



2008 Conference Session Descriptions

Plenary Session 1: Mentorship

“We all need a little help from time to time.” This session takes us through what mentorship is and how it can be applied to the development of instructors, examiners, lifeguards and volunteers. As well, we will examine how we as individuals can become a mentor and/or seek out a mentor to assist us in our personal and professional lives.

Concurrent AM Session A: Aquatic Sport Injury

We all know that guarding speed swimming and synchronized swimming can be boring. However, injuries and incidents often still occur. This session will remind us not to be complacent about our “regular rental groups” and make us aware of the potential risks involved with these and other aquatic sports/activities.

Concurrent AM Session B: Programming at Your Pool

This session will highlight the success of two separate Junior Lifeguard Clubs/programs ran at pools in the province and will be lead by the aquatic staff who deliver the programs. Come and learn how you can achieve the same program success at your pool. *A short Lifesaving First Aid highlight will also be included in this session to show programmers how first aid and CPR can be programmed at your pool.

Plenary Session 2: Critical Incident Stress Management

When the worst happens at your pool...steps and guidance to dealing with the aftermath of a critical incident.

**More details to come.

Concurrent PM Session A: Incident Report Writing

When an incident occurs (minor or major) at your facility, do you have proper documentation? Will the report written by your lifeguards provide sufficient legal support for the incident? This session will discuss the importance of documentation, what needs to be documented and how it should be documented.

Concurrent PM Session B: Program Highlight – SWIM and Swim to Survive

As one of the year-round Lifesaving Affiliates to be offering the Lifesaving Society’s learn to swim program (SWIM), the City of Yorkton staff will discuss their experience and success with the program.

Lifesaving Society Member Input Session

This session provides an opportunity for members and affiliates to have face to face discussions with the Lifesaving Society’s Board members. The session will be facilitated by the 2008 Board of Directors.

Water Safety Conference & AGM Registration

Saturday, March 15, 2008

Name: _____

(Affiliate): _____

Phone #: _____

Email: _____



Full Conference Package

Includes Friday night social, Saturday AGM luncheon and Saturday evening banquet plus all sessions

Early Bird Registration (post marked by March 3rd)
\$65.00

Registration after March 3rd
\$75.00

**Lifeguard and Lifesaving Competition Competitors
save \$10.00 off Full Conference Fee**

A la Carte:

Friday Night Social \$5.00

Saturday AGM luncheon \$12.00

Saturday Evening Banquet & Social \$25.00

Please fax registration form to 306-780-9498

or

Mail to 2224 Smith St., Regina, SK, S4P 2P4.

**Remember – register before March 3rd to receive the
Early Bird Price of \$65.00.**

Hotel Room Bookings

Best Western Parkland Inn

100 Broadway St. E. Yorkton

Rates: \$75 single occupancy; \$85 double occupancy

Call 1-800-667-1585 for reservations

under Group (block) 211

Water Safety Conference Schedule

8:00 - 9:15am

Conference Registration

9:15 – 10:30am

Plenary Session: Mentorship

10:40am-12:00pm

Concurrent Sessions:

Session A: Aquatic Sport Injuries

Session B: Programming at your Pool – Junior Lifeguard
Program & First Aid Highlight

Noon - 1:45pm

Annual General Meeting & Luncheon

1:45 – 3:45pm

Plenary Session: Critical Incident Stress Management

4:00 – 5:00pm

Concurrent Sessions:

Session A: Incident Report Writing

Session B: Programming at your Pool – SWIM and Swim
to Survive Highlight

5:00 – 6:00pm

Lifesaving Society Member Input Session

6:45pm

Cocktails

7:15pm

Banquet & Awards

2008 Lifesaving and Lifeguarding Competition

The Lifesaving and Lifeguarding Competition will take place on Friday March 14th at the Gallagher Water Park in Yorkton .

Competition - Friday, March 14 - Gallagher Water Park

To register please send the completed for to the Lifesaving Society.

Please check the appropriate box below.

For more information on Competition events and descriptions, please contact the Lifesaving Society office: 306-780-9255 or lifesaving@sasktel.net.

