



A NDPW to remember!

Our annual National Drowning Prevention Week (NDPW) campaign ran from July 21–27. Each year, Lifesaving Society affiliates, partners, members and volunteers come together for a week of sharing important drowning prevention messages. Thank you to everyone who joined in, from hosting events to sharing social media messaging – your contributions made a difference.

A recap of NDPW 2024:

- 12 landmarks in Ontario lit up in blue light including the CN Tower, Niagara Falls, and Ottawa's TD Place in recognition of World Drowning Prevention Day on July 25. See page 7 for photos!
- Several pools, recreation centres and cities held drowning prevention or water safety events where they shared valuable tips with their local communities.
- Buddy the Lifeguard Dog made appearances across the province.
- Flag raisings were hosted by local politicians and civil servants to proclaim NDPW in their communities.
- Dozens of towns and cities took the opportunity to promote swim and lifesaving courses within their area.

This year's NDPW was a success, but our work isn't done. Water safety is a year-round mission. We hope you'll join us next year from July 20–26 (and all the days in between).



Find a Course posting improvements

Exciting news, affiliates! We're thrilled to introduce our updated Find a Course posting system, now featuring an Excel template in place of the previous fillable PDF. This change aims to simplify and accelerate the posting process. Here's how it works:

- 1. Download the template:** Visit the [Find a Course](#) page and click on the "Scheduled Course Upload" link in the left-hand navigation panel to access the downloadable Excel sheet template.
- 2. Complete the Excel sheet:** Fill in the template with the required information, making sure all mandatory fields are completed.
- 3. Upload your file:** You can upload the completed Excel sheet directly to our website. If there are any errors, such as missing information, the document will not upload and you'll be notified immediately. Once all information is verified, the course details will be automatically published on our website. Alternatively, you can email the Excel file to training@lifeguarding.com.

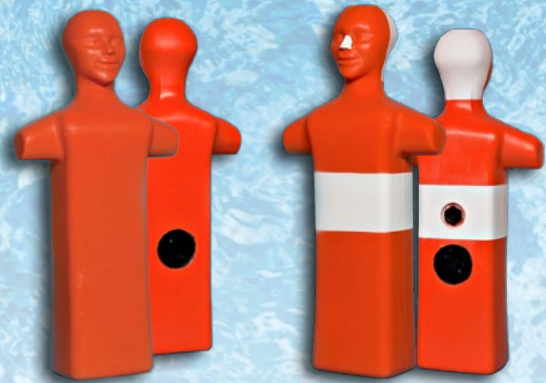
Add your courses today!

NOTICE OF PROGRAM RETIREMENTS

As of December 31, 2024, the following Lifesaving Society programs will be retired: Boat Rescue, Lifesaving Fitness, and Distinction.

Lifesaving Fitness stickers used for Junior Lifeguard Club will continue to be available until stock runs out.

Lifesaving Society Training and Competition Manikins



Training Manikins
\$277.83 each or 10 for \$250.05 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.

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.



Ensure safety in your facility with an aquatic safety audit

Though summer is coming to an end, ensuring the safety of patrons is a year-round concern. As Canada's principal authority on lifeguarding and aquatic standards, the Lifesaving Society offers a vital service to help aquatic facility operators maintain the highest standards of safety: a comprehensive aquatic facility safety audit.

In these audits, a facility undergoes an in-depth evaluation, which includes swimming pools, spas, and both supervised and unsupervised waterfronts. Conducted by certified Lifesaving Society Safety Auditors, the aim is to identify potential risks and recommend measures to mitigate them. This rigorous process encompasses an on-site inspection, review of operational literature and interviews with facility personnel.

