



LIFESAVING SOCIETY
The Lifeguarding Experts

lifeliner

Winter 2006/2007

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Band for a cause



ecome part of the Swim to Survive® movement and order the wristband that supports our cause – and yours. You will help save lives! Proceeds from sales of our new

Swim to Survive® wristband means more children will get the chance to learn the essential skills needed to survive an unexpected fall into deep water.

There are several reasons to buy and wear these wristbands:

- *in support of the Lifesaving Society's Swim to Survive® drowning prevention initiative,*
- *in memory of loved ones who lost their lives in a drowning incident,*
- *as a reminder of those who suffered a water-related injury, and*
- *until every child in the province can swim to survive!*

You can use our wristbands to fundraise or to give as gifts to family, friends, classmates or coworkers. Bands are available in both youth and adult sizes and come with an info card.

Purchase individual wristbands from the Society's office for \$2.00 each or contact your local pool or recreation centre. Affiliates can

purchase bands in quantities of 50 or 100. To order, simply print or download the order form from our Web site and fax it back to us at 416-490-8766, or order by email: fundraising@lifeguarding.com.

Thanks to Stephen Ashworth, president of The Official Fundraising Handbook (www.officialfundraisinghandbook.com) for his support and promotion of our wristband campaign. The Handbook is distributed free to schools across Canada.



LIFESAVING SOCIETY

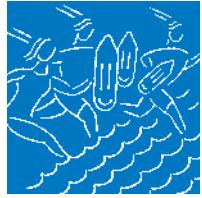
The Lifeguarding Experts

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 of \$20 or more. Ontario Branch Charity Registration No. 10809 7270 RR0001.

Canadians shine in Bath



Canada's National Lifesaving Team took the overall bronze medal at the 2006 Commonwealth Lifesaving Championships in Bath, England in September. Canada's Development Team took silver.

In National Teams competition, Australia took the overall gold (458 points) and South Africa finished second (439 points) ahead of Canada (415 points). Canada earned the silver medal in the Simulated Emergency Response Competition (SERC) and collected 11 additional medals in race events including gold medal performances by Marc Prud'homme in the 100 m Manikin Carry; Will Walters in the 200 m Super Lifesaver and; Gail Findlay-Shirras in the 100 m Manikin Tow with Fins.

In the Development Teams division, South Africa took overall gold (497 points) ahead of Canada (455 points) and Australia (435 points). Canada earned the SERC bronze medal and collected 12 additional medals in race events including two gold medal performances by the Canadian women in the 4 x 50 m Obstacle Relay and 4 x 50 m Medley Relay.

Don Burton (National Team Coach) led the Canadian effort at the University of Bath with team managers Shanna Reid and Chris Lindsay and Raynald Hawkins (National Team Director). Canadian volunteer officials included Cynthia Cakebread, Doug Ferguson, Barbara Kusyanto, Michelle Lipkus, Charlene Pugh, Perry Smith and Lorraine Wilson-Saliba.

Lifeliner

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Our Cover

Seven-year-old Thomas Dalkowski splashes his way onto Ottawa's Britannia Beach during a paddleboard race last summer at a week-long Junior Lifeguard Camp.

Photo by: Carla St-Germain

Over 250 athletes from around the world participated. Commonwealth Lifesaving Championships are open to one National Team and one Development Team per nation. Development Team members must never have been on a National Team and must never have represented any nation in international lifesaving competition.

The Championships coincided with the Quinquennial Commonwealth Conference of the Royal Life Saving Society. In all, over 40 Canadians represented Canada at the Conference or Championships.

The next international outing for Canadian lifesaving competitors is the 2008 World Lifesaving Championships in Berlin. The Lifesaving Society hosts the next Commonwealth Lifesaving Championships in 2009 in Edmonton, Alberta.

Visit www.lifesavingsociety.com for full Canadian results.



Lifeguard U

Ontario's Niagara region has even more water after three year-round water parks have opened in the past two years. Lifeguard employers in the region were competing for a limited pool of qualified staff. The City of Welland Parks and Recreation Department responded with an innovative recruitment program called "Lifeguard U."

