

Attention: Lifesaving Instructors and Examiners!

The revised Bronze medal awards are here, so Lifesaving Instructors and Bronze Examiners need to be ready. Follow these steps to get up to speed:

1. Read [What's New for Instructors?](#)
2. Order the new [Bronze Medals Award Guide](#).
3. Attend an Explore Bronze Update Clinic.
 - a. In-person at your local facility
 - b. Online by videoconference: May 8 (10 am – 1 pm), or June 5 (10 am – 1pm) or June 26 (10 am – 1 pm).
To register, email: info@lifesavingnb.ca

The Explore Bronze Update Clinic has no fee and is worth 3 credits towards your leadership recertification.

To learn more about the revised Bronze medal awards read the [December 2020 edition of Splash](#), or [visit our website](#).

For questions, or more information about the Explore Bronze Update Clinic, contact [Grégoire Cormier](#).

Join us at our AGM

The Lifesaving Society New Brunswick Annual General Meeting will take place via videoconference, April 24, 2021 from 3:30 p.m. to 5:00 p.m. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend. If you haven't received your email invitation, contact Ryan Munn at the Society's office by phone or [email](#).



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Ready. Set. Recert.

As light begins to glimmer at the end of the Covid tunnel, pool operators and their staff are making plans for a return to some kind of normal. One of those norms, is that lifeguard certifications need to be current. Because of lengthy pool closures in many areas of the province, staff have not had the chance for regular in-service training. Many guards will need in-water practice time to get back into the lifeguarding shape they need to recertify National Lifeguard.

To this end, we offer some training tips and sample workouts. Start back gradually with workouts two or three times a week for several weeks until you can meet the time standards in these three physical standard items that are mandatory on a National Lifeguard Pool Recert.

Object recovery (Item 2a). *Demonstrate anaerobic fitness and strength for an object recovery: Starting in the water, swim 15 m and surface dive to recover a 9 kg (20 lb.) object; surface and carry the object 5 m – all within 40 sec.*

- Approach head-down and swim right into the surface dive. Use your momentum. Don't pause.
- Use your best surface dive (head- or foot-first).
- Hold the object close and drive off the bottom with both legs.
- Object does not need to be at or above surface on carry.

Sprint Challenge (Item 2c). *Demonstrate anaerobic fitness: Starting in the water, swim 50 m head-up within 60 sec.*

- Head-up means "eyes up and forward". Pick a point at the end of the pool and focus on it.
- Get a strong streamlined "eyes-up" push off the wall(s).
- Swim front crawl or breaststroke or a combo.

Endurance Challenge (Item 2e). *Demonstrate aerobic fitness and endurance: Swim 400 m within 10 min.*

- Wear goggles.
- Start with a dive entry.
- Use power strokes (front crawl and/or breaststroke).
- Use flip turns with a powerful drive off the wall into a streamlined glide and seamless transition to the stroke.
- Count strokes per length to monitor and adjust your pace.

Sample workout

The following type of workout can gradually improve and maintain a lifeguard's aerobic and anaerobic fitness to prepare for water rescue. On your first workout back, adjust pace times as necessary to align with your current fitness level. Thereafter, start decreasing pace times so every workout is a challenge.

Brush up on the principles of training in chapter 5 of the Society's *Instructor Manual*.

Warm up (5–10 min.)

Appropriate dynamic stretches followed by a 200 m swim at an easy pace. Your choice of stroke(s) or kick(s).

Workout Set 1

Using front crawl, choose option A, B or C based on your current physical ability.

Option A – 2 x 100 m @ pace time 2:20 min. each

Option B – 4 x 50 m @ pace time 1:10 min. each

Option C – 8 x 25 m @ pace time 35 sec. each

On your own schedule, gradually ramp up to a 400 m nonstop workout maintaining a uniform pace throughout. If doing 25s, work up to 50s then 100s. If you're not able to jump to 400 m, try 2 x 200 m on a pace of 4:40 min. each.

Cool down with several lengths.

Workout Set 2

Using front crawl, choose option A or B (and number of sets) based on your current physical ability.

Option A – 4 x, 6 x, or 8 x 50 m @ pace time 1:00 min. each

Option B – 4 x, 6 x, or 8 x 25 m @ pace time 30 sec. each

Cool down 8 x 25 m kicking (odd sets eggbeater, even sets choice of kick), followed by 100 m breaststroke.

Calling all affiliates

As New Brunswick moves back into yellow alert level, we call on all Affiliate Members to help populate [Find a Course](#). As soon as you have courses open to the public, please send them our way, so we can send candidates your way. Give us a call or send us an [email](#).

Looking for a course or recert?

As soon as affiliates send us their course listings, we post them to [Find a Course](#). Use this tool to find that course or recertification, so you'll be ready to get back to work when called upon.

July 18-24, 2021

National Drowning Prevention Week

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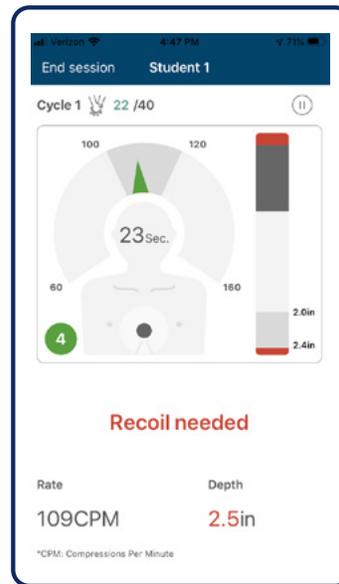
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