



LIFESAVING SOCIETY
The Lifeguarding Experts

lifeline

Winter 2007/2008

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Member Services at
www.lifesavingsociety.com

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Look who's in our corner



The **Toronto Raptors (Raptors Foundation)** invited the Lifesaving Society to a Raptors game at the Air Canada Centre (ACC) on December 5, 2007 to distribute water-safety materials in the Community Corner.

Hundreds of curious and concerned people stopped by during the game to learn more about the Society's drowning prevention messages and mission.

On February 21, 2008 the Society will be in the Community Corner at the ACC again, this time as guests of the **Toronto Maple Leafs (Leafs Fund)** during a game versus the Buffalo Sabres. We hope to reach as many of the nearly 20,000 fans in attendance with our message. The Community Corner is located in the southwest corner of the ACC – if you're there in February, drop by and show your support!

We are grateful for these opportunities to increase public awareness of the Society's programs and activities to all the visiting sports fans and families.

The **Leafs Fund** is the charitable arm of the Toronto Maple Leafs, committed to improving the lives of children and youth by providing access to sports and recreation opportunities that encourage health and wellness in the community.

The **Raptors Foundation** is a charitable arm of the Toronto Raptors, dedicated to assisting registered charities in Ontario that support programs and sport initiatives for at-risk children and youth.



FAXED TEST SHEETS

Did you know that faxed copies of test sheets are considered legal documents? So if you fax them to us, you don't need to send the originals by mail. Instead, keep the originals as your copies.

You'll save money on stamps and paper, and you'll help us process awards faster by eliminating the need for us to verify which test sheets are already processed versus which are duplications.



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 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 twenty dollars. Ontario Branch Charity Registration No. 10809 7270 RR0001.

Stay alive, stay ice smart



With Ontarians well into another season of winter sporting activities, the Lifesaving Society encourages you to be ice smart – know the basics and be sensible.

Most winter drowning victims are male snowmobilers. But everybody needs to be careful around frozen lakes, rivers and streams. Year after year we hear of owners drowning while trying to rescue their dogs (incidentally, the dogs usually survive).

The Society's drowning data shows:

- Almost three quarters of ice-related incidents occur on lakes (73%) and the rest occur on rivers.
- Most snowmobile incidents involve open water/ice holes (62% of all snowmobiling incidents) or thin ice (38%).

Here's how you can be ice smart. First, understand the importance of determining the quality and thickness of ice before venturing onto it. No ice is without risk. Even thick ice may be weak so be sure to measure clear hard ice in several places. The quality and thickness of ice can change very quickly and its appearance can be misleading.

There are several steps you can take to stay ice smart:

1. keep away from unfamiliar paths or unknown ice,
2. avoid travelling on ice at night – clear hard ice is the only kind of ice recommended for travel,
3. if you must venture onto the ice, wear a thermal protection buoyant suit to increase your chances of survival if you fall through. If you do not have one, wear a lifejacket/PFD over an ordinary snowmobile suit or layered winter clothing,
4. avoid slushy ice, thawed ice that has recently refrozen, layered or rotten ice caused by sudden temperature changes, and ice near moving water (i.e., rivers or currents),
5. never go on the ice alone; a buddy may be able to rescue you or go for help if you get into difficulty,
6. before you leave shore, inform someone of your destination and expected time of return, and, ideally,
7. assemble a small personal safety kit no larger than the size of a man's wallet to carry with you. The kit should include a lighter, waterproof matches, magnesium fire starter, pocketknife, compass and whistle. You should also carry ice picks, an ice staff, a rope and a cellular phone.

Lifeline

Lifeline is published twice yearly and distributed to over 50,000 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 at the following address.

Return undelivered copies to the:

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E-mail:

experts@lifeguarding.com

www.lifesavingsociety.com



Stay alive,
stay ice smart this winter!

Celebrating a century of saving lives



In 2008, we mark the Lifesaving Society's 100th Anniversary in Canada, specifically, the formal establishment of the first Canadian Branch (Ontario) of The Royal Life Saving Society in 1908.

