



# Aqualines

Lifesaving news for Nova Scotians

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## PICTOU JUNIOR LIFEGUARD CLUB VISIT ICE RESCUE TRAINING

Canada has been described as a winter wonderland, and Canadians spend many hours enjoying various sports like skating, hockey, snowshoeing, skiing and snowmobiles.

We forget however that conditions change, especially when weather is concerned. Warm, cold, wind & rain change the ice conditions on rivers, ponds, lakes, and harbours.

As a part of the Pictou Fisheries Junior Lifeguard training, members practice with material in the pool and learn how to get out of the water and onto the ice and to safety. This training is important, but does not give them a sense of being real. It is hard for club members to understand the cold, shock and fear of falling through the ice.



*Pictou Junior Lifeguards standing with two fire fighters in survival suits.*



*Junior Guards watched and listened to the instructor explain how to self rescue yourself if you were to fall through the ice by using a frog kick and pull with your arms.*

On the weekend of Feb 27 and 28 the Caribou Fire Dept sponsored an ice rescue course. Fire fighters from three Pictou County fire departments spent the day learning what to expect if they are called to a situation involving Ice Rescue. The practical training took place at a large fresh water pond at Pictou Lodge. Firefighters donned survival and Ice Rescue suits, and then spent several hours learning self-rescue, rescue of others with rescue tubes, and rescue baskets.

The Junior Lifeguards spent part of the day on February 28 at Pictou Lodge where they listened to the lectures and watch firefighters in survival gear perform rescues on each other. Junior Guards learned that if they fall through the ice several things have to be in place to save them self or others. These include:

- Someone has to see you go through the ice, Always travel with a friend
- Cold water will cause you to breath in sharply and possibly cause you to inhale water
- Hypothermia will start removing body heat very soon after falling through ice
- People in the water will get tired quickly and not have the strength to get themselves out.

I would like to thank the parents for supporting their children, and the Fire Fighters for their honesty and professional demonstration.

*Robert Weaver Pictou Junior Lifeguard Coach  
Captain Caribou Fire Dept*

## The Lifeguard Store

Special Features:

### Lifeguard Sport Bag



Lifeguard Gym Bag- great for going to swim practice and to and from the pool or beach. Spot for shoes, water bottle & wet swimsuit. Can be hand carried as well as comes with a strap to carry over shoulder.

**\$32.00** (includes tax)

### Call if you have questions!

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

Or visit us at  
[www.lifesavingsociety.ns.ca](http://www.lifesavingsociety.ns.ca)

## TRAGEDY STRIKES AT AUSTRALIAN SURF LIFESAVING CHAMPIONSHIP

The recent death of a teenage ironman at the Australian Surf Life Saving Championship is "a reminder that safety must be paramount at all Nova Scotia Surf and Pool Competitions" says Paul D'Eon, Director of the Nova Scotia Lifeguard Service and Lifesaving Sport Commissioner for Nova Scotia.

Saxon Bird, 19, a member of Queenscliff Surf Club in Sydney, Australia, died on March 20<sup>th</sup> after possibly being struck in the head by his own surf ski.

Bird was a member of the New South Wales high performance lifesaving team and had taken a number of national titles over the last several years.

D'Eon says that during Nova Scotian competitions there have been issues including people hit by boards. He added however that "we are all about safety" and that several factors are considered prior to events including the skill and number of athletes.

As the governing body for lifesaving sport the Society ensures that there is a safety plan and a safety officer in place for every competition. The Lifesaving Society is continually improving the safety of athletes, officials and spectators by tracking Canadian and international incidents such as the tragic death at the Australian nationals.

About 150 Nova Scotian athletes participate in Lifesaving Sport with the number being about equally split between pool competitors and surf competitors.

Several Nova Scotian athletes have competed in Australia.



*Saxon Bird, who tragically passed away in a surf competition accident in Australia.*

## Changing Lanes

**Heather Hanlon** is the new Aquatic Supervisor at CFB Shearwater & CFB Stadacona. Heather has been involved with aquatics for quite some time, lifeguarding at Dalplex & for NSLS through the years. Heather recently graduated from Brock University with her Bachelor of Recreation & Leisure.

## STUDENT EMPLOYMENT OPPORTUNITY

The Lifesaving Society, Nova Scotia Branch, is hiring a summer Swim to Survive Coordinator to work from mid April to the end of July. The seasonal position is responsible for coordinating programs, providing support & development to the seasonal waterfront operations and for coordinating Swim to Survive. The position is based in Halifax.

Applicants must be enrolled in a full time education program for both the 2009/2010 and 2010/2011 academic year.

**Minimum Requirements:** NLS or Lifesaving Instructor  
Standard First Aid/CPR"C"

**Mail or fax applications to:** Lifesaving Society  
5516 Spring Garden Rd., 4<sup>th</sup> Floor  
Halifax, NS B3J 1G6  
Fax: 902-425-5606

**Application Deadline: April 5, 2010**

## MARK THE DATE!!!

**LIFESAVING SOCIETY ANNUAL GENERAL MEETING**

**June 18, 2010.**

**Further details to follow.**

**Website Changes: Refreshed Website** - If you have not been on the Society's Website recently, check it out. We have added a blog and we welcome your comments. Under the Lifeguard Training and First Aid buttons we have added a list of NLS courses and First Aid courses that we are aware of.



**The Lifesaving Society, Nova Scotia Branch acknowledges the generous support of the Department of Health Promotion and Health Protection in connection with all activities of the Lifesaving Society.**

## 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](http://www.lifesavingsociety.ns.ca)

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