



LIFESAVING SOCIETY
The Lifeguarding Experts

L i f e l i n e r

Summer 2016

*We're going digital!
This is the last print edition of Lifeline.
To continue receiving Lifeline,
register online and be sure to include
your email address.*

(see Register as a Member on p.2)



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REGISTER AS A MEMBER, REAP THE REWARDS

Still not registered as a member? Why wait? Logging on to our website tells us who you are so that we can tailor services specifically to you. We'll tell you what vocational awards are about to expire and let you update your contact information. And now, leadership members can recertify online.

To register at www.lifesavingsociety.com, click LOGIN on the right navigation menu.

1. **Click on Register.**
2. **Enter your name, email address and create a password.**
3. **Link your account to your Lifesaving Society member record.**
 - **Select Ontario as your Province.**
 - **Enter your Lifesaving Society Member ID (a six-digit code found in the bottom right corner of all your certification cards).**
 - **Enter your web Access Code (an eight-digit code found on the tear-off portion of all of your certification cards and on the mailing label of this Lifeline). You can also call us to verify your identity, and we'll provide your web access code over the phone.**

If you have any problems don't hesitate to give us a call at 416.490.8844 or send an email to LD_recerts@lifeguarding.com

Cover photo by Aidan Pearson

Recertify online, better and faster

Now you can recertify your leadership awards online. The Lifesaving Society's Leadership Recertification Credit System applies to all of the Society's instructors, examiners and trainers. The system is designed to recognize individual needs and interests by encouraging leadership members to learn and improve through continuing education and professional development.

Recertifying your leadership awards online is a convenient way to tell us what credits you've earned in the last two years and which awards you wish to recertify.

It's easy: log on at www.lifesavingsociety.com using your email address and password. If you haven't already, register as a member.

1. Select Recertification from the left navigation menu.
2. Confirm or update your contact information.
3. Confirm the awards you want to recertify.
4. Send us proof of credits you've earned that we can't automatically verify.
5. Tell us whether you need the hard copy cards or not.
6. Pay the recertification fee.
7. Check your record on *Find a Member* at end of business the next day.

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.

New first aid and CPR guidelines coming

Every five years, first aid and resuscitation procedures are updated as necessary based on the latest research. The Lifesaving Society works with its partner training agencies to ensure a consistent interpretation of revised guidelines for Canada and is now updating its literature accordingly. The revised material will be available this fall.

Relax. There are no major changes and nothing that affects “Must Sees.” 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.

Changes can be integrated easily into staff in-service sessions. Unlike last time, there is no mandatory Lifesaving Society update clinic. Instructors should consult their employers about when to start teaching the updated content.

Evaluate candidates according to the protocols they were taught. Under no circumstances should candidates for Lifesaving Society awards who are taught under the 2010 guidelines be penalized because they do not perform the updated 2015 version.

The Society is revising its literature over the summer. For a summary of the coming changes, visit our website.



WATER SMART CONTEST

We've added a new, third age category for the Water Smart Contest (13–17 year-olds). For info about this year's themes visit the website or contact daksham@lifeguarding.com to register.

LIFESAVING SOCIETY IN-SERVICE TRAINING

It's that time of year again – time for in-service training of lifeguards and instructors – and the Lifesaving Society can help! The Society will meet with you in person or over the phone to determine your specific needs and tailor a training session for your staff. This service is offered at a nominal fee or regionally at little-to-no-cost.

Once the Lifesaving Society determines your needs, it will pair you with an instructor or team of instructors that have expertise in the area you require, provide a lesson plan and conduct the training session. Topics can include: the use of rescue equipment, scanning and lifeguard positioning, teaching using progressions, games and drills, first aid, rescue techniques, and skills and stroke development.

“I would highly recommend this to any affiliate looking to enhance their in-service training,” says Robin Rankin, recreation programmer for the City of Barrie. “The staff members that went through the sessions were engaged and really enjoyed the experience.”

The Society offers different training packages of varying lengths that are also eligible for lifesaving instructional recertification credits for your staff. For more info, or to inquire about booking a session for your staff, contact Lori Groves at 416.490.8844 or email training@lifeguarding.com

Lifeline

Lifeline is distributed to Lifesaving Society members 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:

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Toronto, Ontario
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Telephone: 416-490-8844
Fax: 416-490-8766
Email: experts@lifeguarding.com

To unsubscribe, send an email to: memberservices@lifeguarding.com

ARE YOU FIT TO GUARD?

