

## NEW: Pool Attendant

The Lifesaving Society is excited to launch its new Pool Attendant certification designed for use by facility operators who employ personnel to supervise wading pools, splashpads, waterslides and other amusement devices.

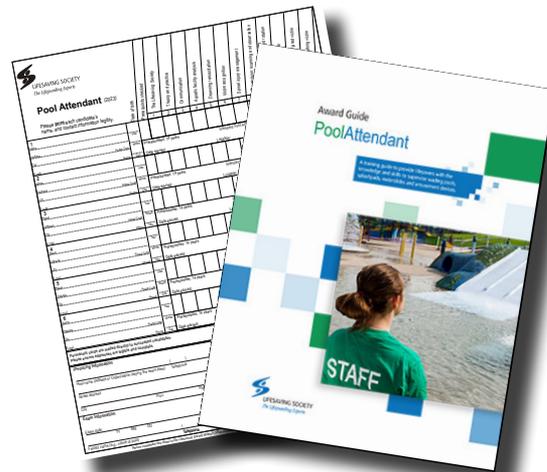
The new Pool Attendant curriculum is available now and taught by Lifesaving Instructors who need the new *Pool Attendant Award Guide* and PowerPoint presentation, which are downloadable for free from the Society's [website](#). Affiliates may begin offering the new certification as soon as their Lifesaving Instructors have [reviewed the resources](#).

Pool Attendant replaces the Society's Wading Pool Attendant certification, which will be retired on December 31, 2023.

For more information:

- Consult the addendum to Society's [Program Guide](#).
- Invite your Lifesaving Instructors to register for the [online information session](#) on Wednesday, June 28 at 7:00 p.m.
- [Visit the Pool Attendant webpage](#) to download the *Pool Attendant Award Guide*, supporting PowerPoint presentation and more.
- Download the new test sheet from [Find-a-Form](#).

Want to learn more about implementing Pool Attendant at your facility? Contact [Marek Holke](#).



## Team Canada swimmer supports Swim to Survive

Nearly 200 local students and families in Scarborough learned to Swim to Survive thanks to support from Bell Canada and Swimming Canada. Participants were given bathing suits, goggles and a dose of inspiration as they were joined in the pool by Canadian Olympic medalist Brent Hayden.

Thank you to all of the instructors who participated in making this event a great success!

*Below: Brent Hayden (Centre) with instructors (from left) Chris, Shelby, Chitra, Alex, Angelica, Farrah and Emily.*



## Immobilization replaced with Spinal Motion Restriction

You're perched on a lifeguard tower scanning your zone. In your peripheral vision, you see someone dive in awkwardly. They surface, grasping their neck, with a grimace of pain. You recognize this as a suspected spinal injury. You know what to do: Get to them quickly, assess ABCs, then immobilize their head and neck. Don't let them move a muscle.

Not so fast.

Recent medical studies and research ([like this one from the U.S National Library of Medicine](#)) have concluded that immobilization can actually cause more harm than good. In response, the Lifesaving Society is moving away from the term "immobilization" in favour of "spinal motion restriction" (SMR). This change is now reflected in the Must Sees in the *Bronze Medals Award Guide* and *National Lifeguard Award Guide*.

So, what's the difference? It's minor – but important. Where immobilization focused on the complete restriction of a victim's movement, SMR allows for some limited motion of the spine when the situation calls for it. Specifically, SMR encourages motion that places the victim in a position that allows them to breathe and swallow normally and gives the spine a neutral position.

Bronze Cross and National Lifeguard candidates will be familiar with this concept in practice. When managing a suspected spinal in an aquatic environment, the rescuer will often be required to move a victim from the position

found, to a position on their back, protecting the victim's airway and putting their spine in a neutral position. We call this a spinal rollover.

Here's how this translates to your next Bronze Cross or National Lifeguard exam:

- During a spinal rollover, or while transiting in water with a suspected spinal injury victim, examiners will look for "restricted motion of victim's head and neck throughout" (Bronze Cross Item 10); or, "Motion of victim's spine restricted during rollover (if required) and throughout" (National Lifeguard Item 11c).
- Gross, abrupt movements still need to be avoided – particularly twisting motions.
- Stabilization on a spineboard, or other appropriate device, remains the preferred method for removing a suspected spinal injury for an aquatic environment.
- The use of the trapezius squeeze technique can be used to ensure SMR.
- The life-over-limb principle prevails. If the victim isn't breathing, resuscitation takes priority, which means removing the victim from the water as soon as possible – with or without a spineboard.

Want to watch experts discuss immobilization vs. SMR in depth? Check out this [round-table discussion](#) on spinal injuries featuring Adrian Wong, Marek Holke and Scott Ruddle.



## Uniforms designed by lifeguards for lifeguards!

**High-visibility lifeguard uniforms in distinctive red and yellow – international lifeguard colours. Singlets, T-shirts or long-sleeved shirts, shorts and hats.**

**Durable, lightweight fabric. Superior comfort and fit. Quick drying. UV protection. Available exclusively from the Lifesaving Society.**

Order online at [LifeguardDepot.com](http://LifeguardDepot.com) or call 416-490-8844.  
Free standard shipping within Canada.  
Some exclusions apply. Custom orders available.

