



Last Call for Nominations & Constitutional Amendments - March 9th

A reminder to the membership that March 9th is the deadline for Constitutional Amendments and Nominations for the Board of Directors. If you would like to review the Constitution, it is available at our website.

A Board of Directors nomination form was submitted to the membership through a previous email but can still be made available by contacting the office. If there are any questions about the entire AGM process, please contact the office for clarification.

Early Bird Deadline

Take note that March 2nd is the Early Bird deadline for conference registrations. After this date, the price to attend the conference rises to \$75.00. Register before the end of the day on Friday (March 2nd) and pay only \$65.00 as the Early Bird rate will still be in effect.

Dates to Remember

- Provincial Lifeguard/Lifesaving Competition
March 23rd, Moose Jaw
- Provincial Water Safety Conference & AGM
March 24th, Moose Jaw

Drowning Prevention Week 2007 - July 15th-22nd

Mark your calendars, the 2007 version of Drowning Prevention Week will take place from July 15th to the 22nd, 2007. Saskatchewan continues to be one of the most active provinces in terms of participation and this is a trend we would like to continue. Drowning Prevention Week packages will be made available prior to the start of the week long event so that programmers can work ideas into

their schedules. If you have any suggestions as to how else we can help you plan, please contact the office.



A Picture from Drowning Prevention Week 2006

A Note to Lifeguards About Rescue Breathing...

The NLS standard for resuscitation on an unconscious, non-breathing victim is to perform CPR *immediately following removal from the water*. Rescue breathing should only be performed in the water and if complications can be dealt with (i.e. vomiting). Once on deck, go straight to CPR.

*This procedure applies to all Lifesaving Society awards with the exception of Rookie and Ranger. These two awards do not cover CPR, only rescue breathing.

Our thoughts and prayers are with Sr. Jean Leier as she recovers from her illness. Get well soon!



From the Membership

Seeking interested lifeguards in the southern Saskatchewan area (Moose Jaw, Regina, Yorkton, Estevan, Weyburn, etc) who would be interested in forming a team of competitive lifeguards. No previous experience necessary! Great way to meet guards from all over Canada, have a lot of fun, travel, and improve your guarding skills. Current NLS or other awards is not an issue (but an asset to the team). You don't need to be actively employed as a lifeguard to compete!! If you're interested please contact Rhonda Young @ daizy_rhonda@hotmail.com or 596-5487, or call the Branch office.