The Society has a long and proud history of drowning prevention leadership in Canada. The Society's Honorary Representative, Arthur Lewis Cochrane was teaching the Society's swimming and lifesaving program at Upper Canada College as early as 1896. That June, 16 young Canadians earned the first recorded Bronze Medallions in Canada.

It's easy to trace a direct line from the Society's original Aims and Objects (see below) to our drowning prevention work today.

While we've expanded our lifesaving efforts over the past century, we've never forgotten the ideals that formed the foundation of our organization – ideals that continue to inspire the hundreds of thousands of Lifesaving Society members across the country.

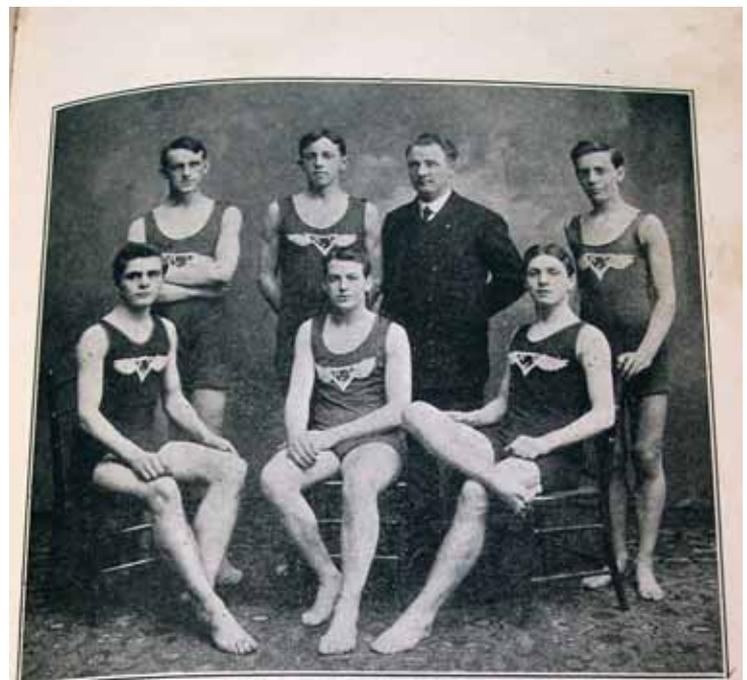
We'll be celebrating right through to our 100th Annual General Meeting in the spring of 2009.

"You'll be seeing a lot of our 100th Anniversary logo," says Bob Clark, chair of the 100th Anniversary Committee. "It celebrates our 100 years of lifesaving achievement and service to the people of Canada and our shared vision for future. The number of drownings has been cut in half in the past 20 years and we're committed to eliminating the rest."

We have some special projects on the go including a special issue Bronze Medallion featuring the 100th Anniversary logo. We will celebrate as host of the 100th Anniversary Canadian Lifeguard and Surf Lifesaving Championships.

We're calling for donations of Society memorabilia to our archives. Ask your parents and grandparents – and any other "oldsters" you know if they have old certificates, books or medals they'd be willing to donate.

Watch for 100th Anniversary features in the 2008 issues of Lifeline. Visit www.lifesavingsociety.com for special announcements.



HAMILTON LIFE SAVING CLASS.

Members of the Swimming Club who were the first to pass for the Certificate and Medallions in Life Saving under the Ontario Branch of the Royal Life Saving Society. Reading from left to right: Top row—R. McBlirnie (Capt.), S. Job, T. W. Sheffield, (Hon. Instructor), C. Bath. Bottom row—T. Fleming, C. Howercroft, H. Fleming.

Reduced facsimile of photograph which was specially mounted and presented to His Excellency Earl Grey, Patron of the Ontario Branch, during his visit to Toronto, May, 1909. The Hon. Colonel J. S. Hendrie, President of the Hamilton Centre, arranged for T. W. Sheffield, Hon. Secretary, to make the presentation.