The benefits of a safety audit

- **Risk reduction:** By implementing the Lifesaving Society's recommendations, facility operators can significantly reduce the likelihood of drowning and serious water-related injuries.
- **Expert insight:** The Lifesaving Society leverages its extensive research into drowning incidents to provide recommendations that go beyond regulatory requirements.
- **Third-Party validation:** An audit provides an objective, third-party evaluation of a facility's operations that can reveal overlooked safety issues and highlight areas for improvement.
- **Due diligence:** In the event of an incident, regular audits demonstrate a facility's proactive commitment to maintaining safety standards.

- **Regulatory compliance:** An audit identifies any compromises in regulations and provincial standards, helping facilities to ensure full compliance and standardize operations within their community.
- **Operational improvement:** Beyond safety, audits can help resolve operational issues, leading to more efficient and effective management of aquatic facilities.

Book your audit today

The Lifesaving Society recommends that all aquatic facilities undergo a comprehensive safety audit at least once every five years. Ensuring the safety of your patrons should always be a top priority. For more information or to book a free estimate for a safety audit, [visit our website](#).

GIVING TUESDAY IS COMING UP

Giving Tuesday is a day when Canadians, charities and businesses, including the Lifesaving Society, come together for one simple purpose: to do good. This year, Giving Tuesday is on December 3. Please consider donating financially or giving back through an act of service. The Lifesaving Society is a registered charity, so if you'd like to donate to us and help support our drowning prevention mission, [click here!](#)

**GIVING
TUESDAY**

Webinars you won't want to miss

We're excited to announce that we've got several informative webinars coming to a computer near you this fall.

Our Lunch 'n' Learn webinars are led by experts and are geared towards affiliates looking to enhance aquatics within their facility and community. Take a look and register today!

2024 Jocelyn Palm Cup What's New Thursday, September 26, 12:00 p.m.

This one-hour webinar is geared towards affiliates who are interested in submitting a nomination for the 2024 Jocelyn Palm Cup. The Lifeguard Services Committee will provide an overview of the application process and will address affiliate inquiries regarding how the evaluation guide is used for this award. [Register now.](#)

Planting Seeds for the Future of Aquatics Thursday, October 3, 12:00 p.m.

This one-hour webinar will showcase the Town of Essex and the City of Kitchener as Lifesaving Society affiliates and leaders in their community at large. Learn how they're planting seeds to develop future leaders in aquatics through mentorship programs. Some of the programs include the Essex Swim and Lifesaving Club, Essex Emerging Leaders, and Kitchener's CORE program. [Register now.](#)

Making Aquatics an Attractive Career Path Wednesday, November 6, 12:00 p.m.

This one-hour webinar will showcase the City of Orillia and the City of Vaughan as Lifesaving Society affiliates and leaders in their community at large as they promote the field of aquatics and recreation as "more than just a job." Come learn about their successful recruitment campaigns and see how they are making aquatics an attractive career path in their community. [Register now.](#)

We've also got another Safety Management webinar coming up to help ensure your facility is in tip-top shape.

Setting the Bar: Navigating and Implementing Lifesaving Society Standards Wednesday, October 16, 1:00 p.m.

Speakers Sean Duffy (Ontario Vice President Management Training) and Brian Connors (National Standards Commissioner) explain how Lifesaving Society developed Safety Standards enhance safety in aquatic facilities. You'll gain practical insights on seamlessly integrating them into your operation, with a specific focus on lifeguard zone development. [Register now.](#)

Can't make it? Our webinars are often recorded for you to watch whenever you want. You can explore a catalogue of available past webinars [here!](#)

JOCELYN PALM CUP NOMINATIONS ARE OPEN

Every year, the Lifesaving Society awards its annual Jocelyn Palm Cup to the affiliate making the most outstanding contribution to National Lifeguard. The nomination period for this prestigious award is open and will stay open until January 17, 2025.

But wait, there's more!

Thanks to your feedback, we've now created and posted a simple evaluation guide, explaining the criteria used to award the Jocelyn Palm Cup so you have a better understanding of what to submit and highlight.

To read this new evaluation guide and to learn how to nominate an affiliate, [visit our website.](#)



Allison Courtney and Jacob Fitts accept the Jocelyn Palm Cup on behalf of the City of Ottawa.

