



LIFESAVING SOCIETY  
*The Lifeguarding Experts*

# L i f e l i n e r

Winter 2013

Junior Lifeguard

## ANNALEISE CARR

and her remarkable swim

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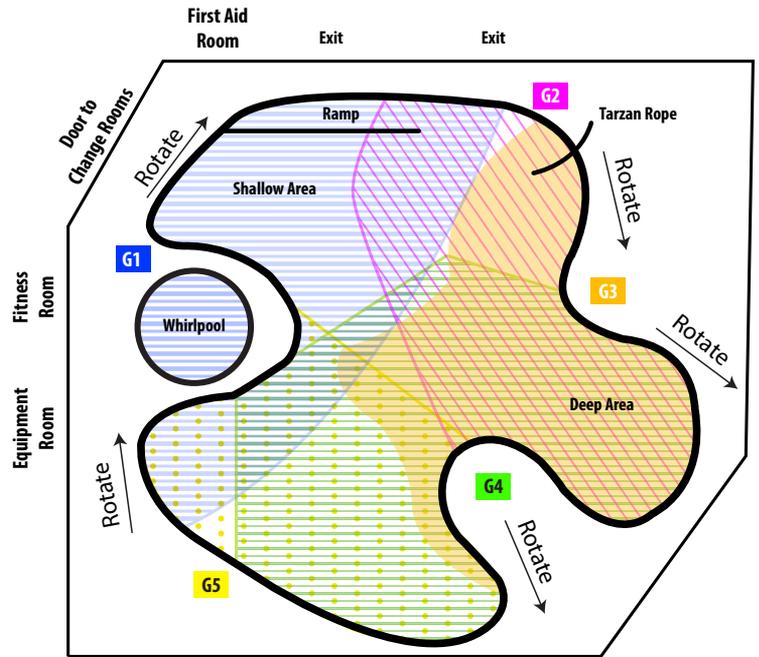
# Where do you stand?

National Lifeguards learn about positioning, scanning and how to determine zones of coverage. Lifeguards must be positioned so they can see their designated zones clearly (including the pool bottom). It is the responsibility of the aquatic facility operator to ensure lifeguards understand and adhere to positioning procedures.

Lifeguard positions must be identified on pool schematic diagrams and posted in the swimming pool office. Characteristics of a good diagram include:

- Easy to understand
- Clearly illustrates each lifeguard's designated zone including pool bottom areas
- Shows overlap areas
- Shows rotation patterns
- Shows positioning for each activity (leisure swims vs. lane swims)
- Shows positioning for a variety of bather loads

Make sure you know the zones, positioning and rotation protocols for your pool. If you're unsure, ask your pool manager to clarify. If you are a pool manager, make sure all of your staff are educated and practiced on your facility's protocols. Take time during in-service training to review procedures – it could prevent an unwanted incident later.



## SPRING THING 2013

The Essential Aquatic Workshop  
 Wednesday May 15th, 2013  
 Vaughan, Ontario  
 For information visit: [www.yrac.ca](http://www.yrac.ca)

**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.

# TEXTING AND GUARDING IS CRIMINAL

Last summer, two Montreal lifeguards were fired after a photo surfaced of the pair sitting in their guard chair on a busy beachfront absorbed in their cellphones. Unfortunately incidents like these are occurring more and more often.

It is a lifeguard's job to prevent accidents and respond to those incidents that are unpreventable. Lifeguards are trained to scan. Scanning means watching a designated supervision zone at all times: not texting, reading or socializing.

The Lifesaving Society does not advocate texting while guarding. Unless a lifeguard is required to have a phone as part of a preset emergency protocol, phones should be left at home or in a secure area at work. Texting while guarding is an activity that intrudes on a lifeguard's supervision of the aquatic facility, which *Alert: Lifeguarding in Action* (p.23) refers to as **RID** factors:

- R** – a failure to **Recognize** the signs of distress or drowning
- I** – **Intrusion** of non-lifeguard duties on a lifeguard's primary task
- D** – **Distraction** from surveillance duties

For affiliates, creating a texting or "distraction" policy is a measure to ensure staff understand their responsibilities and know the consequences. Establish a policy that gives clear direction that texting not be permitted at work, and outline the disciplinary actions that will result if it happens.

