

## Leadership recertification – a year in review

The new Leadership Recertification Points System launched one year ago and included a new In-Person Recertification course option. Approximately 5,000 instructors recertified in Ontario, and about 1,000 of those took advantage of the In-Person Recertification course to earn their points in the first year. While the easiest way to recertify is to teach Society programs, it's important to have options that work for instructors.

Updating the leadership recertification process proved beneficial. If you haven't recertified with the new system yet, here are some answers to frequently asked questions.

### What's involved in taking the optional In-Person Recertification course?

The 4-hour course includes a classroom module (1 hour and 20 minutes) as well as an in-water module (2 hours and 40 minutes). Successfully completing the course earns you 4 points to use towards recertifying your instructor, coach and examiner awards.

For the classroom module, you will review the instructor/examiner job descriptions, complete a review of the *Program Guide*, and take a look at the examiner and examiner mentor process. Don't forget to bring your Award Guides with you!

For the water module, you will practice teaching and evaluating through peer teaching assignments which will include working through some instructional challenges. Candidates will then practice their emergency response skills through example teaching scenarios.

Take the course anytime during your 24-month currency period and submit your [recertification online](#) or [email](#)/mail your completed [Leadership Recertification Form](#) no later than a week before your awards expire to allow for processing time and ensure your awards stay current.

### I've never recertified before, how can I do it online?

- Find your Web Access Code (located on the tear-away portion of your printed certification card directly below the blue portion).
- Create an account on [lifesavingsociety.com](https://lifesavingsociety.com). Log in to your Lifesaving Society account.
- Click "Recertification" in the left navigation menu (Contact us for assistance if this doesn't appear on your account).
- Complete the steps until payment is submitted.
- [Email us](#) any additional documentation required.

### When can I start earning points?

Once you're a certified Instructor, you can start collecting points. You have 24 months from the certification date to collect your 4 points and submit your recertification. Once you are recertified, the points reset, and you have 24 months to collect 4 points once again.

### What kind of points do I need to earn?

There are two categories of points: Mandatory and Open. At least 2 points must come from the Mandatory category, all other points can be earned from either the Open or Mandatory categories. Some points can be used more than once on each recertification or "stacked."

### Can I "stack" up my points?

You can now stack points – meaning instructors who teach or examine the same eligible course more than once, earn points for each time they teach that course within their 24-month currency period. For example, if you teach two separate Bronze Cross courses, you will earn 2 points for each of those courses.

### How do I recertify if I'm a Trainer?

Points must be earned from the Points List that aligns with your highest level of certification. Earning 4 points within 24 months from the [Trainer Points List](#) makes you eligible to recertify all the awards you hold. Once you've earned the points complete the recertification process.

## We're moving!

The Lifesaving Society is moving its customer service operations to a new location in the spring. The new **Lifesaving Society Ontario – Member Services Centre** will be located at **475 Cochrane Drive in Markham**. The new office is conveniently located close to highways 7, 401, 404 and 407. Phone numbers and email contact information for staff will remain the same, the only thing changing is the address you visit us at.

While you're at the new Member Services Centre you can:

- Purchase and pick up orders from the [LifeguardDepot.com](http://LifeguardDepot.com) store.
- Receive in-person customer service.
- Recertify your leadership awards.
- Pick up and drop off lifesaving sport rental equipment.

We ask for your patience and feedback on how we can better support you as we transition to our new location. More information will be shared with you in the coming weeks including a firm opening date, detailed directions and maps. We look forward to welcoming you to our new office.

**Note for Affiliates:** Our permanent headquarters will remain at 400 Consumers Road in Toronto as a working location for our support services teams. While this location is not open the general public, as an Affiliate, you will still receive correspondence, including financial documents and test sheets with the address 400 Consumers Road.

## Lifeguard Depot.com®

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We're pleased to share the upcoming unveiling of the new and improved LifeguardDepot.com. To better serve you, our customers, a brand new LifeguardDepot.com website will be launching in spring 2025. Stay tuned for more announcements and as always, [visit LifeguardDepot.com](http://visit LifeguardDepot.com) for all your lifesaving gear needs.



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## Three ways to make lessons fun

As a Swim Instructor, you want to teach proper technique while also creating a fun environment where swimmers look forward to their lessons, promoting a love for the water.

Try these tips for extra fun and engaging lessons:

### Incorporate games with purpose and challenges

Games with purpose keep swimmers engaged while reinforcing new skills. These games offer opportunities for swimmers to build their skills in a playful, low-pressure environment.

- Play *Red Light, Green Light* for kicking.
- Sing *Hot Potato* to practice treading and legs-only surface support.
- Play *Treasure Hunt* to retrieve objects from below the surface.
- Try contests for cannonballs, handstands, or somersaults.
- Create obstacle courses to allow swimmers to feel a sense of accomplishment while having fun and further developing their skills.

