



LIFESAVING SOCIETY®
SOCIÉTÉ DE SAUVETAGE™
The Lifeguarding Experts
Les experts en surveillance aquatique

SPLASH!

Lifesaving news for New Brunswick Pools

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Did you know?

The Lifesaving Society started life in 1891 as the "The Swimmers' Life Saving Society." 'Swimmers' was dropped the following year and by 1904, we were styled the Royal Life Saving Society. Today Canadians know us simply as the Lifesaving Society.

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New Board of Directors Members

The Lifesaving Society of New Brunswick is proud to welcome the following board members for the 2010-2012 term:

- Nathalie Bossé
- Leah Nixon
- Guillaume Dostie



2010 Aquatic Guidelines

The 2010 Aquatic Guidelines are now published and available in PDF format on our website in our **Publications** section.

Now Carrying AQUAM products



The Lifesaving Society New Brunswick Branch is pleased to announce that we will be distributing Aquam Products. Now you can order both your training resources and equipment at the same time. This new partnership brings you the quality products available through Aquam while supporting the Drowning prevention mission of the Lifesaving Society. Visit the Lifesaving NB website for more information.

24th Provincial Waterfront Lifeguard Championships

This year's annual Provincial Waterfront Lifeguard Championships was held at Parlee Beach Provincial park in Shediac.



We would like to congratulate **Kyle Gervais and Sebastien Girouard from the Delta Dogs** for taking home the Championship title.

Kyle Gervais also took home the Daniel Bourque award for Sportsmanship.



We would like to thank all organizers, volunteers, participants and sponsors for making this event a huge success.

We are looking forward to our Pool Lifeguard Championships in March 2011.

The location and date will be announced shortly.

New National Executive Director: Yvan Chalifour

It is our pleasure to announce the appointment of Yvan Chalifour as the



National Executive Director for the Lifesaving Society.

Yvan has built a career in preventing drowning and water-related injuries through the delivery of training programs and public education and brings over 25 years of management experience from various professional positions. Yvan is a certified Project Management Professional, is fluently bilingual, and has proven experience in implementing and managing national training programs in a regional structure and executing projects for federal agencies and national organizations.

The addition of Yvan to our National organization to work in partnership with our ten Provincial/Territorial Branches and partners across the nation will enhance our ability to prevent drowning and water-related injuries in Canada.

Welcome Yvan!

Focus on Judgement

The four components of water rescue are judgment, knowledge, skill and fitness. While all of these are required to perform effective rescues, judgment plays a key role. Judgment allows rescuers to integrate the competencies of the other components while making good decisions about the best rescue options.

Lifesavers must learn to anticipate and manage rescue variables like victim condition, water conditions, distance and equipment available. They draw on their repertoire of lifesaving skills, knowledge and fitness to solve a simulated emergency.

Judgment is learned through a situational approach. Responding to simulated emergency situations allows the learner to practice making choices. Judgment is learned only when learners are allowed to make their own decisions and receive feedback on them.

Instructors need to differentiate between teaching skills and teaching judgment. Understanding the meaning of "Demonstrate" versus "Perform a rescue" will help. When a test item begins with "Demonstrate," it means this is a skill or skill sequence, not a rescue. The focus is on acquiring and improving the skill(s). Judgment is not required.

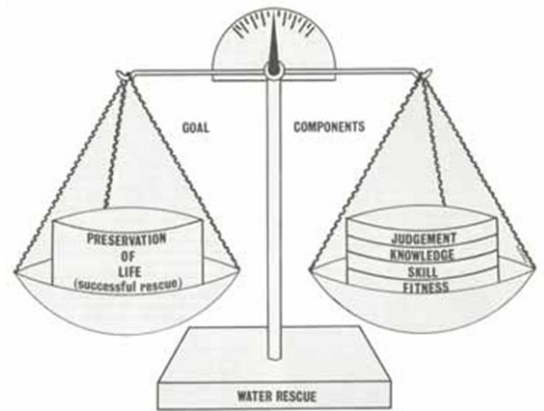
When a test item begins with "Perform a rescue," it means you should set this up as a simulated emergency, which requires candidates to make their own decisions about the best course of action. Practicing judgment is a key part of the item.

If you look closely at the Lifesaving Society training progression, you'll see that candidates learn rescue skills before being asked to apply them in a rescue situation. As participants move up through the lifesaving program levels, they acquire additional rescue skills and the skill sequences become more complex. Within each award, instructors should use the same progression: teach the skills first and then integrate them into simulated rescues.

Choosing the most appropriate actions comes from practice, maturity and experience. In pre-Bronze levels, the focus is on low-risk rescue responses. As lifesavers undertake more advanced training, emergency situations become increasingly complex and demanding.

A sign of good judgment training is that lifesavers – of any level – automatically choose the rescue response with the lowest risk-to-the-rescuer possible. The Society's slogan ("Reach, Throw, Row, Go, Tow"), the Ladder of Risk analogy and the Rescuer's Checklist are learning aids that assist in developing sound judgment.

Of course, situational approach training is also essential in developing competent lifeguards. Only by allowing lifeguards to make choices in simulated rescue situations do we develop the sound judgment needed in real emergencies.



Join our Facebook page to keep up to date with all of our events.

- Search [Lifesaving Society New Brunswick](#) in Groups.

Post on our Website

If you would like to post upcoming courses or employment opportunities at your facility or in your community, please contact us at programs@lifesavingnb.ca

Significance of Our Logo

Our chosen symbol is imbued with the characteristics that personify the Lifesaving Society. First, one can read the letter "S," which represents our devotion to Safety, Service and Saving lives. Next, the curved shape of the symbol brings to mind movement and waves. The symbol also represents our lifeguarding expertise in the form of a stylized rescuer whose arm is holding a rescued victim



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Splash! is a publication of the Lifesaving Society of New Brunswick.

For more information on our programs, visit www.lifesavingnb.ca

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