

S P L A S H

July 2023

Swim Transition It's now or never!

This is the final call for Red Cross Water Safety Instructors to transition to the Lifesaving Society Swim Instructor program. You must complete this process before the **June 30, 2023** deadline:

1. Complete the online Swim Transition Instructor Clinic at e-lifesaving.ca.
2. Upload proof of your Red Cross Water Safety Instructor certification to the Society.

To get a copy of your Water Safety Instructor certificate, contact the Canadian Red Cross at 1-877-356-3226 or email myrcsupport@redcross.ca.

National Lifeguard Award Guide Updates

The Lifesaving Society took advantage of a recent reprint to make a few editorial clarifications to the *National Lifeguard Award Guide*. The changes, mostly in Appendix A, are intended to clarify three of the Notes and two of the Must Sees. The changes appear in the third printing (May 2023) of the Third Edition, Revised, January 2022.

Examiners must evaluate to the most current Must Sees.

No need to purchase the third printing. Simply access the [Updates](#) on the Society's website and make the edits in your award guide.

Jump into Lifesaving Sport



Calling all athletes, coaches and officials – the Lifesaving Sport summer season is upon us. Mark your calendar with the dates below and we'll see you on the beach.

August 6: Canadian Lifeguard Challenge, Martinique Beach, Nova Scotia.

August 14: New Brunswick Waterfront Lifesaving Championships, Parlee Beach Provincial Park.

August 25-27: Canadian Surf Lifesaving Championships, Martinique Beach and Rainbow Haven Beach, Nova Scotia.

Interested in volunteering? [Send us an email.](#)

Help the Society win The Great Canadian Giving Challenge

June is the Great Canadian Giving Challenge. Every dollar donated to the Society from June 1 to June 30 via CanadaHelps.org is an entry for Lifesaving Society to win a \$20,000 donation from Canada Helps.

Make your annual donation go further by [donating today.](#)

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

Immobilization replaced with Spinal Motion Restriction

You're perched on a lifeguard tower scanning your zone. In your peripheral vision, you see someone dive in awkwardly. They surface, grasping their neck, with a grimace of pain. You recognize this as a suspected spinal injury. You know what to do: Get to them quickly, assess ABCs, then immobilize their head and neck. Don't let them move a muscle.

Not so fast.

Recent medical studies and research ([like this one from the U.S National Library of Medicine](#)) have concluded that immobilization can actually cause more harm than good. In response, the Lifesaving Society is moving away from the term "immobilization" in favour of "spinal motion restriction" (SMR). This change is now reflected in the Must Sees in the *Bronze Medals Award Guide* and *National Lifeguard Award Guide*.

So, what's the difference? It's minor – but important. Where immobilization focused on the complete restriction of a victim's movement, SMR allows for some limited motion of the spine when the situation calls for it. Specifically, SMR encourages motion that places the victim in a position that allows them to breathe and swallow normally and gives the spine a neutral position.

Bronze Cross and National Lifeguard candidates will be familiar with this concept in practice. When managing a suspected spinal in an aquatic environment, the rescuer will often be required to move a victim from the position found, to a position on their back, protecting the victim's airway and putting their spine in a neutral position. We call this a spinal rollover.

Here's how this translates to your next Bronze Cross or National Lifeguard exam:

- During a spinal rollover, or while transiting in water with a suspected spinal injury victim, examiners will look for "restricted motion of victim's head and neck throughout" (Bronze Cross Item 10); or, "Motion of victim's spine restricted during rollover (if required) and throughout" (National Lifeguard Pool Item 11c).
- Gross, abrupt movements still need to be avoided – particularly twisting motions.
- Stabilization on a spineboard, or other appropriate device, remains the preferred method for removing a suspected spinal injury for an aquatic environment.
- The use of the trapezius squeeze technique can be used to ensure SMR.
- The life-over-limb principle prevails. If the victim isn't breathing, resuscitation takes priority, which means removing the victim from the water as soon as possible – with or without a spineboard.

Want more information? Contact [Grégoire Cormier](#).



Uniforms designed by lifeguards for lifeguards!

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Free standard shipping within Canada.
Some exclusions apply. Custom orders available.

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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.