



Aqualines

Lifesaving news for Nova Scotians

5516 Spring Garden Road, 4th Floor • Halifax, Nova Scotia B3J 1G6 • Tel: 902-425-5450 • Fax: 902-425-5606
Email: experts@lifesavingsociety.ns.ca • Website: www.lifesavingsociety.ns.ca

Aquatic Risk Management Workshop Gary Sanger: PREPARING FOR THE AFTERMATH

Thursday, October 30, 2008

Aquatic Safety is a serious issue for any recreation department. With no provincial legislation, municipalities are solely responsible for the protection and safety of their users and staff. Having a defined Aquatic Risk Management Policy can aid in the reduction of liabilities.

You hear media reports about a drowning occurring at a swimming pool or beach. Do you know what to do if such a tragic event happened at your facility? Join **Gary Sanger**, a member of the Ontario Aquatic Safety Management Council (Lifesaving Society of Ontario) and Supervisor of Recreation and Facilities with the City of Toronto, for a special workshop presented by the Lifesaving Society- NS Branch. Gary will review the steps aquatic supervisory personnel should follow after a major incident - from the time of the first call through to the follow-up after the lawsuit. Find out the costs of expert witnesses and reports and what to say - and not say - when speaking to the media.



"Even for those who know a lot about Risk Management, this well delivered seminar is a wake up call. It gives aquatic managers good evidence and back up for strengthening our lifeguards' standards of performance," says Justine Blizzard, Recreation Officer, Aquatics City of Fredericton

Laura Croft, Coordinator of Aquatic Services for the Municipality of East Hants says: "I had the opportunity to hear Gary Sanger speak in Moncton last spring. That session was a day well spent, and I am looking forward to attending the NS session. I wish I could invite my whole staff to hear what Gary has to say!"

SESSION INFORMATION

In terms of liability for organizations, aquatic facilities and waterfronts present a significant degree of risk. This session will give participants a thought provoking look at real life (and death) situations and provide information on what can be done to manage risk and reduce the possibility of catastrophic injury and death in our aquatic facilities.

PRESENTER

Gary Sanger has been employed by the Parks, Forestry and Recreation Division with the City of Toronto for 23 years and is Supervisor in Toronto & East York District.

He is the current Vice-President of Aquatic Safety Management Services with the Lifesaving Society – Ontario Branch and Past President of the Aquatics Branch of Parks and Recreation Ontario. He has travelled extensively across Canada delivering sessions on the topic of risk management and the real-life aftermath of dealing with catastrophic incidents.

Thursday, October 30, 1:00 PM to 3:00 PM
Sport Nova Scotia Building
2nd Floor
5516 Spring Garden Road
Halifax

Cost: \$45.00 for first attendee per facility or organization,
\$25.00 each additional from same facility or organization
Light Lunch provided

Call to register: 902-425-5450 ext 323

All proceeds from this seminar will be directed to the
Demetrious Beals Swim to Survive Fund.

Out of town attendees- consider staying at the Quality Inn-Dartmouth, one of the Lifesaving Society's corporate sponsors. Attendees will receive a special discounted rate for this occasion. When making your reservation, specify the **Lifesaving Society**.

313 Prince Albert Road, Dartmouth, Nova Scotia, B2Y 1N3

Phone: (902) 469-5850

Fax: (902) 469-5859

Toll free: 1-800-565-1275

Email: reservations@micmachotel.com

PROVINCIAL COOPERATION WORKS WONDERS!!

During the long weekend while last minute vacations and family time were taking place, 14 Swim and Lifesaving Instructors took part in an intense 30 hour training course in Charlottetown PEI.

Instructor **Kari Dalke from Alberta Branch** lead the group, with **Monica Croft, Provincial Trainer from Nova Scotia** and **James Sullivan Provincial Trainer from PEI** who completed their training to become Branch Trainers during the course of the weekend. Also instructing this weekend from Cape Breton were **Megan Donovan** and **Mark Nearing** who co-taught to complete their certification as Instructor Trainers for Swim and Lifesaving Instructor. Participants were present from Cari Complex in PEI as well as Lifeplex in Cornwallis Nova Scotia.

