

View back issues of Lifeline in Member Services at [www.lifesavingsociety.com](http://www.lifesavingsociety.com)



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# Swim for Life – Lifesaving Society Swim Program



The Lifesaving Society is delighted to introduce its new *Swim Program*. This program further underscores the Society's commitment to drowning prevention and allows us to provide essential swimming skills to people of all ages.

We offer a complete range of programs: **Parent and Tot, Preschool, Swimmer and Adult**, as well as **Leadership** courses for instructors. These programs are designed to lead seamlessly into the lifesaving training awards: *Canadian Swim Patrol* and *Bronze* medal awards.

*Swim Program* content focuses on the acquisition and development of swim skills and strokes. Content is organized under: entries and exits; surface support; underwater skills; survival skills; movement skills; and Water Smart® education.

We developed this program with aquatic professionals across Ontario. And we designed it to be fun, with achievable content that is enjoyable for both participants and instructors.

By offering this *Swim Program*, affiliates across the province now have the opportunity to extend the knowledge of Canada's lifeguarding experts to their communities.

**Instructors** – as a Lifesaving Instructor, attend an update clinic to learn how to deliver the new *Swim Program*. The Society's new Swim Instructor Course trains new instructors, and is easily combined with the Society's Lifesaving Instructor Course.

**Affiliates** – save money, time, and hassle. The *Swim Program* is flexible and easy to administer. And with no per-participant charges, affiliate members save substantially. The *Swim Program* is available exclusively to affiliates through a special license agreement. The annual licensing fee covers unlimited numbers of participants, and provides electronic resources and support – before, during and after implementation.

Water Smart® education is embedded in the skills of the *Swim Program*. We provide exclusive materials to our affiliates to deliver drowning prevention messages in a variety of formats. This allows affiliates to reach the whole family, and to deliver applicable information to their area according to the time of year and candidate experience.

We'd be happy to talk with you about any aspect of our new *Swim Program* and we're ready to help you set up so call us today. For more information contact:

Lorraine Wilson-Saliba  
Lifesaving Society Program Manager  
phone: 416-490-8844  
email: [lorrainew@lifeguarding.com](mailto:lorrainew@lifeguarding.com)

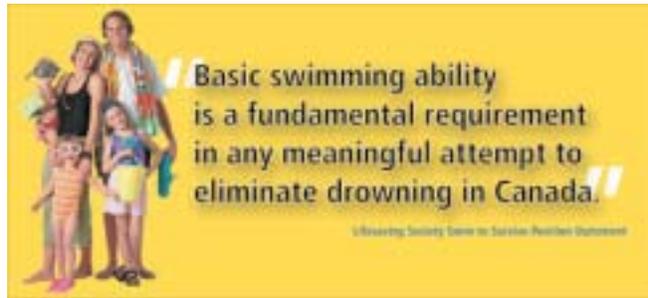


**LIFESAVING SOCIETY**  
*The Lifeguarding Experts*

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, and aquatic safety management services.

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 competitive lifesaving – 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 ten dollars. Ontario Branch Charity Registration No. 10809 7270 RR001.



"It's exciting to see kids attempt a whip kick in Swimmer 3. The first time they try it they aren't sure what they're doing, and the instructor isn't used to teaching it to a younger age group. But by the third class you start to notice development, and when you least expect it – whip kick! The light bulb goes on for the kids and the instructor!"

*Peter Mumford, Pool Supervisor  
Town of Richmond Hill*

**Join these  
Swim Program  
affiliates:**

- Camp Glen Bernard
- Carleton Place
- Essex
- Extreme Fitness
- Huntsville
- Kirkland Lake
- Markham
- Toronto

# FOCUS ON

PARENT AND TOT 1, 2, 3  
 PRESCHOOL A, B, C, D  
 SWIMMER 1, 2, 3, 4, 5, 6  
 ADULT 101, 201, 301

# swimming

The Lifesaving Society's new Swim Program focuses on swim skills and strokes with a seamless transition into our lifesaving awards.

- Entries and exits
- Surface support
- Underwater skills
- Survival skills
- Movement skills
- Water Smart® education



**LIFESAVING SOCIETY**  
*The Lifeguarding Experts*

Contact LORRAINE WILSON-SALIBA,  
 Lifesaving Society program manager at:  
 322 Consumers Road, Toronto, Ontario M2J 1P8  
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**Lifeline**

Lifeline is published twice yearly for 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 at the following address.

