

S P L A S H

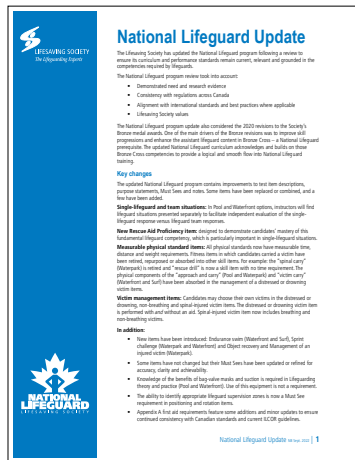
September 2022

National Lifeguard update

The Lifesaving Society has updated the National Lifeguard program following a review to ensure its curriculum and performance standards remain current, relevant and grounded in the competencies required by lifeguards.

The National Lifeguard program review took into account:

- Demonstrated need and research evidence
- Consistency with regulations across Canada
- Alignment with international standards and best practices where applicable
- Lifesaving Society values



The National Lifeguard program update also considered the 2020 revisions to the Society's Bronze medal awards. One of the main drivers of the Bronze revisions was to improve skill progressions and enhance the assistant lifeguard content in Bronze Cross – a National Lifeguard prerequisite. The updated National Lifeguard curriculum acknowledges and builds on those Bronze

Cross competencies to provide a logical and smooth flow into National Lifeguard training.

Read the [National Lifeguard Update](#) communique to learn about all the details.

Continued on page 2.

Her Majesty Queen Elizabeth II
Patron of the Royal Life Saving Society
April 1926 – September 2022



Her Majesty held several Society awards and was the first young person in the Commonwealth to achieve the Society's Junior Respiration Award.

— ❦ —

The Royal Life Saving Society Canada extends its sincere condolences to the Royal Family on the death of Her Majesty Queen Elizabeth II. Her Majesty served as Patron of the Commonwealth Royal Life Saving Society over eight decades of extraordinary and selfless volunteer service. Lifesaving Society Canada members thank her for her unwavering interest in the success of the Society, her staunch support of its humanitarian work, and her generosity in hosting many 'Royal Lifers' at Buckingham Palace. Rest in peace.

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

National Lifeguard update

Highlights include:

- Changes to single-lifeguard and team situations
- A new Rescue Aid Proficiency item
- Measurable time, distance and weight requirements for physical standard items
- Changes to victim management items

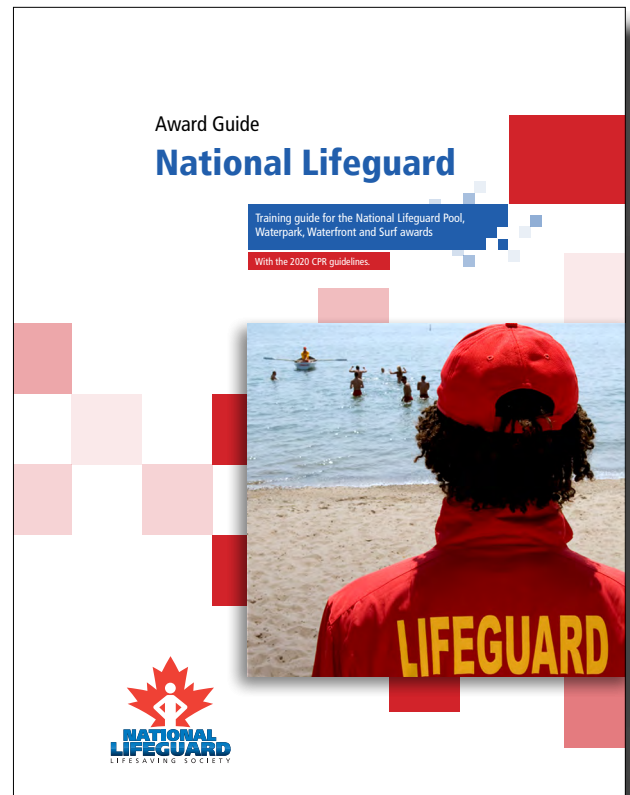
There are no changes to prerequisites nor are there changes to any time standards for physical items.

What National Lifeguard instructors, examiners and trainers need to do:

1. [Contact the Society](#) to register for a National Lifeguard Update Clinic. The clinic is mandatory before you teach the updated program and is worth 3 credits toward your leadership recertification.

The first available clinic is scheduled **November 5, 2022** at the University of Moncton.
2. Purchase and carefully study the updated *National Lifeguard Award Guide*. You should start by reading the "Note to National Lifeguard instructors".
3. Examiners should consult the [National Lifeguard Recertifications Notes for Examiners](#) posted on the Society's website.
4. Everyone should consult the updated (November 2022) [National Lifeguard Exam policy](#) and [National Lifeguard Equipment List](#).
5. Download the 2022 National Lifeguard original and recertification test sheets from [Find a Form](#) as needed. (The 2012 test sheets will be available only until December 31, 2023.)

