



Aqualines

Lifesaving news for Nova Scotians

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2008 JUNIOR LIFEGUARD COMPETITION - WATERFRONT

Date: August 2, 2008

Location: Rissers Beach, Nova Scotia

(For travel instructions, visit www.nsls.ns.ca and click on Supervised Beaches)

Eligibility: All competitors must;

- Hold a Lifesaving Society Award OR be registered in a Junior Guard Club.
- Meet the Lifesaving Society's Swim to Survive Standard (roll entry, tread water for one minute and swim 50m)
- Be at least seven years of age, and less than sixteen years of age.

Age Groups: Four Categories; 7 to 9 years, 10 and 11 years, 12 and 13 years, 14 and 15 years

Competition: The competition is approved and the events are sanctioned by the Lifesaving Society of Nova Scotia. See www.lifesavingsociety.ns.ca, click on Competition and Junior Competition for more details.

Events: Beach Run, Rescue Tube Race, Board Race, Canadian Iron Guard, Beach Flags

Entry Deadline: Entries must be received by Tuesday, July 29th at 5 pm. On site registration will be received on August 2nd with a ten dollar late fee. Refunds will not be issued for competitors who do not compete.

Entry Fees: \$20 Fee is all-inclusive (\$30 for late entry) *Cheques are payable to the Nova Scotia Lifeguard Service*

Registration: Send completed Registration Forms and Fees to;

Snail Mail:

Nova Scotia Lifeguard Service
14 Purcell's Cove Road
Halifax, Nova Scotia B3N 1R4

Email: mike.melenchuk@nsls.ns.ca

Fax: (902) 477-6216

Phone: (902) 477-6168



Changing Lanes

The YMCA of Pictou County ("Y") would like to inform members, volunteers and employees that **Charlene Conrad** has resigned from her position as Aquatics Director.

During the transition, **Sabrina Freund**, who joined the "Y" in June, will be assuming Charlene's former responsibilities. Sabrina has over 13 years of aquatic programming and leadership experience. Also, Sabrina has experience working in other YMCAs in Ontario and holds an Early Childhood Education degree.

Dr. Steve Beerman, former president of the Lifesaving Society Canada, was elected to a four-year term as president of the International Life Saving Federation on Saturday at the ILS General Assembly in Berlin.

Dr. Beerman contributed to the first ILS *World Drowning Report* and 2008-2012 Strategic Planning process. He co-chaired the Task Group to establish the new Drowning Prevention Commission.

The Lifeguard Store

Feature product:

Canadian Swim Patrol Kits

\$30.00



Canadian Swim Patrol is a three (3) level (Rookie Patrol, Ranger Patrol, Star Patrol) pre-Bronze award progression that delivers "work hard, play hard" training for skilled swimmers 8-12 years old. Content is organized into modules: Water Proficiency; First Aid; Recognition & Rescue.

Participants can work on content appropriate for their ability, no matter which level they are enrolled in. This modular format provides more programming flexibility and more chances to recognize participants' success along the way. Swimmers can start at any level.

Each kit contains:

10 crests (Rookie, Ranger or Star), 10 wallcharts, 1 sheet of 35 stickers & 1 Progress Report.

Items also available separately.

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

Or visit us at www.lifesavingsociety.ns.ca

RE-BRONZE PROGRAM - FIRST IN NOVA SCOTIA



This group of future lifeguards took a moment to remember where they came from and completed the ReBronzed program at Cole Harbour Place June 9, 2008. Over a couple hours the candidates reviewed skills that they had not seen since their original bronze medallion course.

"It was nice to take a break and do some skills that reminded us of where we started into lifesaving," said Mike Melenchuk, one of the lead instructors for the ReBronzed course. "It was entertaining to have everyone show us their skills at throwing assists. We also enjoyed seeing the must-sees from old bronze programs."

After the ReBronzed course, the candidates returned to practicing their skills for the upcoming NLS exam, but for a little while they relaxed and learned that lifesaving has been around for 100 years and they are a part of its continued existence in Canada

RESCUE 2008 – WORLD LIFESAVING CHAMPIONSHIPS



The Lifesaving Society is pleased to announce that Jason Cross of Eastern Passage will be competing with Canada's National Lifesaving Team at the World Lifesaving Championships. This year's World championships will take place in Berlin between July 20 and August 2, 2008.

Jason Cross has been participating in the sport of Lifesaving for twenty years and has been the Canadian Ironguard Champion for 10 years. He is captain of the National Team.

Mike Melenchuk, Sara Jennex and Troy MacArthur, all members of the Nova Scotia Lifeguard Service, will be officials at the event.

Check out: www.rescue2008.com



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NATIONAL DROWNING PREVENTION WEEK

Premier Declares July 19-27 Drowning Prevention Week

Premier Rodney MacDonald declared July 19-27 Drowning Prevention Week in Nova Scotia.

"During the height of summer, many Nova Scotians seek refuge from the heat at the beach or lake," said Premier MacDonald. "By raising awareness about water safety this week, I hope we can prevent tragic drowning accidents in our province."

Drowning is the third leading cause of unintentional death for Canadians under the age of 60. It is estimated to claim 400 victims each year. More than 75 percent of drownings occur in natural bodies of water such as rivers, lakes and oceans.

"Drowning Prevention Week is the perfect time to remind Nova Scotians of a few simple water safety rules," said Krista Elvidge, president of the Nova Scotia Lifesaving Society. "By wearing a life jacket when you're in or near water and by keeping children near, Nova Scotians can avoid tragedy this summer."

For more information about water safety, visit www.lifesavingsociety.ns.ca

The Halifax Regional Municipality and New Glasgow have also declared National Drowning Prevention Week.

WINDSOR JUNCTION COMMUNITY CENTRE JUNIOR GUARD COMPETITION – AUGUST 9

Windsor Junction Community Center

48 Community Center Lane, Windsor Junction
Contact: Linsey Hope or Emily Clarke 861-4976

The WJCC will be hosting a junior guard competition on Saturday August 9th from 11-5pm.

General Information:

- Saturday, August 9th 11-5pm *PLEASE register by August 6th*
- Age Categories: 12 and under AND 13 to 15 years
- Open registration (all welcome) \$30 per SQUAD fee (late registration \$40) (Sorry no refunds)
- Events: 911 Call, RESUSCITATION, Board Race (depending on board availability), Beach Flags, and Iron Guard
- BBQ and refreshments will be sold on site
- Website: windsorjunctioncommunitycenter.blogspot.com

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