Lifeguard U was offered to youths 16 years and older who could complete 10 lengths of the pool swimming (in any manner) upon registration. With those basic abilities, candidates began formal training. In three hours every morning, Lifeguard U ran five days a week for seven weeks. In that time, students earned the Bronze Medallion, Standard First Aid with CPR-C, Bronze Cross and National Lifeguard certifications.

Instructor Holly Richard, an NLS examiner, says the condensed format allowed students to develop a strong sense of the teamwork required to lifeguard; students came to rely on each other for encouragement and support throughout the course.

The format also allowed Holly to develop the skills in a progressive fashion rather than compartmentalizing them by award. The response from the participants was overwhelmingly positive; all said the intensive format was great and that they would never have taken the awards in the traditional manner.

Naturally, the City of Welland hopes their home grown staff will work for them next summer, and for many years to come.



The first graduating class of "Lifeguard U"

BEYOND BORDERS

We're known as the "lifeguarding experts" well beyond Ontario's borders; our expertise as a standard setter in aquatics is recognized provincially, nationally and internationally.

Experience and passion for our cause are the cornerstones of our ability to develop programs and services for our Ontario affiliates, and to play a

leadership role in the international arena. We want to make aquatic venues such as swimming pools, waterfronts and water parks safer. Programs like our Aquatic Supervisory Training and literature such as our Waterfront Safety Guidelines are just two examples of the way we apply our expertise to achieve our drowning prevention mission.

Our accomplishments over the past year include: establishing admission standards for our Ontario affiliates; preparing recommendations to the coroner's office following a drowning at a local camp; in New Brunswick, we investigated an incident in the St Johns River; we delivered an education session at the Canadian Institute of Public Health Inspectors, and; we continued to represent

Canada at meetings of the International Life Saving Federation and Royal Life Saving Society.



One of our best



Adam Nicholson started competitive swimming at age seven with the Guelph Marlin Aquatic Club. A decade later, in 1998, Adam first learned about lifeguard competitions when he was recruited to compete by his NLS instructor. Adam met Lifesaving Society reps at a competition where they were handing out applications to try out for the inaugural Canadian National Lifesaving Team. In May 1999 Adam was in Ottawa at the team's selection camp.

Adam enjoys the physical aspects of the competitions the most: "To be a great lifesaving athlete," he says, "you need to combine swimming, running and paddling with strong technical skills like adjusting to surf conditions, balancing on the board or ski, putting on fins quickly, or picking up a manikin from the bottom. The best lifesaving athletes practice these until they are as routine as flip-turns to swimmers."

In fact, Adam's transition techniques are world class. His record of 2:18.48 set in the 200 m LC Iron Guard at Rescue 2000 in Sydney stands today. His favourite memory in international competition is winning a bronze medal in the 100 m Tow with Fins event (also at Rescue 2000) in competition against the sport's dominant athletes.

"Lifesaving sport has given me the opportunity to experience the world and interact with a variety of people with similar interests. I experienced unique opportunities such as meeting the Queen of England and training at secluded beaches in Australia.

"Lifesaving is probably harder and more fun than you think," he says. "It can give you unique training and competition experience while helping to improve your swimming. I also like it because of its humanitarian aspect; it helps develop

skills that are necessary to complete a successful rescue and increases interest in lifeguarding."

Plus, as Adam points out, is there really a better place to compete than the beach? We think not.

Adam is a first year medical student at the University of Ottawa.

Adam credits his background in aquatics as an inspiration for his desire to assist those in need and to serve his community. The challenges he faced while competing and training helped give him the confidence to pursue a life in medicine.



RUSSELL MEDAL



In September, at the Royal Life Saving Society Commonwealth Conference and Lifesaving Championships in Bath, England, David Kerr of Ottawa received the Russell Medal from Commonwealth President, Prince Michael of Kent. The medal is awarded annually to a person 18 or younger, who during the previous calendar year, carries out the most outstanding resuscitation or attempted resuscitation of a person.

