



WAVES

November 2005



WATERSMART® CORNER

A Rule of Thumb

A practical way to distinguish between the two classifications of hypothermia is to remember that mild-to-moderate hypothermia may be present when the victim is shivering and conscious, and severe hypothermia may be occurring when the victim stops shivering and loses consciousness.



LESSON PLANS

Are you an NLS, Lifesaving or CPR Instructor? Lifesaving Instructor Trainer? The Lifesaving Society now has **lesson plans** for each level that will provide you with the tools to deliver quality courses at the level you choose. Watch your mail box for more details.

HOLIDAY SHOPPING?



If you're looking for **holiday gift ideas**, visit the Lifesaving Society either in person or online. Revive Key Ring Barrier Devices and Fox 40 Whistles make great stocking stuffers....pick up a rugby shirt and keep warm.....or get a Bronze Medallion t-shirt for someone who's just completed the course.

ORDER YOUR COPY TODAY!

The **Canadian First Aid Manual** is now available for just \$10 (\$15 with shipping, handling & tax included). The 104-page, full colour **Canadian First Aid Manual** provides succinct and practical advice to first aid candidates with the focus on things they can actually do something about.



Talks with the provincial government indicates changes to Occupational Health and Safety legislation regarding approved delivery for First Aid programming are being considered. Announcements regarding this are pending and the Society is confident that the government will be opening the door for any agency whose curriculum meets federal criteria for OH & S first aid programming – the Society's **Lifesaving First Aid** course, having that federal seal of approval.

CANADIAN LIFEGUARD COMPETITION

In 2006, the **Canadian Lifeguard Pool Competition** will be held in Halifax, Nova Scotia in May. Now is the time to choose a team and set up your training schedule. Full details of competition events and details can be found on the Society website by downloading the CLC manual. Get involved for the experience of a lifetime!

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NATIONAL DROWNING PREVENTION DAY

Congratulations to New World Fitness for winning the National Drowning Prevention prize pack for the best participation and event management for this week in drawing attention to the drowning problem in this province and in Canada.



LIFESAVING CALENDAR

November 11 – Armistice Day - HOLIDAY

November 16 – NL Board of Directors meeting 7:30pm, Lifesaving Society branch office

November 23 & 24 – National Business Managers meeting, Winnipeg, Manitoba



Based on the Society's **Swim to Survive** Standard, **Swim for Life** is Canada's fastest growing learn to swim program. The program is based on extensive research completed in the planning phase and focuses on the basics of swimming. It teaches three strokes, breaststroke, front crawl and back crawl as opposed to the six taught by the Red Cross.

The Society feels children can move into the next levels such as competitive swimming, after learning these basics. In Ontario alone, 42 facilities have changed to the Lifesaving Society **Swim for Life** program from the Red Cross program.

Contact the Branch office for details on how your facility can offer this program in your community.