

WAVES



LIFESAVING SOCIETY®
The Lifeguarding Experts

January 2005

SPECIAL TWO-PAGE EDITION!

WATER SMART® CORNER

Heart attack versus cardiac arrest – what's the difference?

Cardiac arrest occurs if the heart suddenly stops beating effectively. The victim collapse, stops breathing and dies in a few minutes if somebody doesn't start treatment.

Three in every four cases of cardiac arrest are caused by either blockage in blood flow which can trigger a heart attack, or by electrical malfunction in the system that regulates heartbeats. The remaining one in four cases result from other conditions, such as choking, bleeding, drowning or poisoning.

An estimated 300,000 people die of sudden cardiac arrest each year in North America.

Heart attacks are caused by a blockage in a coronary artery. The victim usually experiences chest pain and symptoms such as shortness of breath, but they remain conscious and their heart continues to beat. With emergency hospital care, about 90 percent survive.

Early CPR still provides the best chance for survival, according to a new Ontario study published in the *New England Journal of Medicine*. According to the study, CPR is performed by bystanders only 15 per cent of the time. And if more people knew CPR, the chances of a random bystander having the ability to help would go up.

To become certified in CPR, all the Lifesaving Society today.

CONGRATULATIONS!!

The Lifesaving Society is pleased to present the following facilities with their prizes packs for courses completed during Bronze Medallion/CPR Month in November.

- 1st Town of CBS
- 2nd Town of Mount Pearl
- 3rd Town of Wabush



LIFESAVING CALENDAR

January 19 Board meeting – NL
 February 10 & 11 National Strategic
 Planning meeting - Ottawa
 March Investiture – Government House
 May 7 National AGM – Kamloops BC
 May 28 Lifeguard Reunion & NL AGM
 July 17-23 National Drowning Prevention
 Week

FACTOIDS: 63% of CPR C Candidates in Newfoundland & Labrador in 2004 were **female** and the average candidate age was 20.

In Bronze Medallion/CPR B the **females** again made up 63% of the total number of award holders with an average age of 15.9.

Happy
New
Year

11 Austin Street • PO Box 8065, Stn A
 St. John's, NL • A1B 3M9
 Tel: 709-576-1953 • Fax: 709-738-1475
 Email: lifeguard@nl.rogers.com • Website: <http://lifesaving.nfld.net>

EpiPen Position Statement for NLS out soon!

Watch the Society website for the latest position statement on epinephrine administration in the NLS course.
<http://lifesaving.nfld.net>

NEW E-MAIL ADDRESS FOR THE NL BRANCH

Effective immediately, the e-mail contact addresses for the branch are as follows:

Lifesaving Society Branch Office
lifeguard@nl.rogers.com
 Jeanette Jobson, Executive Director
execdir@nl.rogers.com

The Society's previous e-mail address (lifeguard@seascope.com) will be available until January 31st.

NATIONAL DROWNING PREVENTION WEEK GEARING UP

In 2005, the Society will be extending **National Drowning Prevention Day** into a week-long event. **July 17 – 23**

Watch your mail box for the **NDPW Activity Guide** and let's make this a year to remember for Water Smart® activities!



CLM Notes – the latest:

In the revised Canadian Lifesaving Manual (seventh printing, October 2004), the term 'modified' is dropped from the term 'modified jaw-thrust'. Jaw thrusts are now simply described as
 'jaw-thrust with head-tilt'
 or
 'jaw-thrust without head-tilt'

LAST CHANCE!! LIFESAVING INSTRUCTOR TRAINER COURSE

The Instructor Trainer Course provides you with the foundational skills to train Instructors for any of the Lifesaving Society's programs and prepares you for the practicum process. Successful completion of the course enables you to co-instruct any or all of the Lifesaving Society's Instructor level courses for which you meet the prerequisites.

Host: Memorial University, Phys Ed Bldg, Room 2022, St. John's, NL
Dates: Saturday, January 29 and Sunday, January 30, 2005
Time: 9:00 am - 6:00 pm

Cost: \$120.00 (payable to the LIFESAVING SOCIETY by VISA, MasterCard, cheque, money order, or facility purchase order)

Check out the website to download an application form <http://lifesaving.nfld.net>



NEVER DROP YOUR GUARD – A LIFEGUARD'S PLEDGE

Without a doubt, the most profound impact of a drowning is on the victim's family. What is often overlooked in considering this immense grief is the impact on us, the lifeguards.

Like anything taken for granted, the work of a lifeguard goes under the microscope only after a tragedy occurs – and tragedy often happens when we least expect it – perhaps towards the end of a calm, adult lane swim, during a shift rotation, or in the few seconds when two lifeguards stop for a brief chat.

As lifeguards, we must be diligent in our work. Our mindset and the choices we make have life or death consequences. Our job is to stay ahead of danger, to spot warning signs, and where possible, to intervene before incidents occur. Our pride is in the responsibility we carry, and our success is not measured by accolades, but rather by knowing we're doing our utmost to provide the safest possible environment for swimmers.

Yet, no one should forget that lifeguarding has a human element that is reflected by the following two rules: 1) lifeguard will never be able to prevent all drownings, and 2) despite anyone's best efforts, we will never be able to change the first rule.

This is not to imply that any drowning in a life guarded environment is acceptable, in fact, it's quite the opposite. Every drowning case is followed up by police investigation where lifeguards, supervisors and facilities may become entangled in legal proceedings that can go on for years. It is our duty and it is in our power to do everything we can to prevent all such trauma, for our patrons and for ourselves.

If we use our training, operate within our systems and do everything we can, but the tragedy still occurs, we should find comfort in our efforts. We will accept and learn from experience, and move forward.

As our communities continue to invite people to the water, build bigger and better leisure sites and open safer and cleaner beaches, it is critical we maintain our respect of the inherent dangers that exist in the environments we serve to protect.

We are lifeguards – vigilant, attentive and alert. - *Lifeline*, Winter 2004/2005

LIFESAVING SNORKELLING INSTRUCTOR WORKSHOP



All Lifesaving Instructors who wish to become **Snorkeling Instructors** are invited to attend a 3 hour workshop in February, which will be held, dependent on registration numbers. Costs are \$30 and include the Snorkeling Manual and test sheet.

Register through the Lifesaving Society and get ready to teach!

CLM Notes – did you know:

In the revised Canadian Lifesaving Manual (seventh printing, October 2004), the first aid treatment for burns is slightly different.

Now, a 'dry sterile dressing' is applied to a burned area after flushing it with cool water. Using a dry dressing reduces the risk of infection.

HEY BUDDY!

Have you met Buddy yet? You can meet him online or in person. Buddy is the Newfoundland Branch's mascot – a big furry Newfoundland dog – the original lifeguard!

Download **Buddy colouring sheets** from the website or ask for **Buddy Catchers** a great new game for kids of all ages to teach Water Smart skills. Or how about **Buddy Stickers or tattoos**? Or even a **Buddy t-shirt**?

Affiliates who'd like Buddy to come to registration or special events in person, just contact the Branch office to book him. But be warned, he's popular!! So book well ahead, especially at peak times.

Call the Branch for details and to order supplies.