Have you ever gone to work hungover, injured or ill? As a lifeguard, you are responsible with safeguarding the lives of people in your care. You are expected to be ready to participate in the often desperate work required to maintain the life of an injured or drowned victim. And your co-workers expect you to be ready to back them in the event of a life-endangering, full-contact rescue.

Impaired performance – for whatever reason – is unacceptable. Lifeguarding places specific demands on an individual's physical and mental skills and demands a level of fitness to safely perform essential job functions.

Aquatic supervisors are also charged with keeping the pool safe and enjoyable for patrons. On any given day one or more lifeguards might not show up on time. But before rousing them out of bed and demanding they show up, especially if they confess to being hungover or sleep deprived, consider the possible negative consequences of having an unfit lifeguard on duty.

To avoid such incidents for both supervisors and lifeguards, workplace health-and-safety programs must include policies and procedures for unavoidable absences from work for illness and injury, and a clear return-to-work policy (*Lifesaving Society, Standards Journal 3, 2010*) that ensures lifeguards are “rescue ready” when they resume their duties following an injury or health event. Alcohol, prescription drugs and substance abuse policies must be clear and all staff must be aware of the consequences for being impaired while on the job.

Physical and mental fitness is the responsibility of the individual lifeguard and the organization in this safety-sensitive job. Within the employer's health-and-safety program, there must be clear action steps, which are communicated to the entire aquatic staff, empowering supervisors to take appropriate action when a lifeguard arrives at work but isn't fit to guard, for whatever reason. “Fitness to work” must be part of pre-employment

screening, regular and seasonal training, and these skills and competencies should be reassessed on a regular and recurring basis.

Lifeguards, next time you get up to go to work after two hours of sleep, ask yourself: Am I safe, are my co-workers safe and will the people in the water be safe?

WORLD CONFERENCE ON DROWNING PREVENTION 2017 VANCOUVER

The International Life Saving Federation's 2017 World Conference on Drowning Prevention is coming to Vancouver – a first for North America – and a unique opportunity for Canadian aquatics professionals to learn first-hand from world experts in research, education and community action: best practices and proven drowning prevention strategies, and the latest water rescue research and first aid techniques.

Keep an eye out for information at www.wcdp2017.org.

ACTAR TRAINING SYSTEMS

CPR training manikins are required in first aid courses. ACTAR products are cost-effective for volume training, lightweight and come in convenient carrying bags that are easy to transport. They are easy to clean and require little maintenance. Lifeguarddepot.com offers the full line including ACTAR 911, ACTAR D-Fib, ACTAR AED trainers, accessory parts and restock supplies.

Visit LifeguardDepot.com for additional information.



HAPPY ANNIVERSARY!

In 2016 we mark 125 years of drowning prevention throughout the Commonwealth by the Royal Life Saving Society. The first general meeting of the “Swimmers’ Life Saving Society” (the original name of the Society) was held in London, England on February 7, 1891. Little did the Society’s founder William Henry and his colleagues dream that the organizational step they took that day would result in our global network of lifesaving organizations teaching lifesaving to millions of people and saving countless lives from drowning.

This one small step by a group of passionate volunteers has had enormous long-term impact. In Canada – and throughout the Commonwealth – we have embraced their remarkable heritage and its attendant humanitarian responsibility. The World Health Organization’s *Report on Drowning* confirmed for the world what our own Canadian research had already told us: drowning remains a leading killer. Clearly, the Society’s mission remains as relevant today as ever.

In a message from Buckingham Palace, the Society’s Commonwealth Patron, Her Majesty The Queen said, “A milestone anniversary such as this is a reason for celebration: not only for lives saved but also for the many other rewards that local, national and international cooperation has produced; and I am pleased to learn of your celebration programme and of your initiative to promote survival swimming.”

Her Majesty is referring to the Society’s 125th anniversary goal: the implementation of Survival Swimming in every Commonwealth nation during 2016. As part of this initiative, Lifesaving Society Ontario led an international team in the development of RLSS Commonwealth Swim to Survive Guidelines.