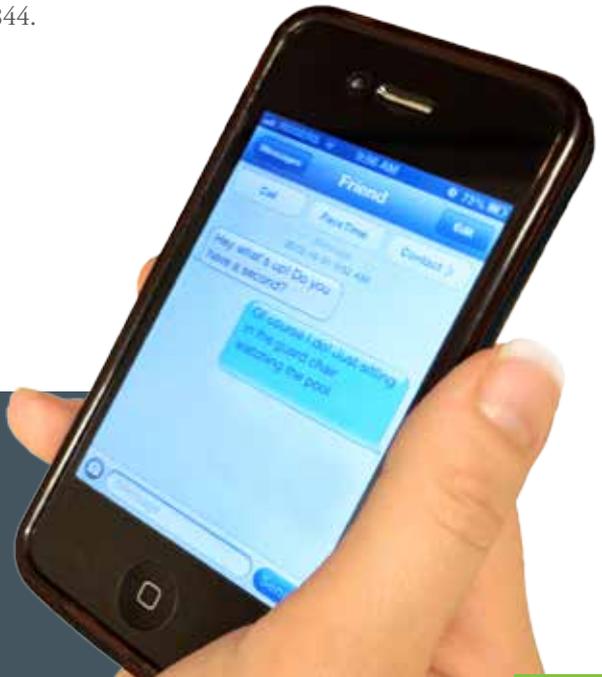
**"If lifeguards failed to witness an incident because they were texting, or otherwise distracted while on duty, and it could be shown that this action caused a drowning, a charge could be brought against them."**

- Michael Shane, Safety Management Director for the Lifesaving Society.

A guilty sentence could mean anything from paying fines to serving jail time. The guilty party or parties would also undergo a Lifesaving Society Certification Review and potentially lose their lifeguard certification.

"Texting while guarding may lead to liability (potentially civil or criminal) and may result in sanctions from the Lifesaving Society's Certification Review process," clarifies Roberto Aburto, the Society's legal advisor.

The safety of patrons in any aquatic facility is the responsibility of the lifeguards on duty. This responsibility must be taken seriously and enforced by employers. For more information or support on similar issues please contact Michael Shane at 416-490-8844.



## 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:

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Fax: 416-490-8766  
Email: experts@lifeguarding.com

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

# SO YOU WANT TO BE A LIFEGUARD?

After Bronze Cross many candidates opt to take National Lifeguard. If you breezed through Bronze Cross and know your Standard First Aid and CPR-C content backwards and forwards, you're probably ready. If you found Bronze Cross difficult, or took the course when you turned 14 and haven't been in the water much since, you need to ask yourself, can I:

- Swim 400 m in 10 minutes or less?
- Swim 50 m head-up in 60 seconds or less?
- Swim underwater 15 m (fully submerged)?
- Do eggbeater well enough to support myself and a victim?
- Remember all of the material covered in Standard First Aid with CPR-C and perform a first aid rescue?
- Do a spinal rollover in deep water and carry a victim 15 m with ease?

Candidates moving from Bronze Cross to National Lifeguard need to consider the higher expectations and requirements from lifesaver to lifeguard.

