



## Celebrating 60 years

### *of professional lifeguarding in Canada*

This summer marks the 60<sup>th</sup> anniversary of our National Lifeguard award, so let's celebrate together!  
Send us:

- Pictures of you or your loved ones as lifeguards. The older, the better!
- A short blurb (50 words or less) sharing your favourite lifeguarding memory.

[Email](#) your photos and memories to us!

You can also use #NL60 on social media to share content over the summer!





## Make your lessons Water Smart®

Swim for Life instructors often give swimmers their first introduction to water safety. Take your lessons to the next level with these fun activities that reinforce the Water Smart messages.

### Safe or Sorry

1. Swimmers line up out of the water on the edge of the deck or dock. Water depth would depend on abilities.
2. The instructor states types of water activities or swim conditions.
3. If the swimmers think this is a SAFE activity for swimming – they will say safe and jump in the water.
4. If the swimmers think the activity is UNSAFE they will say sorry and stay outside on the edge of the deck or dock.

### Help and Huddle Tag

1. One swimmer is “IT.”
2. Whoever the “IT” swimmer tags gets into the H.E.L.P. position.
3. To become untagged, two other swimmers have to form a huddle with the tagged swimmer.
4. If the class is small, the tagged swimmer counts to 10 to become unfrozen.

### Overboard

When falling out of a boat, you can become disoriented. These activities will assist you in remaining calm in the event of falling overboard.

1. Practice forward rolls into the water emphasizing covering your head, tucking your head, and pushing away from the edge.
2. Practice forward and backward somersaults in the water – how many can you do in a row?

### Musical Buddies

1. Swimmers swim around the water to the music.
2. The instructor stops the music and yells “Buddy Check!”
3. All swimmers participating must find a buddy.
4. Swimmers without a buddy are eliminated from the game.
5. The instructor repeats.

### Ice Safety

1. Fill a bucket with water and ice cubes. Let each swimmer take a turn plunging their hands into the water.
2. Talk about how long someone could survive in such cold water.
3. Explain significance of checking the ice before walking out and safe thickness for people (ice should be at least 4” thick).

### PFD Relay

1. Have each swimmer select a PFD that fits them.
2. Divide group into teams of two and line up on the edge of the deck or dock.
3. Teams compete in a relay against one another: they will need to don the PFD on land, then swim to the other side. Once they arrive and touch the wall, the next swimmer begins.
4. When all swimmers have completed their part of the relay they must sit down.
5. The first team to finish wins!



## Mastering the pool: Aquatic Supervisor and Aquatic Manager courses

In the year-and-a-half since launching the new Aquatic Supervisor and Aquatic Manager courses, more than 100 aquatic professionals and over 1,000 deck-level supervisors have earned these certifications.

### Are these courses right for you?

Lifeguards and instructors need support and guidance to do their jobs well. Additional training improves day-to-day operations of aquatic facilities.

### Aquatic Supervisor

Aquatic Supervisor certification is the Lifesaving Society training standard for instructors and lifeguards who wish to assume deck-level supervisor responsibilities for overseeing instructional and recreational programs and day-to-day operations at aquatic facilities. This course introduces participants to the knowledge, skills and tools required to effectively guide fellow staff members in the safe delivery of aquatic programs and services, and prepare for effective emergency response.

*"I took the Aquatic Supervisor course online. What an experience! I have never taken an aquatic course virtually, but I was impressed by the instructor's ability to engage the class and facilitate the group work in a remote setting."* – Aquatic Supervisor candidate

### Aquatic Manager

Aquatic Manager certification is the Lifesaving Society's professional designation for managers who, regardless of their aquatic background, are responsible for oversight of aquatic programs and services. This certification equips participants with the knowledge, principles and skills required for enhanced program delivery, responsive customer service and compliance with health and safety standards in an aquatic environment. There are no prerequisites to take this certification, just a willingness to learn.

*"Thank you for the Aquatic Manager course. The course challenged my outlook on aquatic operations and allowed me to network with peers. I have taken in a great amount of knowledge and have learned so many new tactics that I am excited to introduce and carry forward."* – Aquatic Manager candidate



### How to find a course

If you're looking to get certified, visit [Find a Course](#) on our website.

Affiliates offering the Aquatic Supervisor and Aquatic Manager certifications can list them on the Society's website under Find a Course.

Both of these certifications can be offered online or in-person making it easy for you to find a course that meets your timing and learning needs.

**July 21-27, 2024**

**National Drowning  
Prevention Week**

LIFESAVING SOCIETY

## Insurance: are you covered?

One of the most common questions we get from instructors and lifeguards is about insurance. Unfortunately, the answer is not one-size-fits-all because it depends who you're working for.

- If you are employed by a corporation such as a town, city or camp, the corporation likely carries general liability insurance that covers you as the employee. Therefore, you do not need your own insurance. But it's important to confirm if you're unsure.
- If you are asked to lifeguard or teach private lessons in a backyard pool, insurance is required. Ask your employer if you are covered under their homeowner insurance policy; if they say yes, you should have them confirm this coverage in writing before starting work. If you are not covered under the employer's policy, or the owner is unwilling to confirm such coverage in writing, make sure to secure adequate liability insurance on your own by contacting an insurance broker.
- Insurance is also required if you are lifeguarding or teaching in your own backyard pool. You may be covered under your (or your parents') home insurance policy, but it is best to confirm this with the insurance provider. If you are not covered, it is your responsibility to ensure that you secure adequate liability insurance on your own by contacting an insurance broker.

