

S P L A S H

October 2020



Please welcome Grégoire Cormier

The Lifesaving Society welcomes Grégoire Cormier to its New Brunswick staff as Training Program Manager. A household name in New Brunswick aquatic circles, Greg has profound working knowledge of the Society's training programs, products and services. He is a seasoned Lifesaving Instructor Trainer and a National Lifeguard Examiner and Instructor Trainer.

Since helping his Dieppe team win the 2011 New Brunswick Lifeguard Championships, Greg has been instrumental in the development and growth of Lifesaving Sport – most recently as chair of the Society's Lifesaving Sport Technical Committee.

Greg is formerly the Beach Captain and Consultant for the lifeguard service at Parlee Beach Provincial Park, and the Swimming and Water Safety Representative (Atlantic Zone) for the Canadian Red Cross.

Greg holds a Bachelor of Arts degree from the University of Moncton and is fluent in English and French.

You can reach Greg (gregoirec@lifesavingnb.ca) in his new role at the Lifesaving Society by phone (506-455-5762) during business hours. Please welcome Greg to the team.

PPE – Now Available

The Lifesaving Society sells Personal Protective Equipment including reusable and disposable masks, medical gloves, non-contact infrared thermometers, hand sanitizer, BVMs and BVM HEPA filter attachments, cleaning supplies and more.

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Vocational award extension has ended

To support aquatic staff and the re-opening of aquatic facilities, the Lifesaving Society extended the validity of vocational awards that expired March 1, 2020 or later. **This extension ended September 3, 2020.**

If you have questions or require assistance finding a recertification course, contact Sarah Hebb (sarahh@lifesavingnb.ca) at the Society office (506-455-5762).

Public Health: You can teach Bronze and National Lifeguard courses

In June, the Office of the Chief Medical Officer of Health (Public Health) confirmed that practical training associated with particular professions that require close interactions (e.g., lifeguarding) are permitted. This allows the delivery of National Lifeguard courses as well as the prerequisite Bronze and first aid courses. Regular staff training is also permitted.

While Instructors, Examiners and Trainers will need to adapt how they teach the course to ensure maximum levels of safety, the evaluation criteria remains the same. Consider the following when planning your next Bronze or National Lifeguard course:

1. Implement active screening procedures for all candidates on courses that require interactions within 2 m. Review active screening protocols on page 11 of WorksafeNB's *Embracing the New Normal*.
2. Adapt your course delivery to distance candidates by 2 m when possible (e.g., classroom learning).
3. Minimize the time candidates spend within 2 m of each other on items that require them to interact in close quarters (e.g., removals). Wear appropriate PPE.
4. Do not have candidates wear PPE during aquatic rescue items that put a candidate's safety at risk or that compromise their ability to perform the rescue (e.g., Management of a submerged victim).
5. Evaluate candidates using the Must Sees detailed in the relevant award guide.

For more information, contact Sarah Hebb (sarahh@lifesavingnb.ca) at the Lifesaving Society's office (506-455-5762).

Calling all instructors, examiners and trainers!



The Society's trifecta of technical resources required to support the delivery of the revised leadership training programs are all available!

The *Instructor Manual* provides instructors with the essentials needed to successfully teach, coach and evaluate Lifesaving Society programs. Used with award guides, the *Instructor Manual* is the required text on instructor courses. [The *Instructor Manual* costs \\$20.00 plus tax.](#)

The *Examiner Handbook* provides the essential knowledge and tools required to plan and conduct Lifesaving Society examinations. All active Lifesaving Society examiners and examiner mentors need the *Examiner Handbook* and it is the required text for candidates on Lifesaving Society Examiner courses. [The *Examiner Handbook* costs \\$27.80 plus tax.](#)

The *Trainer Manual* is the Lifesaving Society Trainer's technical reference and companion to the leadership award guides. All active Lifesaving Society trainers need this manual, and it is a required text for candidates on Lifesaving Society Trainer courses. [The *Trainer Manual* costs \\$27.80 plus tax.](#)

Order online at LifeguardDepot.com or call 1-844-647-7033

Teaching during COVID-19: National Lifeguard

The New Brunswick aquatics community has rapidly adapted programs and services to safeguard our patrons and our communities against COVID-19. New PPE, new equipment, and keeping our distance means new lessons plans.

To help our members navigate these historic times, we have asked the experts on the Society's Training Program Council to share their teaching experience and best practices during a global pandemic. In this issue of *Splash*, we discuss National Lifeguard courses with Joey Doucet, the Society's Leadership Chair and the Manager of Aquatics for the YMCA of Greater Moncton. Joey successfully delivered National Lifeguard courses and recertification exams throughout the summer.

"After public health gave everyone the go-ahead for Lifeguard training, the initial challenge was getting our heads around how to offer this course. It's very practical and we didn't want to lose that," recalled Joey when planning the YMCA's first NLS course of the summer.

"Our Y actively screens all members who enter the facility. During the course, we space out when we can, and when we can't, we use PPE – like during first aid treatments. We also provided each candidate with their own Adult and Infant CPR manikin for the duration of the course."

When quizzed on the experience of his first course, Joey said, "There was a lot of adjusting and learning on the first course, but once we started the second course, it was easy. It was like we'd been doing it forever."

When asked about integrating face shields and masks, Joey noted it is nothing new for lifeguards. "During a rescue, while the first guard brings the victim to the side of the pool, the second and third guards bring the first aid kit and would traditionally put on their gloves and have their pocket masks ready. Now, we're just adding in a face shield and face mask to the equation." He said there were no issues with candidates adjusting to the new equipment and procedure. "Candidates don't know any different. It was more of an adaption for us as instructors."

So, what advice would Joey give NLS Instructors planning their first course? "Don't stress about it and get lots of PPE. National Lifeguard is flexible by design; you can really adapt how you teach it, and a lot of the new guidelines make sense. I'll probably keep using them for my National Lifeguard courses even after COVID is gone."

For more information about teaching during COVID, visit the [COVID-19 page](#) of our website or contact the Society (info@lifesavingnb.ca).

Lifesaving Society Training and Competition Manikins



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- Ideal for practicing pick-ups, carries and removals in lifesaving and lifeguard courses.
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- Require minimal maintenance.
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