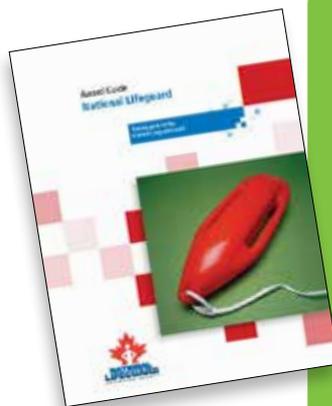
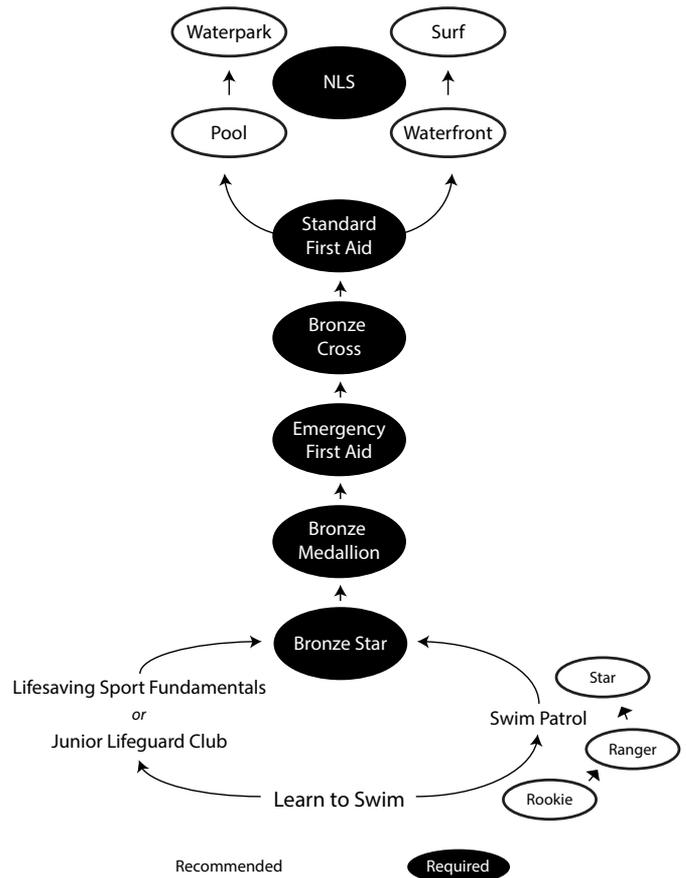
## Be prepared

The physical demand on candidates is higher in National Lifeguard. For instance, the rescue drill requires a challenging 25 m sprint to recover a submerged victim and to carry that victim 25 m in 90 seconds. Rescue procedures such as spineboard removals and CPR also require serious physical stamina.

Swimming pace has to be stronger, too. The Bronze Cross endurance swim of 600 m 18 minutes (45 seconds a length) changes in NLS to 400 m in 10 minutes (37.5 seconds a length). Candidates should practice and prepare for the endurance swim beforehand – due to time constraints during NLS courses, the endurance challenge

can only be attempted a couple of times and candidates must meet the required time to be certified.

Of course the role of lifeguard also comes with additional responsibilities that will test your maturity and judgment. Before undertaking National Lifeguard training, ask yourself if you are ready for the responsibility and physical demands that go along with the job.



## KNOW BEFORE YOU GO

Before you head to your exam why not find out exactly what you need to do to be successful? We recommend purchasing the *National Lifeguard Award Guide*. Be one step ahead by knowing exactly what your NLS examiner is looking for. The award guide also features helpful notes that clarify items and performance requirements. Buy a copy today.

# NATIONAL LIFEGUARD TIPS FOR SUCCESS

The Society's National Lifeguard exam policy requires the examiner to see candidates perform a number of physical skill test items as well as situations. As the NLS examiner you want to prepare candidates for success. Try spreading out the physical items by interspersing them throughout the exam instead of back-to-back to allow for rest periods.

We also suggest the following tips for pool option candidates:

Item 2a – 9 kg/20 lb. Object recovery in 40 seconds:

- Start with a strong push off the side or bottom with a long streamlined glide before beginning to swim.
- Swim face-in with goggles.
- Use a head-first surface dive, descend to retrieve the object and come straight up for the 5 m carry.
- Use your strongest lifesaving kick.

Item 2b – 15 m underwater swim:

- Start with a strong push off the side or bottom with a long streamlined glide before beginning the underwater swim.
- Try a flutter kick or dolphin kick with breaststroke arms.
- To maintain the required 1.5–2 m depth, direct your body position downward.
- Start in the deep end and swim towards the shallow end with a highly visible object on the bottom denoting the 15 m end point.