David had previously received the Lifesaving Society's Rescue Award of Merit for his successful resuscitation of a victim of a lightning strike.

Congratulations, David!

To read David Kerr's rescue story, visit our Web site.

Swim to Survive grants



The Society has approved \$407,997 in grants to enable 31,398 Ontario Grade 3 students to receive Swim to Survive® training by June 2007. Swim to Survive® provides a minimum of three in-water lessons to Grade 3 students during school hours.

Grant funds may be used to defray the costs of transporting students, instructor costs and aquatic facility rentals. Any Ontario school board can apply for funding but must have a partner to provide the aquatic facilities. All grant applicants are asked to contribute other sources of funding to help stretch the funds.

The Society introduced its Swim to Survive school grant program last June with funding from the Ontario Ministry of Education, the Ontario Ministry of Health Promotion, the Stephanie Gaetz KEEPSAFE Foundation and the Lifesaving Society itself.



Swim to Survive® kids. Photo by: Jan Gibbon

The Dovercourt Recreation Centre in Ottawa was one of the successful applicants: 1,645 children will have the opportunity to learn the Swim to Survive skills in 2006-07. Notably, before the school grant program was introduced, Dovercourt offered Swim to Survive to 8,141 children from eight school groups in their area between July 2005 and June 2006 – and they did it without extra funding!

Jan Gibbon, Aquatic Director at Dovercourt says "It was a huge success for all. I think my staff had even more fun than the children. Swim to Survive is making a huge difference to those who would never have had the opportunity; for example, a young boy who had never stepped onto a deck came in crying on the first day. By the end of the second lesson, he was in chest-deep water letting go of the edge of the pool with a huge grin on his face!"

The Lifesaving Society aims to reach as many Ontario Grade 3 students as possible with Swim to Survive. However, in spite of generous grants from the Ontario government and the Stephanie Gaetz KEEPSAFE Foundation, there are still only limited funds to go around. Visit our Web site for more information about the program and upcoming application deadlines.



THE SOCIETY PRESENTS

As a benefit to affiliates, the Lifesaving Society provides speakers for regional workshops on a wide variety of drowning prevention topics. "Are they watching," "Preparing to testify," and "Gross it up" are just a few of the presentations we have delivered at conferences and workshops across Canada. Participants walk away with a workbook full of resources they can use to make their facility a safer place to swim.

Are they watching – This session outlines the process of scanning and recognition. Use the Lifesaving Society "SEE system" to learn about scanning inhibitors and various scanning enhancement techniques to evaluate and quantify a lifeguard's scanning performance. A hands-on application of this training is used with video footage of actual lifeguards in action.

Preparing to testify – This session outlines the steps aquatic staff should take to prepare for a coroner's inquest or civil lawsuit. Hear from corporate reps, lifeguards and experts who have testified in these situations.

Gross it up – This session is about how to make training courses more realistic so lifeguards and instructors aren't shocked by the potentially gruesome appearance of a victim. Build a sample simulation kit with recipes for blood, vomit, etc., and learn how to use them.

For more information contact Ann Palmer (annp@lifeguarding.com) at the Lifesaving Society.
Subject to availability of appropriate speakers.

Switch to Swim!

Test sheet tactics



ast summer, many camps, outdoor pools, waterfront and backyard pool owners across the province switched to the Lifesaving Society's Swim Program.

Now we've improved the start-up process to serve our seasonal affiliates even more effectively. In 2007, just follow these two simple steps, in order:

- 1.** Become an affiliate member of the Lifesaving Society. You can request the Affiliate Member form by calling us or by downloading it off our Web site – click on “Prices and Forms” on the home page. Complete the form ensuring you have checked the “Swim Program Licensee” box, attach payment, and return both to the Lifesaving Society. Once we receive the completed form with payment, we will mail you the necessary documents to run your program.
- 2.** Start teaching! The Swim Program CD contains everything you need to run the program: Water Smart® handouts, worksheets, lesson plans, progress reports, recognition certificates, promotional materials and more!

