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Aquatic Safety Management Services Standard



here is a new standard emerging for aquatic facilities; a *Provincial Safety Management Standard*. It aims to increase safety and reduce the risk of incidents in aquatic facilities. Markham, Guelph and Mississauga established a timetable for inspections, accreditation and comprehensive safety audits that they believe every community should strive to achieve:

- Aquatic Safety Inspection – once per year**
- Safety Accreditation – once every two years**
- Comprehensive Aquatic Safety Audit – once every five years**

Janice Carroll, aquatics coordinator from the Town of Markham, says her management team bought into the idea of incorporating these standards into the corporate risk management plan to ensure the safety of patrons and the community. By putting these standards in the plan, Carroll says, "it ensures consistency and ensures we'll always be guaranteed the money to accomplish these risk management steps."

Kristen Levy, supervisor of program development with the City of Guelph, believes conducting these reviews with outside personnel is necessary to the success of her program. The standards protocol was recently approved by Guelph's recreation director.

What is most attractive about implementing these standards, Levy says, is "it means our city is taking a proactive approach to safety management and is

leading the way towards the creation of a provincial standard. Not only will these services improve safety, they will allow us to improve our service as a whole."

Brian Connors, aquatic analyst with the City of Mississauga, concurs with these standards and is working to implement them. Connors says the city is already doing in-house inspections with Lifesaving Society certified inspectors. This certification is a prerequisite of employment as an aquatic supervisor in Mississauga.

Mississauga wants to supplement this with a comprehensive aquatic safety audit once every three years at selected facilities.

Connors says "The City feels this audit investment will reduce risk and improve safety. It may also reduce the chance of involvement in lawsuits and ensure Mississauga has a check-and-balance system in place."

The City of Guelph also thought it important to put the standard in writing. The Lifesaving Society is

pleased to provide any affiliate with an electronic version of this standard to modify for their community. Contact the Society's safety management director, Michael Shane (michaels@lifeguarding.com) for your free copy.

Many aquatics professionals believe this standard will eventually become general practice across the province; meanwhile, Markham, Guelph and Mississauga are leading the way.



New and bigger facilities, like the Angus Glen Pool in Markham shown here, require a diligent risk management strategy to maintain safety standards.



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 RR0001.

Lifesaving "Lifer"



peoplewatch

Every sport has them, the grizzled veteran who delivers with no sign of slowing. Mississauga's Andrew Taylor is just that. The (perhaps not so grizzled) 33-year-old is a constant on the Canadian lifesaving competition scene – and has been for the past 17 years.

Originally from Deep River, Ontario, Taylor's first exposure to competitive lifesaving came in 1987, when he and a group of local lifeguards decided to compete at the Ontario Waterfront Lifeguard Championships. Years later, Taylor had the opportunity to hone his skills among the world's best – the Aussies – in 1998-99 he competed as a team member of the Northcliffe Surf Lifesaving Club in Queensland, Australia.

It's no coincidence then, that his resume is so impressive. Taylor won two national titles at the Canadian Lifeguard Challenge (CLC) and several medals at the Canadian Surf Lifesaving Championship, along with a host of international credits.

"International experiences have played a large role in my own development as an athlete in this sport," Taylor says. "Australians breathe lifesaving like Canadians breathe hockey."

While most of his success comes in individual events, Taylor says the Taplin Relay and Board Rescue are his favourites. "It's always fun and rewarding to compete as part of a team," he says.

On the sand, Taylor is known best for his successes in the 2 km beach run. His success at this distance is likely

a result of his background competing in track-and-field and cross-country in high school and university.

Taylor is pleased with the overall growth of lifesaving in Canada, as for his future in the sport, his intent appears directly linked to his passion for it: "The social aspect of meeting so many great people across Canada and around the world has been wonderful," he says. "I'm still enjoying it as much as I did when I started many years ago."

"I'm not sure what things will look like in five to 10 years, but I plan on being around to see it."

From an original article by Craig Durling



ANDREW TAYLOR

Lifeline

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Lifesaving Society
322 Consumers Road
Toronto, Ontario
M2J 1P8
Telephone: (416) 490-8844
Fax: (416) 490-8766
E-mail:
experts@lifeguarding.com
www.lifesavingsociety.com



Our Cover

Some of our most active fundraisers – the Aurora lifeguards – from top left to right: Jill McDermid, Vince Smit, Adam Mobbs, Stacey Dunn, Megan Cleary, Alanna Schad, Rachele Weaver. Bottom left to right: Nicole Young, Becky Pearson, Amanda Allen, Matt Orava, Mike Peirce and Matt Trevisan

Photo by: Nicole Young

The best place to learn how to swim...