Item 2c – 50 m head-up sprint in 60 seconds:

- Start with a strong push off the side or bottom with a long streamlined side glide before beginning the head-up stroke.
- Try a head-up front crawl: it tends to be faster.
- Use goggles (they prevent splashing in the eyes).
- Maintain a strong stroke when approaching the wall. Grab the wall and push off with a head-up side glide and begin stroking over and through the oncoming current of water created by your slipstream. This limits the pushback on the open turn.

Item 2e – 400 m endurance swim in 10 minutes:

- Use goggles.
- Swim at a regular pace: avoid exhausting yourself on a fast pace at the beginning or the end.
- Do not rest at the wall.
- Use flip turns to increase the turning speed.



# Check prerequisites

As an instructor or examiner, it is your responsibility to ensure candidates are eligible for courses you teach or examine. The Society will not issue awards to candidates who do not have the required prerequisites.

## What you need to check:

Check *all* prerequisites. They are listed in the Program Guide: click on the Program Guide “button” on the home page at [www.lifesavingsociety.com](http://www.lifesavingsociety.com).

### Age prerequisites

- Minimum age requirements must be attained by the last day of the course or the day of the exam. No exceptions. Acceptable proof of age includes: birth certificate, driver’s license, health card or passport.

### Award prerequisites

- Prerequisite awards must be earned prior to the start of the course to which they apply. When two or more awards are offered together (e.g., Emergency First Aid and Bronze Cross), the Society deems the prerequisite award to have been earned in the correct order.
- Acceptable proof of awards are: a Lifesaving Society certification card or current temporary card (expired temporary cards – more than 90 days old – may not be used); a printout from *Find a Member*; or confirmation using *Find a Member Mobile* ([www.findamember.ca](http://www.findamember.ca)).
- Prerequisite awards need not be current.

Note: When a first aid certification from an agency other than the Lifesaving Society is used as a prerequisite for a Lifesaving Society award, a photocopy of the certification card must accompany the Lifesaving Society test sheets. For prerequisite purposes, the Lifesaving Society only accepts First Aid certificates from: Lifesaving Society, St. John Ambulance, Canadian Ski Patrol and Canadian Red Cross. No exceptions.

## EDUCATE THE CANDIDATE!

Teach your candidates about prerequisites for the course they are taking next and what the recertification process will be. Be sure to tell them about their unique Lifesaving Society ID Code and how they can use *Find a Member* and now, *Find a Member Mobile*! This is our new mobile website where you can quickly and accurately check the status of your Lifesaving Society awards. Test it out at [www.findamember.ca](http://www.findamember.ca).

## Standard First Aid Recertification

- Ontario’s Workplace Safety and Insurance Board dictates that Standard First Aid (SFA) award holders may recertify just once on a SFA recertification course. To renew SFA subsequently, you must repeat the full SFA course. Thereafter, you may renew by alternating recertifications and original courses.
- To attend a SFA recertification course, the date of the original SFA certification must be within 36 months. If you miss the recert course by even one day, you must retake a full two-day course. No exceptions.
- You may not renew your SFA certificate from another agency on a Lifesaving Society SFA recertification course. You must recertify with the original certifying agency. However, in the year in which you must attend a full two-day SFA course, you can take the Lifesaving Society Standard First Aid course.

# EXTRAORDINARY ATHLETE

Annaleise Carr's name has been whirling around the aquatic world for a while now. Her amazing 26-hour, 41-minute swim across Lake Ontario last August raised over \$230,000 for Camp Trillium. That is an impressive feat for anyone, especially 14-year-old Carr, the youngest person ever to complete the almost 70-km swim.

Accompanying Carr was a team of 23 people and six boats. Among the group was Tillsonburg Lifesaving Club Coach Jeff McCurdy. Carr has been a member of the Tillsonburg Lifesaving Club for the past six years and asked McCurdy to join her safety crew.

