

# WAVES

September 2006



LIFESAVING SOCIETY®

The Lifeguarding Experts

## WATER SMART® CORNER

The Lifesaving Society presents awards to individuals who have performed aquatic rescues through **Rescue Commendation** certifications for individuals who have not received lifesaving training or as **MG Griffiths Certificates** for those who have had training from the Lifesaving Society. To nominate individuals for these awards, please visit our website or contact the branch office for details.

"Whomsoever you see in distress, recognize in him a fellow man" is the traditional English translation of the Lifesaving Society's Latin motto *Quemcunque miserum videris hominem scias*, from a play by 1<sup>st</sup> century Roman philosopher (and tutor to Nero) Lucius Annaeus Seneca.

## HIGH SCHOOL CREDITS FOR LIFESAVING PROGRAMS

Candidate who complete Bronze Star, Bronze Medallion, Bronze Cross, NLS and Lifesaving First Aid or AEC are eligible to obtain **2 credits** in Physical Education which count towards his/her graduation.

Individuals must have completed the full sequence of courses, which do Not have to be current, to obtain the credits. Download the application form from the Society website or ask at your school.

Our website has moved!

Bookmark our new web address  
and don't miss out on important  
information and resources.

[www.lifesavingnl.ca](http://www.lifesavingnl.ca)

## NEW CPR GUIDELINES TRANSITION

The Lifesaving Society has provided the new CPR Guidelines and Implementation guide on its website. All NLS and AEC instructors and Instructor Trainers should have accessed these documents. To have your file updated, download, complete and fax back the required **CPR Completion form** to the Branch Office. This is the only administration requirement for this update in addition to reading the new CPR guidelines. You will not be considered current in the new guidelines until this form is received.

Lifesaving Society revised literature will reflect the new resuscitation guidelines for CPR and emergency cardiovascular care. The guidelines are designed to simplify education and are focused on enhancing successful outcomes. All literature should be updated by the end of summer 2006. You can tell a revised book at a glance – the cover says *'With the 2006 CPR guidelines'*



## SWIM TO SURVIVE CHALLENGE

Don't forget to send in the final numbers of participants for your Swim to Survive Challenge as well as the **evaluation sheet** so we may tally final numbers and award prizes.

## LIFESAVING CALENDAR

### 2006

September 23 – NL Board of Directors Quarterly Meeting

September 24 – 29 The Commonwealth Quinquennial Conference will be held in Bath, England, concurrently with the Commonwealth Lifesaving Championship.

October 9 – Thanksgiving Day Holiday

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