



New CPR Guidelines

Attention Lifesaving Society Affiliates and Facilities:

As most of you know, the new CPR guidelines are now in effect. All Lifesaving Society Instructors should be teaching and using these new standards. To ensure all of our instructors are up to date, please confirm with your staff that they have received the new CPR guidelines package and have sent in their CPR update to the Lifesaving Society office. We will continue to monitor the status of Lifesaving Society Instructors to guarantee the use of the new guidelines. If you or a member of your staff would like a CPR guideline package, please contact the Lifesaving Society office. Thank-you very much for your cooperation!

Northern Instructors Needed

Since 1997 the Lifesaving Society has been working with Northern Communities in Saskatchewan to teach their youth swimming skills. The role of the Northern Community Outreach Swimming Instructor is to travel up to these communities and deliver the programs while working with the community to ensure that a positive experience is had by all.

Requirements:

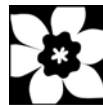
- Certified Learn to Swim Instructor for any agency (Lifesaving Society Instructor and SWIM Instructor certification and completion of

examination standards clinic is preferred.)

- National Lifeguard Service Certified Lifeguard with Standard First Aid and CPR C.
- Must complete a Criminal Record and Child Abuse Registry Check.
- Recreation/Play Leadership Background.
- Likes to travel and has Class 5 License.
- Ability to work independently.

So far this year, we have booked three communities (and are pursuing more) beginning at the end of June. If you or someone you know is interested in this excellent opportunity, please call the Lifesaving Society at 306-780-9255 for more information.

Fun in the Sun - Know the Risks



Canadian Cancer Society
Société canadienne du cancer

Being a lifeguard during the summer can mean spending a lot of time in the sun. Natural sunlight is important to good health, but too much exposure to UV rays increases the risk of sunburns, skin cancer and cataracts.

By using a little *SunSense* you can protect yourself from the sun's rays. The Canadian Cancer Society recommends that you take precautions between 11 a.m. and 4 p.m. when the sun's rays are at their strongest, or at any time of day when the UV Index is 3 or higher.

- Check the UV Index before you go out.
- Cover your arms and legs. Choose clothing that is loose-fitting, tightly woven and lightweight.
- Wear a wide-brimmed hat to protect your head, face, neck and ears.
- Stay in the shade – under trees, an awning or an umbrella.
- Wear sunglasses with UV protection to protect your eyes.
- Use sunscreen with an SPF of 15 or higher on exposed parts of your body. Apply it at least 20 minutes before going outside. Reapply often (about every 2 hours), and don't forget your ears, neck and nose.

For more information about *SunSense* and skin cancer, please call the Canadian Cancer Society's toll-free cancer information service at 1-888-939-3333 or visit the Canadian Cancer Society's website at www.cancer.ca.