**Lifeguard Depot.com®**

## SWIM TRANSITION IT'S NOW OR NEVER!

This is the final call for Red Cross Water Safety Instructors to transition to the Lifesaving Society Swim Instructor program. You must complete this process before the June 30, 2023 deadline:

1. Complete the online Swim Transition Instructor Clinic at [e-lifesaving.ca](http://e-lifesaving.ca).
2. Upload proof of your Red Cross Water Safety Instructor certification to the Society.

To get a copy of your Water Safety Instructor certificate, contact the Canadian Red Cross at 1-877-356-3226 or email [myrcsupport@redcross.ca](mailto:myrcsupport@redcross.ca).

## A water-safe welcome for new Canadians

Canadians have a lot of access to water. New Canadians from countries with limited access to water, or who lacked the opportunity to participate in structured swimming lessons, are at an increased risk of drowning.

In response, the Society has designed a new program that is simple to deliver and will allow your facility to prepare new Canadians for a lifetime of fun around the water.

Join us in giving your new neighbours a safe welcome. Email [watersmart@lifeguarding.com](mailto:watersmart@lifeguarding.com) to learn more and get your free toolkit.

July 16-22, 2023

## National Drowning Prevention Week

LIFESAVING SOCIETY

## Lifesaving Society Training and Competition Manikins



**Training Manikins**  
\$259.65 each or 10 for \$220.70 per unit.  
Product code: 42.1185.00

**Competition Manikins**  
\$ 442.12 each or 10 for \$375.80 per unit.  
Product code: 42.1183.00

- Ideal for practicing pick-ups, carries and removals in lifesaving and lifeguard courses.
- Easy to fill and easy to drain (for submerged unconscious victim simulation).
- Built to withstand regular use.
- Require minimal maintenance.
- Made in Canada by the Lifesaving Society.

The Lifesaving Society's Training and Competition manikins enable course participants to practice important lifesaving and sport skills while maintaining physical distancing protocols.

The Competition Manikin is ILS approved for lifesaving sport competition and allows you to control weight and buoyancy.

**Order online from LifeguardDepot.com, call 416-490-8844 or email [orders@lifeguarding.com](mailto:orders@lifeguarding.com). Free standard shipping within Canada. Some exclusions apply.**

**Lifeguard Depot.com®**

LifeguardDepot.com is the online store of the Lifesaving Society. All proceeds from LifeguardDepot.com support drowning prevention and the development of young leaders through Lifesaving Sport.

## Jump into Lifesaving Sport this summer

Calling all athletes, coaches and officials – Lifesaving Sport is back in a big way this summer. Mark your calendars with the championship dates below and we'll see you on the beach and at the pool.

LIFESAVING SOCIETY



LIFESAVING SPORT

**August 6:** Canadian Lifeguard Challenge, Martinique Beach, Nova Scotia.

**August 17-19:** Ontario Lifesaving Championships – Waterfront, Town of Saugeen Shores.

**August 25-27:** Canadian Surf Lifesaving Championships, Martinique Beach and Rainbow Haven Beach, Nova Scotia.

**September 13-17:** [RLSS Commonwealth Lifesaving Championships](#), Windsor, Ontario.

For more information, [visit our website](#).

