



# Aqualines

Lifesaving news for Nova Scotians

5516 Spring Garden Road • 4th floor • Halifax, Nova Scotia • B3J 1G6 • Tel: 902-425-5450 Ext. 331 • Fax: 902-425-5606  
 Email: [experts@lifesavingsociety.ns.ca](mailto:experts@lifesavingsociety.ns.ca) • Website: [www.lifesavingsociety.ns.ca](http://www.lifesavingsociety.ns.ca)

Welcome to **Aqualines**, a monthly e-bulletin, produced by the **Lifesaving Society - Nova Scotia Branch**. We will feature information and articles of interest about the Society and its members, provide you with information on up coming events and encourage your support and participation in the many services offered by the **Lifesaving Society** in promoting Water Smart and Safe public education, development of strong partnerships with our Affiliates, guided by our Vision and Mission Statements :

- **The Vision of the Lifesaving Society Nova Scotia Branch is that Nova Scotia is a Water Smart and Water Active Province.**
- **The Mission of the Lifesaving Society Nova Scotia Branch is to prevent drowning by promoting the safe enjoyment of water related activities and environments.**

We hope you will enjoy Aqualines.....



## Lifesaving Calendar

- March 13<sup>th</sup>** – Lifesaving Series Round 4 – Truro Centennial Pool
- March 17<sup>th</sup>** – Atlantic Outdoor Sport and R.V. Show – Exhibition Park Halifax
- April 10<sup>th</sup>** – Lifesaving Series Championship – Northcliffe Aquatic Center
- April 15<sup>th</sup>** – Lifesaving Society Annual General Meeting – Westin Halifax



Competitors jostle for position in the manikin carry

## Nova Scotia Lifesaving Series 2004-2005



The Lifesaving Series consists of 4 rounds of lifeguard competitions, with the final round and Championships being held on April 10<sup>th</sup>, Northcliffe Aquatic Center. We have over 50 Lifeguards participating in the series, building skills, teamwork and enjoying the friendly competition that exists between teams. We have seen some great team and individual performances, with records set through this years Series. Visit our Website for more information on the Series, and check out the Team Scores and standings.



## 3<sup>rd</sup> Annual Atlantic Conference Memramcook, NB

April 21 & 22, 2 days of professional development featuring training sessions by the University of New Brunswick, the most exciting conference available to Aquatic Professionals in Atlantic Canada. To find out more information about the conference and how to register, go to our Website: [www.lifesavingsociety.ns.ca](http://www.lifesavingsociety.ns.ca) and click on Atlantic Conference.

## Annual General Meeting & Awards Ceremony

Our AGM – Awards Ceremony will take place April 15<sup>th</sup>, 6:30pm at the Westin- Halifax. Mark you calendar, get out and participate in YOUR meeting and support your Lifesaving Society. Look for more information in our next Aqualines regarding the AGM.

## Ice Myths and Cold Related Racts



### Myth

Snow on a frozen lake or river makes the ice surface stronger

### Reality

Snow acts as an insulating blanket, actually hindering ice formation and growth

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## AquaLines

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