[81]

Aims and Objects of the Society expressed a century ago

- To promote Technical Education in Life Saving and resuscitation of the apparently drowned.
- To encourage Floating, Diving, Plunging, and such other swimming arts as would be of assistance to a person endeavouring to save a life.
- To arrange and promote Public Lectures, Demonstrations and Competitions, and to form Classes of Instruction, so as to bring about a widespread and thorough knowledge of the principles which underlie the art of Natation.
- To stimulate public opinion in favour of the general adoption of Swimming and Life Saving as a branch of instruction in Schools, Colleges, etc.

Lotto for lifesaving

did you know the Lifesaving Society is licensed to allow local retail outlets to sell instant-win lottery tickets? These break-open tickets are also known as pull-tab or Nevada tickets. The cost for a ticket is either 50 cents or \$1.00, with net proceeds from each sale going to support the Lifesaving Society's Water Smart® public education campaign; specifically, the Swim to Survive® program.

The Society is allowed to have one representative store in each of the 445 municipalities in Ontario. (A list of our stores is posted on our website.) But we've only just begun tapping this valuable fundraising resource – there are 436 municipalities still without a rep!

Can you help?

Do you know of a busy chain, franchise or independent store (e.g., a convenience, grocery or service store, a lotto booth, lounge, restaurant, pool hall, etc.) in your municipality that might be willing to sell break-open tickets?



If you do, ask the store owner if he or she is interested in selling instant-win lottery tickets. If the answer is yes, contact us with the owner's name and number and we will arrange for a service agent from Bazaar Marketing to contact the location to arrange the license and ticket distribution.

What does the store get?

We will provide all set-up materials and have a service agent contact the store with all the details. The store will also receive a Water Smart Supporter certificate to post at their location.

For each box of tickets a store sells, it receives \$109.20 (for 50 cent ticket sales) and \$482.30 (for \$1 ticket sales).

What do you get?

We offer a \$500 Lifesaving Society merchandise coupon to anyone that provides a new lottery ticket distributor, which can be claimed upon confirmation of the new store registration.

Go to our website for more information, or contact Kelly Manoukas or Helena Follows at the Lifesaving Society by phone 416-490-8844, fax 416-490-8766, or email fundraising@lifeguarding.com

SINGLE BUTTON SAFETY

The Ontario Building Code, Section 3.11.10 (12), requires all swimming pools in Ontario to be equipped with an emergency stop button capable of deactivating filter pumps in the event of an emergency.

The stop button must be located adjacent to the emergency telephone. The Ontario Public Spas Regulation 428, Section 14, requires that public spas be fitted with the same emergency stop button for spa pumps. The spa shut-off button must be located adjacent to the spa.

The Lifesaving Society recommends pool owners and operators install one button that is capable of deactivating all water recirculation pumps. Several emergency stop buttons may be installed in the swimming pool area. In the event of an emergency requiring a complete shut down of water circulation, one shut-off button will simplify the process.



One of lifesaving's elite

peoplewatch

After 30 years as a member of the Lifesaving Society, the only award I was missing was Diploma. I was looking for a challenge, and to get back into fitness, so I decided to join a group of staff from Ottawa's Canterbury Pool who were training for Diploma. We began in March 2006 with lots of swimming and some skills.

As our swimming and fitness levels improved, we concentrated on the skills. Performing the skills at the Diploma level was a major challenge; we scheduled our training for "emergency sits" towards the end in order to keep them fresh in our minds because the situations cover such a wide spectrum. Another major challenge was to focus on "lifesaving," not lifeguarding.

In Diploma, you have to "direct a rescue in circumstances in which the rescuer is unable to intervene or act directly." We practiced situations where we could not see the victims, and situations in which we could see the victims but had to direct other people with limited knowledge of rescue.

The most challenging thing in the practical was to perform at the Diploma level of excellence. Diploma is marked numerically – every item is assigned a value. The marks total 100. To pass, you have to score at least 50 per cent on each skill (swimming stroke and rescue), and achieve an overall mark of 66 per cent – not easy!



If you pass the practical exam, you are allowed to go on to the written. We prepared for all of the 20 questions we received prior to the exam.