Affiliates who offered the program in 2006 will be sent a renewal package in the new year. For everyone else, now is a great time to switch to the Lifesaving Society Swim Program.

Check out the *Swim Program Guide and Curriculum-at-a-Glance* on our Web site for more information. We're here to discuss the transition or any aspect of our program with you, so call us. We'll help you get set up and know you'll appreciate the support and attention you'll receive running our program.

For more information contact:
Lorraine Wilson-Saliba
Lifesaving Society Program Manager
Tel: 416-490-8844 Fax: 416-490-8766
Email: lorrainew@lifeguarding.com



On average, test sheets take 43 days from the exam date to reach the Society's office. And the issuing of more than 2,000 certifications is further delayed every year due to incomplete information on test sheets.

You can help us issue awards to your candidates faster. Here's how:

- 1.** Ask to see the certifying instructor's or examiner's certification card to make sure he or she is eligible to sign the test sheet. If you are unsure what certifications are required, look in the Society's *Program Guide* – it's on our Web site if you don't have a copy.
- 2.** Check candidate prerequisites. If a candidate is using a prerequisite first aid award earned through an agency other than Lifesaving Society, attach a photocopy of the card to the test sheet.
- 3.** Have a second person check to make sure the test sheet is complete. We need:
 - a result (pass or fail) for each candidate
 - the date of the exam
 - the examiner's name
 - the examiner's signature
- 4.** Affix CLASS labels to the test sheet for each candidate or **print clearly in pen**.
- 5.** Faxed copies of test sheets are acceptable, but if you fax, please:
 - use only dark blue or black ink
 - fax the front and the back of each completed test sheet
 - keep the original as your file copy
(don't fax it and mail it)
- 6.** Send the test sheets immediately following the exam.



Teaching special needs

Excerpts from *Pointers from the Pool*, an article by Micole Ongman

brainwaves

Swimming instructors and lifeguards are taught principles that may be appropriate and transferable when working with children with special needs. At some point, every instructor will have a child in the group who has a special need, such as autism. It is important to understand the kids you are working with and to remember that every child is different.

Be creative in your instructing techniques, be patient and, most importantly, don't let personal achievements go unnoticed – there is always something to praise!

Here are a few pointers:

- Establish rules right from the start and associate them with a picture/visual if possible.
- Don't miss out on successes. What you think they should be accomplishing may not be what they are actually able to accomplish, and you risk that many of their successes will go unseen. For example, the instructor may be frustrated that the child is not putting his face in the water, but the child may be focusing on the water and getting to know the texture and feel – for him, that is a huge success.
- Ask parents who the child's favourite characters are and then relate learning activities to that character. A shy or overwhelmed child may not be able to do something, but as "Dora the Explorer," she just might.

- Lead transitions smoothly. If you are at one end of the pool blowing bubbles and need to go to another area, do walking bubbles or something to link the activities.
- If she is focused on another activity and doing well at it, ask yourself if you really need to move on to the next thing right away, or can you go with the moment and allow her to do the activity longer.
- Establish routines. For example, always meet at the same place at the beginning of the class. Start with the same activity to get them comfortable. End the class with the same activity (and end with a success) so they understand the next step is getting out of the pool and class is over.

Micole Ongman is a program and aquatic supervisor for the Town of Whitchurch-Stouffville. She is a lifesaving instructor, Lifesaving Society council chair, and a mother with a young son with Autism Spectrum Disorder.



ACTAR AED TRAINING SYSTEM UPDATED



With the updated ACTAR AED Training System, students can practice basic AED scenarios following the AED voice prompts from your CD player. This maximizes hands-on practice and reduces class time.

With its 18 different rescue tracks, the

ACTAR AED Training System can be tailored to suit your teaching style and your audience – first aiders or health care professionals. Scenarios include medical patches, water, hair on chest, implanted medical device, AED with manual analyze, and fully automated AED.

