



Lifesaving Society New Brunswick

# SPLASH

December 2021



LIFESAVING SOCIETY  
The Lifeguarding Experts



## Five tips for giving better feedback

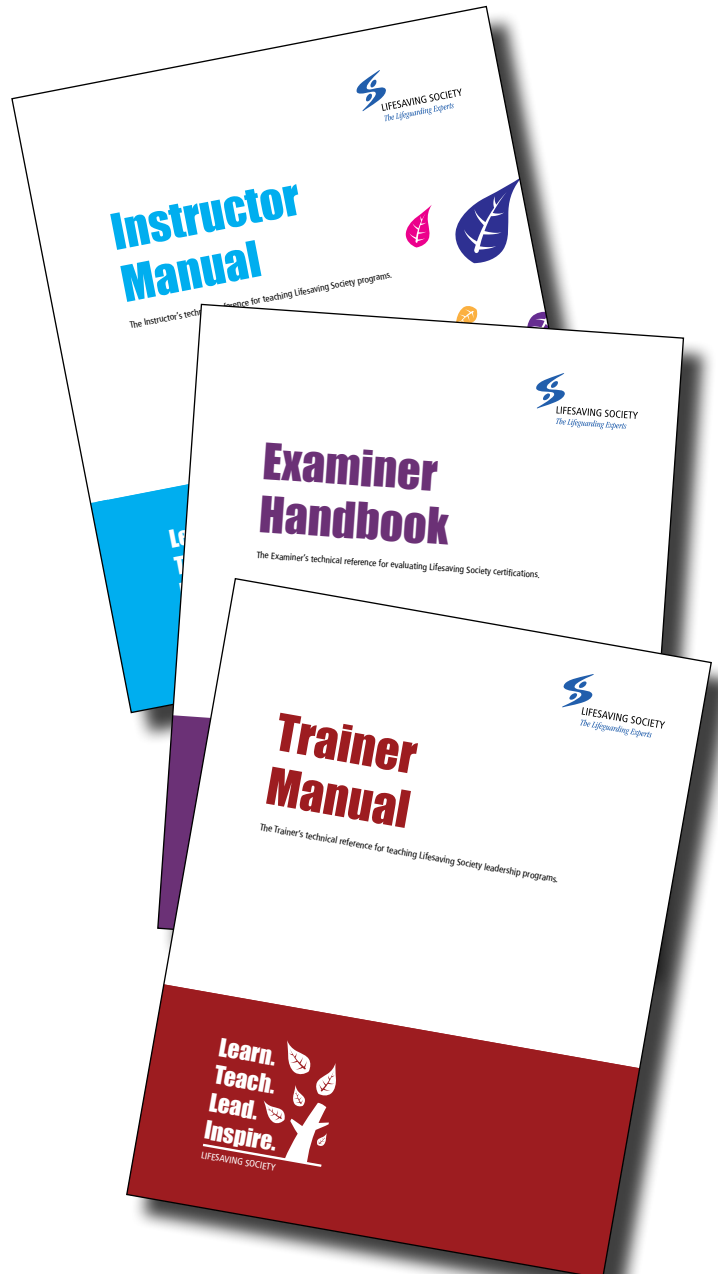
Providing useful feedback at the right time and in the right way is an essential task for Lifesaving Society instructors, examiners and trainers.

Effective feedback is designed to improve performance and it should motivate and respect candidates. Importantly, the way you deliver feedback has an impact on its effectiveness.

Consider how you might incorporate these five feedback tips:

- **Focus on what is right.** Point out what aspects of a skill a candidate is performing well. Focusing on candidates' strengths leads to higher levels of improvement vs. feedback that focuses solely on weaknesses.
- **One step at a time.** Deliver feedback in manageable chunks that a candidate can easily digest. Too much feedback at once can confuse or overwhelm candidates, preventing them from translating it into effective action.
- **Prioritize.** Think about what feedback should come first, and what can wait. And always start with safety. If a candidate is performing a skill in a way that may injure themselves or others – intervene. Then, move on to the performance-based feedback that will result in the greatest improvement.
- **Provide feedback in writing.** Ideally, feedback is followed by immediate practice. But this isn't always possible. When this is the case, provide candidates with written feedback. It can then be reviewed ahead of the next session or class, increasing the odds of it being put into practice.
- **Use coaching conversations.** Empower and encourage candidates to take the lead in their own personal assessment and development. Ask them to share their thoughts on how a particular skill or lesson went, then follow up on the points they raise. Remember, learners can be their own worst critics. Guide the conversation to focus on the most important ideas and what went well to help put "what went wrong" in perspective.

