

BOO! WAVES

October 2005



WATER SMART® CORNER

Contrary to popular belief, you can become hypothermic not only in the winter, but in the spring and fall. The air temperature may be hot, but the water temperature is still cold (i.e., below 20C/68F) in the spring and fall. In winter, we know that both the air and water are cold, so we dress accordingly. However in the spring and fall, people may often be wearing only shorts and t-shirt, so if they fall into the cold water, the risk of hypothermia is increased. Find out more by ordering **Ice The Winter Killer** – just \$25.00

LIFESAVING FIRST AID TRAINING – NOVEMBER 5TH

The Lifesaving Society will be offering training for NLS & AEC Instructors and ITs as well as Provincial Trainers for the new Lifesaving First Aid program.

Attendance at this 9-5 training session provides you with all the information you need to start teaching the Lifesaving First Aid Instructor course or teach individuals Emergency and Standard First Aid.

Course costs are \$55 and include all new materials. Registration deadline is October 24th to obtain your package and pre-course assignment.

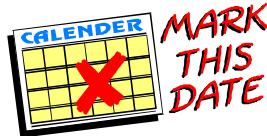
FREE CD FOR AFFILIATES!

All facilities have received their **affiliate registration** forms for 2005. Registering with the Society is essential if your facility offers Lifesaving Programs. It provides the licensing and use of Lifesaving programs and resources, as well as providing access to WAVES, job opportunities, course promotion, and much more. Without registering, you will not receive the **2005 Member Services CD**. This CD holds everything you need to know to run Lifesaving courses – technical, marketing, programming, its all there. Submit your registration forms today and receive your free cd. Unregistered facilities may purchase the CD for \$25.



SWIM FOR LIFE TRAINER COURSE

Mark **November 18-20** on your calendar! That is when you can learn how to teach **Swim for Life®**, the Lifesaving Society's learn to swim program.



All new resources are included for the registration fee of \$65. **Deadline for application is November 4th** to receive your package and pre-course assignment.

Call the Branch office to register.

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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>

HIGH SCHOOL CREDITS FOR LIFESAVING COURSES



Effective September 2005, an individual who completes the sequence of *Bronze Star*, *Bronze Medallion*, *Bronze Cross*, *National Lifeguard Service Award (NLS)* and *Aquatic Emergency Care (AEC)* will be eligible for **2 credits** for physical education for high school graduation. Courses do not have to be current and do not have to be completed in one year. Individuals who want to claim credits simply complete the appropriate form, available from their school or the Society, request certification confirmation from the Lifesaving Society and submit the form to their school.

QUALITY CONTROL STRATEGY

Great news for Instructors! **New Lesson Plans** for teaching **Lifesaving** and **CPR** are now available. Swim for Life and Lifesaving First Aid will be released on the launch of the programs.

The new lesson plans are a great resource to help you plan and teach our courses. The plans make it faster and easier to plan your courses; we have already done much of the planning for you. The plans include references to the technical, teaching and evaluation information in your teaching resources. The lesson plans will help you plan and teach an excellent course.

Several options are available for you to acquire your own copy of the lesson plans:

- 1. Ask your employer.**
Lesson plans have been distributed electronically to registered affiliates.
- 2. Copy a friend's lesson plans**
Ask a Society Instructor. You have permission to copy the lesson plans for your personal use.
- 3. Order the lesson plans from the Society**
You can order printed copies of the lesson plans or a CD with the lesson plans or both.