The examiner chose four of the 20 on exam day. It took me the full four hours (and 27 pages) to complete the written exam. Even with my extensive experience and knowledge of the Society as a volunteer, the research and study for the written part was long and challenging.

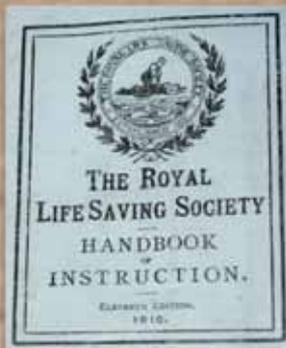
The key in this amazing experience is to do it as a group. The camaraderie of others makes it easier and the help and feedback is very important.

If you are looking for a new challenge and want to get in shape, mentally and physically, I strongly recommended trying for your Diploma. The feeling of achievement when it's over is amazing.

Thanks to all the people who have been part of my dream – examiners, co-trainers and volunteers. Without them, my dream could not have been achieved.

Jacques Morissette
Lifeguard for Life

The Diploma Award is the highest lifesaving award in the Commonwealth. Few Canadians earn the award each year. Jacques Morissette is Facility Manager at the Plant Recreation Centre in Ottawa.



FROM THE ARCHIVES

"Swimming is an art superior to all others in the promotion and preservation of health. Its practice, besides producing most beneficial results on the respiratory organs, and thereby facilitating the circulation and purification of the blood, greatly stimulates and strengthens the muscular and mental capacity. Apart from these considerations, the knowledge is invaluable, not only as a means of preserving one's life, but also for rendering assistance to others in danger of drowning. Every one should therefore consider it a duty to learn to swim: in fact, it should be part of the National Education."

Royal Life Saving Society *Handbook of Instruction*, 1910 edition.

Making a splash with staff



brainwaves

Since its launch in the spring of 2004, the Lifesaving Society Swim Program has received steady praise from affiliates, instructors, parents and participants. And with the number of Swim Instructors in the province continually growing, we thought it was high time to hear a few words from them in their own words. Here's what they're saying:

"The progressions through the levels are logical and the three stroke focus allows swimmers to develop lifelong swimming skills." *Jenn Christie, Dovercourt Recreation Centre*

"The Lifesaving Swim Program allows for incredible flexibility, guaranteeing compatibility with each individual student's needs." *Jared Davidson, Dovercourt Recreation Centre*

"I think the Swim Program is beneficial. I feel it really targets where kids have difficulty with swimming." *Danielle Blyes, Markham*

"The program prepares the swimmers very well for a variety of aquatic settings, including competitive swimming and lifesaving." *Wilson Poon, Markham*

"It contributes to the healthy physical development of children; they get a chance to make friends and stay fit." *Catherine Wylde, Markham*

"The Swim program is fantastic! Our program is bigger than ever! We provide a bulletin board filled with all the work sheets so parents know what their children are learning. When we first began offering the program, one grandmother commented: 'I cannot believe my eyes to see my little granddaughter at four years old actually swimming.' There have been so many positive comments since, and it's wonderful watching a 50 metre pool with every level running – and running so well. We are very pleased to have the Swim Program here!" *Margaret Lizzotti, Brock University*

Why wait? Become a Lifesaving Society Swim Instructor today!

Current swimming instructors (Red Cross WSI, YMCA or Sears "I Can Swim") need only attend a Lifesaving Society Swim Instructor Update Clinic to get all of the information to teach the Swim Program.

If you are 16, and hold a current Bronze Cross, you're ready to take the Society's Swim Instructor Course. Check with your local pool for upcoming courses and updates or visit our website.

For more information contact:

Becky Lehman

Lifesaving Society Program Manager

Tel: 416-490-8844 Fax: 416-490-8766

Email: beckyl@lifeguarding.com

LIFESAVING SOCIETY CUSTOM CROCS™



Internationally renowned Crocs™ Beach Shoes are available from the Lifesaving Society in black or sea blue. The yellow strap features a bilingual Lifesaving Society logo. Designed for everyday use on the pool deck, at the beach or just walking around, people everywhere are wearing Crocs.

