



June
2009

THE LIFESAVING SOCIETY - SASKATCHEWAN BRANCH

Lifelines Newsletter

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Help Us Meet Our Mission:

The Lifesaving Society's mission is to prevent drownings and other water-related injuries in Canada.

Here's how you can help us this summer:

1. Learn the Swim to Survive Standard – If you can roll into deep water, support yourself at the surface for 1 minute and swim 50 metres to safety, you will increase your chance of surviving an unexpected fall into water.
2. Stay within arm's reach of preschoolers at all times while around water. If you're not within arm's reach, you've gone too far.
3. Wear a lifejacket or PFD in your boat. You never know when you could fall overboard.
4. Take a Boat Operator Accredited Training (BOAT) course and achieve your Pleasure Craft Operator (PCO) Card. This training will keep you and everyone else safer while driving a motorized boat.
5. Take a Bronze Medallion course this summer. Bronze Medallion is a water rescue course that will provide you training to keep yourself and others safe in water. Lake-goers – this is the course for you!



LIFESAVING SOCIETY

The Lifeguarding Experts



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Drowning Prevention Week

Drowning Prevention Week is July 19th– 25th, 2009 this summer. Lifesaving Society affiliates are encouraged to participate in this yearly event once again.



**The Drowning
Prevention Tool Kit
will available on the
Affiliate Log-in
section of our
website.**

Drowning Prevention Week Graffiti Wall in North Battleford.

We're Going North Again!

Each summer, the Lifesaving Society offers swimming lessons and water safety education to northern communities in Saskatchewan.

Previous communities include Pinehouse, Dillon, Ile a la Cross and Beauval. This summer, we are happy to have Diana Ruiz as our summer student providing this essential service of Northern Outreach education.



A Water Smart® discussion in Pinehouse

We are also excited to report that the community of Ile a la Crosse will be hosting a Lifesaving Instructor course this summer. Thanks go to Jocelyn Chandler from Ile a la Crosse for championing this project.



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Program Highlight: The ReBronze Award

Celebrate with the Lifesaving Society our 100th Anniversary of saving lives in Canada with the commemorative ReBronze Award.

Bronze Medallion recertification in the point system towards the 2009 Affiliate Recognition Awards.

During the ReBronze exam, current staff and Lifesaving Society award holders can tackle a few items from the current Bronze Medallion exam mixed with a few items from days gone by.

Successful participants earn the commemorative 100th Anniversary Bronze Medal and award card. Lifesaving Society instructors can earn 1 credit towards the recertification of their leadership awards. For the affiliate, each ReBronze award counts the same as a



Get your community's attention and put a spotlight on your facility with these simple strategies: Host a ReBronze party and/or incorporate it into your staff inservice and invite the media in to show your community what your staff know and can do. Start with the attached suggested lesson plan and then jazz it up a little to bring in the fun!

Call the Branch Office for a copy of the Re-Bronze Package (includes test sheet, explanation, etc.) Cost to Re-Bronze is \$12.00 until the end of August.

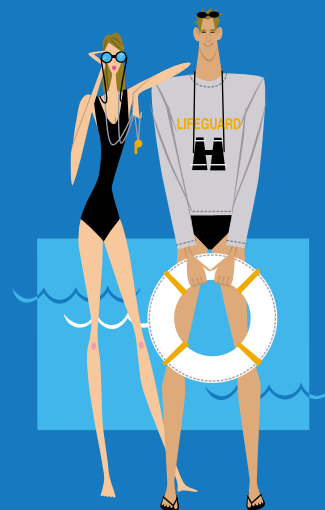
Regional Consultants – Our Field Representatives

Regional Consultants are the Branch's "field representatives" and are an important human resource to us.

Working in a volunteer capacity, these individual are situated across the province and carry out liaison and program expertise services to our Affiliates. Regional Consultants are available to our Affiliates year-round, however their primary time is from May to September.

Examples of their work include leading staff inservices for seasonal pool staffs, promotion of Drowning Prevention week and other public education events, as well as working with local community media.

For a list of the nearest Regional Consultant in your area, please contact the Branch Office at 780-9255.





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Boat Operator Accredited Training

Interested in taking the B.O.A.T. Course?

The Sept. 15, 2009 deadline for motorized boat operators to possess a Pleasure Craft Operator card is fast approaching. Call the Branch Office in Regina to find out how and where to get your card!

Interested in holding a B.O.A.T. Course?

Contact our Branch Office for a list of certified B.O.A.T. Instructors.



Note to Affiliates:

Did you know that Traditional Affiliates (seasonal and year-round) can be B.O.A.T. Affiliates at no extra charge? Contact the Branch to find out more information or check in your Affiliate Registration package.

Notice to all B.O.A.T. Proctors and B.O.A.T.

Instructors:

Please ensure that you are following proper B.O.A.T. exam administration protocol as set by Transport Canada. These protocols are listed on our website (www.lifesavingsociety.sk.ca) under the Affiliate Login section.

A B.O.A.T. Instructor Course will be held in Yorkton at the Gallagher Waterpark on Sunday, May 3rd. Please contact the Branch Office for more information or to register.





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Volunteer Profile Q & A with Rhonda Young-Pilon

Lifesaving Society (LSS): "When did you first take your Bronze Medallion?"

Rhonda: "1993"

LSS: "Tell us about yourself."

Rhonda: "I'm a mom of 2 girls (ages 1 and 9), a registered nurse, and a pool junkie. I am also a doula (birth companion) and an avid festival go-er."

LSS: "How long have you been volunteering for the Lifesaving Society?"

Rhonda: "Since 2004."

LSS: "What are some examples of the volunteer activities you have done for the Lifesaving Society?"

Rhonda: "I have been a puppeteer for the Thin Ice Puppet Show, provided first aid services at the Legislative Building for their annual Christmas party and helped with fundraising. I am also the Regional Consultant for the South/South East part of the province."

LSS: "Why do you volunteer for the Lifesaving Society?"

Rhonda: "I'm passionate about drowning prevention and volunteering. Even though I no longer lifeguard, I still get to be part of the Society's mission. I want my kids to have the safe aquatic environments and experiences that I did growing up."



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The Lifeguarding Experts