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 Fax: (416) 490-8766  
 E-mail:  
 experts@lifeguarding.com  
 www.lifesavingsociety.com



**Our Cover**

Olympic gold medallist **Mark Tewksbury** set to splash land during the 7Up Citrus Splash Cannonball Challenge in downtown Toronto in May.

*Photo by: Adrian Herscovici*

# New summer TeleGames



## compnews

Welcome to the first ever summer Junior Lifeguard TeleGames: July 1 – August 20, 2004.

TeleGames are open to kids and teens who compete in one of four age groups: *9 and under, 10-11, 12-13, and 14-15*. Participants compete as individuals or as part of a team. Register your junior lifeguards today – there is no better way to practice essential lifeguarding skills and to compare performance with other junior lifeguards across the province.

TeleGames are club level competitions held at various facilities over a seven-week period. Participating clubs run one or all of the following junior lifeguard events at their facility during regularly scheduled club meetings, classes or workouts:

Timed events: 1) *Obstacle swim*, 2) *Throwing accuracy*, 3) *Obstacle relay*, 4) *Tow with fins*, 5) *Object support*, 6) *Lifesaving medley* and 7) *Medley relay*.

Some great features of the new TeleGames are wider participant eligibility for greater competition scope, and flexible submissions periods – submit from



July 5 through August 20 – each facility forwards results to the scoring centre where they are compiled and posted on the Lifesaving Society Web site.

"TeleGames are a fantastic opportunity for kids from across Ontario to compete against each other without travelling."

*Shanna Reid, Lifesaving Society Age Group Competition Chair.*

The Society awards ribbons to the first through sixth place male and female winners in each group, as well as the medley relay winners.

To be eligible, participants must be:

- less than 16 years of age as of the last day of competition (August 20, 2004).
- able to swim 50 metres freestyle, and able to tread water for one minute.
- a Lifesaving Society award holder, or registered in a Lifesaving Society course, or a member of a Junior Lifeguard Club.

### Competition information

For a complete list of summer and fall competitions, see Page 11.

Do you have your *Canadian Competition Manual*? How about your 2004 Ontario handbooks and registration packages? They are available on our Web site:

[www.lifesavingsociety.com](http://www.lifesavingsociety.com) or contact the Lifesaving Society.

For more information or a complete TeleGames registration package, contact Ann Palmer at the Lifesaving Society: phone 416-490-8844, or email [annp@lifeguarding.com](mailto:annp@lifeguarding.com)

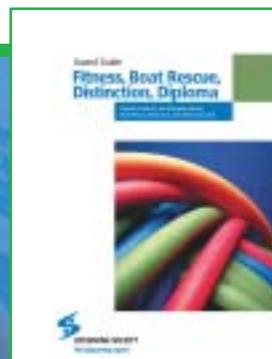
Available now!

## Available now!

Details test items and must sees (with updated resuscitation standards) for the Society's specialized and advanced lifesaving awards.

*Distinction* requires a maturity of response to demanding aquatic emergency situations. *Diploma* is the highest lifesaving certification in the Commonwealth. *Lifesaving Fitness* trains how to measure, monitor, and maintain physical fitness for lifesaving emergencies. *Boat Rescue* provides lifesaving training for those involved in small craft activities.

Price: \$18.00 (includes shipping, handling and tax). To order, phone 416-490-8844, fax 416-490-8766, or email [experts@lifeguarding.com](mailto:experts@lifeguarding.com).



# NLS – What's your personal best?



lifeguard

The Society officially launched the revised NLS Award in March. The revised program focuses more on injury and drowning prevention achieved through an increased emphasis on communication and rescue skills. Standard First Aid is now a prerequisite to ensure guards have a strong foundation in first aid and resuscitation skills *before* they take NLS.

The new NLS incorporates "personal best" benchmarks as a means of recognizing individual achievement. Bronze, silver and gold time targets for the physical standards provide incentive for improving performance. Attention to physical fitness and stroke proficiency means candidates increase their aerobic and anaerobic capacity while improving their rescue effectiveness.



Note the following physical standard benchmarks:

**Item 6a. Spinal carry, 15 m.**

- Bronze 45 sec., Silver 40 sec., Gold 35 sec.