Carr, a seasoned competitive swimmer, trained vigorously in the months leading up to the lake crossing. "I swam in the pool until mid-May then started in the lake. In the pool we only had limited time, so I swam seven times a week but only for a couple of hours. Once we got in the lake we'd train every day."

Despite all her preparation, nothing could prepare Carr for the overwhelming interest and support she received. "I wasn't nervous until I drove up to Niagara-on-the-Lake and saw all those people waiting for me to get there and start my swim. I wasn't expecting anyone except family and close friends. There were 500 people there chanting my name and expecting me to make it."

The weather and water did their best to challenge Carr. "I had five-foot waves pushing me back the whole night. Also, I could see Toronto the whole time from Niagara-on-the-Lake but it never seemed to get closer, so that was discouraging."

Rough conditions, waves and logistics made it difficult for Carr, who wasn't allowed to touch a human or a boat for the duration of her swim. To eat, "my coach had a lacrosse stick and I would grab (food) out and eat it. I had two types of Jell-O, one with yogurt and one with cottage cheese. I had sandwiches with peanut butter, Nutella, Oreo cookies and honey... for the last five hours I barely ate because the current was bad."

The swim ended when the exhausted Carr finally reached Marilyn Bell Park in Toronto. "I didn't feel cold until I got out of the water; then right when the wind hit me I was freezing. It was really overwhelming and I wanted to eat, I was starving," describes Carr.

Even though the swim is over Carr still has a lot to train for. "I've thought about trying another Great Lake or trying Lake Ontario again on a better day so I can go faster. I'm still on my swim team and still running with the guys in Dover, and doing lifeguard competitions with Jeff (McCurdy)."

**"There were 500 people there chanting my name and expecting me to make it."**

Carr, who already holds her Bronze Medallion has further aquatic plans: "I'm going to take my Bronze Cross and I'm going to be a lifeguard eventually." She also plans to continue her involvement in lifesaving sport and is looking forward to next year's junior lifeguard competitions.

**On behalf of junior lifeguard club members everywhere, congratulations Annaleise!**

Annaleise Carr & Jeff McCurdy

# RUN FOR A LIFE

How far would you go to make a difference and potentially save a life? Laurie Monk, a lifeguard from Tillsonburg, went over 200 kilometres in the Ultra Run For Your Life – Lifesaving Society Rescue Tube Relay – Area 5.

This summer, over the course of 10 days, 123 lifeguards from 10 regions in Ontario ran a total of 200 km to raise money for the Within Arms' Reach Campaign. The run took Monk through Oxford, Norfolk and Brant counties. During each leg of the 10-day race, Monk was joined by a different group of dedicated lifeguards. The groups ran together and raised an impressive \$4,500.

Monk is an avid runner who, in the last 10 years, has participated in over 35 races including marathons both at home and abroad. Monk explains: "It all started back in the summer of 2002 when a group of friends gathered at a cottage in Long Point. We agreed to join together and tackle a relay race in Detroit. I was assigned to a 10 km stretch of the marathon; however, me being me, I opted to complete my portion and then carry on to the finish line with my first unofficial half marathon."

The Lifesaving Society Rescue Tube Relay was made possible by a large group of dedicated lifeguards and aquatic personnel. Coordinators Julie Dawley and Janet McCurdy brought the group together and encouraged Monk's participation. "When hearing Julie and Janet speak about the Lifesaving Society's challenge to raise funds my mind started reeling. How could I help? What could I do to make this an ultimate fundraiser for the Lifesaving Society? Could this be my next challenge?"

The Lifesaving Society Rescue Tube Relay was created to take awareness to the streets! Each participant ran a specific distance carrying a rescue tube – a foam flotation device used to support a victim during rescue, and an essential piece of a lifeguard's equipment. This captured the eyes of passersby and spread water safety messages.

The Tillsonburg group challenges other communities to initiate a Rescue Tube Relay event next summer. Look for it in a community near you! For more information on the event and how to get your community involved, contact the Lifesaving Society's Kelly Manoukas at 416-490-8844.