...s in the water! The Lifesaving Society's Swim Program is expanding its reach across the province and the country, and we are thrilled by the rave reviews we are receiving from affiliates, instructors, parents and participants.

First, let's welcome the following new Swim Program affiliates: *Boys & Girls Club of Niagara, Town of Oakville, Town of Richmond Hill, Town of Whitchurch-Stouffville, City of Brampton, and the City of Windsor.*

Swim instructors love the new program because of how easy it is to teach. The streamlined content allows for development of swim skills and strokes that give participants instant success – and when the participants get excited, so do the instructors. By focusing on fun skills and drills, the curriculum ensures kids look forward to swimming lessons, and instructors look forward to teaching.

So how do you become a Swim Instructor? We've designed these two options to save you time and money:

1) If you are already a swimming instructor, you just need to attend a Swim Instructor Update Clinic. This four-hour clinic gives you all the information you need to teach the new Swim Program.

2) Potential instructors can take our new Swim Instructor Course. This course may be combined with the Society's Lifesaving Instructor Course and only requires participants to be 16 years of age and hold a current Bronze Cross accreditation.

Contact your affiliate for more information on how to register. Want to know more about the program? Contact:

Lorraine Wilson-Saliba
Lifesaving Society Program
Manager
Tel: 416-490-8844
Fax: 416-490-8766
or email:
lorrainew@lifeguarding.com.



Back cover

Our outside back cover features a parent handout designed to raise awareness about our Swim Program. The handout and the Swim Program logo were created by Lowe RMP. Thanks to Lowe for their continued support of the Lifesaving Society and our drowning prevention mission.

What's new in fundraising



any facilities raised funds through their own initiatives this past summer, including Aurora's *Boat Safety Night* and *Lifeguards on the Beach*; Markham, Oakville and Whitchurch-Stouffville's *Slide-a-thons*; Vaughan's *BBQ*; and Richmond Hill's *Learn CPR Rally*.

Thanks to the tremendous efforts of these affiliates, \$8000 was raised for our Water Smart® drowning prevention campaign.

If you'd like to host a fundraising event for drowning prevention, the Lifesaving Society's development team is here for you. In light of recent research indicating the importance of immediate bystander CPR (see Page 7), the Society put together a *How-to Run a CPR Rally* booklet to help guide you step-by-step through the process of running a mass CPR training event at your facility. The manual can be modified to include AED training as well.

If you are interested in hosting a rally, please contact Rhonda Pennell for details at 416-490-8844, or by email: rhondap@lifeguarding.com.



PHOTO BY HARRISON SMITH, COURTESY OF THE OAKVILLE BEAVER.

Erin Doherty slides for Water Smart®!

Coming soon!

A new winter fundraiser for drowning prevention – details to come about the Lifesaving Society's "Polar Bear Dip." Get ready to Dip for Water Smart®!

The Town of Aurora holds the Society's Single Facility Fundraising Award for raising \$2,234 for Water Smart® Drowning Prevention in 2003.

DROWNING IS THE SECOND LEADING CAUSE OF **PREVENTABLE DEATH** FOR CHILDREN UNDER 10 YEARS OF AGE!

I support the Lifesaving Society's Water Smart® drowning prevention work.

Here's my donation: \$10.00 \$15.00 \$20.00 \$_____ or make me a monthly donor – gift of (min. \$5/month): \$_____

Cheque (payable to the Lifesaving Society) VISA MasterCard Amex

Name _____ Address _____ Phone: _____

Credit Card # _____ Expiry Date _____ Signature _____



lifeguard

Ask the expert – Bottom visibility

The Society's new *Guide to Ontario Public Pools Regulation* (September 2004) explains the importance of ongoing water clarity tests. The *Guide* explains that every pool must have a six-inch black disc, on a white background, attached to the bottom of the deepest point of the pool.

The black disc "must be clearly visible from any point on the deck" from a distance of at least nine metres.

Lifeguards positioned in lifeguard towers can't always clearly see the pool bottom from their position. Although the swimming pool passes the water clarity test, the tower positioning often makes it difficult for them to see their entire zone, including the bottom of the swimming pool.



Lifeguard towers offer many advantages over walking patrols, but when the position compromises bottom visibility, due to cloudy water or surface water glare, lifeguards should relocate themselves so they can see all areas of the pool bottom within their designated zone.

Lifeguards should then notify their supervisors to a) confirm this relocation, b) investigate sources for obscured water clarity, and c) consider modifications to scanning and patrol areas.