**Item 6b. Object recovery, 15-m approach and surface dive to recover a 9-kg (20-lb.) object and carry 5 m to poolside.**

- Bronze 35 sec., Silver 30 sec., Gold 25 sec.

**Item 6c. Approach and carry, 15-m approach, carry victim 5 m to poolside.**

- Bronze 35 sec., Silver 30 sec., Gold 25 sec.

**Item 6d. Rescue drill, 5-m approach on deck, enter water, approach 15 m to recover a submerged victim, carry victim 15 m using control carry.**

- Bronze 60 sec., Silver 55 sec., Gold 50 sec.

These benchmark times help define the elements of the "must sees" such as *quick approach*, *quick ascent* and *quick return* to side. While not the sole evaluation criteria, an inability to achieve benchmark times may reflect a poor performance in one or more of the "must sees."

So set your targets, work hard to improve performance, and exceed your goals!

You'll find the revised NLS test items in the *Lifeguard Zone* on our Web site. You can purchase the new *National Lifeguard Award Guide*, standards video, DVD, and *TimeTracker* booklet (for setting goals and tracking progress) at the Lifesaving Society.



NLS movers and shakers from the past 40 years show off their new National Lifeguard T-shirts at the AGM

This year marks the 40th Anniversary of the NLS Award, and the year in which we'll certify our 100,000th NLS guard. The National Lifeguard Service Award was launched in 1964 to create a single, professional lifeguarding award for Canada. The founding organizations were the Royal Life Saving Society Canada, the Canadian Red Cross, the YMCA, and the Society of Directors of Municipal Recreation in Ontario.

Looking for a form? You'll find everything from test sheets and training records, to competition and safety management forms in *Member Services* at [www.lifesavingsociety.com](http://www.lifesavingsociety.com)

# Tell us what you think – should lifejackets be mandatory?



The most recent controversy about mandatory lifejacket/PFD wear legislation comes as a result of a Canadian Safe Boating Council (CSBC) commissioned study titled: *Will it float? Mandatory PFD Wear Legislation in Canada*. This extensive study uncovered a myriad of pertinent facts and recommended the CSBC work toward mandatory PFD legislation.

In 1996 the Lifesaving Society articulated its own position on mandatory lifejacket/PFD wear legislation. At that time we said:

"The Lifesaving Society advocates the mandatory wearing of functional lifejackets/PFDs by operators and passengers of all types of watercraft less than 5.5 metres without a cabin."

Eight years later, with new information available, it's time to revisit this position.

CSBC Chair and Lifesaving Society Public Education Director Barbara Byers is a member of the PFD task force, who are currently presenting the findings of *Will it Float?* to national and international organizations, in an effort to establish consensus and parameters for mandatory PFD wear legislation.



Your opinion is important and we'd like to hear your thoughts on this topic. You'll find *Will it float?* and the PowerPoint presentation in the *Water Smart* section at: [www.lifesavingsociety.com](http://www.lifesavingsociety.com).

Give us your feedback on the *Let's Talk* discussion board located in the *Lifeguard Zone* section of the site, or send an email to Barbara Byers: [barbarab@lifeguarding.com](mailto:barbarab@lifeguarding.com).

## Did you know:

- Current legislation only requires boaters to have properly fitting lifejackets in vessels.
- Two-thirds of boaters feel safe if a PFD is within reach, and think they can put it on in an emergency. But, says a coast guard official, "keeping a lifejacket handy versus wearing one is like attempting to buckle a car seat belt just before the car crashes."
- The impact of cold water on physiological response rates severely impairs the ability to locate, put on and fasten a PFD in the water, and 99 per cent of drownings in Canada in 1999 were in water below 20C.
- In a public opinion poll amongst boaters and the public, 84 per cent plus claimed they would comply with legislation if it was enacted, and only two per cent claimed they would defy PFD legislation.
- Most people will not choose to wear lifejackets or PFDs on their own – the current wear-rate is only 20 per cent and is largely comprised of children and personal watercraft wearers.

## ACTAR AED Training System Faster - Better - Cheaper

Enjoy easier and cheaper defib training.

Increase the number of simulators per class for more hands-on practice time and better learning: you get five ACTAR AED training simulators (with cables, reusable electrode pads, audio training CD, booklet, and nylon carry bag) for less money than you'd pay for just one of the AED manufacturers' simulators.

