



Aqualines

Lifesaving news for Nova Scotians

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RESCUE 2008 – WORLD LIFESAVING CHAMPIONSHIPS A FIRST-HAND ACCOUNT



I just returned from representing Canada at Rescue 2008 – the World Lifesaving Championships held in Germany this past July. This was the fifth world championship at which I had the honor of representing our country (as team captain of the national team each time). As always, the competition was fierce, the events were challenging, and I thoroughly enjoyed pitting myself against lifesavers from so many countries. While the competition itself was quite rewarding, the preparation and travel were equally so.

I arrived in Europe almost three months before the World Lifesaving Championships began. First stop: Greece. This afforded me the opportunity to get in some endurance training by swimming 3 – 5 km daily in the deep blue, crystal clear waters of the Mediterranean.

After Greece I went to France, where I had found a surf lifesaving club on the Atlantic coast. Now I could swim, run, board paddle and surf ski with other athletes. There are two twin-towns, Capbreton and Hossogor, which have massive dunes of fine white sand, and consistent surf in warm water, and Australian-style surf lifesaving clubs.

Next I trained with the Swiss National team. As in France, the majority of the team was good friends who lived in one area and trained together daily. The lifesavers used a local pool and beach as their base of operations. Interestingly, there was no local swim team so any youth wanting to train to become better swimmers would join the lifesaving club.

Finally, in Germany, I saw a massive organization, DLRG, which oversees all aspects of water safety (bathers and vessels) in Germany. The organization is entirely run by volunteers. The lifeguards receive a place to live and a food allowance for the summer. They are extremely well equipped with all forms of vehicles for both land and water. Germany entered 60 clubs in the interclub competition.

In France, Switzerland, and Germany, I witnessed the benefits of a strong club system. Australian surf lifesaving clubs have physical structures on their beaches with age groups, seniors, masters, trophies and plaques, pools of equipment, uniforms, coaches, organized practices and plentiful social events. Being part of these clubs gives one a sense of belonging and camaraderie, with membership and participating spanning decades and generations. This is something I have also experienced in Canoe/Kayak clubs in Canada and is one of the reasons we are so strong in paddling. It is my hope that one day Canada will have similar clubs, either partnered with paddling clubs, based in swimming pools, or built near our beaches.



Jason finishes up the surf ski leg in the heats of the Oceanman relay, establishing a comfortable fourth place for his subsequent team members to maintain and qualify for the finals. The long narrow bay on the Baltic Sea, on which the beach at Wamemunder faced, guaranteed mild surf conditions.



"Les nippers" brave a horrific shore break at plage Notre-Dame, located between Capbreton and Hossogor surf lifesaving clubs in Aquitaine region, France. Close to 100 nippers attended the competition.



Jason surveys the field before the start of the surf ski race. Rapidly changing bottom conditions required strategy in negotiating sand bars.



Emmanuella Ruel powers on her knees with team mate Christy Smith in the heats of the women's board rescue. The duo passed two other teams on the return to shore paddle.

For more information: Check out: www.rescue2008.com

Submitted by: Jason Cross
Canadian National Team Captain at Rescue 2008
World Lifesaving Championships

LIFESAVING SOCIETY COMMEMORATIVE POSTAGE STAMP

Official Stamp Release Date: July 25, 2008

Canada Post has issued a commemorative stamp to celebrate the 100th Anniversary of the Lifesaving Society Canada. These stamps are available at all Canada Post offices. This is a limited edition stamp, so be sure to purchase them soon to avoid disappointment!



Taking care of each other is what the stamp celebrates. It's being issued during this year's National Drowning Prevention Week, at the height of summer swimming season, when a little prevention could save many lives.

For more information about the Lifesaving Society, please visit www.lifesaving.ca.

The Lifeguard Store

Feature products:

Lifeguards Have it All T-Shirts
\$15.95*

Special Promotional Product, white 100% cotton t-shirt featuring the Lifesaving Society logo on the front superimposed with just some of the many excellent qualities of lifeguards.

