



LIFESAVING SOCIETY
The Lifeguarding Experts

Special announcement regarding 2005 CPR & ECC Guidelines

On November 28, 2005, the International Liaison Committee on Resuscitation in collaboration with the American Heart Association released changes to the Guidelines for CPR and Emergency Cardiovascular Care.

Initial media reports focused almost exclusively on a changes to a “universal compression-ventilation” ratio (30:2) for all single rescuers of infant, child, and adult victims. There are other changes that will affect lifesavers and lifeguards and the instructors who teach and evaluate them.

In Canada, the Heart and Stroke Foundation of Canada, Lifesaving Society, Canadian Ski Patrol, Canadian Red Cross, and St. John Ambulance are meeting early in December to ensure consistency in interpretation of training requirements and rollout plans.

The transition to new protocols

The Lifesaving Society will announce its transition plan early in the near year.

Lifesaving Society instructors, examiners, and lifeguards should not change their teaching, evaluation, or performance of resuscitation skills until the Society officially announces changes to its programs and literature.

Lifesaving Society Award Guides continue to define the current standards for Lifesaving Society certifications. Under no circumstances should candidates for Lifesaving Society awards taught under these standards be penalized because they do not perform the revised protocols.

The changes

The changes in the 2005 Basic Life Support Guidelines simplify education and are focused on enhancing successful outcomes. They include emphasis on high quality CPR meaning rescuers should push hard and push fast, allow full chest recoil, minimize interruptions in compressions and defibrillate promptly when appropriate.