February 2011

THE LIFESAVING SOCIETY - SASKATCHEWAN BRANCH

Lifelines Newsletter

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LIFESAVING SOCIETY®
The Lifeguarding Experts

Hiring and Supervision Practices for Seasonal Aquatic Facilities

It's February and seasonal aquatic facilities are starting to post and hire their summer positions for pool managers, lifeguards and instructors. To assist in this task, we have provided the following tips, suggestions and reminders.

1. NLS (National Lifeguard Service) is the preferred and recognized lifeguarding award/standard in Saskatchewan and in Canada. This award provides the candidate with special training in lifeguard skills, customer service and liability. Aquatic facilities should make every attempt to hire NLS trained lifeguards.

2. The minimum qualifications outlined by Saskatchewan Public Health for lifeguards in Saskatchewan are Bronze Cross, Standard First Aid or Aquatic Emergency Care and CPR C. (We still suggest hiring NLS trained lifeguards.)

3. Lifeguarding and instructing awards must be kept current. Current is considered "within two years". Please ensure your new staff have either recertified their awards or recently taken them. If an employee's awards are not current, it is considered a negligible offence. The onus is on the employer. *Keep a copy of your employees' awards on file.

4. Ensure that your instructors have the appropriate instructional award for your facility. In addition, if your facility offers Bronze Star, Bronze Medallion or Bronze Cross, the instructor must have Lifesaving Instructor certification from the Lifesaving Society.

5. Ensure that employees know, understand and demonstrate the four main roles of a lifeguard at all times: accident prevention, rescue response, public relations and administration.

6. Ensure that regular staff training occurs before and throughout the open season of the pool. Staff training should include rescue procedures such as spinal injury management and unconscious/non-breathing victim management. It should also include training in the policies and procedures for tornados, lightning, theft, vandalism and fire.

7. Remember to follow appropriate Occupational Health and Safety Guidelines at all times and ensure that WHMIS training is available to your staff if they are working with chemicals and cleansers.

***For more information on any of these points, please contact the Lifesaving Society in Regina at 780-9255.*

Notice of 2011 Annual General Meeting

The **Annual General Meeting of the Lifesaving Society** – Saskatchewan Branch will take place on Saturday, March 26, 2011 in Saskatoon from 1:30 – 3:00pm.

This meeting is open to anyone to attend; however only Lifesaving Society Members have voting privileges. (These are current Lifesaving Instructors, Board of Directors and registered Lifesaving Society Affiliates.)

The **election of officers** will also take place at this time.
Nominations for vacant Board of Director positions are now open. The Nominating Committee is seeking interested candidates.

An **informational meeting** for Lifesaving Society Affiliates and Lifesaving Society Instructors will be held prior to the AGM from 10:30am – 1:15pm at the same venue.

(Please register with the Branch Office by March 15th.)

Other Upcoming Events

Instructor Trainer Update – March 26, 2011 in Saskatoon
This Update is for Instructor Trainers and apprentice Instructor Trainers that did not have an opportunity to attend the mandatory Updates in 2010. This Update must be taken to continue teaching Lifesaving Instructor courses. Please call the Branch Office for further details.

Lifesaving Instructor Trainer Clinic – May 6 – 8, 2011 in Saskatoon
This clinic is offered for experience Lifesaving Instructors/Mentors who now wish to advance their training and begin teaching either Lifesaving Instructor courses or other instructor courses such as NLS Instructor or AEC/First Aid Instructor. Please call the Branch Office for further details.

Aquatic Leaders Training Symposium – May 11 – 15, 2011 in Saskatoon
This is our third annual symposium and will offer certification courses in NLS Instructor, AEC/First Aid Instructor, Aquatic Supervisor Training and BOAT Instructor. Please call the Branch Office for further details.

Aquatic Management Course offered by SPRA - April 4 & 5, 2011 in Humboldt
This course is targeted to recreation directors and pool board members and is a certification course. Call SPRA at 780-9231 for further details.

Provincial Pool Operators Course offered by SPRA – April 6 & & in Humboldt
Call SPRA at 780-9231 for further details.

An Update on NLS Revisions

Over the last two years, a national committee has been working on revising the current NLS award.

Throughout this time, many of you may have completed surveys or questionnaires to help the committee with feedback.

This past fall, pilots for the revised NLS award were carried out across Canada. The next step is data and feedback analysis.

We will keep you apprised of the timelines of this project.

The Saskatchewan Branch would like to acknowledge and thank all NLS candidates and recertification candidates who participated in the pilot.

In addition, we would also like to acknowledge and thank the following Lifesaving Society Affiliates, NLS Instructors and NLS Examiners who assisted in carrying out the pilots.

City of Prince Albert
City of Saskatoon
City of Yorkton
YMCA of Regina
Leirin Fehr
Kim Fleischhaker
Nicholas Fudger
Cole Krochak
Laura Lazurko
Nicole Lychak-Smith
Lorri Ma
Jessica Matsalla

Volunteer Profile: Jessica Matsalla

Lifesaving Society: When did you first begin volunteering for the Lifesaving Society?

Jessica: I was appointed a Bronze Examiner and Aquatic Emergency Care/ Standard First Aid examiner in Fall 2008 and Spring 2009—So around two years ago!

Jessica Matsalla and her husband Chad

LSS: In what capacity do you volunteer for the Society?

Jessica: I am currently the Regional Consultant for Yorkton and area. I am also a Bronze, Standard First Aid/ AEC and NLS Examiner and Mentor. I was also helping to foster the Youth Ambassador Project with Kayla Monette.

LSS: What are some recent volunteer activities you've done?

Jessica: I have done several exams for different awards in Yorkton (and Kipling this summer!) I have mentored many Bronze level, Standard First Aid level, and NLS level apprentices in the past year (2010).

LSS: Tell us about yourself.

Jessica: I am 23 years old. I am the Aquatic Programmer for the City of Yorkton at the Gallagher Centre Water Park. I would like to mention that the 23+ lifeguards and instructors who work there are so awesome! (I appreciate each and every one of them!) I have been in my position since June 2009 and learn every single day. I will be celebrating my 2nd year wedding anniversary with my husband Chad in July of 2011. I enjoy spending my time with my family, friends, and dogs. I also like to travel, draw and paint, and most recently - hone my perogy making skills!

LSS: If someone were to ask you about the Lifesaving Society what would you say?

Jessica: The Lifesaving Society has provided me with the tools (training,) to touch a lot of people's lives, and in turn pass on knowledge to help them perform rescues. I am aware of three different people on four separate occasions who have taken courses that I instructed, who have used the skills they learned in the course to perform major rescues on real people (outside of lifeguarding). I'm SO proud that they knew what to do.

Lifelines newsletter layout by Jennifer Blake