**VIGILANCE,
DEDICATION
TEAMWORK,
SKILL
LIFEGUARDS
HAVE IT ALL!!!**

NEW BRUNSWICK WATERFRONT LIFEGUARD CHAMPIONSHIPS

Nova Scotia was well represented at the New Brunswick Waterfront Lifeguard Championships, an annual event held at Parlee Beach in Shediac that was celebrating its 22nd year.

Despite large surf, high winds and driving rain, the competitors in New Brunswick were a hardy bunch, and gave each event their best effort. Beginning at 9am, the competition began with an Ironguard Relay, followed by a trio of technical events: first aid, first aid relay and a beachfront lifeguarding scenario.



Poor weather necessitated the cancellation of the board rescue, tube rescue and beach flag events. Results will be posted on the website of the New Brunswick branch of the Lifesaving Society: www.lifesavingnb.ca

"Easy-grip" Bricks

Now available: 5-, 10-, and 20-pound bricks for instruction, training and competition. All three feature the new easy-grip contour. Easy to pick up. Easy to hold. Easy to stack. The soft rubber casing makes them easy on the pool too.

5 lb.	(2.25 kg)	\$34.55*
10 lb.	(4.5 kg)	\$49.75*
20 lb	(9 kg)	\$89.50*
Combo pack (1 of each)		\$147.73*

Changing Lanes

Janice Beaver - NLS Instructor, married July 12th 2008 to Matthew Hamilton, in the Annapolis Valley. Janice is now teaching high school at Lawrencetown Education Centre where she is able to use many of her Lifesaving Society qualifications!



Janice on her special day with her younger brother, Greg, and sister, Ali- both lifeguards.



*tax & shipping extra

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(902) 425-5450 ext 323

Or visit us at
www.lifesavingsociety.ns.ca

WANT TO RUN A COURSE? We Can Help!

Sometimes facilities in Nova Scotia find they may not have qualified staff to run all the courses they would like. When such situations arise, the Lifesaving Society can assist affiliates - either by pairing up instructors with facilities wishing to run courses, or by providing an instructor on contract.

This summer has seen several successful partnerships between the Lifesaving Society and affiliates. Some examples:

- A National Lifeguard course at the Lifeplex in Cornwallis and at Digby Recreation pool in early June
- A National Lifeguard recertification at Camp Kadimah
- A Standard First Aid course at Camp Kidston
- A Standard First Aid recertification in Keji Park
- A National Lifeguard course at Cole Harbour Place beginning August 18th

The Lifesaving Society can help you find certified instructors and examiners in your area, and may be able to arrange an instructor on contract for your course. Contact us to see if we can help out!



The Lifesaving Society's Mike Doherty (with glasses) demonstrates proper technique to the Lifeplex/Digby NLS candidates.

SUMMER PROGRAM UPDATE

This summer, our Summer Program Coordinators, Mike Doherty, Mark Nearing & Mike Maguire, have visited over 65 seasonal facilities to further our mission of preventing drownings.

Overall, facilities have done remarkably well with a minimum of resources, and deserve a collective "Congratulations!" for that accomplishment. With few resources flowing into the aquatics industry for maintenance of facilities (both in the physical and operational senses), it's encouraging to see that facilities are still able to commit to safety as a primary concern. The main issue we have discovered has been low water clarity - many outdoor pools have chronic problems with water clarity, and many are unable to resolve this problem on their own, primarily due to a lack of training.

In the next issue of Aqualines, we will offer some tips to keep your pool crystal clear for next summer.

STAFF RECRUITMENT A LIFEPLEX SUCCESS STORY

So everyone knows that summer staffing is difficult, okay even impossible. Well, I thought I was ahead of the game and had everything covered...apparently not. Cancelling swims, apologizing to members and the public I had to come up with a solution - so we started recruiting. One of the reception staff Wendy Thibault says "I'll try", our summer camp supervisor Courtney Hudgins has always wanted to take the training and jumped at the chance, our winter league swim team coach Tina Mailman grabbed the opportunity as it would benefit the swim team in the fall and Llewellyn Theriault, a member of Lifeplex who just thought it would be interesting training.

