

Tips for winning the Jocelyn Palm Cup

The past few years were unprecedented for everyone and included big challenges with aquatic staffing. Our affiliates stepped up huge, got creative and faced the increase in lifeguard demand head-on. Here's a perfect opportunity to proudly demonstrate how you've worked to enhance the profile of lifeguarding in your community.

The Jocelyn Palm Cup is awarded annually to an affiliate who makes an outstanding contribution to the National Lifeguard award. To inspire your upcoming application, look to the City of Ottawa, who took home the Cup last year.

2022 Jocelyn Palm Cup winner

The City of Ottawa demonstrated its continued commitment to the development of future and current lifeguards by:

- Supporting drowning prevention initiatives throughout the City.
- Providing financial support for lifesaving certifications through the Hand in Hand Subsidy Program.
- Fostering a culture of ongoing professional development through Head Lifeguard workshops and pleasure craft training for supervised waterfronts.
- Promoting Junior Lifeguard Club at the waterfront and organizing in-house competitions to reach out to youth in the community.

SHOW US WHAT YOU'VE GOT

We want to hear from you! Nominate a Lifesaving Society affiliate member for the 2023 Jocelyn Palm Cup by completing the [nomination form](#) and submitting it by January 21, 2024

WHO IS JOCELYN PALM?

Following several years of dedicated volunteerism, Jocelyn Palm became the first Executive Director for both the Lifesaving Society Ontario Branch and the National Lifesaving Society in 1968. She was an integral part of the design and implementation of the National Lifeguard Service in Canada, and was the first author of *Alert: Lifeguarding in Action*.



NEW LEADERSHIP RECERTIFICATION PROCESS – COMING SOON!

In early 2024, the Society will launch an improved version of the leadership recertification process. Designed with instructors, examiners, coaches and trainers in mind, it'll be easier than ever to recertify. Stay tuned to our social media and website for updates.

Tracking fails on test sheets

As a research-based organization, the Society relies on data to improve our programs. Understanding which items candidates are passing or failing in specific courses allows us to identify trends and make modifications to ensure the items are appropriate and the standards are being met.

When instructors complete their test sheets, all candidates who took the full course or exam must be included, and each test item must be clearly marked with a pass or fail. A candidate who participates in a full course and attempts an exam with a “fail” outcome, must have the test items they failed indicated and their final outcome noted as a fail. If a candidate fails an instructor-evaluated item, they have “failed” that item and have “failed” the course. This item should be marked as a fail on the test sheet. A “failed” candidate should not be omitted from a test sheet.

What happens if a candidate doesn't finish a course or doesn't do the exam, did they “fail”?

If a candidate has met all Must Sees but withdraws or is removed from the course, they have not yet “failed” an item, and they should be included on the test sheet, but indicated as an “incomplete” result.

Sample scenario:

A candidate on a five-day National Lifeguard course gets sick on day four, and doesn't participate in day five. The candidate has already passed all instructor-evaluated items, but doesn't attend the final exam day, so the examiner never sees the candidate. Here's how to complete the test sheet:

- Instructor “checkmarks” all items where the candidate met the Must Sees (i.e., all but Item 12A and 12B on the test sheet).
- Instructor is encouraged to write a small note on the test sheet (e.g., “withdrew from course for medical reasons”) where space permits.
- Examiner writes “Incomplete” in Item 12A, 12B and the final result column.
- Examiner leaves candidate out of the total pass and total fail tally.

If you're not sure what to do, reach out to us and we'll walk you through the situation:

training@lifeguarding.com

2024 Save the date

January

12

Water Smart Award submission deadline

January

21

Jocelyn Palm Cup submission deadline

February

17

Ontario Lifeguard Championships (Essex)

March

9
10

Ontario Senior & Masters Lifesaving Championships - Pool (Orillia)

April

12

115th Annual General Meeting - 6 p.m. (Hilton Toronto/Markham Suites Conference Centre and Spa)
All Society members welcome!

June

22
23

Ontario Junior Lifesaving Championships - Pool (Markham)

July

21
27

National Drowning Prevention Week

August

12
13

Ontario Junior, Senior & Masters Championships - Waterfront (Saugeen Shores)



Swim to Survive school grant funding

Another cohort of Grade 3 and Grade 7 students will learn essential survival swimming skills through the Society's School Grant Program. The Ontario Government – by way of the Ministry of Education and its Priorities and Partnerships Funding (PPF) – has awarded the Lifesaving Society \$1.76 million for its Swim to Survive and Swim to Survive Plus programs for the 2023/24 school year.

2023 non-fatal drowning report

The newly released [Ontario Non-Fatal Drowning Report, 2023](#) indicates that for every drowning death in Ontario, there are nearly four non-fatal drownings serious enough to require an emergency department visit. On average, there are 568 emergency department visits and 100 hospitalizations annually due to non-fatal drowning.

By understanding the common factors that lead to fatal and non-fatal drownings, lifeguards, instructors and aquatic professionals can share their knowledge with the public, creating further awareness and preventing drowning.

Report highlights:

- In the ten-year period from January 1, 2012 to December 31, 2021, non-fatal drownings accounted for 5,684 emergency department visits and 996 hospitalizations.
- Emergency department visits due to non-fatal drowning increased in 2021 compared to previous years.
- Non-fatal drowning rates are highest among children and youth, this differs from fatal drowning where rates are highest among older people.
- Males accounted for approximately two-thirds of non-fatal drownings.
- The 2023 Ontario non-fatal drowning report provides new information on non-fatal drowning by including information on the location of incidents.

Overall, emergency department visits due to non-fatal drowning were most frequently associated with boating, and non-fatal drowning that resulted in hospitalization most frequently occurred in pools.

WHAT IS NON-FATAL DROWNING?