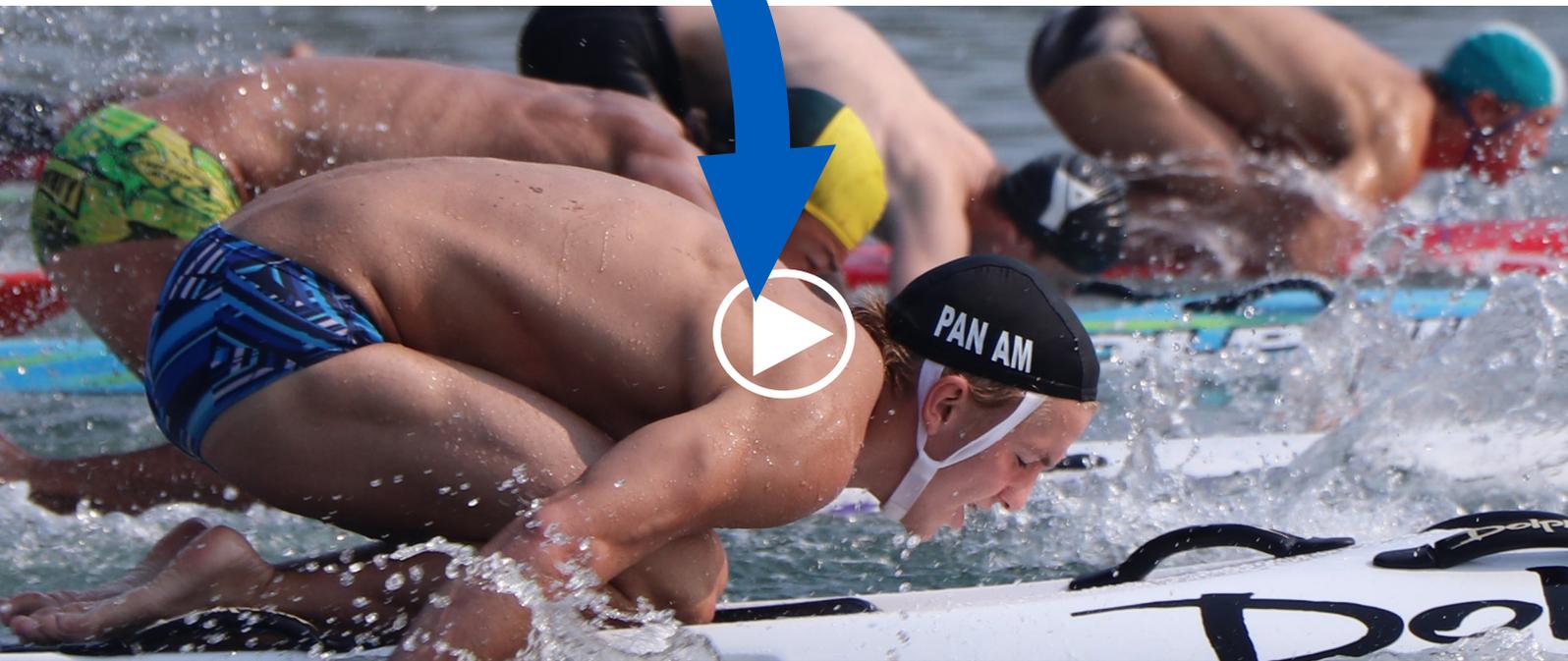
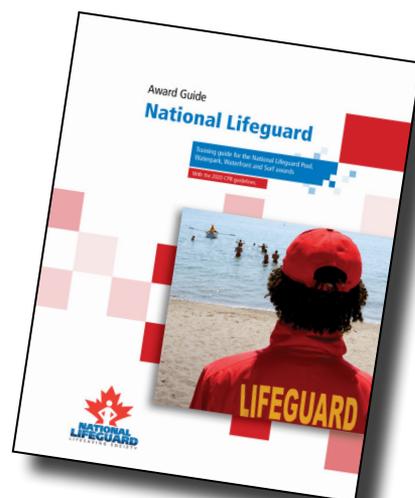
*Click the image below to check out our summer sport trailer!*

## National Lifeguard Award Guide updates

The Lifesaving Society took advantage of a recent reprint to make a few editorial clarifications to the *National Lifeguard Award Guide*. The changes, mostly in Appendix A, are intended to clarify three of the Notes and two of the Must Sees. The changes appear in the third printing (May 2023) of the Third Edition, Revised, January 2022.

Examiners must evaluate to the most current Must Sees.

No need to purchase the third printing. Simply [review the updates](#) on the Society's website and make the edits in your award guide.



## CANADIAN SYMPOSIUM ON THE USE OF EMERGING TECHNOLOGIES IN AQUATIC SAFETY SUPERVISION

Join aquatic professionals from around the world on Wednesday, October 18, 2023 at a day-long interactive symposium in Toronto, Canada. Hear from experts across the U.S. and Canada on the most up-to-date technology that's aiding in the safe design and operation of swimming pools and public waterfronts. Attend virtually or in-person.

Download the [symposium agenda](#) and [registration form](#).

## Ontario lowers minimum age to work as a lifeguard

The Government of Ontario has lowered the minimum age requirement to work as a lifeguard, assistant lifeguard and aquatic instructor from 16 to 15 years of age. The Lifesaving Society Ontario supports this change.

In 2020, the Lifesaving Society Canada adopted 15 years as the minimum age prerequisite for certification as a National Lifeguard, Swim Instructor, or Lifesaving Instructor. The Ontario government's decision means the age of certification and age of employment are now aligned in Ontario.

[Read the full release.](#)

## HELP US WIN THE GREAT CANADIAN GIVING CHALLENGE

June is the Great Canadian Giving Challenge. Every dollar donated to the Society from June 1 to June 30 via [CanadaHelps.org](#) is an entry for Lifesaving Society to win a \$20,000 donation from Canada Helps. Make your annual donation go further by [donating today](#).

**GOLD COAST AU**

**2024 LIFESAVING WORLD CHAMPIONSHIPS**

**20 AUGUST - 8 SEPTEMBER 2024**  
ON AUSTRALIA'S GOLD COAST

**18 DAYS OF LIFESAVING COMPETITION**

**PLUS**

**FOOD TRUCKS  
LIVE MUSIC  
MARKET STALLS  
MERCHANDISE  
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SOCIAL EVENTS  
LIVESTREAM**

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Queensland Government **IT'S LIVE!** in Queensland AUSTRALIA'S **GOLD COAST.**