And the AED Training System works regardless of which manufacturer's AED units you have.

The ACTAR AED Training System is available in packages of five or 10 units.

See them in *The Store* at [www.lifesavingsociety.com](http://www.lifesavingsociety.com). To order, phone 416-490-8844, fax 416-490-8766, or email [experts@lifeguarding.com](mailto:experts@lifeguarding.com).



# Help set a new Guinness world record



he Guinness record for greatest number of people to swim 100 metres at different venues in one hour is 2533.

On **July 25, 2004** we want to break this record. The Lifesaving Society and the City of London are sponsoring a multi-venue swim-a-thon, and we need your help. We encourage all lifeguards, swim instructors and aquatic staff to come together and beat this record – although swim-a-thon participants are not limited to aquatic personnel – anyone in your family or community can participate.

One-hundred per cent of all proceeds go to the Lifesaving Society's Water Smart® drowning prevention campaign. Each participant is encouraged to find sponsors or to donate \$10 to participate. (Charitable donation receipts are available for contributions of \$10 or more.)

Here are the basic rules:

- There must be at least 10 individuals per venue.
- All venues must begin their swims at the same time: **July 25, 2004, between 4-5 p.m.**
- For an individual swim to qualify, the person must swim at least 100 metres continuously using any stroke method. Kick boards, lifejackets and other flotation devices are permitted.
- Participants must sign in and swims must be witnessed.
- All swimmers must complete the minimum distance within the hour to be included in the final total.

For more information or to obtain a registration package, contact Rhonda Pennell at 416-490-8844, or email rhondap@lifeguarding.com.

## 7Up Citrus Splash "Celebrity Cannonball Challenge"

The 7Up Citrus Splash "celebrity cannonball challenge" on May 5, 2004 raised \$5,000 for the Society's Water Smart® drowning prevention campaign.

Olympic gold medallist Mark Tewksbury emceed the event and kicked off the fun in Toronto's Dundas Square with a few cannonballs of his own. Hundreds of spectators looked on as Mark and members of the Central Toronto Diving Club performed dozens of big splash, freestyle cannonballs.

Lifeguard Ryan Ferguson donated his time to guard the event and a panel of celebrity judges scored the Biggest Splash Challenge portion of the event.

Winners received prizes and walked away... wet!

The Lifesaving Society thanks 7Up Citrus Splash for its Water Smart® support.



**Drowning**  
is the second leading  
cause of preventable death  
for children under  
10 years of age

*I support the Lifesaving Society's drowning prevention work.  
I want to direct my donation to:*

- To support the Water Smart® drowning prevention campaign
- In memory of \_\_\_\_\_
- Other \_\_\_\_\_

**Here's my donation:**

\$10.00     \$15.00     \$20.00     \$\_\_\_\_\_

Cheque (payable to the Lifesaving Society)     VISA     MasterCard     Amex

Name \_\_\_\_\_ Address \_\_\_\_\_

Credit Card # \_\_\_\_\_ Expiry Date \_\_\_\_\_

Signature \_\_\_\_\_

Mail to the Lifesaving Society, 322 Consumers Road, Toronto, Ontario M2J 1P8  
Lifesaving Society Ontario Branch Registered Charity # 10809 7270 RR 0001

# Building safer spas



In 2001, a 13-year-old boy drowned in a condominium hot tub in Scarborough after being trapped on the drain by 800 lbs. of suction pressure. The coroner's office investigating the death asked the Lifesaving Society to assist in drafting recommendations to help prevent this type of incident from reoccurring.



The Society put together a task force to devise recommendations to alter the Ontario Building Code and Public Pools Regulation. The Ministry of Housing released an amendment to the Code in 2002 requiring all new spas to meet stringent anti-entrapment standards as detailed by the task force. The Ministry of Health subsequently released the same operational guidelines for existing spas.

In 2004 the Ministry of Health released a draft of its Spa Regulation that will eventually replace the existing Spa Guidelines. This Regulation establishes a standard for all public pools in Ontario and defines how health unit inspectors can inspect existing spas with the authority to close them down if they do not meet the standard.

The Lifesaving Society was asked to champion revisions to the Ministry's draft Spa Regulation, and together with a panel of experts, is preparing changes to ensure we develop an operationally sound Regulation that increases public safety.