For more information, contact Program Manager [Grégoire Cormier](#).





Where do I get the new resources?

Order the updated *National Lifeguard Award Guide* by emailing orders@lifesavingnb.ca

Download the new test sheets for full courses and recertification courses from the Society's website in [Find a Form](#).

Download the [National Lifeguard Recertifications: Notes for Examiners](#) from the National Lifeguard Resources page of the Society's website.

Review the updated National Lifeguard Exam policy, and the National Lifeguard equipment list on the Society's website.

 Pool <small>Revised 2022</small> This test sheet is for original exam candidates only. Side 1: Please record each candidate's name and contact information accurately.	 Pool Recertification <small>Revised 2022</small> This test sheet is for recertification exam candidates only. Side 1: Please record each candidate's name and contact information accurately.	
1 Last name: _____ First name: _____ Address: _____ City: _____ Prov.: _____ Postal Code: _____ E-mail: _____ Phone: _____	1 Last name: _____ First name: _____ Address: _____ City: _____ Prov.: _____ Postal Code: _____ E-mail: _____ Phone: _____	Date of birth: _____ Prerequisites scheduled: _____ Object recovery: _____ Sprint challenge: _____ Prerequisites: National Lifeguard Pool Date earned: _____

Swim Transition

Canadian Red Cross > 2022 > Lifesaving Society

Last call

The Canadian Red Cross is winding down its swim and lifeguarding programming. The transition pathways for Canadian Red Cross individual certification holders end **December 31, 2022**. Act now to join the thousands who have successfully transitioned to the Lifesaving Society's programs:

Red Cross certification holders:

NEW – Transfer your Canadian Red Cross certifications to the Lifesaving Society electronically via e-lifesaving.ca/transition.

Register for the official Swim Transition Instructor Clinic at e-lifesaving.ca – approved by the Lifesaving Society Canada and endorsed by the Canadian Red Cross.

Follow the links below to learn more about your specific transition pathway(s)

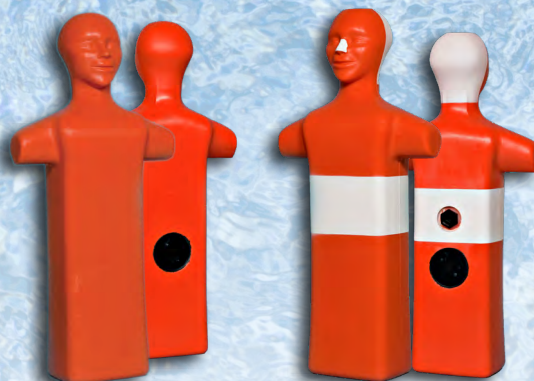
- [Water Safety Instructors](#)
- [Water Safety Instructor Trainers](#) who hold a Lifesaving Society Trainer certification
- [Water Safety Instructor Trainers](#) who do not hold Lifesaving Society Trainer certification
- Assistant Lifeguard or Lifeguard: [email us](#)

If you are still not sure what to do, or have more questions, [email us](#). We'll ensure that you have all of the information you need for a confident and successful transition.

GIVING TUESDAY

Giving Tuesday brings people together to celebrate generosity and share kindness. This November 29, 2022, we invite you to join this celebration by [offering your support](#) to the Lifesaving Society in our efforts to prevent drowning and water-related injury.

Lifesaving Society Training and Competition Manikins



Training Manikins
\$231.83 each or 10 for \$197.05 per unit.
Product code: 42.1185.00

Competition Manikins
\$394.75 each or 10 for \$335.54 per unit.
Product code: 42.1183.00

- Ideal for practicing pick-ups, carries and removals in lifesaving and lifeguard courses.
- Easy to fill and easy to drain (for submerged unconscious victim simulation).
- Built to withstand regular use.
- Require minimal maintenance.
- Made in Canada by the Lifesaving Society.

The Lifesaving Society's Training and Competition manikins enable course participants to practice important lifesaving and sport skills while maintaining physical distancing protocols.

The Competition Manikin is ILS approved for lifesaving sport competition and allows you to control weight and buoyancy.

Order online from LifeguardDepot.com, call 1-844-647-7033 or email orders@lifeguarding.com. Free standard shipping within Canada. Some exclusions apply.

Lifeguard Depot.com®

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.

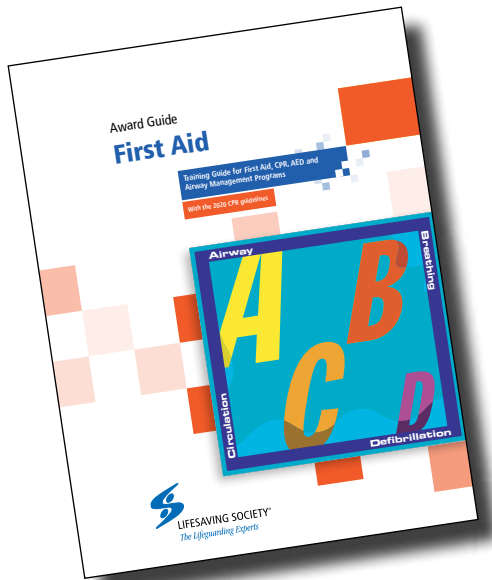
Updated First Aid Award Guide

Attention First Aid Instructors and Examiners – the *First Aid Award Guide*, updated for consistency with the 2020 CPR guidelines, is now available at LifeguardDepot.com. The updates are minor.

