



National Lifeguard Award Guide Updates in Third Printing, May 2023

The following changes were made to the National Lifeguard Award Guide in May 2023.

The Lifesaving Society makes periodic editorial changes to its award guides. Important changes affecting Must Sees were made in the *National Lifeguard Award Guide* (Third Edition, Revised, January 2022. Third Printing, May 2023).

Buying the new third printing edition is **not** necessary, but evaluating the right Must Sees is, so if you have the first or second printing we suggest making the following minor edits directly into your version of the *National Lifeguard Award Guide*.

Highlighted red text indicates deletions and additions:

p. 25 Waterpark At-a-glance

- Remove the asterisk from Item 12.

p. 67 Surf At-a-glance

- Remove the asterisk from Item 10.

p. 87 Appendix A – Notes – Heart attack or angina

Edit second bullet in Notes to read:

- Victim suffering chest pain may chew 1 adult strength or 2 low dose ASA tablets. Victims must have ~~their own ASA~~, no history of an aspirin allergy ~~or asthma~~, and have not been told by a doctor not to take ASA. **Follow provincial requirements for ASA use.**

p. 88 Appendix A – Notes – Bone or joint injury

Add a fourth bullet/note after “Sprains or strains may be elevated.”:

- **If victim is to be transported by EMS, stabilize in position found (do not splint).**

p. 90 Appendix A – Must See – Suspected spinal injury on land

Edit Must Sees:

- Scene and victim assessment
- EMS activated **if necessary**
- Motion of head and neck restricted
- **Victim reassured**
- Vital signs monitored
- Effective use of barrier devices where appropriate

p. 90 Appendix A – Notes – Suspected spinal injury on land

Add a new third bullet/note after “If victim is not breathing effectively, start CPR immediately”:

- **Instruct conscious victim not to move head and neck.**

p. 90 Appendix A – Must See – Seizure

Edit Must Sees:

- Scene and victim assessment
- Protection of victim’s airway
- EMS activated **if necessary**
- **Safe and effective removal from water (if required)**
- Protection of head
- Rescuer does not restrain or restrict motion or put anything into the victim’s mouth
- Removal of dangers to victim
- **Breathing** victim placed in recovery position after seizure has stopped
- Vital signs monitored
- Effective use of barrier devices where appropriate

p. 91 Appendix A – Notes – Poisoning

Add a new bullet/note after “Vomiting is induced only when indicated by poison container or by Poison Control Centre.”:

- **First aid treatment information may be found on the container label or Safety Data Sheet (SDS).**