



Aqualines

Lifesaving news for Nova Scotians

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New Waterford Lifeguard Aussie-bound

Cory Barrington of New Waterford has been selected to participate in the 2006-07 Nova Scotia Lifeguard Service (NSLS) Australian lifeguard exchange program.

Initiated in 1998, the Australian exchange program is a reciprocal work exchange that provides NSLS staff with the opportunity to work alongside and learn from professional Australian surf lifeguards during our winter months. As part of the arrangement, an Australian lifeguard travels to Canada during July and August to work on Nova Scotia beaches.

Mr. Barrington grew up in New Waterford but has recently moved to Halifax. He worked for the NSLS for the past two seasons patrolling Queensland Beach in 2005 and Lawrencetown Beach in 2006 and he



currently works at Centennial Pool as Aquatic Director.

Barrington is an avid surfer and is looking forward to the opportunity gain experience in the surf and to learn more about competition. He also plans on traveling after his work term ends.

"I plan on traveling the east coast (of Australia) and heading to Indonesia to do some surfing," he said.



What's new at the Lifeguard Store? Check out www.lifesavingsociety.ns.ca for all the new lifesaving and lifeguarding items.



Lifesaving Society Coffee Mugs

Stainless steel with logo; holds 14 ounces; Burn-proof bottom.

Only \$7.99



Lifeguard Water Bottles

Blue, 650 ml; LIFEGUARD and Lifesaving Society Logo.

Only \$4.99



Lifeguard Towels

Oversized beach towel; 100% cotton; Bright yellow with LIFEGUARD and Lifesaving Society Logo in navy.

Only \$24.99

Sport Fair

This year, Sport Fair was held at Cape Breton University in Sydney, from Sept. 27-29. Many different organizations were in attendance to showcase their sport, answer questions, and provide a little fun for the thousands of students who showed up to take part. The Lifesaving Society made its presence known with a first aid station including CPR demonstrations, a "lifeguard rope throw" station, a coloring contest and more. Buddy the Lifeguard Dog also made an appearance—overall, the kids had fun being active, and the Sport Fair was a great success.



CPR Guidelines Reminder

Don't forget to purchase your updated CPR Guidelines kit. All Lifesaving Society awards and certifications must be taught using these new Guidelines by January 1, 2007. Call the Lifesaving Society office at 425-5450 for more information, or visit www.lifesavingsociety.ns.ca.

Stay Cool and Safe This Fall

As the weather turns colder and Jack Frost is peeking in our windows, we turn from beach safety to cold water and ice safety. There are many great winter sports that can be enjoyed in the snowy months, but safety must always come first! Here are some helpful tips:

- In the winter, most drowning victims are male snowmobilers who have ventured onto thin ice.
- Before stepping onto ice, make sure it has been measured in different spots. 10 cm is safe for walking and skating, and 12 cm is safe for small groups to go out onto the ice.
- Never go on ice alone. Also, always inform someone else of where you are going and when you should be expected back.
- Drowning can take place in as little as ten seconds—the shock your body receives from very cold water can speed this process and greatly impair your mental and physical abilities.
- Some signs and symptoms of hypothermia are: shivering, confusion, disorientation, shock, blue lips.

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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