ACTAR 911
Affordable CPR Training System

Still **ahead** of the **Class**

- One manikin per student
- More hands-on practice
- Easy to clean
- Low maintenance
- Lightweight and compact - **just like the price!**

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E-mail experts@lifeguarding.com

LIFESAVING SOCIETY
The Lifeguarding Experts

Aquatic Safety Management Services – 2005 Training Courses

Find course details and registration information in *Take a Course* at www.lifesavingsociety.com.

Pool Operator – Level 1
Markham, March 8 - 9, 2005
Halton Hills, September 13 - 14, 2005

Pool Operator – Level 2
Halton Hills, February 16 - 17, 2005
Markham, June 14 - 15, 2005
PRO Conference, November 2005

Aquatic Safety Auditor
Oakville, March 22, 2005

Aquatic Safety Inspector
Toronto, October 12 - 13, 2005

Aquatic Management Training (AMT)
Toronto, June 7 - 8, 2005

Early CPR – still the best chance to survive



victim of cardiac arrest is almost four times more likely to survive if a bystander starts cardiopulmonary resuscitation (CPR). This according to a new Ontario study published in the *New England Journal of Medicine*. "This is the first study anywhere to clearly demonstrate the importance and the power of bystander CPR," says the study's lead author, Dr. Ian Stiell.

According to the study, CPR is performed by bystanders only 15 per cent of the time. And if more people knew CPR, the chances of a random bystander having the ability to help would go up.

The same researchers revealed earlier this year that a cardiac arrest victim's best chance of survival is to get CPR from a bystander, followed by defibrillation. The study points out that technological advancements such as defibrillators, while capturing more attention, may mislead people into thinking CPR is becoming less relevant. There is little question that automated external defibrillation (AED) programs are improving survival rates, but Ontario may be putting too much focus on higher tech solutions.

For example, there is a lot of enthusiasm for putting defibrillators in public places such as airports and shopping malls. There is nothing wrong with this, but it takes attention away from CPR and the fact is most people die at home, not in public places.



The study says only 15 per cent of people in Ontario who suffer cardiac arrest outside hospital receive CPR and survive. The city of Calgary, on the other hand, has increased that survival rate to 30 per cent by providing more CPR training to the public.

The message is clear: more training results in more lives saved, both in CPR and in the use of more specialized equipment like AEDs. In an ideal world, everyone knows how to perform CPR and how to use an AED.

To become certified in CPR and in the use of AEDs, call the Lifesaving Society today, email us at experts@lifeguarding.com, or visit the *Take a Course* section of our Web site.

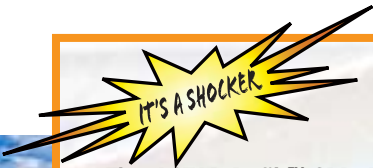
Heart attack versus cardiac arrest *what's the difference?*

Cardiac arrest occurs if the heart suddenly stops beating effectively. The victim collapses, stops breathing and dies in a few minutes if somebody doesn't start treatment.

Three in every four cases of cardiac arrest are caused by either a blockage of blood flow, which can trigger a heart attack, or by electrical malfunction in the system that regulates heartbeats. The remaining one in four cases result from other conditions, such as choking, bleeding, drowning or poisoning.

An estimated 300,000 people die of sudden cardiac arrest each year in North America.

Heart attacks are caused by a blockage in a coronary artery. The victim usually experiences chest pain and symptoms such as shortness of breath, but they remain conscious and their heart continues to beat. With emergency hospital care, about 90 per cent survive.



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.



More than 1,600 people swim for Guinness record



On July 25, 2004, people across Ontario attempted to break the Guinness World Record for the greatest number of people to swim 100 metres at different venues in one hour.

In the end, 1,636 swimmers participated. It wasn't enough to break the record (2,533) set by the UK in March 2000, but thanks to the hard work and determination of the participants, over \$12,000 was

raised – one-hundred per cent of these proceeds go to the Lifesaving Society's Water Smart® drowning prevention campaign.

Thanks to everyone who participated and to all of their generous donors and sponsors. Special thanks to Lynn Loubert from the City of London, and Rhonda Pennell from the Lifesaving Society for organizing the event.

Revised NLS Instructor Pac

The new revised NLS Instructor Pac includes: National Lifeguard Award Guide (2004), NLS Standards Video (2004), NLS Standards DVD (2004), Guide to Ontario Public Pools Regulation (2004) and a binder to hold it all.

All new resources provide instructors and candidates with all the information required for success in the revised National Lifeguard program.

Buy the Pac and save over 50 per cent of the cost of purchasing each item separately – it's a great value! (See Page 11 for price comparison.)