Crocs are soft and lightweight with air ventilation ports to keep your feet cool. They're made from bacteria- and odour-resistant material. Their non-marking and slip-resistant soles are perfect for pool decks. Crocs require minimal maintenance and are possibly the most comfortable footwear available today!

The Crocs Beach Shoe – the most complete shoe for lifeguards. Call, email, fax or drop by today and pick up a pair – you'll feel the difference!

For more information about Crocs and other lifeguard wearables, check out our SHOP catalogue or visit *The Store* online at www.lifesavingsociety.com

Leading the way at home and abroad

1ifesaving Society representatives presented Canadian initiatives and came away with new and vital information about the global drowning burden at the World Water Safety conference in Portugal last September.

The International Life Saving Federation (ILS) conference provided a forum for global water safety experts to exchange information on prevention, rescue and treatment of drowning and aquatic injuries.

The Society's Swim to Survive presentation was received with overwhelming interest from international delegates. "We learned that our experience in Canada can be relevant to helping other countries," says the Society's Public Education Director, Barbara Byers.

Swim to Survive's practical approach to keeping children water smart rang true, especially in developing countries. In Bangladesh, for example, 17,000 children drown every year (12,000 of whom are four years or younger). By comparison, in Canada, with one-fifth the population, an average of 54 children drown every year. Water accidents are a part of daily life for Bangladeshi kids who routinely drown in creeks, rivers and ponds. Floods during the rainy season present an ongoing danger. A "SwimSafe" program developed by UNICEF Bangladesh, in concert with the Centre for Injury Prevention and Research Bangladesh, the Royal Life Saving Society Australia and the Alliance for Safe Children, taught young children survival skills resulting in a significant reduction of drownings.

Byers notes that while counting a life lost does not save that life, it does allow us to construct effective intervention programs to save lives in the future. Indeed, research and measuring results were hot topics at the conference. The consensus was clear that a scientific, evidence-based approach to the development of drowning prevention initiatives is essential to developing effective programs and standards.

"Other countries are interested in teaming up with Canada to conduct research and create international standards," says the Society's Safety Management Director, Michael Shane. "We met key individuals whose interests in research and standards are similar to ours. We have excellent resources that are recognized as leading edge."

Our role with ILS ensures quality ongoing professional development for Canadian participants, and will continue to assist us in developing new tools and resources to prevent drowning in Canada.

"Canadians play a significant leadership role within ILS and the Canadian approach and circle of influence is valued and effective," says Steve Beerman, Lifesaving Society past president and chair of the ILS Medical Commission. "This has been achieved by having volunteers (and staff in volunteer roles) with high skill levels listening, learning and leading."



Come play with us in 2008!

100th Anniversary Canadian Lifeguard Championships

March 6–7: Canadian Lifeguard Emergency Response Championship. March 8–9: Junior, Senior and Masters Etobicoke Olympium and select GTA pools

100th Anniversary Canadian Surf Lifesaving Championships

August 22: Junior & Masters; August 23–24: Senior Toronto Woodbine Beach

Anyone 14 years of age or older who holds at least a Bronze Medallion can enter. Visit www.lifesavingsociety.com for details and registration information.

Want a ride?

Get a head start on the fastest Aussie racing board around. Dolphin handmade boards are constructed in lightweight styrene foam and epoxy glass. Each features non-slip knee-pads for extra comfort, four handles and a handgrip for easy portability. Colourful custom deck graphics really set them apart. Sizes from Small to XL and XXL for rescue-board-rescue races.

View pricing on our wide selection of boards and racing-board accessories in *The Store* at www.lifesavingsociety.com. Click on *Competition Equipment* and look for Racing Boards.

Have questions? Want to order? Talk to Brian Miess, Merchandise Director: phone 416-490-8844 or email: brianm@lifeguarding.com.

DOLPHIN
SURF CRAFT.

New law promotes use of AEDs



ntario's Chase McEachem Act (Heart Defibrillator Civil Liability), established this year, protects individuals from liability for damages that may occur in relation to use of an AED to save someone's life at the scene of an emergency.