Standard First Aid



SFA prerequisite to NLS changes

A current Standard First Aid certificate is one of the prerequisites to the NLS course. Because Ontario's Workplace Safety & Insurance Board (WSIB) permits variations in content, not all Standard First Aid certifications are the same.

As of July 1, 2007, the Lifesaving Society will only accept Standard First Aid certificates that are recognized in the Ontario Public Pools Regulation (565) – those of the Lifesaving Society, Canadian Red Cross Society, St. John Ambulance, and Canadian Ski Patrol – or programs that are deemed equivalent by the Lifesaving Society.

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. The Society will not issue awards if the proof of prerequisite is missing. Affiliates should notify candidates of prerequisites in their promotional materials and at registration locations.

Why the Health Reg. FA prerequisites?

Because we want to ensure NLS candidates have the first aid content required for success on the course. And because not all first aid courses are the same: WSIB requires all first aid providers to cover certain core content, but provides flexibility in optional elements and these vary across providers. To minimize the prerequisite hassle, encourage potential NLS candidates to take the Lifesaving Society Standard First Aid certification.

SFA recertification procedure changes

Ontario's Workplace Safety & Insurance Board (WSIB) has advised its recognized first aid providers that they must comply with WSIB requirements regarding recertification of Standard First Aid. The Lifesaving Society disagrees with this requirement but is altering its recertification procedure for Standard First Aid (only) to be in compliance.

The Society continues to liaise with WSIB and other first aid providers regarding the rationale underlying the regulatory requirement and alternatives to it.

Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course. To renew SFA certifications subsequently, award holders must repeat the full SFA Course. Thereafter, individuals may renew by alternating recertifications and original courses.

Holders of SFA certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.

This procedure should be adopted by Affiliate Members and First Aid Instructors as soon as possible but no later than July 1, 2007.

The procedure for all other Lifesaving Society recertifications remains unchanged.



MANAGING MAJOR INCIDENT SCENES

Imagine a major incident – perhaps a drowning – has just occurred in your facility. The staff responds: EMS is notified, a series of rehearsed steps is being followed and documentation of the event has begun. The question now is not what staff should do, but what staff should *not* do.

Do *not* disturb the scene following any major incident until the police have completed their investigation. Do *not* clean up the pool area; leave equipment such as flutter boards, floating mats and other random items in the pool. The deck where the victim was treated should also be left as is.

Why? Because every major incident at a swimming pool is treated by police as a crime scene; once they arrive, their job is to assist in the management of the emergency and then to secure the scene. This allows them to conduct a thorough investigation to determine if any criminal or other wrongdoing has occurred.

There have never been criminal charges laid in a public swimming pool drowning in Ontario and we want to keep it that way. Act as a team and you'll be able to respond to an emergency efficiently. You'll also ensure the follow-up is managed with as little stress as possible.

Serious purpose – pure fun!

By Carla St-Germain



The Lifesaving Society's "Junior Lifeguard Club" is an aquatics club for kids between 7 and 15 years of age where the focus isn't on passing, winning or lessons; rather, the club stresses fun and skill development based on personal-best achievement for kids who simply love the water.

For the second consecutive year, the City of Ottawa partnered with the St-Laurent Masters Lifesaving Team to offer a week-long Junior Lifeguard Camp at Ottawa's Britannia Beach.

Daniel Bérubé, facility manager for the St-Laurent Complex in Ottawa and St-Laurent team captain, organized the camp. He says he was "hoping to give kids a taste of what the sport of lifesaving is all about, and at the same time, create an interest for them to become future lifeguards."

Wearing club T-shirts and lifeguard beanies, the junior lifeguards participated in lifesaving sport events including surf skiing, paddleboard races, beach sprint, rescue tube races and beach flags. They learned about scanning, safety rules, and basic first aid as they practiced shadow guarding with the beach lifeguards.

They even had a chance to apply their skills as they took a turn patrolling on the lifeguard Sea Doo.

