

WAVES

March 2006



LIFESAVING SOCIETY®
The Lifeguarding Experts

WATER SMART® CORNER

Ice Riding

Drowning is one of the leading causes of snowmobile fatalities. Wherever possible, avoid riding on frozen lakes and rivers because ice conditions are never guaranteed. Ice conditions can change in a period of several hours. If you must cross ice, ask first, then stay on the packed or marked trail. Don't stop until you reach shore. If you hit slush, don't let off the throttle. If you are following someone who hits slush, veer off to make your own path. If you must travel over lakes and rivers then consider using a buoyant snowmobile suit which will assist you to reach the closest ice surface. Also consider carrying a set of picks which will help you grip the edge of the ice more easily. **'Stay off or prepare to go through'.**

AFFILIATE AWARDS

At the Society's Annual General Meeting, Affiliate Awards are presented to facilities offering the largest number of lifesaving awards, based on community population. There are awards for year round and seasonal pools

Are you in the running? Courses are assigned points which are then tabulated at the year's end. Awards are then presented to affiliates with the highest participation rates.

If you are a registered affiliate and you qualify, you will be notified by letter of your award. For more information, please contact the branch office or check the website.

POINT VALUES FOR NEWFOUNDLAND & LABRADOR AFFILIATE AWARDS

Recertification is valued the same as original certifications.

Lifesaving Awards

Rookie / Ranger / Star	15, 20, 25
Bronze Star	30
Bronze Medallion	40
Bronze Cross	60
National Lifeguard Service Award	75
Diploma Award	50
Distinction Award	100

First Aid Awards

Aquatic Emergency Care	30
CPR A / B / C	15, 20, 25
Emergency First Aid	35
Standard First Aid	45

Specialized Training

BOAT	15
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MOVING?

If you're headed to another province make sure that you have your awards transferred there. If you do more Lifesaving Society courses in another province, at cadet camp or university, then return to Newfoundland, have your awards transferred back here.

DID YOU KNOW?

Guidelines for cardiac arrest victims recommend immediate CPR and defibrillation within 5 minutes to ensure the best chance of survival. In major Canadian centres, defibrillators arrive approximately 9 minutes after the call to 911 according to the Heart and Stroke Foundation of Canada.

LIFESAVING FIRST AID UPDATE

Lifesaving First Aid is a mandatory upgrade course for NLS and AEC Instructors, ITs and Provincial Trainers.

Watch your mailbox for details on the next LFA update course on the West Coast in early April!

AFFILIATE WORKSHOP – JUNE 3

Programming questions? How to market courses? What to charge? What's new? Safety management concerns? Questions, questions, questions and never finding answers?

We can help with the first workshop specifically designed for aquatic professionals. This workshop will provide facility managers, and aquatic staff a chance to explore avenues of programming, marketing, aquatic safety and training and provide a unique opportunity to network with others in the field.

Details on the workshop and AGM will be released soon. You will be contacted by the Society to request the name of a representative from your facility who will attend this important event.

PROGRAM BROCHURES

Is your facility displaying Lifesaving Society program brochures? The Society has brochures available free of charge for you to display and provide to parents and program participants that show the program progression and answer a lot of your common questions. Call the branch for details on how to get them into your facility.