



# Aqualines

Lifesaving news for Nova Scotians

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## LIFESAVING SOCIETY SCHOLARSHIPS

The Lifesaving Society – Nova Scotia Branch is excited to announce the creation of two (2), Five Hundred Dollar (\$500.00) scholarships to be awarded to Lifesaving Society award holders to assist with the cost of post secondary education.

The basic criteria for selection for the scholarships are as follows:

- academic performance
- financial need
- proven dedication to the vision of the Lifesaving Society, which is to make Nova Scotia a water smart and water active province.

Information will soon be available on the Society's Website.

## SUMMER STUDENT EMPLOYMENT

### Are you looking for a great summer job?

The Lifesaving Society, Nova Scotia Branch will be hiring 3 **Seasonal Program Coordinators** to work from mid-June until the end of August. The seasonal position is responsible for coordinating programs and providing support and development to the seasonal waterfront operations. Each coordinator will have an assigned area within the Province and they will visit and work closely with the seasonal waterfronts in their assigned areas.

#### Areas are as follows:

- South Shore- Mahone Bay to Yarmouth
- Valley- Windsor to Digby
- Cape Breton- Cape Breton Island

*Please identify which area you are interested in.*

#### Minimum requirements:

National Lifeguard Service  
Standard First Aid  
CPR Level C  
*Must have access to a vehicle*

#### 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:

May 2, 2008

## The Lifeguard Store

Feature products:

**Lifesaving Society Ladies'  
Navy Baby T-Shirt \$20.00**



Lifesaving Society logo on the front-comfortable stretch cotton. Available in medium, large & extra-large

**Lifeguard Towel \$28.49**



Thirsty, oversized beach towel, 100% cotton, bright yellow with "Lifeguard" and Lifesaving Society logo in navy

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

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

## ATTENTION ALL NS FACILITIES...

The Lifesaving Society would like to feature YOUR stories...

Send us your news, staffing changes (for our "Changing Lanes" feature), information about new programs you are starting, etc.

We'd also like to hear your suggestions for increasing participation in Lifesaving Society programs, and we can share your suggestions & "best practices" in this newsletter.

### VOLUNTEERS NEEDED

The Lifesaving Society needs your assistance.

We need volunteers to investigate drowning rescue stories for our Awards & Recognition program.

Please contact Hylde Tucker at (902) 425-5450 ext 323 or Gordon Richardson at (902) 425-5450 ext 331.

## "HANDS-ONLY" CPR UPDATE

A recent scientific statement published by the American Heart Association (AHA) Emergency Cardiovascular Care (ECC) Committee has opened discussions around compression-only or "hands-only" CPR. **The Lifesaving Society wants to urgently remind their instructors and lifeguards that there are no changes in Lifesaving Society policy, teaching or evaluation criteria. Lifesaving Society Instructors-Examiners should continue to use existing candidate and instructor resources in teaching and evaluating candidates in resuscitation.**

The Medical Committee of the International Life Saving Federation (ILS) recently issued a clarification statement on CPR in regards to drowning. They stress that rescue breathing is critical in hypoxic events such as drowning ("cardiac arrest during drowning is due, in large part, to lack of oxygen"). In that statement, the ILS also emphasized that compression-only CPR was "inappropriate in cases of cardiac arrest in children, when failure of breathing is the usual underlying cause".

For more information on hands-only CPR we suggest that you read the AHA science advisory that was published in the March 31, 2008 Online Edition of The Journal of Circulation:

<http://circ.ahajournals.org/cgi/reprint/CIRCULATIONAHA.107.189380v1?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=a+call+for+action+bystander+cpr&searchid=1&FIRSTINDEX=0&resourcetype=HWCIT>

For the International Lifesaving Federation's Clarification on Cardiopulmonary Resuscitation and Drowning you can visit:

<http://www.lifesavingsociety.com/PDF/62Compression-onlyCPR-April2008.pdf>

***Changing Lanes*** If there is something new at your affiliate or facility, please let us know & we will pass it along.



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RR #4 Box 8085 Fax: 902-648-2497  
Yarmouth, NS B5A 4A8 kerry@waterparks.ca  
www.waterparks.ca



### FINAL ROUND!!!

The **Nova Scotia Lifesaving Series** concludes with Round 6 at Sackville Sports Stadium April 19<sup>th</sup> – 5:30pm to 9:00 pm.

Representatives of the Lifesaving Society will also be in attendance at Sackville Sports Stadium with Lifeguard clothing samples for viewing & purchasing.

For more information contact Paul D'Eon at (902) 477-6155, email at [paul.deon@nsls.ns.cs](mailto:paul.deon@nsls.ns.cs).

You can also visit our website for more information and results of the rounds so far. Go to [www.lifesavingsociety.ns.ca](http://www.lifesavingsociety.ns.ca) & click on Competitions/NS Lifesaving Series.

## 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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