In closing, Her Majesty conveyed her thanks “to all who serve the Society with energy and dedication.” As a member of Lifesaving Society Canada, you share the outstanding heritage of our worldwide humanitarian charity and its lifesaving ideals. Thank you for being part of the global effort to eliminate drowning.



125 YEARS OF COMMONWEALTH DROWNING PREVENTION

NEW 4' X 6' WITHIN ARMS' REACH POSTER

The Lifesaving Society has a limited quantity of our Within Arms' Reach poster in a large 4x6 foot, laminated format for \$100 per poster. Visit LifeguardDepot.com to order.

If you're not within
arms' reach,
you've gone too far.



When your child is near the water,
you need to be near your child.



NEW – FAMILY SWIM TO SURVIVE®

In June the Lifesaving Society introduced a new program for families called Family Swim to Survive. It uses the same skills and principles as Swim to Survive but is designed for adults as well as children, and allows family members to participate in the Swim to Survive program together.

The program is designed to create a comfortable learning environment for families, some of whom might be new to Canada or may have no experience with survival swimming and water safety. Here are a few ways to get involved:

1. Offer Family Swim to Survive during a fitness or lane swim; incorporate a Family Swim to Survive exclusive lane.
2. Offer Family Swim to Survive lessons during recreational swims.
3. Provide opportunities for families to have a Family Swim to Survive assessment during recreational swims.
4. Offer Family Swim to Survive assessments during National Drowning Prevention Week (July 17–23).

The Lifesaving Society can provide posters and buck slips to help you promote the program in your community.

If you are interested in offering Family Swim to Survive contact [Sindy Parsons at sindyp@lifeguarding.com](mailto:sindyp@lifeguarding.com) and she will ensure your program information is listed on our website.



BRANDED TOWELS FOR SUMMER

Get your branded towels for the beach or pool! Choose from two styles: Lifesaving Micro Towel or Lifesaving Sport Towel. Both of these microfibre suede towels are soft, lightweight, highly absorbent and come in two sizes: small (\$8.85) and large (\$22.12) plus tax. All proceeds from LifeguardDepot.com support drowning prevention and the development of young leaders through lifesaving sport. Visit LifeguardDepot.com to order.

IT'S A SNAP!

Lifesaving Society Snappy Towels go from beach towel, to cape, to hooded towel in a snap! They can even be combined to make large beach blankets.

Best of all, every purchase of a Snappy Towel sends one child to Swim to Survive+ training. So you get a great towel and you directly impact our drowning prevention mission!

Buy a Snappy Towel today at LifeguardDepot.com for \$26.55 plus tax and send one child to Swim to Survive+ training. Supplies are limited so order today.



Safeguard

Numerous drownings have occurred over the years related to daycare and day camp use of waterfronts and pools. Subsequent inquests have highlighted the need for a training program geared toward people who take children swimming such as parents, camp counsellors, babysitters and caregivers.

The Lifesaving Society's Safeguard training program is designed for these people. The course stresses the responsibility and safety required when children are in their care in, on or around aquatic settings. Safeguard focuses on water safety awareness, accident prevention and the principles of aquatic safety supervision. You don't have to be able to swim to attend this three-to-four hour educational program and there are no prerequisites. The course stresses the responsibility undertaken even when under lifeguard supervision. Successful completion of the course is based on active participation in all sessions.

The On Guard card was developed as an aid that designates a person to watch over children as they're swimming and to monitor their activities. The card is affixed to a lanyard and passed from one adult or guardian to another to ensure there is always at least one person "on guard" watching the children.

Visit our website for more details on the Safeguard program and the On Guard card.



2016 ONTARIO DROWNING REPORT

The most recent data available from the provincial coroner's office reveals that the number of drowning deaths decreased to 163 in Ontario in 2013.

Prominent in the 2016 edition:

- The majority of Ontario drowning victims continues to be men (8 out of 10). However, there has been a slight increase in the number of female drowning victims – 25% were female in the most current two years of data.
- By age, the highest drowning rates in Ontario were once again found among adults over 65 years of age. Young adults are also at risk in Ontario: 20–24 year-olds had the highest drowning death rate of any age group under 55.
- Drowning rates among children under 5 remain relatively high in Ontario: between 2009 and 2013, 46 children under the age of 5 drowned.

