



Aqualines

Lifesaving news for Nova Scotians

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Below: Dan Fraser (red shorts) poses with the Delphina Lifeguard Festival attendees on the beach in Costa Rica

New Glasgow's Dan Fraser experiences NLS surf getaway

As a youth, one of the things that inspired me to become a lifeguard was the opportunity to work and travel in some of the world's most beautiful areas. During my career as a lifeguard, I have been fortunate enough to have traveled and more importantly have some truly great experiences.

This winter I was given the chance to have another worldly experience when I was asked to instruct a NLS Surf course at the Delphina Lifeguard Festival in Costa Rica. The festival is organized by a Quebec based group Delphina Ocean Rescue. Its purpose is to enable lifeguards from all over the country and beyond to become certified in the NLS surf option, allowing them to pursue lifeguarding jobs in ocean environments around the world.

The Festival itself was quite short—only two weeks long—but it was definitely memorable. I was given the opportunity to work, train and share skills with lifeguards from across the country.

The first week was very intense as we spent the

majority of our time practicing techniques, running drills and reviewing theory. Week two was a lot more relaxed, and as the course concluded, everyone was free to enjoy the sand and surf.

I would recommend this type of lifeguard getaway to anyone interested in becoming a surf lifeguard. The training is invaluable, the location beautiful and the experience one that lasts a lifetime. Whatever you choose always remember to train hard and act as a professional, this will open many doors. There is a whole world open for lifeguards to explore.

by Dan Fraser

Revised National Lifeguard Service (NLS) Awards. The Best Just Keeps Getting Better...

Beginning September 1st 2005, the Lifesaving Society will introduce the revised National Lifeguard Service Awards. As of that date, all NLS courses and recertifications must be taught using the new National Lifeguard Service Award Guide. The revised NLS Awards are more flexible, fit better together and are easier to deliver. Changes in prerequisites mean that instructors can focus on teaching and practicing the specific skills, knowledge, judgment and fitness that lifesavers need to develop in order to be certified as NLS lifeguards. A key message within the Program



Lifesaving Calendar

April 10th – Lifesaving Series Championship – Northcliffe Aquatic Center, Halifax

April 21st & 22nd 3rd Annual Atlantic Conference - Memramcook, NB. Register online by visiting our website.

Annual General Meeting April 15th Come out and participate

The Lifesaving Society, Nova Scotia Branch Annual General Meeting will be held at the **Westin Hotel Halifax**, Harbour Suites A&B, on **April 15, 2005** from **6:30 to 9:30 pm**.

Revised by-laws and articles have been posted on the Lifesaving Society website. To view them, go to www.lifesavingsociety.ns.ca and click on "The Society" then "About the Society". The file is posted in PDF format.

Ice Myths



Myth -Thick Ice is Strong.

Reality - Even thick Ice may be weak, especially if it contains layers of snow or water, if it has frozen and thawed repeatedly or if it is Spring Ice.

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

Model Design and Leadership Philosophy is that courses use teaching activities that maximize practical application and practice.

Our NLS Instructor Trainer Clinic was held in March for the Revised NLS Awards. Clinics will be held through-out April and May, for NLS Instructors, with a planned roll out over June, July and August to achieve our September 1st date.

Information will be sent out on Clinics over the next few weeks.