To purchase these or other items, phone 416-490-8844, fax 416-490-8766, or email experts@lifeguarding.com.



Essential new reference guides – available now!

Guide to Ontario Public Pools Regulation (2004 revised edition):

helps aquatic facility staff understand and interpret the important information contained in the Ontario government regulations governing public swimming pools.

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

To order, phone 416-490-8844, fax 416-490-8766, or email experts@lifeguarding.com.



Never drop your guard – a lifeguard's pledge



onguard

Without a doubt, the most profound impact of a drowning is on the victim's family. What is often overlooked in considering this immense grief is the impact on us, the lifeguards.

Like anything taken for granted, the work of a lifeguard goes under the microscope only after a tragedy occurs – and tragedy often happens when we least expect it – perhaps towards the end of a calm adult lane swim, during a shift rotation, or in the few seconds when two lifeguards stop for a brief chat.

As lifeguards, we must be diligent in our work. Our mindset and the choices we make have life or death consequences. Our job is to stay ahead of danger, to spot warning signs, and where possible, to intervene before incidents occur. Our pride is in the responsibility we carry, and our success is not measured by accolades, but rather by knowing we're doing our utmost to provide the safest possible environment for swimmers.

Yet, no one should forget that lifeguarding has a human element that is reflected by the following two rules: 1) lifeguards will never be able to prevent all drownings, and 2) despite anyone's best efforts, we will never be able to change the first rule.

This is not to imply that any drowning in a lifeguarded environment is acceptable, in fact, it's quite the opposite. Every drowning case is followed up by police investigation where lifeguards, supervisors and facilities may become entangled in legal proceedings that can go on for years.

It is our duty, and it is in our power to do everything we can to prevent all such trauma, for our patrons and for ourselves.

If we use our training, operate within our system and do everything we can, but the tragedy still occurs, we should find comfort in our efforts. We will accept and learn from experience, and move forward.

As our communities continue to invite people to the water, build bigger and better leisure sites and open safer and cleaner beaches, it is critical we maintain our respect of the inherent dangers that exist in the environments we serve to protect.

We are lifeguards – vigilant, attentive and alert.

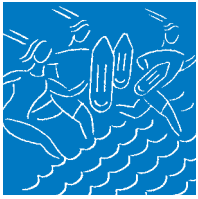


CLM Notes – the latest:

In the revised Canadian Lifesaving Manual (seventh printing, October 2004), the term "modified" is dropped from the term "modified jaw-thrust." Jaw-thrusts are now simply described as "jaw-thrust with head-tilt" or "jaw-thrust without head-tilt."

CLM Notes – did you know:

In the revised Canadian Lifesaving Manual (seventh printing, October 2004), the first aid treatment for burns is slightly different. Now, a "dry sterile dressing" is applied to a burned area after flushing it with cool water. Using a dry dressing reduces the risk of infection.



Canada shines in SERC at Worlds

In a field of 79 teams, the Canadian Forces Lifesaving Team won gold in the Simulated Emergency Response Competition (SERC), in the Interclub Division, at the World Lifesaving Championships last September. In the National Teams Division, Canada earned silver in SERC.

Canada's National Lifesaving Team placed 12th overall in a field of 35 in the National Teams division – all part of *Rescue 2004* in Viareggio, Italy.

Australia, New Zealand and South Africa took the National Teams overall gold, silver and bronze respectively, the same ranking they enjoyed in the

open water events. Germany, Italy and Spain ranked 1st, 2nd and 3rd respectively in pool events.

Canada's women took seven seconds off the Canadian record in the 4x25m Manikin Relay to place first in the B-Final with a time of 1:41.66. Setting the new Canadian record were Jennifer Allison (Ontario), Véronique Comtois (Québec), Stephanie Hatt (Ontario), and Hayley John (British Columbia).

For more competition results, visit our Web site: www.lifesavingsociety.com.



Now in stock – new custom Dolphin race boards

The 2005 shipment arrived from Australia in August and the designs are cooler than ever! New race boards are priced at \$1,430 due to currency exchange rates, while the price of existing stock remains at \$1,230.

Check out our entire selection in the *Store* section of our Web site at www.lifesavingsociety.com, or contact us for more information.