Owners and occupiers of premises on which an AED is installed are also protected from liability for any harm that may occur in relation to the use of the AED, provided they made the AED available for use in good faith without gross negligence and properly maintained the defibrillator. The protection does not apply to hospitals or other health-care facilities.



Laws governing the use of AED units are evolving and vary from province to province, but the trend is towards making AED units more readily available to the general public.

The Lifesaving Society recommends rescuers be trained and certified to operate an AED safely and effectively. Visit our website or contact your local pool for course information.

For more about the benefits of AEDs and information about how to launch an AED program, download the AED Implementation Guide from our website; click through *Lifeguard Zone / CPR & First Aid / CPR & First Aid Training*.

What is an AED?

An Automated External Defibrillator (AED) is a small portable device that analyzes the heart's rhythm and prompts the user to deliver a shock if needed. AED units are a relatively new category of lifesaving equipment.

You've probably seen AEDs in use during hospital scenes in movies and TV shows.

Now, AEDs are designed for easy use by "first responders" – regular people who typically arrive first at the scene of a medical emergency.

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.

The ACTAR training system meets the 2005 CPR Guidelines outlined by the International Liaison Committee on Resuscitation and the American Heart Association.

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 training systems include **ACTAR 911** for CPR on infants and adults (easily converts to children) and **ACTAR 911 Infantry**; **ACTAR D-Fib**, ideal for CPR and AED training, and; the **ACTAR AED** training system, which is used with a training CD and ACTAR D-Fib units to simulate live sequences.

Read detailed descriptions of ACTAR products in our SHOP catalogue or visit *The Store* online at www.lifesavingsociety.com for prices and shipping info.



LIFESAVING SOCIETY FIRST AID KIT

Lifesaving Society first aid kits come in a lightweight portable plastic case with a waterproof seal. Each kit contains 21 different products and 57 items to treat most minor ailments and injuries. Ideal for use at home, the cottage or at work, these kits are always valuable to have around. Keep one in your car or boat, or take one along when you travel; once you have a Lifesaving Society first aid kit, you'll realize how useful it really is!

Lifesaving Society first aid kits are \$18.95 plus taxes and shipping. For a detailed description or information about more elaborate kits, check out our SHOP catalogue or visit *The Store* online at www.lifesavingsociety.com – order your kits today!



2008 Literature Prices

Prices effective until December 31, 2008

Canadian Lifesaving Manual	\$34.49
Alert: Lifeguarding in Action	\$34.49
Canadian First Aid Manual	\$10.71
Canadian CPR-HCP Manual	\$9.29
BOAT Study Guide	\$9.95
SWIM INSTRUCTOR PAC	\$36.46
LIFESAVING INSTRUCTOR PAC	\$45.35
COMBINED PAC (Swim & Lifesaving Instructor)	\$64.24
NLS INSTRUCTOR PAC – includes:	\$47.22
Waterfront Safety Guidelines	\$9.29
Wading Pool Guidelines.....	\$9.29
Backyard Pool Safety Guidelines.....	\$9.29
Guide to Ontario Public Pools Regulation.....	\$34.85
Guide to Ontario Public Spas Regulation	\$34.85
Standards Journals	\$34.85

2008 Exam fee schedule

Prices effective January 1 through December 31, 2008.

Award	2008 Fee
Junior Lifeguard Club	
Recognition Seals	\$4.68/sheet of 18
Canadian Swim Patrol	
Rookie, Ranger or Star Patrol.....	\$10.00/kit for class of 10
Bronze Star.....	\$8.25
Bronze Star Recert.....	\$4.25
Bronze Medallion	\$13.75
Bronze Medallion Recert	\$7.00
Bronze Cross or Recert	\$16.75
Distinction	\$11.50
Distinction Recert	\$5.50
Diploma	\$35.00