Drowning is the process of experiencing respiratory impairment from submersion/immersion in liquid.

Drowning can be **fatal** or **non-fatal**. In **non-fatal drowning**, the respiratory impairment is stopped before death. Non-fatal drowning can result in a range of outcomes, from no injuries to serious injuries or permanent disability.



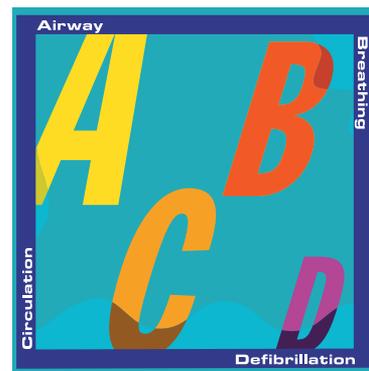
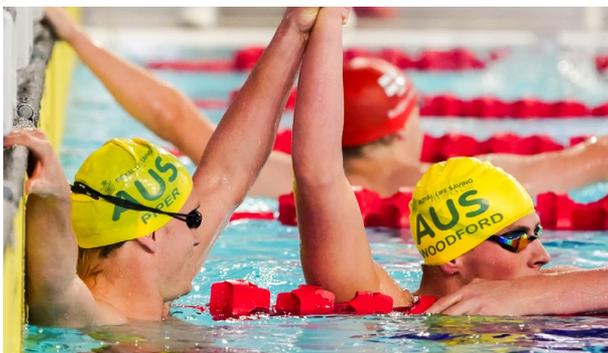


The world comes to Ontario

The Lifesaving Society Ontario hosted over 150 athletes from 11 different countries, plus 150 international volunteers and officials during the 2023 Royal Life Saving Society Commonwealth Lifesaving Championships. The Windsor International Aquatic and Training Centre was filled with the spirit of mentorship, competition and camaraderie from September 13–17.

The Commonwealth Lifesaving Championships bring together elite, bona fide lifesavers from around the globe to compete against their peers; people who are lifesavers first, competitors second. Congratulations to Team Australia, who took home the overall titles in both the Development and National team divisions.

The Society is grateful to all the volunteers who generously gave their time to make this event happen. Thank you to our partners, the City of Windsor, for your hospitality and support.



First Aid test fixes

Instructors spoke, and we listened. Some of the questions in the Emergency First Aid (EFA) and Standard First Aid (SFA) written test underwent an update to improve clarity for candidates. While this test is a requirement for EFA and SFA courses, it should be used as a teaching resource versus pass or fail criteria to evaluate a candidate's knowledge. After candidates complete the written test, instructors can review any wrong answers so the test is completed successfully.

A copy of the updated test was emailed to EFA and SFA instructors and to First Aid examiners on December 15, 2023. If you haven't received your copy, email training@lifeguarding.com to update your contact information and request a copy. First Aid Instructor Trainers can find the test in the [Leadership Library online](#).

2024/2025 PRICES AND FEES

To allow for better planning and budgeting by Affiliate Members, the Society announces prices and fees one year in advance. The complete list of 2024 and 2025 fees and literature prices are posted in [Find a Form](#) on the Society's website.

2024/2025 Literature Prices

Canadian Lifesaving Manual	\$50.00
Canadian Lifesaving Manual with Bronze Medallion Workbook	\$52.00
Alert: Lifeguarding in Action	\$50.00
Canadian First Aid Manual	\$17.00
Instructor Manual	\$27.50
Coaching Lifesaving	\$35.00
Examiner Handbook	\$38.50
Trainer Manual	\$38.50
Any single Award Guide	\$27.50
Swim Instructor Pack	\$66.00
Lifesaving Instructor Pack	\$81.75
Combined Swim and Lifesaving Instructor Pack	\$99.00
National Lifeguard Instructor Pack	\$90.75
Bronze Medallion Workbook	\$7.75
Bronze Cross Workbook	\$7.75
Teaching Bronze USB	\$31.75

2024/2025 Exam Fees

Canadian Swim Patrol (kits for class of 10)	\$17.45
Safeguard	\$15.00
Bronze Star	\$15.00
Bronze Medallion	\$27.50
Anaphylaxis Rescuer	\$2.00
CPR-A, B and C	\$2.00
Basic First Aid	\$2.00
Airway Management	\$15.00
Automated External Defibrillation	\$15.00
Emergency First Aid (with CPR-B)	\$15.00
Standard First Aid (with CPR-C) or recert	\$25.00
CPR-HCP	\$15.00
Pool Attendant	\$15.00
Bronze Cross or recert	\$27.50
National Lifeguard or recert	\$44.00
Lifesaving Sport Official	\$20.00
Instructor, Instructor Trainer, Coach	\$37.50
Leadership Recert (Each additional leadership recert at the same time to a maximum of \$85.00)	\$37.50
Aquatic Supervisor	\$32.50
	\$37.50

Retail prices are the same for all affiliates throughout Ontario.

Guaranteed pricing and flat-rate shipping

As of January 1, 2024, the Lifesaving Society/LifeguardDepot.com is providing its affiliates with guaranteed pricing for a two-year period – January 2024 to December 2025. At the same time, due to high volatility in the shipping industry, we are switching to flat-rate shipping to safeguard against constant fluctuation while continuing to ensure equity among our customers, regardless of location.

Cost of order	Shipping charge
\$0–19.99.....	\$5.00
\$20–49.99.....	\$10.00
\$50–99.99.....	\$15.00
\$100–149.99.....	\$20.00
\$150–249.99.....	\$25.00
\$250–499.99.....	\$37.50
\$500 plus	\$50.00

The Society will review shipping rates every six months to guarantee equitable and stable pricing now, and in the future.



Winter Sale

*Slide into
snowy savings*

**Lifeguard
Depot.com[®]**

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