

# S P L A S H

March 2025

## Pool Lifesaving Championships results

Athletes made a splash at the Dieppe Aquatic and Sport Center during the 2025 New Brunswick Pool Lifesaving Championships. The Dieppe Aquatic Sport Centre and the Canada Games Aquatic Centre sent 18 athletes to compete for the honor of being declared provincial champions. Congratulations to this year's winners, Dieppe Aquatic and Sports Centre!

Thank you to all 19 volunteers who supported the championships – these events couldn't happen with you.

## Official-ly certified

We're pleased to welcome two new members to the local group of certified officials, who successfully completed their Community Official and Pool Official courses. Climbing the echelons of the official's ladder, are three new referees and meet managers. We look forward to seeing them refereeing our next lifesaving competitions.

## The more the merrier

Growing our base of officials expands lifesaving sport throughout the province. Check [Find a Course](#) for details on summer courses happening just before the New Brunswick Waterfront Championships in August.

## Let's head to the beach

Parlee Beach to be exact. On August 11, athletes and officials will gather for the New Brunswick Waterfront Championships. Stay tuned for more information and registration packages. As always, officials are needed, [email the Society](#) or [Parlee Beach Lifesaving Club](#) if you're interested in helping out.

## Office closed for Easter

Happy Easter! The Lifesaving Society's office will close Friday, April 18 and Monday, April 21 for Easter weekend. We reopen Tuesday, April 22 at 9:00 a.m.



2025 Pool Lifesaving Championships winner, Dieppe Aquatic and Sports Centre

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

## Swim lesson safety tips for instructors

We learn about safety protocols for swim instruction – like class management and emergency procedures, but it never hurts to have a refresher. Take a look at these tips and reminders to make sure safety is top priority in your lessons.

### Identifiable instructors

Students and parents need to easily recognize the instructors, even on a crowded pool deck. Wearing an “Instructor” shirt and name tag makes you identifiable from a distance. Introduce yourself to the parents and students to create a welcoming and comfortable environment.

### Keep whistles and rescue aids at the ready

You never know when you’ll need to signal for back up and jump into action. Always wear your whistle and keep an appropriate rescue aid within reach while teaching so you are prepared for anything.

### Keep your eyes on the prize

Watching your entire class is a must, never turn your back when students are in the water. Stay on the deep end side of your class to intercept any swimmers drifting towards the deep end of the pool. If a student leaves the class for a moment, know where they are going and if possible, have a deck supervisor watch them. Choose the right formations for each activity, refer to page 37-42 of your *Instructor Manual* for a refresher.

## Lifeguarded Lessons

Going above and beyond is what makes your aquatic facility as safe as possible. If you can, schedule a “Lesson Guard” to be on duty and scanning during lessons. For sites with a team lead or deck supervisor they can patrol and assist with getting equipment or monitoring any swimmers that leave the deck for a bathroom break.

### Be alert

The changeover between classes is often chaotic; swimmers leaving the pool, others arriving for their class and parents coming and going for pick up and drop off. Assign at least one National Lifeguard to supervise the pool during these transitions. Take agreed upon shifts to avoid leaving the deck without proper supervision.

## The Building Blocks of Aquatics Symposium

The Lifesaving Society New Brunswick is hosting an Aquatic Symposium titled “The Building Blocks of Aquatics” in conjunction with our Annual General Meeting. Join us for both events at Killarney Lake Lodge in Fredericton on Saturday, April 26. Registration for the symposium is \$30, which includes access to all sessions, light snacks and lunch. View the full list of presenters and session information on [our website](#). To register call 506-455-5762 or [email us](#).

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## Find a Course

Let us help you fill your courses! Lifesaving Society Affiliates receive free course advertising on the [Find a Course](#) section of our website. Simply [email us](#) your course details including: start and end dates, cost, location, certification level (must be Bronze Star or above) and registration information, and we will post the course for you. Take advantage of this Affiliate-only benefit today.

### FIND A COURSE

You can take Lifesaving Society training courses at your local pool (municipal, YMCA or university), or through private aquatic instruction companies. You can also earn Lifesaving Society certifications at most summer camps.

Start by choosing the appropriate course groups:

Lifesaving & Lifeguarding	First Aid	Instructing / Coaching / Examining	Lifesaving Sport Officials
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ENTER YOUR SEARCH CRITERIA:

Course Type	Bronze Star
Start Date	March
Region	all regions

Search

The courses posted are provided by the organizers. When you find what you want, contact the organizers directly to register. You should confirm the course details - dates, locations, times and costs - when you register because something might have changed since the organizers provided their information to Find a Course.

## Support drowning prevention in New Brunswick

The Lifesaving Society New Brunswick is a registered charity that relies on the generous donation of time and money from its volunteers and donors. Those who donate \$25 or more receive a tax receipt and have their name published in the Society's Annual Report.

Support drowning prevention in New Brunswick by [donating today](#).



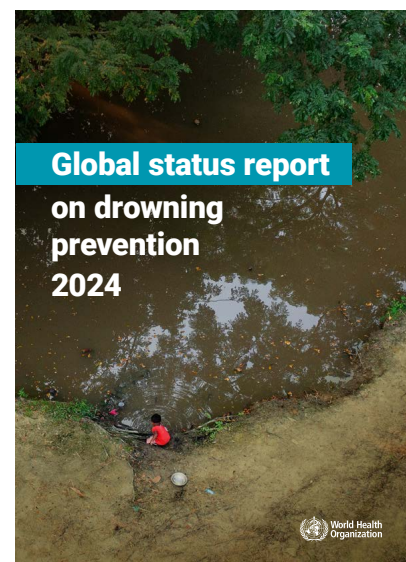
## Join us at our AGM

The Lifesaving Society New Brunswick Annual General Meeting will be hosted by the City of Fredericton at Killarney Lake Lodge at 6:00 p.m.; reception at 5:00 p.m., April 26, 2025. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend. Invitations to the AGM will circulate to members by email. To update your email address, contact Member Services Assistant, [Ryan Munn](#).



## WHO follows up UN Resolution on Drowning Prevention

The World Health Organization (WHO) released a follow up to the 2021 United Nations Resolution on Drowning Prevention. The Status Report provides an update on global drowning prevention initiatives, successes and areas for improvement on a global scale. Read the [December 2024 WHO Global Status Report on Drowning Prevention](#) or [watch the summary video](#) on YouTube.



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.