



Lifesaving Society New Brunswick – March 2026

First Aid Must Sees: Changes, Standards & Update Clinics

With the start of 2026 came changes to our First Aid program and its standards. What follows is a comprehensive breakdown of all the need-to-knows and Must Sees that will apply to all First Aid Instructors, First Aid Examiners, First Aid Trainers, Lifesaving Instructors and Lifesaving Trainers.

Before the course:

- Internally, the Lifesaving Society has decided to swap CPR Level B, which was paired by default with the Emergency First Aid course, with a CPR Level C similar to the Standard First Aid course. This adjustment has been made to respond to market demand and the rising request for Emergency First Aid as a workplace-designated course for low-risk work, while maintaining a manageable time slot for the course.
 - As of January 1, 2026, all courses delivered under the Lifesaving Society's curriculum, including our First Aid Program, must be organized through an Affiliate Member. Individuals are no longer able to set up courses on their own and submit test sheets. For more information on Affiliate Membership, please refer to Section 1 of our [Program Guide](#).
 - Our First Aid Program has been realigned with the CSA Z1210–17 standards adopted by the province of New Brunswick in 2024. Changes in these standards include shifts in course titles: **Emergency First Aid** is now **Basic First Aid**, and **Standard First Aid** is now **Intermediate First Aid**. The content of these courses has not been significantly affected; rather, the way the courses are delivered has changed.
- As of January 1, 2026, it is mandatory to have taken a First Aid Update Clinic **prior to** teaching any First Aid courses. For clinic updates, contact a First Aid Trainer near you or reach out to the Lifesaving Society to find out when the next clinic will take place. Contact info@lifesavingnb.ca to be included in the public First Aid Update Clinic roster.

JOIN US AT OUR AGM

The Lifesaving Society New Brunswick Annual General Meeting will be hosted by the City of Dieppe at Rotary Pavilion on Melanson Road across from the A J Leblanc Arena at 6:00 p.m., with the reception starting at 5:00 p.m., on April 25, 2026. 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](#).

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

A New Year of Lifesaving Sport

Upcoming New Brunswick Lifesaving Sport competitions include the rapidly approaching Pool Lifesaving Championships – Saturday, March 21 at the Garcelon Civic Centre – and the Waterfront Championships – Monday, August 10 at Parlee Beach Provincial Park.

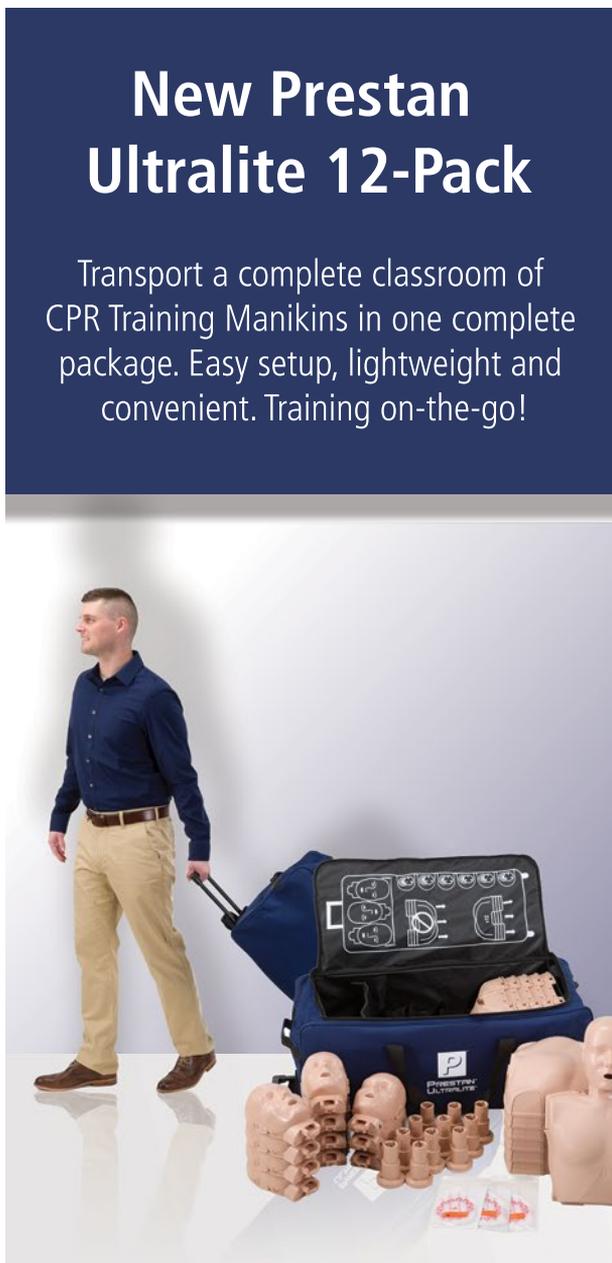
With 2026 underway, we provide a reminder of how the Lifesaving Sport year is divided and when you can expect each provincial event.

1. Pool Lifesaving: Provincial Championships in March
2. Waterfront Lifesaving: Provincial Championships in August
3. Lifeguard Emergency Response: Provincial Championships in November

Have you or your community been interested in Lifesaving Sport? The New Brunswick Lifesaving Sport Council is seeking opportunities to grow Lifesaving Sport in the province.

Lifesaving Sport is an active and educational option to set up new programming (through Junior Lifeguard Club or a Lifeguard Competition Team), tools for staff in-services or training, and to provide lifeguards with activity that keeps them strengthening their abilities and bettering their lifesaving skills in a fun and challenging way.

The New Brunswick Lifesaving Sport Council is interested in providing clinics at facilities in communities looking to dive into the basics of Lifesaving Sport. If your facility or community is searching for a way to stay active this year and learn the basics of Lifesaving Sport, please reach out to [Ben Tremblay](#) to inquire about a Lifesaving Society representative providing a Lifesaving Sport Clinic.



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OFFICE CLOSED FOR EASTER

Happy Easter! The Lifesaving Society's office will close Friday, April 3, and Monday, April 6, 2026, for Easter weekend. We reopen Tuesday, April 7, at 9:00 a.m.

Lifesaving Sport *See it – Try it* Clinic and Information Session

The Lifesaving Sport Council is hosting a clinic and information session in conjunction with the New Brunswick Annual General Meeting titled "See it – Try it". Join us for both events in Dieppe on Saturday, April 25. Registration for the clinic and information session begins at 11 a.m. at the Dieppe Aquatic and Sport Centre, and the event will run from 11:30 a.m.–2:45 p.m., including demos, water-interactive stations and an information session. The last session of the clinic will be at the Rotary Pavilion, where the AGM will take place.

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](#).




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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 1.2 million 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.