Changes at-a-glance:

- A note regarding AVPU assessment terminology is added to page 14.
- The use of the F.A.S.T. assessment tool for strokes – temporary or not – is reemphasized, and reference to Transient Ischemic Attack (TIA) is deleted from EFA Item 11d.
- Dehydration is now included in SFA Item 3.
- The term “Victim immobilization” is replaced with “Spinal movement restricted” in SFA Item 2.
- An additional note regarding recognition and treatment of opioid overdoses in SFA is added to Item 9.
- Airway Management has a new Item 7: Bag-Valve-Mask. The item is identical to the HCP-CPR Item 7: Bag-valve-mask (same item, purpose and Must Sees).

No need to purchase a new First Aid Award Guide. [Download the updated information](#) and insert it into your existing *First Aid Award Guide*. As the changes are minor, there is no exchange program for *First Aid Award Guides* with the 2015 CPR guidelines.

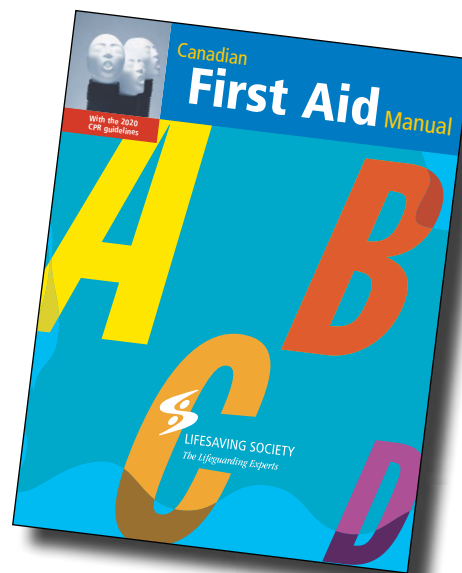


First Aid Update

The *Canadian First Aid Manual* has been updated to reflect the 2020 CPR guidelines. Changes are minor:

- An updated Chain of Survival (p. 3) re-emphasizes the importance of early initiation of CPR by lay rescuers. The new “Recovery” link acknowledges the need to support recovery, treatment and rehabilitation for cardiac arrest survivors.
- AVPU assessment terminology to identify level of consciousness appears on p. 20.
- Use of the F.A.S.T. assessment tool (p. 35) for strokes – temporary or not – is reemphasized, and reference to Transient Ischemic Attack (TIA) has been removed.
- A new Dehydration sidebar appears on p. 75.
- A note on evolving terminology relating to the treatment of spinal-injured victims appears on p. 54-55.
- A new appendix on opioid overdoses and naloxone appears on p. 92

Download and insert the [Canadian First Aid Manual UPDATE summary](#) into your existing Canadian First Aid Manual or purchase a new copy from the Society.



Prerequisites – who checks?

Lifesaving Society age and award prerequisites are designed to ensure that candidates have the necessary knowledge and ability to achieve success. The Society does not issue awards to candidates who do not have the prerequisites. These candidates are required to obtain the prerequisites before taking the course again.

Ensuring candidates meet all required prerequisites is therefore critical – but whose job is it to check? In fact, the responsibility is shared by:

- **The affiliate** who is obligated to check all prerequisites prior to the course, ideally when a candidate registers.
- **The instructor** who is obligated to check prerequisites on the first day of the course.
- **The examiner** who is obligated to check before the exam.

Valid proof of award prerequisites are:

- **A valid certification card** which can be validated by entering the 6-character Member ID code on Find-a-Member.
- **Find a Member results** which can be validated by entering the 18-character verification code on Find-a-Member.

Remember to consult the Society's [Program Guide](#) for the detailed list of prerequisites for every Lifesaving Society certification.



2022 New Brunswick Waterfront Lifesaving Championships

62 Athletes, officials and volunteers attended the 35th New Brunswick Waterfront Lifesaving Championships August 8, 2022 at Parlee Beach Provincial Park. Congratulations to our 2022 champions, the **City of Fredericton**, who won a closely contested championships against, **Parlee Beach Lifesaving Club (2nd)** and **Mactaquac Provincial Park (3rd)**.

A heartfelt thank you to all the volunteers and our hosts the Parlee Beach Lifesaving Club and Parlee Beach Provincial Park who made the 2022 New Brunswick Waterfront Lifesaving Championships a success.



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.

Lifeguard Depot.com®

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.