### Use colourful and interactive equipment

A variety of colourful equipment can make basic drills more exciting, and incorporating imagination will further increase the fun.

- Think beyond the pool noodle when practicing floats and kicks, pretend it's a giant sea turtle shell or a magic carpet!
- Swimmers can strap on a 'jet pack' swim belt and complete a secret underwater mission.
- Are there toys or foam dumbbells available? They can act as a steering wheel to sail the seven seas or explore the galaxy.

## Incorporate songs and storytelling

Using music and storytelling for young swimmers can reduce fear and apprehension and increase focus while trying a new skill.

- Encourage preschoolers to practice blowing bubbles by singing *Happy Birthday* and blowing out all the birthday candles.
- Practice holding our floats while singing *Twinkle Twinkle*.
- Learn the *Pancake Song* to practice rollover floats (*Teaching Swim for Life - Songs*, p. 7-10).
- Tell a *Bob Story* to practice submerging and exhaling underwater.

Make a splash and try something new to take your lessons to the next level. When participants are having fun, they're developing a love for swimming and are motivated to continue learning this life skill.

### BOB STORY

*Anytime a swimmer hears "BOB" they go under the water and blow bubbles.*

My friend BOB and I were taking our afternoon walk, when we saw a sign that said "BOBby pins for sale!"

I said to BOB, "What in the world are BOBby pins?" And BOB told me, "BOBby pins are for hairstyles!" "Oh BOB! I should've known that," I said.

Bob started to laugh, "Don't worry BOBby, you learned something new today!"

BOB is a super nice guy. I told him so. He said, "you're a really nice guy too BOBby." I said, "you're the best BOB" and he said, "nooooo, you're the best BOBby!" Sometimes our BOBful friendship can get really confusing with so many BOBS!

## Updates to the Society's Guide to Ontario Public Pools Regulation

The Ontario Government issued updates to the Ontario Provincial Pools Regulation (R.R.O. 1990, Reg. 565: PUBLIC POOLS) effective January 1, 2025. In response, the Society has produced an insert that covers the required amendments to the current *Guide to Ontario Public Pools Regulation*.

The insert will be included with any purchase of the *Guide to Ontario Public Pools Regulation* until a new edition is available. The insert can be [downloaded from our website](#) for those who already own the book.

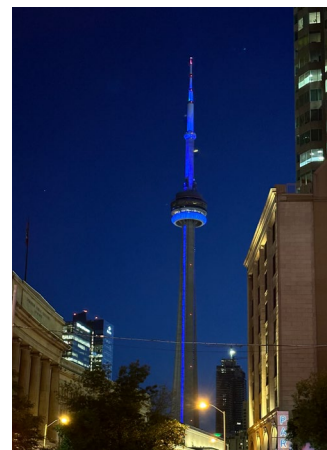
The Society will publish a new edition of the Guide later this year that features the January 1, 2025 updates, regulatory clarifications and other improvements.

For the full list of changes made by the Government of Ontario, [visit the province's website](#).

### FAST AND EASY WAYS TO PAY YOUR INVOICES

Keeping your payments up to date ensures your account is in good standing and prevents delays in processing your awards and shipping your orders. We offer several payment options, so choose which works for you:

- Use any major credit card.
- Pay online by logging into [lifesavingsociety.com](https://lifesavingsociety.com) and clicking *Pay Your Account Online* (in the left hand menu).
- Pay using electronic funds transfer (EFT). Contact us for bank information.
- Set up a "Payee" account through your online banking.
- Send e-transfers and remittance notices to [payments@lifeguarding.com](mailto:payments@lifeguarding.com).
- Send cheques payable to Lifesaving Society Ontario - 400 Consumers Road.



## Let's light up Ontario blue

Every year, World Drowning Prevention Day takes place on July 25. In 2024, many buildings and monuments in Ontario, across Canada and around the world lit up with blue lights in recognition of the cause. Following the rave reviews from last year, we're aiming to have more than 25 Ontario monuments lit up blue in 2025, and we need your help to do it!

Is there a monument or building in your community that can shine blue lights in support of World Drowning Prevention Day? Follow these steps to get your community on board.

1. Identify a monument or building.
2. Look up how to submit a request for the monument or building to be lit up blue on July 25. Many monuments require submissions within a specific time frame, so check out the submission criteria early.
3. Submit your request [to us](#).
4. Take pictures on World Drowning Prevention Day. Share them on social media with the hashtag #DrowningPrevention or tag us at Lifesaving Society Ontario. We look forward to seeing your community shine blue!

If your community doesn't have a monument to light up blue, consider creating a drowning prevention event or requesting your local council to make a formal proclamation in recognition of World Drowning Prevention Day.