## Legal Beat with Michael Shane Multiple first aid kits

Swimming pools are required by regulation to: "provide in places conveniently located for emergency use a first aid box containing specific first aid supplies." (Regulation 565/90 section 20(1)(d))

In the case of many new aquatic facilities that have multiple swimming pool tanks within the same natatorium (25-metre, wading pool, spa, etc.), the Regulation is unclear.

The Lifesaving Society interprets the requirement as positioning at least one first aid box in a location that can be readily accessed by emergency personnel. This may be in the pool office or in another focal point on the pool deck. In the case of a large natatorium, staff may find it necessary to locate more than one first aid kit. Owners or operators may also choose to provide staff with fanny packs with a small selection of vital first aid supplies.

Michael Shane is the Lifesaving Society's Safety Management Director.



## Heads up!

Watch for the September release of the second edition of the **Guide to Ontario Public Pools Regulation** and new **Standards Journal 2** – essential resources for pool owners and operators.

*Guide to Ontario Public Pools Regulation* helps aquatic facility staff understand and interpret the important information contained in Ontario government regulations governing public swimming pools.

*Standards Journal 2* assists recreation personnel in the safe operation of aquatic facilities. This second edition includes a new series of legal precedents, inquest reports and Lifesaving Society positions.

## 2004 Safety Management Courses

Find course details and registration information in *Take a Course* at [www.lifesavingsociety.com](http://www.lifesavingsociety.com).

### Aquatic Safety Inspector Recert

CTA, September 30, 2004  
Ottawa, October 20, 2004  
Windsor, November 26, 2004

### Aquatic Safety Inspector

CTA, September 28-29, 2004  
Timmins, October 6-7, 2004  
Ottawa, October 18-19, 2004  
Windsor, November 24-25, 2004

### Lifesaving Society Pool Operator – Level 2

CTA, December 6-7, 2004

### Lifesaving Society Pool Operator – Level 1

Ottawa, November 15-16, 2004

### Aquatic Management Training Clinic

Kingston, September 20-21, 2004  
Timmins, October 4-5, 2004  
Ottawa, November 17-18, 2004  
Windsor, November 22-23, 2004

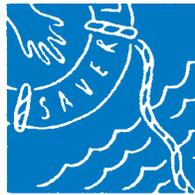
### Aquatic Safety Auditor Clinic

Cambridge, November 19, 2004

### Aquatic Safety Auditor Recert

Ottawa, October 21, 2004

# Ashley Aldridge's Rescue



**lifesavers**

Forty-six Cayuga Secondary students, including Ashley Aldridge, were in a bus on their way to school on January 5, 2004. As they approached the Grand River Bridge, their driver lost control of the bus around an icy curve; the bus hit a road sign, slid across the oncoming lane, jumped the bridge guardrail and stopped – suspended over the field below with its front wheel stuck in the guardrail.

Everyone panicked. The driver was pinned and hurt. The students scrambled to the high side of the bus to keep it from tipping, and Ashley, who holds the Society's Emergency First Aid and Bronze Cross, took command.

She enlisted one student to assist with the first aid kit and applied a dressing to the driver's headwound. She calmed a student with Cerebral Palsy, and helped him wedge his arms and legs into a comfortable position.

When rescue crews arrived, they secured the bus to a fire truck and evacuated the students out the back. Ashley stayed with the bus driver until rescuers pried open the front door.

The Society presented Ashley with our *Rescue Award of Merit* at our awards ceremonies last March.



## Looking for a new HQ...

After 10 years at 322 Consumers Road (pictured) we've outgrown our space and are looking for a new headquarters. Perhaps you know a possible partner, or someone who can help?

We're looking for a partner who could provide a donation of land, or a minimum 40-year lease on serviced land. Alternatively, we seek a site within parkland area that could be serviced, or a site adjacent to an existing structure, or an opportunity to add-on to a proposed or existing facility.



Ideally this land is located in the greater Toronto area, approximately 1.5 – 1.75 acres, close to a major highway, and able to accommodate a 20,000 square foot building.

### How our partner benefits:

- Enhanced reputation and visibility as a strong supporter of drowning prevention in Canada.
- Local economy benefits resulting from securing an employer of 25 full-time on site staff and the Society's use of local suppliers and retailers.
- Visible recognition throughout the Society including our Web site and newsletter – Lifeline (bi-annual circulation of 50,000), and building dedication.