For more great strategies on providing feedback, check out the Lifesaving Society's *Instructor Manual*, *Examiner Handbook* and *Trainer Manual*, all available from [LifeguardDepot.com](https://lifeguarddepot.com)



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

# Recommended Minimum Ice Thickness for New Clear Hard Ice.

*No ice is without some risk.  
Be sure to measure clear hard ice in several places.*

**3" (7 cm) or less  
STAY OFF!**



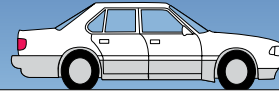
**4" (10 cm)**

ice fishing  
walking  
cross country  
skiing



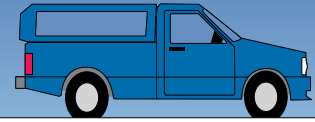
**5" (12 cm)**

one vehicle -  
snowmobile  
or ATV



**8-12" (20-30 cm)**

one vehicle -  
car or small pick-up



**12-15" (30-38 cm)**

one vehicle -  
medium truck



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[www.lifesavingnb.ca](http://www.lifesavingnb.ca)

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## Check the ice before you go on it

Drowning doesn't just happen to non-swimmers in the summer. Approximately 35% of drownings in Canada occur from October to April when most people have no intention of going into the water.

During the winter, thin ice (or holes in the ice) can be particularly dangerous. Here are some tips to keep safe.

### Safety Tips:

1. Always check ice thickness before venturing out. Snowmobiles require at least 5 in. (13 cm) of clear solid ice and autos at least 8 in. (20 cm) to 1 ft. (31 cm) of clear solid ice.
2. Be suspicious. You cannot tell the strength of the ice by its appearance. Temperature, thickness, snow cover, water depth, size of water body, currents and distribution of the load on top of the ice are all factors affecting ice safety.
3. Before you head onto any ice, check with a local bait shop operator or resort owner for known ice conditions, thin ice areas or dangerous open water conditions.

### What to do if you break through the ice?

1. Don't panic – the clothes you're wearing will trap air and keep you buoyant.
2. Turn toward the direction you came from and place your hands and arms on the unbroken surface.
3. Kick your feet and try to push yourself forward on top of the unbroken ice on your stomach like a seal.
4. Once you are lying on the ice, don't stand up. Roll away from the break until you're on solid ice

**July 17-23, 2022**

# National Drowning Prevention Week

LIFESAVING SOCIETY

## First aid review

The Lifesaving Society has completed the review of its first aid programs to identify any changes needed as result of the most recent guidelines released by the International Liaison Committee on Resuscitation in collaboration with the American Heart Association.

There are no changes that affect first aid program test items or standards (i.e., Must Sees) or first aid course length. We will make minor editorial changes to our first aid literature focusing primarily on additional knowledge in the following areas:

- Chain of Survival update
- Level of consciousness assessment tool
- Infant resuscitation techniques
- Tourniquet knowledge
- Stroke assessment tool
- Dehydration
- Oxygen use
- Opioid overdoses and naloxone

First Aid Instructors – stay tuned for more information in the new year.

## Save the dates

### Office holiday hours

Happy holidays! The office will close December 24, 2021 through January 3, 2022. We reopen January 4, 2022.

### Join us at our AGM

The 54th Annual General Meeting of the Lifesaving Society New Brunswick will be hosted by the City of Miramichi on Saturday, April 16, 2022. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend.

Invitations to the AGM will be circulated to members by email. To update your email address, contact Member Services Manager, [Sarah Hebb](#).



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**Some exclusions apply.**

LifeguardDepot.com is the online store of the Lifesaving Society.  
All proceeds from LifeguardDepot.com support drowning prevention and the development of young leaders through Lifesaving Sport.

# PRICES AND FEES

Complete 2022 fees and literature prices are posted in [Find a Form](#) on the Society's website.

## 2022 Literature Prices

Canadian Lifesaving Manual	\$45.60
Canadian Lifesaving Manual with	
Bronze Medallion Workbook	\$47.70
Bronze Medallion Workbook	\$4.10
Bronze Cross Workbook	\$4.10
Alert: Lifeguarding in Action	\$45.70
Coaching Lifesaving	\$28.95
Examiner Handbook	\$28.95
Instructor Manual	\$20.40
Trainer Manual	\$28.95
Canadian First Aid Manual	\$14.55
Canadian CPR–HCP Manual	\$11.70
Any single Award Guide	\$20.40
Swim Instructor Pack	\$50.70
Lifesaving Instructor Pack	\$60.70
Combined Swim and Lifesaving Instructor Pack	\$86.20
New Brunswick Public Pool	
Safety Standards	\$46.35

## 2022 Exam Fees

Canadian Swim Patrol (kits for class of 10)	\$15.85
Safeguard	\$11.00
Bronze Star	\$12.50
Bronze Medallion	\$17.35

Airway Management	\$11.00
Emergency First Aid with CPR-B	\$11.00
Standard First Aid with CPR-C	\$21.00
CPR–HCP	\$16.75

Bronze Cross or recert	\$22.00
National Lifeguard or recert	\$35.00
Lifesaving Sport Official	\$16.25
Instructor, Examiner, Instructor Trainer, Coach	\$30.75
Leadership Recert	\$30.75
(Each additional leadership recert at the same time \$9.15 to a maximum of \$60.00)	

Retail prices are the same for all affiliates throughout  
New Brunswick and include free shipping and handling.



## Uniforms designed by lifeguards for lifeguards!

High-visibility lifeguard uniforms in distinctive red and yellow – international lifeguard colours. Singlets, T-shirts or long-sleeved shirts, shorts and hats.

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