

S P L A S H

April 2023

Sarah Hebb becomes CEO

The Lifesaving Society New Brunswick Board of Directors is pleased to announce the appointment of Sarah Hebb as CEO. Sarah succeeds Ryan Ferguson who begins a new role based in Ontario managing the Lifesaving Society's national publications.

Sarah joined the Lifesaving Society New Brunswick's professional staff in 2017 as Member Services Manager, where she quickly built her reputation as its go-to problem solver, ensuring the smooth and efficient operation of the Society's core functions and headquarters.



Sarah's intimate working knowledge of the Society, and of New Brunswick's aquatics industry, gives her the insight required to lead the Society's professional staff into the future, and the ability to continue providing our individual and affiliate members with the exceptional service they've come to expect.

Before being actively recruited by the Society, Sarah earned her BA in History at the University of Ottawa and worked as a full-time aquatic supervisor with the Town of St. Stephen and the YMCA of Greater Saint John.

Please join us in congratulating Sarah on this well-earned advancement. You can reach Sarah at sarahh@lifesavingnb.ca

Join us at our AGM

The Lifesaving Society New Brunswick Annual General Meeting will be hosted by the City of Miramichi, April 29, 2023. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend. No R.S.V.P necessary. A reception with light refreshments will begin at 5:00 p.m. followed by the AGM at 6:00 p.m. We look forward to seeing you there.



The Lifesaving Society acknowledges and thanks the Government of New Brunswick for its ongoing support of our drowning prevention mission.

National Lifeguard Update – what to expect at your recert

The Lifesaving Society has updated the National Lifeguard program to ensure its curriculum and performance standards remain current, relevant and grounded in the competencies required by lifeguards.

While Affiliates have until the end of the year to implement the updated program, recertifying National Lifeguards may be evaluated using the updated curriculum at their next recertification exam. Find out before the recert.

Here's what's new for National Lifeguard – Pool recertifications

- **Single Lifeguard situation:** In addition to team situations, lifeguards will need to respond as a single lifeguard to a situation in a supervised aquatic setting with one auxiliary staff member.
- **Scanning and observation:** Previously covered as part of lifeguarding situations, the ability to demonstrate effective lifeguard scanning techniques and observations skills is now a standalone evaluation item.
- **Victim management:** Lifeguards will be asked to perform the Management of a distressed or drowning victim item twice; once with aid and once without an aid.
- **Sprint challenge:** Lifeguards now perform this physical standard using any combination of recognizable strokes. Lifeguards are no longer required to swim "head-up".

Read about the [2023 National Lifeguard update](#) on the Society's website for full details.

You can review all National Lifeguard test items evaluated in [National Lifeguard Pool](#) and [National Lifeguard Waterfront](#) using the At-a-glance lists found on the Society's website. Only items marked with a (+) symbol are evaluated on a National Lifeguard recertification examination.

4 tips to help you get ready for your next National Lifeguard recert

1. **Hit the water:** It takes time to improve your aerobic and anaerobic fitness in water – and you'll need both to pass your National Lifeguard recertification. Be sure to check where your fitness stands well in advance of your recertification date to give you the time to improve if need be.
2. **Hit the books:** Standards evolve over time. Make sure you're up to speed on them before you attend your recert. First aid and CPR standards are regularly improved, and the Society recently updated its National Lifeguard program (see adjacent article). Visit the Society's website to read up on program updates and any changes to National Lifeguard candidate resources: *Alert: Lifeguarding in action* and the *Canadian First Aid Manual*.
3. **Polish your skills:** If you aren't feeling confident, consider contacting your local pool for some practical practice. Some pools may offer private or small group sessions for the purpose of preparing candidates for the National Lifeguard recertification.
4. **Ask the experts:** Aren't sure about something? Just ask. Send us an [email](#) or call 506-455-5762.





2023 New Brunswick Pool Lifesaving Championships

The **Ville de Dieppe** hosted the return of the New Brunswick Pool Lifesaving Championships March 4, 2023. Congratulations to the 2023 champions, the **Ville de Dieppe** (pictured above).

Thank you to all volunteers, athletes, coaches and officials who attended and made the 2023 championships a success.

The next provincial championship takes place Monday, August 14 when Parlee Beach Provincial Park and the Parlee Beach Lifesaving Club jointly host the 2023 New Brunswick Waterfront Championships

Instructor Manual: Online and blended learning appendix now available

The Lifesaving Society's *Instructor Manual* now includes an appendix on online and blended learning. The appendix guides instructors and trainers through the do's and don'ts of teaching Lifesaving Society courses online or in blended learning formats.

Those who already have the *Instructor Manual* without the appendix need not purchase a new copy of the book. The appendix is available in English and French as a standalone PDF at no charge. Download it from the [Teaching/Resources](#) section of the Lifesaving Society website or from the Leadership Library home page.

The latest printing of the *Instructor Manual* with the appendix can be purchased from [LifeguardDepot.com](#).

Commonwealth Lifesaving Championships

Canada hosts the 2023 RLSS Lifesaving Championships September 13–17 in Windsor, Ontario. Visit and bookmark commonwealthlifesavingchamps2023.ca for details.

Open to one National Team and one Development Team per nation, the Championships will see the best lifesavers from across the commonwealth compete for top honours.

Be sure to check back often as additional features are added on the run up to the event including online volunteer applications and event pass purchasing. Once the Championships get under way, you'll be able to catch all the action with live results, event photos and live streaming.



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.