



Aqualines

Lifesaving news for Nova Scotians

5516 Spring Garden Road, 4th Floor • Halifax, Nova Scotia B3J 1G6 • Tel: 902-425-5450 • Fax: 902-425-5606
Email: experts@lifesavingsociety.ns.ca • Website: www.lifesavingsociety.ns.ca

FOCUS ON JUDGEMENT

THE LIFESAVING SOCIETY TRAINING ADVANTAGE



The four components of water rescue are judgment, knowledge, skill and fitness. While all of these are required to perform effective rescues, judgment plays a key role. Judgment allows rescuers to integrate the competencies of the other components while making good decisions about the best rescue options. Lifesavers must learn to anticipate and manage

rescue variables like victim condition, water conditions, distance and equipment available. They draw on their repertoire of lifesaving skills, knowledge and fitness to solve a simulated emergency.

Judgment is learned through a situational approach. Responding to simulated emergency situations allows the learner to practice making choices. Judgment is learned only when learners are allowed to make their own decisions and receive feedback on them.

Instructors need to differentiate between teaching skills and teaching judgment. Understanding the meaning of "Demonstrate" versus "Perform a rescue" will help. When a test item begins with "Demonstrate," it means this is a skill or skill sequence, not a rescue. The focus is on acquiring and improving the skill(s). Judgment is not required.

When a test item begins with "Perform a rescue," it means you should set this up as a simulated emergency, which requires candidates to make their own decisions about the best course of action. Practicing judgment is a key part of the item.

If you look closely at the Lifesaving Society training progression, you'll see that candidates learn rescue skills before being asked to apply them in a rescue situation. As participants move up through the lifesaving program levels, they acquire additional rescue skills and the skill sequences become more complex. Within each award, instructors should use the same progression: teach the skills first and then integrate them into simulated rescues.

Choosing the most appropriate actions comes from practice, maturity and experience. In pre-Bronze levels, the focus is on low-risk rescue responses. As lifesavers undertake more advanced training, emergency situations become increasingly complex and demanding.

A sign of good judgment training is that lifesavers – of any level – automatically choose the rescue response with the lowest risk-to-the-rescuer possible. The Society's slogan ("Reach, Throw, Row, Go, Tow"), the Ladder of Risk analogy and the Rescuer's Checklist are learning aids that assist in developing sound judgment.

Of course, situational approach training is also essential in developing competent lifeguards. Only by allowing lifeguards to make choices in simulated rescue situations do we develop the sound judgment needed in real emergencies.

Reprinted courtesy of Lifesaving Society- Ontario Branch

The Lifeguard Store

Feature Product

Spine Board



Heavy-duty, solid yellow plastic with vinyl covered aluminum runners. Unique 2-person soft rubber beaver tail option. Versatile strapping system with 5 plastic buckles safely secures virtually any body size or type. Available with beaver tail pre-installed, or you can install. Head immobiliser sold separately.

\$499.99

Spine Board Straps



Sets of 3, 4 and 5 in Velcro®; or sets of 3, 4 and 5 in buckle.

Set of 4 velcro: \$49.50

Call if you have questions!

For ordering information call (902) 425-5450 ext 323

Or visit us at

www.lifesavingsociety.ns.ca

PUT YOUR FIRST AID SKILLS TO WORK

In February 2011 Halifax will be hosting the Canada Winter Games.

National Lifeguards have been asked to work alongside nurses, paramedics, physicians and other first responders in providing emergency medical care at this event.

Not only is this an excellent opportunity to be part of an organized medical first responder team, it could provide lifeguards with an insight into other aspects of the emergency medical system.

Individuals interested in volunteering for this opportunity should contact Scott Sturgeon, Manager Spectator Medical at EMC Inc. Scott Sturgeon may be contacted at scott.sturgeon@emci.ca



Changing Lanes

Andrea Fairbanks, formerly Aquatics Coordinator with CFB Halifax, is expecting her third child in September. Andrea has left CFB Halifax, and plans to spend more time with her family.

CFB Halifax Aquatics now fall under **Heather Arbour** as the Community Recreation Coordinator.

Harold Jones is the new Aquatics Supervisor at the Cumberland YMCA. Harold has been a long time lifeguard at the Cumberland Y.

Peter Cove, the former Aquatic Supervisor at the Cumberland Y, has moved on to PEI, where he will be a surf lifeguard at the National Park.

NLS/SFA POOL PRECERT & RECERT

The Dartmouth Sportsplex will be holding an NLS/SFA Precert & Recert on Sunday, July 4th

The precert will start at 9:00 am; and then the exam is scheduled for a 3:30/ 4:00 pm start, depending on how many people register.

Cost :\$75.

Registration: online at: www.DartmouthSportsplex.com

or by phone: Ryan Kemp or Catherine Chiodo at – 902-464-2600 ext. 319.



NLS WATERFRONT RECERT

Location: Windsor Junction Community Centre

Dates and Times: Saturday, July 3, 1:00pm – 5:00pm
Sunday, July 4, exam 2:00pm

For more information or to register

email LWFRainfo@gmail.com

or

call Linsey (902) 877-2706



~ REMINDER ~ 2010-2011 SCHOLARSHIP AWARDS

Just a reminder that the Scholarship Application deadline for submissions for the 2010/2011 academic year is fast approaching- **June 30, 2010 at 4:00pm.**

Information and the application form are available on the Society's Website.



Lifesaving Society Nova Scotia is on Facebook:

<http://www.facebook.com/home.php?#!/group.php?gid=118042378229043>

Come & join our group. Let's see how many members we can get!



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AquaLines

AquaLines is a publication of the Lifesaving Society Nova Scotia Branch. For more information on Lifesaving Society initiatives and programs, visit www.lifesavingsociety.ns.ca

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