- If you are volunteering your examiner services on behalf of the Lifesaving Society, the Society covers you under its liability coverage so you do not need your own insurance.
- If you are a volunteer, the Ontario Good Samaritan Act applies with regard to liability, details of which are [online here](#).



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## Gold Coast, here we come!

50+ nations | 5,000+ skilled athletes | 30+ thrilling events | 18 action-packed days | 100% excitement

The Lifesaving sport event of the year is quickly approaching. Beginning in late August, Canada's national lifesaving sport team will be in Australia, as over 5,000 lifesavers from all over the world gather to compete at the Lifesaving World Championships. Joining in on the 18 action-packed days of competition is national team athlete Kara Parkins from Ontario, who shared her thoughts and excitement on heading to Gold Coast, Australia.

It's been a dream years in the making for Kara. "My swim club growing up started a lifesaving program and I decided to try it out," Kara says. "I competed in my first surf provincials at 11 years old and really enjoyed the sport. I've been competing in it ever since." Kara's current club is Royal City Aquatics in Guelph.

Lifesaving sport competitions take place at either a pool or in open water, with the latter being where Kara thrives. "I love beach flags. It has been my favourite event since I was young. I love how it combines both speed and strategy." All the Beach and Ocean events will be held at the scenic Kurrawa Beach.

This is Kara's second time being named to a national team but the first time she's competing at a World Championship. "In 2019, I was named to the youth national team that was supposed to be heading to the Lifesaving World Championships in Italy in 2020, but it was unfortunately cancelled due to Covid. It makes this opportunity even more exciting!"

The Lifesaving World Championships is organized by the International Life Saving Federation every two years, showcasing the excellence in lifesaving sport and rescue. Over 50 nations will be sending surf lifesavers to compete, but Kara is ready. "I'm looking forward to meeting other lifesaving athletes from all around the world! I am very excited and honoured to represent Canada."

We wish Kara and all the other athletes the best of luck in Australia this summer! [Watch the video announcement](#) of the full roster of Canadian national team, and follow along on the [official Lifesaving Word Championship Instagram](#).

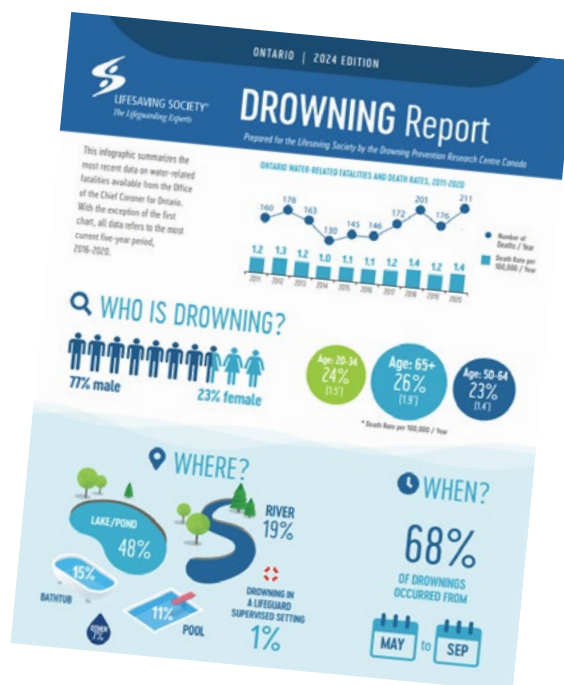
## 2024 Drowning Report

The Lifesaving Society's 2024 Ontario Drowning Report is now available in both English and French.

Details in the report underscore these facts:

- There were 211 drowning deaths in Ontario in 2020, the highest number in over 10 years.
- Key risk factors that contributed to drowning deaths included consuming alcohol, not wearing a lifejacket while boating, and swimming or boating alone.

Read the [full report on our website](#).



# Making Waves

## Lifeguards share Water Smart® messages

For this year's April Pools Day, the St. Catharines Kiwanis Aquatics Centre team set up a drowning prevention education display for their community. They shared Water Smart messages with nearly 200 swimmers and raised \$243 for the Society. A draw for a free swim pass, goggles, sand bucket and Lifesaving Society merch was won by a young swimmer named Alice. Shout out to Julie Savoia, Kate Tenhoeve and Hailey Lobsinger for their dedicated efforts running this event.



*Lifeguard Kate Tenhoeve at the drowning prevention education display*

## SHARE YOUR STORY WITH US!

Are you making waves in your community? We'd love to hear about it. [Email us](#) or reach out to us on social media.

## WATER SMART CONTEST 2024

Break out the pencil crayons. Your swimmers and campers can get Water Smart this summer and win prizes! Join in our colouring contest for ages 5 and under, and our Water Smart Super Hero contest for ages 6–10 and 11–15 for a chance to win. Download the [registration package](#) on our website. Submission deadline is September 6, 2024. Happy colouring!

## 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.

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