Go to lifesavingsociety.com/Who's Drowning/Drowning Reports to download the complete 2016 Ontario Drowning Report.

GLEN BERNARD FOR SYRIA

This summer, Jocelyn Palm, former executive director of the Lifesaving Society in Ontario and Canada, and current owner of Glen Bernard Camp, registered 24 Syrian female newcomers to Canada for a week at camp. The cost for these campers is being covered by the camp. Sponsorship and donations from past and current camp families will provide equipment like lifejackets and sleeping bags.

The idea was inspired by the Camp's founder, Mary Edgar, who arranged for children to come from London, England and be at camp to escape the air raids and bombs of the Second World War. "This year is our camp's 95th anniversary" says Jocelyn, "we couldn't think of a better way to celebrate than by opening our doors to these new campers. We're so proud to be able to play a role in helping build a new life for these newcomers."

"We met with each camper and their family this spring. We prepared them to anticipate all the activities they will be doing and what they will need. We introduced them to our facilities as well as our daily routine at camp. We learned to identify the Syrian campers as newcomers, not refugees. We paid special attention to redefine what the word camp means for the Syrian girls, which is in stark contrast to what they know from spending time in a refugee camp."

"In Canada we are fortunate to be surrounded by many lakes and rivers," says one of the sponsors, "but because being around water is such a part of our lives, it is important and very necessary that everyone knows how to swim."

"More of the Syrian newcomers are non-swimmers – learning to swim doesn't seem to be a priority for them but their enthusiasm for the water is amazing," says Jocelyn. "One of our campers proudly showed us her Islamic swimwear! The availability of all kinds of swimwear has shown us that swimwear is not a barrier to learning how to swim."

"It has been an amazing learning experience to meet each one of the girls and come to understand what they have been through. Their grit, resilience and enthusiasm for new experiences leave us feeling very inspired."

Glen Bernard Camp's initiative is a great example of reacting locally to a global crisis to positively impact the lives of people in need. Let it be an inspiration for other communities.

NEW BRONZE CROSS WORKBOOK

"What's on the exam? What do I have to do to pass?" The new Bronze Cross Workbook answers these questions. Candidates use it with the *Canadian Lifesaving Manual* to successfully navigate through Bronze Cross course content.

The 48 page Bronze Cross Workbook is packed with questions, learning activities, and "tips for success" that reinforce key principles and concepts.

The workbook is structured around the 15 Bronze Cross test items and provides candidates with the "Must Sees" that determine success. Knowing exactly what is required to pass Bronze Cross provides a powerful tool with which to monitor self-improvement.

Go online and order the Bronze Cross Workbook today from LifeguardDepot.com or call 416.490.8844, or drop into the Society's office.



MODERNIZATION OF WATER-SAFETY REGULATIONS

The Lifesaving Society is participating in the review of the Ontario regulations that govern public pools, spas and recreational camp settings. The goal of this review is to focus on strengthening the regulations overall effectiveness, specifically:

- To ensure the regulatory framework is evidence-based and supports innovation.
- To streamline regulations and ensure they are concise and user-friendly.
- To optimize the use of alternative approaches (i.e., outcome-based or non-regulatory approaches).

The Ministry of Health and Long-Term Care has hosted numerous consultation sessions with stakeholders from across the province including the Lifesaving Society. Examples of revisions we should expect include:

- The requirement for a safety plan, which means staff will have detailed operational procedures to maintain aquatic facility safety.
- A provincial admittance policy that will look a lot like the Lifesaving Society standard we have promoted for over 20 years. This is aimed at ensuring there is one standard for everyone who enters the swimming pool especially those at high risk such as young children who are non-swimmers and are within arms' reach of a parent or guardian.
- Flexibility in first aid kit contents that will allow operators to customize based on the actual needs of the facility.

The inclusion of wading pools and splash/spray pads into an amalgamated regulation is also being explored. The Ministry is consolidating the input and plans to draft the regulations with a target of posting the draft on the Regulatory Registry in late 2016 with an implementation plan aimed at 2017. Visit the Society's website for further information as it becomes available.

HANG ON TO YOUR HATS

On duty or enjoying the outdoors, your head needs protection from the sun's dangerous rays. Choose a style and wear it. All of these hats are just \$15 each plus tax. Visit LifeguardDepot.com to order.



