. They are easy to clean and require little maintenance. A full line of accessories and parts is available as your systems age or when you need to restock supplies.



ACTAR D-Fib for CPR and AED training. (ACTAR AED Trainer sold separately.)

• ACTAR 911 for Adult / Child CPR.



• ACTAR 911 Infantrty for Infant CPR.



• ACTAR AED Trainer for simulating live sequences.



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400 Consumers Road, Toronto ON M2J 1P8 | Phone: 416.490.8844 | Fax: 416.490.8766