Lifeguard Competition:

Division 1 (4-person team) \$100.00

Division 2 (3-person team) \$75.00

Competitor 1: _____ Phone #: _____

Competitor 2: _____ Phone #: _____

Competitor 3: _____ Phone #: _____

Competitor 4: _____ Phone #: _____

TEAM Name: _____



Lifesaving Competition (Bronze Star, Medallion or Cross):

Per competitor \$20.00

Lifesaving Competitor: _____ Phone #: _____

Certification Level: _____





Upcoming Courses

Course Type	Location	Days	Dates	Time	To Register
Bronze Star	Swift Current Aquatic Centre	Saturday & Sunday	April 5th & 6th	Call for times	Call - 778-2735
Lifesaving Camp Bronze Star, Medallion and Cross	YMCA Regina	Monday, Tuesday, Wednesday, Thursday & Friday	March 24th to March 28th	Call for times	Call - 757-9622
Bronze Medallion	Northern Lights Palace - Melfort	Friday, Saturday & Sunday	February 22nd to 24th	Call for times	Call - 752-7200
Bronze Medallion	University of Saskatchewan	Saturday & Sunday	March 22nd & 23rd	9:00am-9:00pm	Call - 966-1001
Bronze Medallion	Swift Current Aquatic Centre	Friday, Saturday & Sunday	April 18th to April 20th	Call for times	Call - 778-2735
Bronze Cross	Northern Lights Palace - Melfort	Friday, Saturday & Sunday	March 14th to 16th	Call for times	Call - 752-7200
Bronze Cross	Swift Current Aquatic Centre	Friday to Sunday	May 2nd to May 4th	Call for times	Call - 778-2735
Aquatic Emergency Care / AED	YMCA - Regina	Friday, Saturday & Sunday	March 7th to March 9th	Call for times	Call - 757-9622
Aquatic Emergency Care	University of Saskatchewan	Friday, Saturday & Sunday	April 11th to 13th	6pm-10pm/ 9am-5pm, 9-5pm	Call - 966-1001
Aquatic Emergency Care	Swift Current Aquatic Centre	Saturdays & Sundays	May 24th & 25th and May 31st & June 1st	Call for times	Call - 778-2735
Lifesaving Instructor Advanced Instructor Exam Standards	University of Saskatchewan	Saturdays & Sundays	March 15th & 16th and March 22nd & 23rd	9:00am-9:00pm	Call - 966-1001
Lifesaving Instructor Advanced Instructor Exam Standards	University of Saskatchewan	Saturdays & Sundays	April 5th & 6th and April 12th & 13th	9:00am-9:00pm	Call - 966-1001
Lifesaving Instructor Advanced Instructor Exam Standards Swim Instructor	Swift Current Aquatic Centre	Fridays to Sundays	June 6th to 8th and June 20th to 22nd	Call for times	Call - 778-2735
Lifesaving Instructor Advanced Instructor Exam Standards	University of Saskatchewan	Saturdays & Sundays	April 5th & 6th and April 12th & 13th	9:00am-9:00pm	Call - 966-1001



Upcoming Courses

Course Type	Location	Days	Dates	Time	To Register
Lifesaving Instructor Advanced Instructor Exam Standards Swim Instructor	Swift Current Aquatic Centre	Fridays to Sundays	June 6th to 8th and June 20th to 22nd	Call for times	Call - 778-2735
National Lifeguard Service	Lawson Aquatic Centre - Regina	Tuesdays	January 29th to April 1st	5:30pm-10:00pm	Call - 777-7400
National Lifeguard Service	Swift Current Aquatic Centre	Monday to Friday	March 24th to March 28th	Call for times	Call - 778-2735
National Lifeguard Service	YMCA - Regina	Monday to Friday	March 24th to March 28th	Call for times	Call - 757-9622
National Lifeguard Service	University of Saskatchewan	Thursday to Sunday	March 27th to March 30th	9:00am-9:00pm	Call - 966-1001
National Lifeguard Service	University of Saskatchewan	Saturdays & Sundays	April 19th&20th & April 26th&27th	9:00am-9:00pm	Call - 966-1001
National Lifeguard Service Recert	University of Saskatchewan	Saturday	March 1st	10:00am-3:00pm	Call - 966-1001
National Lifeguard Service Recert	University of Saskatchewan	Wednesday	March 26th	4:30pm-9:30pm	Call - 966-1001
National Lifeguard Service Recert	University of Saskatchewan	Saturday	April 12th	4:00pm-9:00pm	Call - 966-1001
National Lifeguard Service Recert	University of Saskatchewan	Sunday	April 13th	9:00am-2:00pm	Call - 966-1001
National Lifeguard Service Recert	University of Saskatchewan	Saturday	April 19th	4:00pm-9:00pm	Call - 966-1001
National Lifeguard Service Recert	University of Saskatchewan	Sunday	April 20th	9:00am-2:00pm	Call - 966-1001
AEC/CPR C Recert	University of Saskatchewan	Sunday	March 9th	10:00am-3:00pm	Call - 966-1001