

WAVES



February 2005



LIFESAVING SOCIETY®

The Lifeguarding Experts

WATER SMART® CORNER

Communicable Disease Avoidance for Lifeguards

Lifeguards may be exposed to infectious agents while in the water, on the beach, or in contact with the victim's skin, saliva, or blood. Water-borne infections from polluted water are possible even when fecal coliform counts are low. In general, the risk of infection for lifeguards is high for water-borne infections, moderate to low for infections caused by microbes found in sand, and extremely low for potentially severe, blood-borne infections. Simple preventive steps include avoiding swallowing water while swimming, wearing sandals or shoes while walking on the beach, using pocket masks for resuscitation, avoiding contact with victims' blood, and vaccination for hepatitis B for those guards who do come into contact with blood.

For more information, go to the International Lifesaving Federation website:

<http://lifesaving.dsnsports.com/index.xml>

ANNUAL GENERAL MEETING May 28, 2005

FACT:

As a registered affiliate you have a single vote at the AGM. It is your right and privilege to let the Society know who you want to govern and what your concerns are. Without your support, we cannot serve you well.

LIFESAVING CALENDAR

April 5 Rescue Commendation Award Presentations - Government House
April 17-23 Volunteer Week
May 4-7 National CLC and AGM – Kamloops BC
May 28 Lifeguard Reunion & NL AGM
July 17-23 National Drowning Prevention Week



DO YOU HAVE THE NEW AEC MANUAL?

If you are an AEC Instructor or are taking an AEC course, you need the most current manual. This 41 page document is available only from the Lifesaving Society as a download. Send your payment of \$11.77 and we will provide you with a link to download the file.



VOLUNTEER OPPORTUNITIES

The Society is recruiting volunteers for the following areas:

- Website and graphics development
- National Drowning Prevention Day
- Newsletter research
- Technical program consultant

Call the branch or find out more details on the Society's website.

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St. John's, NL A1B 3M9
Tel: 709-576-1953 Fax: 709-738-1475
Email: lifeguard@nl.rogers.com
Website: <http://lifesaving.nfld.net>

HAVE YOU BEEN CHALLENGED?

The Challenge: July 17 - 23 marks this year's National Drowning Prevention Week. Host a Water Smart event anytime throughout this week and submit your activities in writing with pictures to the Society office before Friday, August 5 for a chance to win one of three great prize packs.

The Partnership: Your facility must profile the Society by displaying the Society's logo prominently on all promotional materials as well as at the event. Let your community know that you are working the 'the experts' in the battle against drowning.

Ideas and Extras: Looking for activity ideas? Log on to the Society's website for the Water Smart Activity Package. Need to spruce up your event? The Society has an assortment of tattoos, stickers, whistles, apparel and much more at affordable prices that can be used for giveaways and draw prizes. Check out the website for more great products!

GUESS WHO'S COMING TO DINNER?

Well not dinner quite, but if you're buying....

The Lifesaving Society will be **visiting aquatic facilities** over the next few months. Watch out for scheduled times and make sure that you provide your input into what's important to YOUR facility and how we can help.

Programming, marketing, training, staffing, resources? **Let us know how we can assist you.**

