Vol.3 No.2

2008

THE LIFESAVING SOCIETY - SASKATHCEWAN BRANCH

Lifelines - Online

2008 Provincial Water Safety Conference

The 2007 Provincial Water Safety Conference was held in Yorkton on March 15 - 16. The event was a great success. The event was well attended and it was exciting to see and hear from affiliates and instructors from around the province. We would like to say a big thank-you to all of the volunteers who assisted with the weekend and to the City of Yorkton for being a gracious host. A special thank-you goes out to Colleen Lubiniecki from the City of Yorkton for leading the local host committee in preparing for this event. We look forward to seeing everyone again next year.

Board of Directors Announces New CEO

It is with great pleasure that the Board of Directors announces Ms. Shelby Rushton as the new Chief Executive Officer (CEO) for the Saskatchewan Branch of the Lifesaving Society.

Shelby has been involved with the Lifesaving Society for more than 20 years. She has been very active in a wide variety of volunteer positions from the local and provincial levels as an examiner, Branch Events Coordinator, member of the Board of Directors and Regional Consultant. In addition to her volunteer contributions Shelby brings with her a wealth of experience and education from the recreation industry. Shelby is an Instructor Trainer for both the Lifesaving Society and Canadian Red Cross programs and has an intimate understanding of the Lifesaving Society's mission. She was the Aquatic Manager for the City of Melfort for 12 years and was actively involved on the region's Recreation Board of Directors. Most recently we were pleased to have Shelby working in our Branch office as the Program Manager.

Please join with us in welcoming Shelby to her new position effective April 1, 2008. The Board of Directors is looking forward to the leadership Shelby will provide to our dynamic Branch.

Best regards,

David Godwin, Board of Directors Chair

Compression-Only CPR Not Appropriate in Drowning

Recent media reports have highlighted an American Heart Association statement regarding compression-only CPR (without rescue breaths).

The International Life Saving Federation Medical Commission chaired by Dr. Steve Beerman, has issued a clarification statement (page 3) stressing that compression-only CPR is inappropriate in many situations including drowning.

There is no change in Lifesaving Society policy, teaching or evaluation criteria. Lifesaving Society instructors and examiners should continue to use existing candidate and instructor resources in teaching and evaluating candidates in resuscitation.

The Lifesaving Society - 2224 Smith Street, Regina, SK S4P 2P4

Phone: (306) 780-9255 Fax: (306) 780-9498 Email: lifesaving@sasktel.net web: www.lifesavingsociety.sk.ca

Saskatchewan Branch Honours Monica Shillington

After years of dedicated service, Monica Shillington has retired from her volunteer Regional Consultant role. She has been a Regional Consultant since the program's inception in 1994 and even before that, Monica would travel to various pools and assist in aquatic programming and education.

Monica was awarded the Commonwealth's Service Cross award at this past year's Investiture ceremony. She was quoted to say that it was the many young people that she met during her travels that inspired her to volunteer for the Society and work towards its mission of drowning prevention.

We are grateful to have had Monica continue her role as Regional Consultant for so many years. We know that she has inspired all of us as much as the youth inspired her.

Thank you Monica!

Monica with her Moose Jaw Area crew

Left to Right—Bill Cook, Natalie Mitchell, Krista Therens, Barb Fysh, Shelly Howe, Rhonda Young

2007 Affiliate Award Winners

At the banquet of the Provincial Water Safety Conference, affiliate awards were presented. Congratulations to all our winners:

Fred West Trophy (Indoor with population of 150,000 or more)

University of Saskatchewan

Hub Gutheridge Trophy (Indoor with population of 15,000 or more)

City of Yorkton

Bishoff Trophy (Indoor with population under 15,000)

City of Weyburn

Dundee Trophy (Outdoor Pool)

Town of Moosomin

Bevan Lawson Trophy (Waterfront Affiliate)

Thomson Lake Regional Park

Bailer Cup (BOAT Affiliate)

Dwight Soroka

Program Improvement

YMCA of Saskatoon

Drowning Prevention Week Trophy (Highest participation numbers)

YMCA of Regina—Downtown

Rick Stilling Public Education Trophy

Logan Gamble

Lifesaving Instructor Trainer Course

May 30, 31 and June 2/08 (Fri/Sat/Sun)

Lakewood Civic Centre, Saskatoon

Fees:

Course fee: $170.00

Books: $50.00 + gst

To register through the Branch Office in Regina – 780-9255

World Water Safety

INTERNATIONAL LIFE SAVING FEDERATION

CLARIFICATION STATEMENT

ON CARDIOPULMONARY RESUSCITATION FOR DROWNING

Issued 3 April 2008

ILS Medical Committee: Dr Stephen Beerman MD, Dr Joost Bierens MD, Dr Zaid Chelvaraj MD, Dr Phillip Dickinson MD, Dr Anthony Handley MD, Dr Angela Lawson MD, Dr David Szpilman MD and Dr Peter Wernicki MD.