Ten tips for new instructors

You're an instructor! What an exciting milestone! But as the saying goes, with great power comes great responsibility – and that can be scary. The good news is that the Lifesaving Society has your back. Here are 10 tried and true tips from fellow instructors wanting to see you thrive as a leader in aquatics. Ready to make a splash?

- 1. Be prepared** – Review your lesson plans and ensure you understand the “Must Sees” of each item. Need help? Check the back of your worksheet or your *Teaching Swim for Life* manual. Arrive early for your first shift to ensure you have time to get yourself ready to teach.
- 2. Safety supervision** – Use proper formations and always watch your swimmers. Be the first one in the water and the last one to get out, and position yourself at the deepest area where your students are.
- 3. Maximize practice time** – Start and end your class on time, and use brief and concise instructions. Not all skills need to be completed one at a time!
- 4. Demonstrate** – When swimmers physically see the skill in action it creates a mental image that helps them understand exactly what you expect from them, so don't hesitate to showcase your skills.
- 5. Supports and holds** – Change the support or hold you use as the swimmers become more comfortable. This will help encourage independence.



- 6. Use progressions** – Break down skills and strokes into smaller activities or steps that build towards the more complex skill.

- 7. Incorporate drills** – Drills allow you to review skills and strokes while isolating and correcting common concerns. As they say, practice makes perfect!

- 8. Feedback** – Provide feedback often. Let your swimmers know what they're doing well and how they can improve. Refer to the Must Sees using simple language everyone can easily understand.



- 9. Incorporate equipment** – Support swimmers with drills and progressions by using the right teaching aids. Try floating dumbbells for front-to-side glides, noodles under arms for float positioning, and toys on tummies for back floats.

- 10. Get creative** – Use your imagination and incorporate new games in your lesson to teach and practice skills. And if you need inspiration, there are so many tools and activities to get you going on lifesavingsociety.com.



Instructing is a fun, rewarding and valuable job. You'll get the hang of things before you know it.

Sports Deluxe First Aid Kit

Attention coaches, trainers and team managers!
The Society's new Sports Deluxe First Aid Kit contains a comprehensive assortment of first aid supplies for the treatment of sport-related injuries or illnesses. The kit is assembled in a hard case to protect first aid contents and includes personal protection supplies, a variety of bandages, dressings, and splint materials.



Order online from LifeguardDepot.com
or call 416-490-8844.

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Working with your Area Chair

All across Ontario, volunteer Area Chairs represent the Lifesaving Society to support our affiliates and members in their local area.

The Society's Board of Directors has appointed 65 Area Chairs to provide representation and leadership for the Lifesaving Society Ontario across 30 designated geographic areas in Ontario and Nunavut. The goal of Area Chairs is to support the unique, individual needs of each community they represent.

How your Area Chair can help you:

- Training and mentoring leadership staff to continue the growth of training programs in your area, including supporting the Examiner Mentor process.
- Supporting your public education and fundraising initiatives.
- Providing expertise on Society matters including course delivery, programming, recertification, safety standards and other processes.
- Providing input to the Society's Council of Officers and Board of Directors to guide decision-making that supports local needs.
- Sharing information about new and existing Society programs and services.

You can [find your local Area Chair](#) on the Lifesaving Society website. Don't hesitate to reach out if you have questions, concerns, ideas, feedback, or if you want to get involved with anything to do with drowning prevention or aquatics in your area. Your Area Chair is there to help!

THE CLASSIC FOX 40



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or call 416-490-8844.