Want to compete?

The Junior Lifeguard program offers kids between 7 and 15 years of age an opportunity to get a taste of lifesaving sport. The Society's Junior TeleGames is a competition format where kids partake in a number of race events at their local pool and submit their times to the Lifesaving Society, where results are ranked against other junior lifeguards across the country. There are also provincial and national competitions for athletes looking for a more serious challenge.



Junior Lifeguard Camp participants showing off their muscles
Photo by: Carla St-Germain

Asked what he thought about the camp, seven-year-old Thomas Dalkowski said, "I think all kids should go to Junior Lifeguard Camp because it's lots of fun. When I'm older I want to be a lifeguard on this beach."

Thomas's 10-year-old sister Kristin enjoyed the camp because "it's active, it's outside, and I got to learn about lifesaving races and how to be a lifeguard. I was never bored at this camp and I wish I could do it all summer."

The camp wrapped up with a mini junior lifeguard competition and barbecue. Parents were invited to watch their children show off their new skills. Ribbons were presented for each event and overall medals were awarded. All participants left with a gold medal for outstanding participation, a framed certificate that included a photograph of the child in action on a paddleboard, a CD of photographs shot throughout the week, and a Lifesaving Society junior lifeguard log book.

For more information on how to host a Junior Lifeguard Club camp or event, refer to our *Program Guide* located on our Web site or contact the Lifesaving Society.

YOU CAN JUDGE A BOOK BY ITS COVER

Look for the words "With the 2005 CPR Guidelines" on the covers of the revised literature with the new resuscitation guidelines. This includes award guides, the *Canadian First Aid Manual* and the

Canadian Lifesaving Manual. You can download the award guide "Must See" changes from "Teach and Coach" at www.lifesavingsociety.com



2007 Literature Prices

Prices effective until December 31, 2007

Canadian Lifesaving Manual	\$36.78
Canadian First Aid Manual	\$11.32
Alert: Lifeguarding in Action	\$36.78
BOAT Study Guide.....	\$10.58
SWIM INSTRUCTOR PAC – includes:	\$38.90
Instructor Notes.....	\$16.30
Parent & Tot, Preschool Award Guide	\$16.30
Swimmer, Adult Swimmer Award Guide.....	\$16.30
Lifesaving Images Binder.....	\$10.58
LIFESAVER INSTRUCTOR PAC – includes:	\$48.40
Instructor Notes.....	\$16.30
Swim Patrol Award Guide	\$16.30
Bronze Medals Award Guide	\$16.30
First Aid Award Guide	\$16.30
Lifesaving Images Binder.....	\$10.58
COMBINED PAC (Swim & Lifesaving Instructor) Includes: Instructor Notes, Award Guides (all above) and Lifesaving Images Binder	\$68.70
NLS INSTRUCTOR PAC – includes:	\$50.34
National Lifeguard Award Guide	\$16.30
NLS Standards Video	\$24.20
NLS Standards DVD	\$24.20
Guide to Ontario Public Pools Regulation	\$37.18
Lifesaving Images Binder	\$10.58
BOAT INSTRUCTOR PAC – includes:	\$50.34
BOAT Instructor Notes, 23 Colour Masters and BOAT video/DVD and binder	
Lifesaving Images Binder	\$10.58
Waterfront Safety Guidelines	\$9.90
Wading Pool Guidelines	\$9.90
Backyard Pool Safety Guidelines.....	\$9.90
Guide to Ontario Public Pools Regulation	\$37.18
Standards Journal (2001 Edition).....	\$37.18
Standards Journal 2 (2004 Edition).....	\$37.18
The Drowning Report	\$9.90
Water Smart Action Guide	\$9.90
Ice: The Winter Killer	\$24.20
Program Guide	\$9.90

EXAM FEES

As of January 1, 2007 certification fees for Instructor, Trainer, Coach and Official certification and recertification is \$23.00. Each additional recertification is \$6.00 to a maximum of \$50.00.

The AED responder and provider awards have been merged into a single new AED award at \$13.00.