CLARIFICATION STATEMENT

The International Life Saving Federation urgently reminds all would-be rescuers that handsonly CPR is not appropriate in cases of drowning. The American Heart Association (AHA) Emergency Cardio-vascular Care (ECC) Committee has recently published a statement on cardiopulmonary resuscitation (CPR).(1) This recommends that bystanders who witness an adult suddenly collapsing out of hospital should perform chest compressions only without giving mouth-to-mouth ventilation, so-called hands-only CPR.

Drowning is the second leading cause of accidental death worldwide. While hands-only CPR may be effective in cases of sudden heart attack, cardiac arrest during drowning is due, in large part, to lack of oxygen. The body is thus starved of oxygen and needs urgent replenishment in addition to circulation of blood that is provided by chest compressions.

Similarly, compres sion-only CPR is inappropriate in cases of cardiac arrest in children, when failure of breathing is the usual underlying cause.

The AHA ECC Committee statement includes: “this *call to action* for bystanders does NOT apply to unwitnessed cardiac arrest, cardiac arrest in children or cardiac arrest presumed to be of non-cardiac origin”. The ILS concurs with this, but is concerned that the overwhelming emphasis on hands-only (compression-only) CPR in the statement will mean that this secondary advice may be overlooked.

Further information can be found in the Medical section of the ILS website, www.ilsf.org. In particular, attention is drawn to the Medical Position Statements on Critical CPR Skills, Use of Oxygen, and In-Water Resuscitation.(2) (3) (4)

(1) The AHA statement: http://tinyurl.com/27zept

(2) http://www.ilsf.org/medical/statements/critical-cpr-skills

(3) http://www.ilsf.org/medical/statements/use-oxygen-lifesavers

(4) http://www.ilsf.org/medical/statements/in-water-resuscitation

For more information, please contact: ILS, Gemeenteplein 26 - 3010 Leuven – Belgium Tel: +32/(0)16 896060 -- Fax: +32/(0)16 897070 -- E-Mail: ils.hq@pandora.be

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Upcoming Courses

Aquatic Emergency Care

June 13-15	YMCA of Regina	757-9622
August 8-10	City of Yorkton	786-1740
August 15-17	YMCA of Regina	757-9622
September 19-21	City of Yorkton	786-1740
November 21-23	YMCA of Regina	757-9622

Aquatic Emergency Care Recert

May 2	City of Yorkton	786-1740
May 3	City of Regina	777-7529
June 15	YMCA of Regina	757-9622
July 12	City of Regina	777-7529
August 5	City of Regina	777-7529
August 17	YMCA of Regina	757-9622
December 15	City of Yorkton	786-1740

National Lifeguard Service

April 19/20, 26/27	University of Saskatchewan	966-1001
May 2-4/9-11	City of Saskatoon	975-3324
June 30-July 24	YMCA of Regina	757-9622
July 28- August 8	City of Regina	777-7529
August 11-13/18-20	City of Yorkton	786-1740
August 25-29	YMCA of Regina	757-9622
Sept 26-28/Oct 3-5	City of Yorkton	786-1740
December 27-31	YMCA of Regina	757-9622

National Lifeguard Recert

April 19	University of Saskatchewan	966-1001
April 20	University of Saskatchewan	966-1001
April 24	City of Saskatoon	975-3324
May 9	City of Yorkton	786-1740
May 25	City of Regina	777-7529
June 21	City of Regina	777-7529
June 28	YMCA of Regina	757-9622
July 29	City of Regina	777-7529
December 16	City of Yorkton	786-1740

Lifesaving Instructor

June 6-8/20-22	Swift Current Aquatic Centre	778-2735
August 8-10/15-17	City of Regina	777-7529

Aquatic Supervisor Training

August 19-21	City of Regina	777-7529

Boat Operator Accredited Training Instructor

April 19	Carleton Trail Regional College	567-2885

Lifesaving First Aid Instructor/AEC Instructor

Summer	Regina Location TBD	757-9622
Summer	Saskatoon Location TBD	757-9622

For other courses not listed or for courses in your area please call the Lifesaving Society at 757-9622. We have a daily updated course listing of courses registered with us throughout the province.

To list courses in the next issue of Lifelines please email to lifesaving@sasktel.net