If you or someone you know can help us, please contact Michael Shane at the Lifesaving Society by phone at 416-490-8844, or by email at [michaels@lifeguarding.com](mailto:michaels@lifeguarding.com).

## Back cover

Our outside back cover features our new Water Smart® Swim Program message posted in shopping malls and transit shelters in select cities across Ontario. It was designed by LOWE RMP. The posters went up in May, and thanks to Pattison Outdoor Advertising, will remain through the summer. Giant 4 x 6 feet laminated posters are available free to affiliates running our new Swim Program.



# Teach water safety with your fingertips



Introducing the "Buddy Catcher" – a fun way for kids to learn about water safety (see opposite page). This classic game is the newest addition in the Buddy the Lifeguard Dog lineup.

Try it yourself or play it with someone you know. It's a great way to teach kids important water safety tips, and it's a great way to warm up for the 2004 Buddy the Lifeguard Dog contest.

The theme of this year's contest is "Who's your Buddy?" The message is "never swim alone regardless of your swimming ability." It's split into two categories: an art contest for kids seven and under and a 30-second radio commercial contest for those 8-14 years of age.

Participants in the art contest are asked to draw a picture of their buddy when they swim. In the radio commercial contest, participants are asked to write the words to a 30-second radio commercial about why they should always swim with a buddy.

The Buddy Catcher comes in packages of 100 or as part of the contest kit. The contest kit is available free to all affiliate members. Non-affiliates may run the contest by purchasing the contest kit.

For more details or to order your contest kit, call Barbara Byers at the Society's office (416-490-8844), or email: [barbarab@lifeguarding.com](mailto:barbarab@lifeguarding.com). Or check out the *Water Smart* section at [www.lifesavingsociety.com](http://www.lifesavingsociety.com).

## ← Buddy Catcher – How to play

1. Have a friend pick a colour from the outside flaps. Spell out the colour (e.g. R-E-D) while opening and closing your Buddy Catcher in alternate directions with each letter.
2. Have your friend pick one of the numbers showing from where the catcher is left open. Then open and close the cruncher in alternate directions as you count out that number.
3. Again, have your friend pick one of the numbers showing. Ask the question located under the flap. Then open the corresponding flap to find the answer.

## ACTAR D-fib™ CPR-AED training manikin



The ACTAR D-fib™ CPR-AED training manikin has all the features needed to teach both CPR and AED. The fully modelled upper body facilitates jaw thrust and accommodates training electrode pads.

You'll save time with ACTAR D-fib™ because disinfection between uses isn't necessary. Neither are face shields or mouth barriers – ACTAR D-fib's™ disposable lung doubles as a face shield/barrier.

ACTAR D-fib™ is lightweight and comes in compact packaging of singles, 5's or 10's – all with a nylon backpack or carrying bag.

To order, phone 416-490-8844,  
fax 416-490-8766,  
or email [experts@lifeguarding.com](mailto:experts@lifeguarding.com).



## Calendar

### 2004

#### July 1 - August 20

TYR Ontario Junior Lifeguard Summer TeleGames (All pools)

#### July 10

TYR Cdn. Junior Lifeguard Games – Pool (Mississauga)

#### July 24

Drowning Prevention Day

### July 30 - August 1

Ontario Lifeguard Championship – Pool (London)

### August 14

TYR Ontario Junior Lifeguard Games – Waterfront (Barrie)

Ontario Masters Lifeguard Championship – Waterfront (Barrie)

### August 14 - 17

Ontario Lifeguard Championship – Waterfront (Barrie)

### August 29 - 31

Canadian Surf Lifesaving Championship (Rissers Beach, Nova Scotia)

### September 13 - 28

Rescue 2004 World Lifesaving Championship (Viareggio, Italy): Masters, September 13 - 17; National Teams, September 15 - 19; Interclub, September 20 - 26

### November 20 - 28

TYR Ontario Junior Lifeguard Fall TeleGames (All pools)

### 2005

#### May 4 - 7

Canadian Lifeguard Championship (Kamloops, BC)

In 7 days, your child could ride a bike  
because he learned



In 4 hours, your child could tie her shoes  
because she learned

In 20 minutes, your child could say his ABCs  
because he learned



In 30 seconds,  
your child could drown ...



**All children should learn to swim.  
We can teach them.**

Contact your local pool for information.