So I had my group. We worked together every day for at least 8 hours, Bronze Medallion, Bronze Cross and First Aid all complete in 5 days. Whew, we were already tired, but NLS started on the Saturday. Things were going along smoothly and then on Saturday we lost power in the building and had to do training in a lake at one of the candidates cottages (yes, it was hard to take...) By the following weekend, I had 4 new lifeguards.

What a way to start the summer. I would like to thank these four for all of their hard work and dedication to Lifeplex and their commitment to all of the training that they endured in July. It was my pleasure to teach each of you and I look forward to working with all of you in the upcoming year. Congratulations!!

*Monica Croft
Assistant General Manager/Program Director
Lifeplex Wellness Centre*



The new Lifeplex Cornwallis "Lifesavers"
From left: Llewellyn Theriault, Wendy Thibault, Tina Mailman & Courtney Hudgins

Water Safety Videos

Some of the talented staff of East Hants Municipal Pool have made some water-safety videos for Drowning Prevention Week. They are posted on their public website:

<http://www.easthants.ca/dev/recreation%20and%20culture%20services/pool/DrowningPrevention.htm>

RISK MANAGEMENT FOR AQUATIC FACILITIES

DOCUMENTATION

If it is not in writing, it does not exist.

This statement very effectively summarizes the value of developing and maintaining a system of comprehensive records and documentation. Documentation is a key component of effective risk management. Unfortunately it is often a weak link in a facility's risk management system. During Aquatic Safety Audits, the Lifesaving Society often identifies the need for more effective documentation of facility policies, systems, practices, inspections and evaluations.

Effective documentation can serve 2 main risk management objectives:

1. injury prevention and
2. legal defense in the event of an incident.

Records provide valuable insights into the day-to-day operations of the facility. Analysis of these records reveals patterns from which preventive measures can be designed and implemented to improve safety. The records can also provide proof that reasonable efforts were made to identify and reduce or eliminate the risk

Effective documentation can serve many purposes including:

1. Verifying compliance with standards and regulations
2. Training design, implementation, evaluation and verification for staff and volunteers
3. Source of data for an effective risk management process - establishing proactive systems for identification and resolution of potential or existing problems
4. To provide an explanation and rationale for policies and practices - it is important to not just record and distribute the policy or practice, but also to record the reasoning that lead to the policy
5. For legal defense in the event of a serious incident
6. For clarity - clear expectations to minimize potential confusion or misunderstanding

Facilities create and use a variety of different types of documents that have value for risk management. These documents are also important for the general operation of the facility. Risk management documentation may include:

- facility operating manuals
- training manuals
- staff and volunteer qualification and training records
- emergency procedures
- inspection and testing records
- incident reports and analysis of incident patterns
- facility policies and rules with the rationale for these decisions
- daily records and log books
- facility attendance and bather loads
- memos and other staff communications

The value of documentation is reduced if it is not maintained and kept current. The Lifesaving Society recommends that all risk management documents and records should be reviewed regularly. The documents should be evaluated to determine if they are achieving the intended purpose. If not, the documents should be revised. For example: a set of written emergency procedures that do not match actual practice are not effective for controlling risk. In the event of an incident there may be confusion about what is the required emergency procedure and how to do it. After the incident, questions may be raised about liability and whether the procedures were appropriate and properly executed.

Effective risk management depends on effective documentation. The information to identify and analyze potential risks is found in the facility records. The decision about systems to control risk are communicated in documents such as staff manuals, policies, memos, etc. The evaluation of the effectiveness of risk management measures depends on the analysis of facility records. Failure to effectively document the activities of a facility will result in failure to effectively manage risks in the facility.

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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

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