This course will be available to anyone who is current with their Bronze Cross and are interested in taking the Swim for Life and Lifesaving Instructor training. This in a new combination for Nova Scotia as the candidate completes all co-teaching during the course and have the ability to teach upon successful achievement.

Special thanks to:

Cari Complex
James Sullivan, Aquatic Director Cari Facility
Halbert Pratt, President & Executive Director Lifesaving Society- PEI Branch
Barb Kusyanto, CEO Alberta & North West Territories Branch
Kari Dalke, Program Director, Alberta & North West Territories

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



In the classroom for intense instruction!



Megan Donovan co-teaches the class.

Stay tuned to future issues of Aqualines as there will be new courses available to become an Instructor Trainer.

LIFESAVING SOCIETY SCHOLARSHIP WINNERS

We received many excellent applications for the inaugural Lifesaving Society scholarships. Our successful applicants this year were **Thomas Woodbury** and **Megan Siegal**.

Thomas is entering his third year of the Bachelor of Arts program at Mount Allison University, with a major in French, and minor in English.

Megan will be completing her Bachelor of Arts degree at St. Thomas University this year. She is doing a triple major in Journalism, Communications & Media Studies.

The Lifeguard Store

Feature product:

ACTAR 911™



This affordable CPR training system is the best for group instruction. One manikin per student means more hands-on practice. ACTAR is easy to clean, low maintenance, lightweight and compact. The Lifesaving Society is proud to have played a role in the development of ACTAR 911- a breakthrough in CPR training for group instruction. For information on the entire family of ACTAR products and spare parts, please contact our office.

ACTAR 911™ Squadron (10 pack)	\$796.95
ACTAR 911™ Patrol (5 pack)	\$499.91
ACTAR 911™ Trooper (1 pack)	\$95.20
ACTAR 911™ Infantry 10 pack	\$717.26
ACTAR 911™ Infantry 5 pack	\$358.80
ACTAR 911™ Infantry 1 pack	\$86.25

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

Or visit us at
www.lifesavingsociety.ns.ca

Changing Lanes

Charlene MacDonald of Cumberland YMCA (Amherst) has resigned from her position as Youth & Teen/Aquatics Director. Charlene is pursuing a new career path with JTW Natural Health Guidance Centre, which is owned by her mother, Susan MacDonald. Susan is the author of the book *B.A.L.A.N.C.E.*, and is expanding her clinic. We wish Charlene all the best at JTW.

Zach MacDonald (no relation), will be taking over as Aquatics Director from Charlene. Zach came to Nova Scotia from "out west" with many pool certifications. Prior to his new appointment, he was head lifeguard at the Cumberland Y. Congratulations Zach!

Matthew Connor, one of our B.O.A.T. instructors, has accepted a teaching position in the UK, in the East Anglia area.

Kyle Johnston formerly Director of Lifesaving Programs at Kiwanis Pool in Sydney, is now studying engineering at Dalhousie University. Kyle is hoping to continue his lifesaving work on a part time basis while attending school.

Erin MacNeil is leaving her position as Team Leader Aquatics and Youth Programs at the South Park YMCA in Halifax. Erin will be concentrating on her university studies in French Education, but will still be involved with the Y on a part time basis.

Petra Jacobi has left her position as Team leader Aquatics with the Dartmouth YMCA. Petra is now with the East Dartmouth Boys & Girls Club.

Cory Barrington has stepped down from his position as Aquatics Supervisor at Centennial Pool. He will be concentrating on his studies at SMU, while continuing part-time as Assistant Aquatics Supervisor.

Marc-Antoine Robertson is the new Aquatics Supervisor at Centennial Pool. Marc-Antoine has spent the past few years teaching in France.

Shelley Haynes, Outdoor Aquatic Specialist with HRM, was married July 12, 2008 to Dan Pride. The marriage took place outdoors at Herring Cove, with a reception following at the Armdale Yacht Club. Dan is employed in the IT profession.

Dan Doucet, one of the Lifesaving Society's Instructor Trainers, was married July 5, 2008 to Lindsay Elizabeth Lord in Bathurst, NB. Dan will be working on completing his Masters in Education this year at the University of Ottawa. He plans to return to NS when this is complete.