SUMMER FUNDRAISING INITIATIVES

You and your community are key players in our mission to educate Ontarians and keep them safe in, on and around water. We invite you to participate in fundraising events for drowning prevention education. Plan ahead and get involved!

- 8th annual **Lifesaving Society 500 metre swim for 500 lives**, July 17–23, during National Drowning Prevention Week. To date, 1,472 lifeguards have raised over \$29,500 for drowning prevention education.
- **Lifesaving Cannonball**, July 16–August 31.
- 7th annual **Lifesaving Society Rescue Tube Relay**, in the Town of Oakville. To date, 474 lifeguards from six regions have raised \$20,400 for public education.

Contact your local pool for more information, or contact Laurie Priestman at the Society's Ontario office at 416.490.8844 or by email: fundraising@lifeguarding.com.

July 17-23, 2016

National Drowning Prevention Week

LIFESAVING SOCIETY

HOW TO SUBMIT TEST SHEETS SUCCESSFULLY

The Lifesaving Society receives a large number of test sheets submitted multiple times. Duplication means additional work, some confusion and slower processing time.

A majority of these duplicate test sheets are resubmissions of original submissions that were missing information. In these cases the Society requests that the test sheets be sent again with corrected information.

One thing to do is have one person responsible for the submission of test sheets per facility to allow for a smooth flow of communication when something goes wrong. If the submission is actually a resubmission, it should be clearly marked with the original submission “batch” number so that it can be matched up and quickly processed. Here are seven more easy steps to ensure success:

1. Use a binder to keep track of your test sheets – use monthly binders with tabs for each week, or a yearly binder with tabs for each month.
2. At the beginning of each month or week, create a list of courses that are running during this time period.
3. Create a schedule for submission – submit weekly or monthly. Use the list you created in Step 2 with the tabs in your binder to make sure you have all of the required test sheets.
4. When sending in your test sheets, include a list of the courses to ensure accuracy. Make sure to keep a copy for your records.
5. Refile the submitted test sheets in your binder with a “Sent” label or stamp to indicate they have already been sent to the Lifesaving Society – or use another binder as your “sent” binder. Note the batch number on your cover sheet.
6. Check Inside Tracker frequently to ensure all test sheets have been logged and processed without issues. Double check against your list. Follow up with any held awards to ensure smooth resolution and prompt issuing to candidates.
7. Attach the invoice or packing slip to the list of courses once you receive it from the Lifesaving Society to ensure all test sheets were received and you received your replacement temporary cards (if applicable). You can include a stamp or document indicating you submitted the invoice to your accounting department.

LIFESAVING SPRING AUCTION

The spring auction following the Society's AGM raised \$2,200 for the Water Smart drowning prevention campaign. Thank you to Individual Donors: Lynda & Bruce Bowman, Margie Lizzotti. Thank you to Business & Organization Donors: Art Gallery of Ontario, Casa Loma, CN Tower/La Tour CN, Druxy's Inc., Hallmark Canada, Hockey Hall of Fame, Maple Leaf Sports & Entertainment, Mariposa Cruises, Microsoft Canada Inc., Ontario Science Centre, Royal Ontario Museum, Shaw Festival, SIR Corp (Service Inspired Restaurants), Niagara Parks Commission, Treetop Trekking – Horseshoe Valley Barrie. We also received donations from businesses in Ottawa from: Aqua Sport, Booster Juice, Boston Pizza, Chances R, Cosmic Adventures, Costco, Expedition Toys, St. Laurent Shopping Centre, Vittoria Trattoria.



PROFESSIONAL MANIKINS

Take CPR training to the next level!

Prestan manikins are the most innovative CPR training tools available today, with sculpted body contours, lifelike skin feel and natural body movement. Prestan products are made of high quality durable materials and are backed by a 3 year warranty.

AED TRAINER

Features fast and easy setup buttons, bilingual voice prompts and the Prestan Pad Sensing System for more realistic training.



ULTRALITE® MANIKINS

Portable, lightweight 4-pack, easy set up for training on the go.



INFANT MANIKINS

Realistic weight and size with an optional CPR Rate Monitor for instant feedback.



LifeguardDepot.com®