2005 Exam Fees

Award	\$ 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.....	8.00
Bronze Star Recert.....	4.00
Bronze Medallion.....	13.50
Bronze Medallion Recert.....	6.75
Bronze Cross & Recert.....	16.50
Distinction.....	11.50
Distinction Recert.....	5.50
Diploma.....	35.00

First Aid

CPR: A, B and C.....	2.00
Basic First Aid & Recert.....	2.00
Emergency First Aid & Recert (with CPR B).....	7.75
Standard First Aid & Recert (with CPR C).....	16.25
Automated External Defibrillation Provider.....	25.00
Automated External Defibrillation Responder.....	7.75
Airway Management.....	7.75
Boat Operator Accredited Training.....	13.00
Boat Rescue.....	5.00
Lifesaving Fitness.....	5.00
Wading Pool Attendant.....	7.00
Patrol Rider,.....	16.50
National Lifeguard & Recert.....	27.25
Instructor, Instructor Trainer, Coach, Official.....	22.00
Instructor Recert.....	22.00
Each Additional Recert.....	5.00 (Max. of 50.00)
Aquatic Supervisor Training.....	25.00
Aquatic Management Training.....	25.00

2005 Literature Prices

Effective through June 30, 2005

Canadian Lifesaving Manual.....	\$32.15
Alert: Lifeguarding in Action.....	32.15
First Aid Student Manual.....	8.50
AED Student Manual.....	8.50
BOAT Study Guide.....	9.25

LIFESAVING INSTRUCTOR PAC – includes:.....	\$42.25
<i>Instructor Notes</i>	14.25
<i>Swim Patrol Award Guide</i>	14.25
<i>Bronze Medals Award Guide</i>	14.25
<i>First Aid Award Guide</i>	14.25
<i>Lifesaving Images binder</i>	9.25

NLS INSTRUCTOR PAC – includes:.....	\$44.00
<i>National Lifeguard Award Guide (2004)</i>	14.25
<i>NLS Standards DVD (2004)</i>	20.00
<i>NLS Standards video (2004)</i>	20.00
<i>Guide to Ontario Public Pools Regulation (2004)</i>	32.50
<i>Lifesaving Images binder</i>	9.25

BOAT INSTRUCTOR PAC – includes:.....	\$44.00
<i>BOAT Instructor Notes with 23 colour masters</i>	28.00
<i>"Stay in the Boat" video</i>	15.00
<i>Lifesaving Images binder</i>	9.25

Canadian Competition Manual.....	20.00
Ice: The Winter Killer.....	25.00
Guide to Ontario Public Pools Regulation.....	32.50
Standards Journal (2001 edition).....	32.50
Standards Journal 2 (2004 edition).....	32.50
Waterfront Safety Guidelines.....	8.50
Wading Pool Guidelines.....	8.50
Backyard Pool Safety Guidelines.....	8.50
The Drowning Report.....	8.50
Program Guide.....	8.50
<i>Taxes extra.</i>	

Ontario AGM

The 96th Ontario Annual General Meeting of the Lifesaving Society will be held on April 1, 2005, and hosted by the Town of Markham at the Civic Centre. Members and friends of the Society, including instructors, examiners and affiliate representatives are cordially invited to attend. Registration is at 6:00 p.m. – Business meeting at 7:00 p.m. – Awards presentation and refreshments follow.

Calendar

2005

TBC

TYR Junior Lifeguard Spring TeleGames (All pools)

April 1

Lifesaving Society 96th Ontario AGM (Markham Civic Centre)

May 4-7

Canadian Lifeguard Championships – Pool (Kamloops, BC)

July 21-23

World Games (Duisburg, Germany)

July TBC

TYR Canadian Junior Lifeguard Games – Pool (Mississauga)

July 23

Drowning Prevention Day

July-August TBC

Ontario Lifeguard Championship – Pool (TBC)

August TBC

TYR Ontario Junior Lifeguard Games – Waterfront (TBC)

Ontario Masters Lifeguard Championship – Waterfront (TBC)

August TBC

Ontario Lifeguard Championship – Waterfront (TBC)

August 26

Canadian Surf Lifesaving Championships, Junior Games and Masters Division (Lac St. Jean, Quebec TBC)

August 27-28

Canadian Surf Lifesaving Championships, Senior Division (Lac St. Jean, Quebec TBC)

November TBC

TYR Ontario Junior Lifeguard Fall TeleGames (All pools)

2006

February 10-26

Rescue 2006 World Lifesaving Championships (Geelong, Australia)

October (Date TBC)

Commonwealth Lifesaving Championships (Bath, England)



**The best place to
learn how to swim
is in the water.**



That's just one of the many reasons we're running the Lifesaving Society's in-depth Swim Program. It stresses lots of in-water practice to develop solid swimming strokes and skills. And, it incorporates valuable Water Smart® education that will last a lifetime.



Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. The Lifesaving Society helps prevent drowning and water-related injury through training programs that certify over 200,000 people yearly. We're Canada's lifeguarding experts.