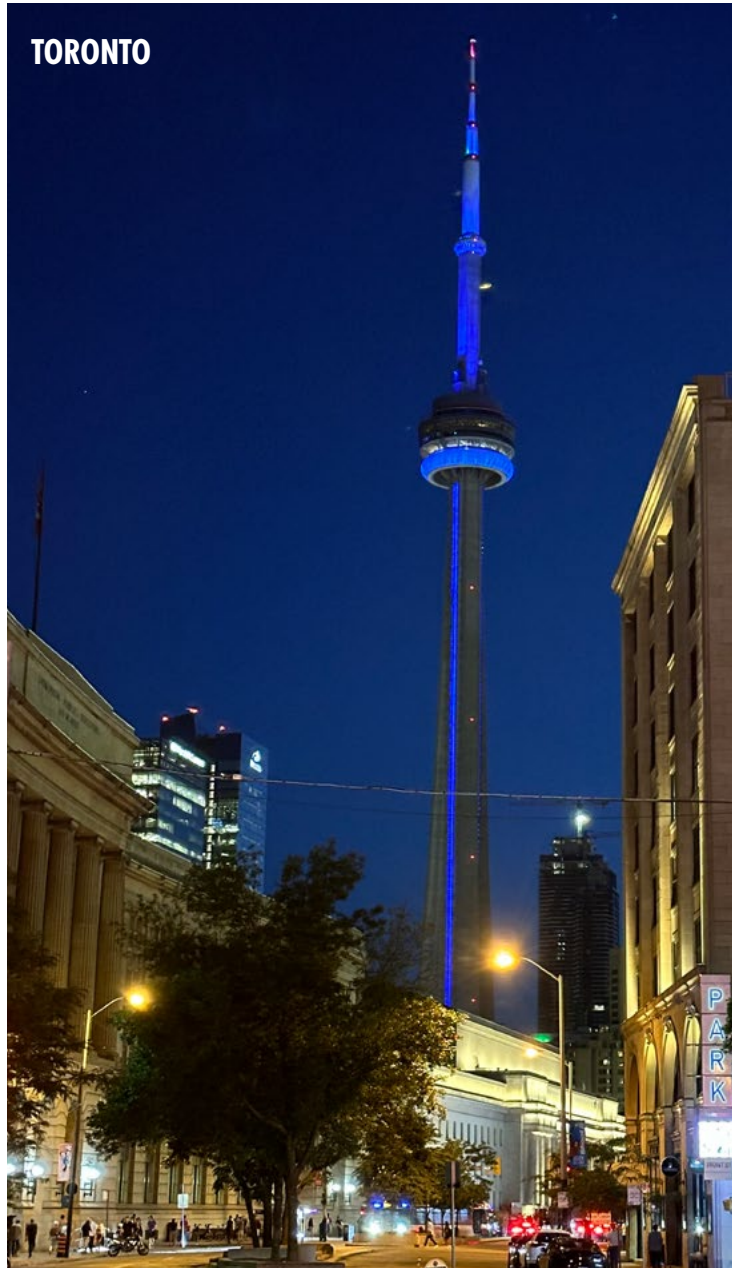
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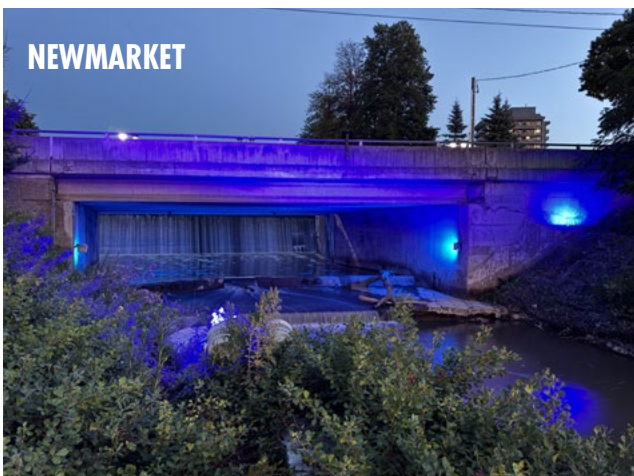
VAUGHAN



TORONTO



NIAGARA FALLS



NEWMARKET



OAKVILLE