There are no other changes to exam fees for 2007. For current fees, visit our Web site.

ONTARIO AGM

The 98th Ontario Annual General Meeting of the Lifesaving Society will be held on March 30, 2007 in the Town of Markham at the Markham 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.

CPRA confirms NLS as the lifeguard standard for Canada

Rejects notion of multiple lifeguard standards

At its October 20, 2006 AGM in Saskatoon, the Canadian Parks and Recreation Association (CPRA) unanimously endorsed a single lifeguard standard for Canada. CPRA's membership and board of directors also unanimously reconfirmed its commitment to the National Lifeguard Service as that single standard.

"The rationale for a single lifeguard standard is compelling from the employers' point of view," says Clem Pelot, CPRA's Chief Executive Officer. "Our unanimous endorsement of National Lifeguard as that single standard is entirely consistent with CPRA's commitment to providing Canadians with the highest quality of recreation opportunities possible."

CPRA, the authoritative national voice for parks and recreation in Canada, represents parks and recreation professionals in over 2,600 Canadian communities and works closely with 13 provincial and territorial parks and recreation associations.

Calendar

Get Calendar updates at www.lifesavingsociety.com

2007

February 23, 24

Ottawa Winter Regional Pools
Championship – Junior, Senior

March 3

Ontario Lifesaving Championships –
Senior, Masters Pool (Upper Canada
Lifesaving – Ottawa University)

March 25 – May 27

TYR Junior Lifeguard TeleGames - Spring
(All pools)

March 30

Lifesaving Society Ontario AGM
(Markham Civic Centre)

June 2

Helluva Gold – Junior, Senior, Masters

June 23

Ottawa Individual Skills Competition –
Junior, Senior

June 24

TYR Ontario Junior Lifeguard Games – Pool
(Malton Pool, City of Mississauga)

June 30 – August 12

TYR Junior Lifeguard TeleGames - Summer
(All pools)

July 7

Sand'n'Sun Waterfront Regional
Competition (City of Brampton)

July 8

Ottawa Regional Waterfront Championship
– Junior, Senior, Masters

July 15

Richmond Hill Regional Championship –
Senior (Town of Richmond Hill – Richvale Pool)

July 20, 21

Ottawa Regional Pool Championship –
Junior, Senior, Masters

July 22

TYR Ontario Junior Lifeguard Games –
Waterfront (Woodbine Beach, City of Toronto)

July 22

Ontario Lifesaving Championship – Masters
Waterfront (Woodbine Beach, City of Toronto)

July 28

Burlington Lifeguard Championship – Senior
(City of Burlington)

August 4, 5

Ontario Lifeguard Championship – Senior Pool
(City of Brampton)

August 13, 14

Ontario Lifesaving Championship – Senior Waterfront
(Woodbine Beach, City of Toronto)



 **ACTAR**D-fib™
IT'S A SHOCKER

The **ACTAR D-fib™** CPR-AED training manikin meets the revised 2005 CPR Guidelines.

- ACTAR D-fib™ has all the features to teach both CPR and AED. Use it for both child and adult compressions. Landmarks include navel, nipples, xiphoid process, Adam's apple, carotid artery crease. The fully modelled upper body accommodates AED training electrode pads.
- ACTAR D-fib™ is lightweight and easy to use; it has no pistons or elastics, and no bleach soaking is required to disinfect between users – ACTAR D-fib's™ disposable lung doubles as face-shield/barrier (as shown above).
- ACTAR D-fib™ features a closeable airway and is designed to facilitate a jaw thrust.
- ACTAR D-fib™ comes in compact singles, 5's or 10's: all with a hands-free nylon backpack or carrying bag.
- ACTAR D-fib™ is durable and entirely recyclable: contains no PVC.



To Order:

Phone: 416.490.8844
Fax: 416.490.8766
E-mail: experts@lifesaving.com
Web: www.lifesavingsociety.com



LIFESAVING SOCIETY

The Lifeguarding Experts