

SPLASH

July 2024

Celebrating
60
years

of professional lifeguarding in Canada

This summer marks the 60th anniversary of our National Lifeguard award, so let's celebrate together!

Send us:

- Pictures of you or your loved ones as lifeguards. The older, the better!
- A short blurb (50 words or less) sharing your favourite lifeguarding memory.

[Email](#) your photos and memories to us!

You can also use #NL60 on social media to share content over the summer!



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



Make your lessons Water Smart®

Swim for Life instructors often give swimmers their first introduction to water safety. Take your lessons to the next level with these fun activities that reinforce the Water Smart messages.

Safe or Sorry

1. Swimmers line up out of the water on the edge of the deck or dock. Water depth would depend on abilities.
2. The instructor states types of water activities or swim conditions.
3. If the swimmers think this is a SAFE activity for swimming – they will say “safe” and jump in the water.
4. If the swimmers think the activity is UNSAFE they will say “sorry” and stay outside on the edge of the deck or dock.

Help and Huddle Tag

1. One swimmer is “IT.”
2. Whoever the “IT” swimmer tags gets into the H.E.L.P. position.
3. To become untagged, two other swimmers have to form a huddle with the tagged swimmer.
4. If the class is small, the tagged swimmer counts to 10 to become unfrozen.

Overboard

When falling out of a boat, you can become disoriented. These activities will assist you in remaining calm in the event of falling overboard.

1. Practice forward rolls into the water emphasizing covering your head, tucking your head, and pushing away from the edge.
2. Practice forward and backward somersaults in the water – how many can you do in a row?

Musical Buddies

1. Swimmers swim around the water to the music.
2. The instructor stops the music and yells “Buddy Check!”
3. All swimmers participating must find a buddy.
4. Swimmers without a buddy are eliminated from the game.
5. The instructor repeats.

Ice Safety

1. Fill a bucket with water and ice cubes. Let each swimmer take a turn plunging their hands into the water.
2. Talk about how long someone could survive in such cold water.
3. Explain significance of checking the ice before walking out and safe thickness for people (ice should be at least 4” thick).

PFD Relay

1. Have each swimmer select a PFD that fits them.
2. Divide group into teams of two and line up on the edge of the deck or dock.
3. Teams compete in a relay against one another: they will need to don the PFD on land, then swim to the other side. Once they arrive and touch the wall, the next swimmer begins.
4. When all swimmers have completed their part of the relay, they must sit down.
5. The first team to finish wins!

First Aid changes coming

The provincial government adopted the **CSA standards Z1210-17** first aid training for the workplace in January this year. This is a first step to align workplace requirements in all Canadian jurisdictions. The Society is currently comparing our existing first aid program with the CSA standard to identify any changes needed to meet the standards and remain a Workplace First Aid provider in New Brunswick.

The Society will offer a **First Aid Update Clinic** to educate First Aid Instructors, Examiners and Trainers of any changes to our First Aid Program. Announcements on any changes will be posted to our website and emailed to those impacted. Email info@lifesavingnb.ca to ensure our office has your most up-to-date contact information.

For the time being, instructors and examiners should continue teaching and evaluating First Aid per the existing standards in the *First Aid Award Guide*.

July 21-27, 2024

National Drowning Prevention Week

LIFESAVING SOCIETY

Help the Society win \$20,000

Every dollar donated to the Society between June 1 and June 30 on CanadaHelps.org is an entry for Lifesaving Society to win a \$20,000 donation from Canada Helps. Join the Great Canadian Giving Challenge this June and make your annual donation go even further.



Let's make it official!

The Society will host its final online Community Official and Open Water Official courses August 11, in preparation for the upcoming Canadian Surf Lifesaving Championships August 23–25, at Parlee Beach Provincial Park.

Registration fee: \$70

Registration deadline: One week prior to the start date of the course.

To register (or for more information) contact Lisa Hanson-Ouellette by [email](mailto:) or call 506-292-2859.

If you are interested in volunteering at the Canadian Surf Lifesaving Championships, please contact Grégoire Cormier by [email](mailto:) or call 506-455-5762.

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Are you current?

Summer is here! Are your Lifesaving Society leadership qualifications up to date? Use your Member ID to check [Find a Member](#) and see if you're ready to teach or examine Society courses or if you need to recertify.

Recertifying your leadership certifications (e.g., Swim Instructor or First Aid Examiner) is simple. Just follow these steps:

1. Download the leadership recertification [Credit Card](#) and [Credit List](#) from the Society's website. The [Credit List](#) has detailed information on the recertification process.
2. Fill out the first section of the Credit Card with all your information and indicate any leadership certifications you hold that you want to recertify. Double check all your information is correct.
3. Fill out the second section of the Credit Card by indicating the credits you've earned for courses you've taught or taken. Be sure to consult the Credit List to confirm the credit value of these courses is enough to recertify.
4. Finally, fill in your payment information on the form, or:
 - a. Submit payment over the phone,
 - b. Attend our office in person,
 - c. Send us an e-transfer to info@lifesavingnb.ca (including your name and 'Leadership Recertification' in the note.),
 - d. Or, if your employer is paying, request that we bill them directly.

Once your completed Credit Card and payment are received, we will review and (if there are no issues), process your recertification.

If you have any questions, contact us by email (info@lifesavingnb.ca) or telephone (506-455-5762).

Tips for outdoor summer lifeguarding

The summer lifeguard season is upon us. For lifeguards working outside the sun and heat can lead to great summer memories, but they can also cause heat exhaustion and heat stroke. Use these tips to keep cool and stay alert on those hot summer days.

1. Drink up

Staying hydrated is essential for an outdoor lifeguard. Take your water bottle on rotation with you. Fill your bottle a quarter or half full and freeze it overnight for a nice cool drink that'll last throughout the day. Refill your bottle on every break.

2. Made in the shade

Using an umbrella to create shade will help you beat the heat and avoid a sunburn. Most outdoor facilities provide guard stations with an umbrella, but you have to use it for it to work. When you're not under the umbrella, shield yourself from the sun with a hat, preferably one that covers your ears.

3. Slather on that sunscreen

Protect yourself from the sun's harmful UV rays by wearing a minimum of SPF 30 and make sure to reapply frequently, a sunburn is not a good look on a lifeguard.

4. Take a dip

The water is right there, why not use it? On hot days, rotate to your next position by walking in the water, this is a great way to cool down while remaining at the ready. When you're off rotation, ask your supervisor if you can take a quick dunk. If you're working at a waterpark and off rotation, try taking the slide instead of the stairs.



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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.