

SPLASH

August 2013



Waterfront Lifeguard Champions Christine Ryan and Marcel Bourgeois with Society President Doug Trentowsky following the 27th annual New Brunswick Waterfront Lifeguard Championship at Parlee Beach on August 7, 2013.

Lifesaving Sport Officials Program Launched

Fifteen participants took the Society's first Community Officials course at Parlee Beach on August 6. The next day, the newly certified officials worked the Waterfront Championships. Next up – the Canadian Surf Lifesaving Championships, August 23-25 in Nova Scotia.

The Community Officials course is an exciting opportunity focusing on the duties and roles required when hosting a lifesaving sport event. The Society's Officials Certification program allows officials to develop career paths leading to officiating at provincial, national and international championships. Pool Official and the Emergency Response Official courses will be introduced over the next year. Contact the office for information.

You do the math...

Great job

+ Leadership skills

+ Lifelong friends



Prerequisites

Many Lifesaving Society awards require prerequisites be in place before starting the course. The prerequisite may be another award or a minimum age. Let's avoid the unnecessary and negative public relations that result when candidates are not certified after participating in a course. Remember:

- Prerequisite awards need not be current.
- Prerequisite awards must be earned prior to the start date of the course to which they apply. When two or more awards are offered together (e.g., Workplace Standard First Aid and National Lifeguard), the Society deems the prerequisite award to have been earned in the correct order.
- Minimum age requirements must be attained by the day of the exam.

Join Canada's swim team!

The Lifesaving Society has partnered with CanSwim to encourage every Canadian child to learn to swim at least 25 m non-stop by the age of 12. Join for free at getswimming.ca!

Fitter and Faster NLS

Lifeguards need to make quick, smart decisions and use bursts of intense physical exertion. Most countries include physical components in their lifeguard training and exams, and international research shows the benefits of such fitness testing. The revised National Lifeguard program includes requirements to ensure Canadian guards have a reasonable level of physical fitness. For example, the Pool option includes a 400 m swim in 10 min. or less.

Training for the 400

Lifeguards understand the need for practice when it comes to skills like CPR. Fitness is no different. Start training for your next National Lifeguard exam on your own or create a fitness challenge among staff teams. Here are some tips:

- Wear goggles.
- Use a power stroke (front crawl and/or breaststroke).
- Stay streamlined after your turn. Maintaining a streamline position conserves energy and will take approximately one second off your time for each length.
- Do flip turns. A flip turn with a streamlined push off the wall will conserve energy, add propulsion and potentially reduce your time by two seconds per length – over 16 lengths, that's 32 seconds!
- Practice, practice, practice. To be successful you need to do this at least twice per week.



The Lifesaving Society is a national, volunteer organization and registered charity working to prevent drowning and water-related injury. Annually, over 1,000,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.