First Aid

CPR: A, B and C	\$1.00
Basic First Aid or Recert	\$1.00
Emergency First Aid (with CPR B) or Recert	\$8.00
Standard First Aid (with CPR C) or Recert	\$16.50
Automated External Defibrillation	\$13.25
CPR-C-HCP.....	\$13.25
Airway Management	\$8.00
BOAT	\$13.00
Boat Rescue	\$8.00
Lifesaving Fitness.....	\$5.00
Wading Pool Attendant	\$8.00
Patrol Rider	\$16.50
National Lifeguard Service or Recert	\$27.25
Instructor, Instructor Trainer, Coach, Official	\$23.00
Instructor Recert	\$23.00
Each additional Recert at same time.....	\$6.00 (max. of 50.00)
Level 1 Official, Judge, Meet Manager, Referee	\$23.00
Aquatic Supervisor Training.....	\$25.00
Aquatic Management Training	\$25.00

SPRING THING

York Region Aquatic Council holds its annual "Spring Thing" workshop at Angus Glen Community Centre in Markham, Ontario on Wednesday, May 14, 2008. For information, contact: Janice Carroll, 905-944-3777 ext.7110, or email: jcarroll@markham.ca

Ontario AGM

Our 99th Ontario Annual General Meeting will be held on March 28, 2008 at the Mississauga Civic Centre. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend. Registration is at 6:00 pm. The business meeting begins at 7:00 pm followed by the awards presentation.

400 CONSUMERS ROAD

In July we moved into our new headquarters at 400 Consumers Road. If you haven't already, stop in and check out our new space.

Our 2008 SHOP price list is available at www.lifesavingsociety.com in *Prices and forms*, accessible directly from the home page under *Quick Links*.

Calendar

Get Calendar updates at www.lifesavingsociety.com

2008

January 25-26

Ontario University Lifeguard Championship (University of Ottawa)

February 29 - March 1

Ottawa Winter Regional Pools Championship

March 6-9

Canadian Lifeguard Championships – Junior, Senior and Masters (Toronto, Etobicoke Olympium)

May 10

Ontario Lifesaving Championships – Senior & Masters (Toronto, Etobicoke Olympium)

June 7

TYR Ontario Junior Lifeguard Games (Mississauga, Terry Fox Pool)

June 28

Richmond Hill Skills Competition

June 29

Helluva King of the Beach

July 6

Ottawa Regional Waterfront Competition (Lac Philippe)

July 12

Richmond Hill Regional Championship (Richvale Pool)

July 18-19

Ottawa Summer Regional Pools Championship

July 20 - August 2

Rescue 2008 – National Teams, Masters, Interclub – World Lifesaving Championship (Berlin and Warnemünde, Germany)

July 26

Burlington Lifeguard Championship – Senior

August 2-3

Ontario Lifeguard Championship (Markham)

August 10

TYR Ontario Junior Lifeguard Games (Toronto, Woodbine Beach)

August 10

Ontario Masters Lifesaving Championship (Toronto, Woodbine Beach)

August 11-12

Ontario Senior Lifesaving Championship (Toronto, Woodbine Beach)

August 22

TYR Canadian Junior Lifeguard Games (Toronto, Woodbine Beach)

August 22-24

Canadian Surf Lifesaving Championships – Junior, Senior, Masters (Toronto, Woodbine Beach)

The weight is over!

Introducing our new 5-lb. easy-grip brick



And meet our eye-catching family of 5, 10 and 20 lb. bricks for instruction, training and competition. All three feature the new easy-grip contour. Easy to pick up. Easy to hold. Easy to stack. The soft rubber casing makes them easy on the pool, too.

Available in a 3-brick pack
(1 brick of each weight):

\$147.73

Or available separately:

5 lb. (2.25 kg) \$34.55

10 lb. (4.5 kg) \$49.75

20 lb. (9 kg) \$89.50

Taxes and shipping extra.



Order from the Lifesaving Society,
400 Consumers Road, Toronto, Ontario M2J 1P8
Phone 416-490-8844 Fax 416-490-8766
E-mail: experts@lifeguarding.com



Available in Canada exclusively from the Lifesaving Society.
Prices effective until December 31, 2008

Visit The Store at www.lifesavingsociety.com