## CLICK TO DONATE – IT'S THAT EASY!

The Lifesaving Society is pleased to provide the opportunity to donate online.

Visit [www.lifesavingsociety.com](http://www.lifesavingsociety.com) and click **DONATE** on the right navigation bar. Then select the **Donate Now** icon. A new window opens to guide donors through the process including methods of payment and directing donations to specific funds or causes.

It's fast, easy and secure! Donate today!

# IN THE POOL AND ON THE WALL

The Earnscliffe Recreation Centre in Brampton encouraged customers to participate in a Swim to Survive Challenge throughout the spring and summer months. The Earnscliffe aquatic team recruited members of the public to participate including swim team members, staff, fitness swimmers and – most impressively – members of the AquaFit program.

Every person who met the Swim to Survive standard had the opportunity to write their name on a Swim to Survive logo and post it around the pool deck. The logos, which dominated pool walls during the spring session, were eye-catching and drew a great deal of attention. The more logos that went up, the more customers wanted to know what it was all about – and more importantly, they wanted to give it a try!

In addition, summer camp staff integrated Swim to Survive as part of the camp curriculum and conducted the program with all campers. In all, over 1500 people participated in Swim to Survive thanks to the Earnscliffe Recreation Centre's creative and fun delivery method including 897 members of the public (non-registered programs), and 737 children in camp.

The Lifesaving Society encourages other facilities to follow the Earnscliffe model and bring Swim to Survive to the masses! Logos are available for download on the Swim to Survive section of our website. For more information on how to organize your own Swim to Survive Challenge contact Swim to Survive manager [Sindy Parsons](mailto:Sindy.Parsons@lifesavingsociety.com) at 416-490-8844.

## DOLPHIN 8'10" FOAMIE RACING BOARDS

Dolphin foamie racing boards are ideal for junior programs and athletes, and feature:

- soft EVA foam decks
- slick bottoms for superior speed and durability
- reinforced noses and tails

Boards easily support up to 95 lb. and come in three colours: red, yellow and blue.

Visit [www.lifeguarddepot.com](http://www.lifeguarddepot.com) and order yours today for \$875 each. Order five or more and pay \$787.50 per board.



## NEW! NATIONAL LIFEGUARD T-SHIRTS

Official Lifesaving Society T-shirts featuring the new National Lifeguard logo are in stock and ready to ship. The shirts come in Men's and Women's sizes and sell for \$17.26 plus tax and shipping.

Call to order or visit [www.lifeguarddepot.com](http://www.lifeguarddepot.com) and order yours online today. During checkout, use **Coupon Code L1FNLST** to receive free shipping.



# Pool People Limited Swim to Survive

No one understands the need for survival swimming lessons better than lifeguards, pool managers and recreation professionals. Pool People Limited (PPL) recognizes the importance of the Lifesaving Society's Swim to Survive program and generously supports it.

"The reason that we chose the Lifesaving Society is mainly due to the fact that one division of our company is responsible for hiring and recruiting lifeguards and placing lifeguards at apartment and condominium buildings throughout the GTA, and if it were not for programs like Swim to Survive there would be a lot more accidents in the water," says Aquatics, Recreation and Wellness Division Manager, Tim Bown.

The PPL fundraising method is creative, fun and engages their entire staff. Every year PPL's 130 lifeguards and 15 management team members take part in a Swim-a-thon in which everyone swims 100 laps of the pool. Since 2008, PPL has raised more than \$80,000 for Swim to Survive. The Lifesaving Society recognizes the ongoing dedication and hard work of all of PPL employees.

