

S P L A S H

July 2022

NB Waterfront Lifesaving Championships

Parlee Beach Provincial Park and the Parlee Beach Lifesaving club will host the 2022 New Brunswick Waterfront Lifesaving Championships August 8, 2022. Registration forms can be found on [our website](#). If you would like to help out as an official or volunteer, please contact [the Society](#).



Reminder – Bronze update

The Lifesaving Society officially released a revision of the Bronze medal awards in December 2020. All Society affiliates must have adopted the revised Bronze medal awards into their programming by July 1, 2022.

The update improves skill progressions for a seamless flow into National Lifeguard and sets candidates up for success as they move through the Society's lifesaving, assistant lifeguard and lifeguard continuum.

If you have questions or concerns, contact [Grégoire Cormier](#).

Research study links medical conditions and fatal drownings

A research study on the link between medical conditions and fatal drownings in Canada was released on May 9, 2022 and published in the Canadian Medical Association Journal. The study reviewed all Canadian unintentional fatal drownings (2007–2016) in the Drowning Prevention Research Centre database. Analysis revealed that one in three people who drowned in Canada had a pre-existing medical condition and in 44% of these cases, the medical condition directly contributed to the drowning. Further, people with heart disease and seizure disorders were at increased risk of drowning compared to the general public.

[Read the complete study.](#)

Online Swim Transition Instructor Clinic

Red Cross Water Safety Instructors can transition to Lifesaving Society Swim for Life Instructor certification by completing the Society's official online Swim Transition Instructor Clinic – approved by the Lifesaving Society Canada and endorsed by the Canadian Red Cross (CRC).

The self-directed Swim Transition Instructor Clinic provides an orientation to the Society's Swim for Life program. It is designed exclusively for CRC Water Safety Instructors who want to take advantage of the opportunity to transition to Lifesaving Society's Swim for Life Instructor certification.

Register now at e-lifesaving.ca

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

Become an Examiner Mentor

The Lifesaving Society is seeking experienced examiners who are ready to take the next step in their leadership development to apply for appointment as a volunteer Examiner Mentor. Examiner Mentors are senior Lifesaving Society Examiners appointed by the Society to mentor examiner candidates through their apprenticeship phase and approve them for examiner certifications.

Successful Examiner Mentor applicants have completed a minimum of three exams, possess strong leadership and communication skills, and are keen to coach and support the next generation of Lifesaving Society examiners.

Examiner Mentors:

- Provide effective apprenticeship experiences for examiner candidates including the planning of the exam, summative feedback and evaluation of their performance, and guidance on their professional development as potential Lifesaving Society examiners.
- Act as expert resources to apprenticing examiner candidates in matters related to Lifesaving Society evaluation standards including the values, attitudes and techniques that are expected of an examiner.
- Complete Lifesaving Society administrative requirements in a timely manner including completion of training records for the apprenticing examiner candidate.
- Ensure the smooth conduct of the examination, including final pass or fail decisions as the examiner of record (done in consultation with the examiner candidate).
- Assist in the identification, recruitment and development of potential Lifesaving Society examiners.
- Attend Examiner Mentor workshops and clinics as required.

Those interested in becoming an Examiner Mentor follow a three-step process:

1. Application – Complete the [application form](#) and return it to the Lifesaving Society office.
2. Learning Opportunity – If approved, the Society will be in touch to arrange the learning opportunity.
3. Assessment – After you complete the learning opportunity, the Society will decide whether to appoint you as an Examiner Mentor.

To learn more about being an Examiner Mentor, see Chapter 8 of the *Examiner Handbook*, review the [Examiner Mentor section](#) of our website, or [contact the Society](#).



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.

Durable, lightweight fabric. Superior comfort and fit. Quick drying. UV protection. Available exclusively from the Lifesaving Society.

Order online at LifeguardDepot.com or call 1-844-647-7033.
Free standard shipping within Canada.
Some exclusions apply. Custom orders available.

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July 17-23, 2022

National Drowning Prevention Week

LIFESAVING SOCIETY

The Lifesaving Society designates the third week in July (July 17–23, 2022) as National Drowning Prevention Week (NDPW) to focus community and media attention on the drowning problem and drowning prevention.

NDPW provides a focus around which community Water Smart® educators can plan news releases, do television and radio interviews, and deliver public demonstrations and other events. Many successful community events are launched with a Mayor's Proclamation of Drowning Prevention Week.

Use these resources to help your community plan for, and participate in National Drowning Prevention Week:

- [Suggested messages and themes](#)
- [Social media hashtags](#)
- [Sample proclamation request letter](#)
- [Proclamation template](#)
- [Sample media release](#)

For more information, visit the [National Drowning Prevention Week](#) page on our website.

Fun fact – Endurance Challenge

Lifesavers and lifeguards require aerobic fitness and endurance to successfully perform rescues. Candidates' aerobic fitness and endurance is evaluated in lifesaving and lifeguarding courses during the Endurance Challenge item, which consists of a 400 m swim that must be completed within 12 minutes (Bronze Medallion); 11 minutes (Bronze Cross) and; 10 minutes (National Lifeguard pool).

The time standard is based on the Cooper Swim Test – an aerobic swimming fitness test in which participants attempt to cover as much distance as possible in 12 minutes. The test was adapted for a distance of 400 m and pilot tested to confirm the minimum time standards would satisfy the performance requirements for each certification.

Head over to the [Lifeguarding](#) and [Lifesaving](#) sections of the Society's website to learn more about each certification.

New Sports Deluxe First Aid Kit

Attention coaches, trainers and team managers!

The Society's new Sports Deluxe First Aid Kit contains a comprehensive assortment of first aid supplies for the treatment of sport-related injuries or illnesses. Hard case to protect first aid contents. Includes personal protection supplies, a variety of bandages, dressings and splint materials.



Order online from [LifeguardDepot.com](#) Free standard shipping within Canada.
or call 1-844-647-7033. 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.

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.