July 20-26, 2025

National Drowning  
Prevention Week

LIFESAVING SOCIETY



## Start running Lifesaving Sport Fundamentals at your pool

Lifesaving Sport Fundamentals is a dynamic five-level program that introduces participants to lifesaving sport while reinforcing critical water safety skills. Targeted at children aged 8 to 12 who have completed Swimmer 3, the program blends fun, skill development and an active lifestyle, making it a natural next step in their aquatic journey.

### Program benefits for participants

- **Skill development:** Participants gain foundational lifesaving sport skills, including swimming proficiency, teamwork, rescue simulations and sportsmanship.
- **True Sport Principles:** Emphasizing values such as effort, fairness, respect, fun, health and community contribution, the program fosters well-rounded individuals.
- **Active lifestyles:** The program encourages physical activity for life while preparing participants for advanced lifesaving programs, competitive opportunities and even future aquatic leadership roles.

### Program benefits for affiliates

- **Community engagement:** Affiliates can attract a wide range of participants, fostering a sense of belonging while introducing youth to lifesaving sport.
- **Talent development pipeline:** The program serves as a pathway to developing promising athletes and future aquatic staff.
- **Promoting water safety:** By integrating lifesaving principles into an engaging sport format, affiliates enhance water safety education in their communities, supporting the Society's drowning prevention mandate.
- **Growth and sustainability:** Affiliates can expand their reach, attract sponsorships, build partnerships with local schools and organizations, and increase membership through this adaptable program.
- **There's no extra cost:** A Fundamentals license is included with your annual affiliate membership!

### Program highlights

The program is structured into modules for a pool setting. Each module touches on the following valuable elements:

- **Lifesaving Sport Principles:** Foundational values and ethics.
- **Starts, Turns, Transitions and Finishes:** Technical skills refinement.
- **Swim Proficiencies:** Strengthening aquatic capabilities.
- **Lifesaving Sport Skills:** Focused techniques for lifesaving.

With easy administration, no additional fee, and full implementation support, Lifesaving Sport Fundamentals is accessible and scalable for affiliates.

For more information or to start running this fantastic program in your pool, [contact us](#).

## BECOME A LIFESAVING SPORT COACH

Lifesaving Instructors can earn our Lifesaving Sport Coach Level 1 certification. In this course, you'll learn about pool and open water lifesaving sport skills and how to be an effective coach. Coaches teach and certify all levels of the Society's Lifesaving Sport Fundamentals program. Visit [Find a Course](#) to search for certification opportunities in your area.

## SAVE THE DATE!

Join us for our Annual General Meeting on Friday, April 11 at the Hilton Toronto/Markham Suites Conference Centre & Spa (8500 Warden Ave., Markham, ON L6G 1A5). All Society members are welcome. Please [RSVP by March 26, 2025](#).

# Making a Splash

## The Halton Hills are alive with the sound of lifejacket programs

Lifejackets save lives. Community initiatives like lifejacket lending programs help reduce local drownings by increasing access to free, properly sized, Transport Canada-approved lifejackets. The Society encourages our members and affiliates to create a lifejacket lending program in their community.

### Lifejacket Pay It Forward Clinic

The North Halton Area Chairs' started the "Lifejacket Pay It Forward Clinic" in 2020, after recognizing that more people were swimming in natural waters since pools were closed due to the pandemic.

The concept is simple. Community members donate lightly used lifejackets that are approved for use in Canada. The lifejackets are collected and tested to ensure they're in good condition. Anyone who needs a lifejacket can visit the "Pay It Forward Clinic" to look for one that fits them. Children can donate/return lifejackets they've outgrown and trade them in for a larger size. Over the past four years, the initiative has found new owners for 269 lifejackets!

### Lifejackets In Libraries

The Town of Halton Hills' launched "Lifejackets In Libraries" in 2022. Visitors to the Acton and Georgetown libraries can borrow lifejackets for two-week blocks at a time between May and October. Every borrower receives [WaterSmart Tip Cards](#) and information on how to stay safe in, on and around the water. This program is perfect for people who need a lifejacket for a trip or activity. In 2023, 139 lifejackets were checked out of the library!

Way to go, Halton Hills!

## BRING LIFEJACKETS TO YOUR COMMUNITY!

This spring, the Society is accepting applications to a new Lifejacket Contribution Program. This program will provide successful applicants with a maximum of nine adult-sized lifejackets to include in their lifejacket lending program. Communities will match the number requested with the same number of child/youth-sized lifejackets.

Visit our [website](#) and email [lif jackets@lifeguarding.com](mailto:lif jackets@lifeguarding.com) for more information about lifejacket lending programs and how to get started.