## 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](http://www.lifeguarddepot.com) and place your order!



## ONTARIO ATHLETES AT RESCUE 2012

Seventeen Ontario athletes representing three clubs travelled to Adelaide, Australia in November to take part in Rescue 2012 in addition to dozens of officials, coaches and other delegates. Full results can be found at [www.rescue2012.com.au](http://www.rescue2012.com.au)



# BULLETINBOARD

## 2013 Literature Prices

Effective January 1 through December 31, 2013

Canadian Lifesaving Manual	\$38.00
Alert: Lifeguarding in Action	\$38.00
Canadian First Aid Manual	\$11.80
Canadian CPR-HCP Manual	\$10.05
BOAT Study Guide	\$10.95
Swim Instructor Pac	\$42.65
Lifesaving Instructor Pac	\$51.40
Combined Pac (Swim & Lifesaving Instructor)	\$71.86
National Lifeguard Instructor Pac	\$53.43
Waterfront Safety Guidelines	\$10.05
Wading Pool Guidelines	\$10.05
Backyard Pool Safety Guidelines	\$10.05
Guide to Ontario Public Pools Regulation	\$38.40
Guide to Ontario Public Spas Regulation	\$38.40
Standards Journals	\$38.40

## 2013 Exam Fee Schedule

Effective January 1 through December 31, 2013

Award	2013 Fee
Canadian Swim Patrol – Rookie, Ranger or Star	\$13.45/kit for class of 10
Bronze Star	\$8.85

Bronze Star Recert	\$4.45
Bronze Medallion	\$14.75
Bronze Medallion Recert	\$7.40
Bronze Cross or Recert	\$17.90
Anaphylaxis Rescuer	\$1.15
CPR: A, B and C	\$1.15
Basic First Aid or Recert	\$1.15
Emergency First Aid (with CPR B) or Recert	\$9.10
Standard First Aid (with CPR C) or Recert	\$17.70
Automated External Defibrillation	\$14.15
CPR-HCP	\$14.15
Airway Management	\$9.10
BOAT	\$15.20
Boat Rescue	\$9.10
Lifesaving Fitness	\$5.35
Wading Pool Attendant	\$9.10
National Lifeguard or Recert	\$29.45
Instructor, Instructor Trainer, Coach	\$25.80
Instructor Recert	\$25.80
Each additional Recert at same time (to max. of \$50)	\$7.00
Aquatic Supervisor Training	\$26.80
Aquatic Management Training	\$26.80

### Ontario AGM

The 104th Ontario Annual General Meeting of the Lifesaving Society, hosted by the City of Kitchener, will be held on March 22, 2013 at Kitchener City Hall. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend.

### Save the Date

**Lifesaving Society April Pools Day**, April 1–30, 2013.  
**Lifesaving Society 500 Metre Swim for 500 Lives**, July 19–28, 2013.

For more information contact Laurie Priestman at 416-490-8844 or email [fundraising@lifeguarding.com](mailto:fundraising@lifeguarding.com).

### 2013 Water Smart Award

The Lifesaving Society presents its annual Water Smart® Award to an affiliate member of the Society for outstanding community service to drowning prevention education. If you're an affiliate, and you promote Water Smart behaviours in your community through activities, let us know!

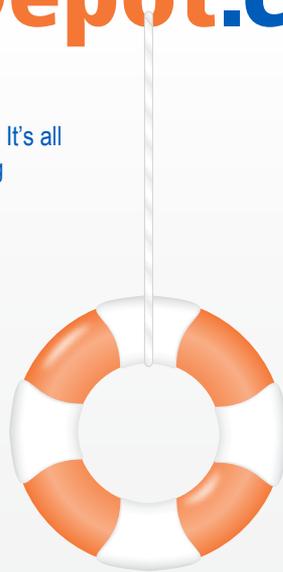
The deadline for submissions is **January 11, 2013**. Visit our website for more information about how to apply.

# LifeguardDepot.com<sup>®</sup>

The Lifesaving Society's online store is open for business. Enjoy the convenience of 24/7 shopping. It's all here – from first aid and pool supplies to everything required for lifesaving courses and training.

Use coupon code L1FSAVE05 during checkout and save \$5 off your next purchase at LifeguardDepot.com

(with minimum purchase of \$15)



[www.lifeguarddepot.com](http://www.lifeguarddepot.com)