Elizabeth Lord & Dan Doucet - July 5, 2008



Dan Pride & Shelley Haynes - July 12, 2008

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.

If you have an interest in history, recreation, ecology or would like to help out with some HRM based Swim to Survive programs let us know.

Please contact the Lifesaving Society at (902) 425-5450 ext 323



A PADDLE BOARD ADVENTURE - CAPE BRETON TO CAPBRETON

Three French Lifesavers claim they are ready to take on the Atlantic Ocean. During 3 months the trio will take turns on a paddle board to cover the distance of 4600 km from Cape Breton Nova Scotia to Capbreton, France.

With each adventurer taking rotating turns on the paddle board they hope to travel 60 km a day. If all goes as planned they hope to complete their journey in approximately 3 months.

Alexandra Lux, Flora Manciet and Stephanie Geyer-Barneix are all members of the Capbreton Surf Life Saving on France's west coast. All three women have an extensive background in Lifesaving sport and have worked as professional lifeguards.

Check out http://www.capodyssee.com/index_eng.php for more information on their plans.



COMING SOON - *SWIM TO SURVIVE* IN THE NEWS!



Tune in to CBC TV Wednesday, September 17th at 3:00pm for "Living Halifax" with hostess Heidi Petracek as she follows a group of Dartmouth children through three sessions of **Swim to Survive** classes. These classes were made available through the generosity of the Dartmouth Sportsplex, Banook Canoe Club and the Lifesaving Society's Demetreous Beals Memorial Fund.



QUEBEC CORONER RECOMMENDS SWIM TO SURVIVE



The Lifesaving Society's **Swim to Survive** program is being recommended by a Quebec Coroner for all school children between the ages of 5 and 12 in the province of Quebec. This recommendation is contained in the report by coroner Jacques Ramsay after his offices' investigation into the drowning death of an eight – year old at a Quebec Provincial Park in 2006.

Swim to Survive teaches children to roll into deep water, tread water for a minute and move through the water for 50 meters.

The **Swim to Survive** program has been widely available to Grade 3 students throughout Ontario for the past few years.

In Nova Scotia the program has been taught to school children in the Cape Breton -Victoria School District, at Lifeplex Cornwallis, schools in Pictou County, schools in the South Shore Regional School Board and John Martin Jr. High, Nelson Whynder and Bicentennial School in Dartmouth.

The society would like to see the program made available to all grade 3 students throughout Nova Scotia

KEEPING YOUR POOL WATER CLEAR

Water clarity is a major issue for many pools, especially seasonal, outdoor facilities, where staff may not be trained or experienced with pool operations, and there may be no dedicated maintenance staff. Pool operations, whether performed by the lifeguards, or other staff, is an important duty - when properly done, water quality ensures the safety and comfort of patrons, and makes lifeguarding easier. NLS-trained guards know that scanning cloudy water is impossible, and patron complaints about chemistry imbalances are a headache best avoided. Here are some tips to keep your water clear and the chemistry balanced.

Filtration systems

Keep your filtration system running at optimal levels. For sand or sand/gravel filters, regularly backwashing the filter will ensure maximum efficiency, and helps keep the required amount of chemicals low. For diatomaceous earth or cartridge systems, the medium must be cleaned or replaced. These systems vary greatly, so contact the manufacturer.

Chemical treatment

Chlorine/Bromine

Chlorine levels should remain as stable as possible over the length of the day - regular chemistry tests and record-keeping will assist you. Automatic chlorine pumps are ideal, and are more efficient (and safer) than manually adding chemicals. Free available chlorine (the chlorine available to do the work of sanitizing the water) should remain within the 0.8-1.5ppm. Free available bromine should be maintained at 2ppm. Outdoor pools should take care to use stabilized chlorine or to add a stabilizer. Chlorine will break down in sunlight unless this is done, and you will use far more chlorine than otherwise necessary to maintain adequate levels. If adding stabilizer (cyanuric acid, "dichlor" or "trichlor") maintain a level of 15-30ppm (ideal is 20ppm) - a special test is done to determine the concentration, and should be provided with a standard test kit. Levels can be reduced only by diluting the stabilizer - drain some pool water and refill with fresh water.

pH of water

Ideal pH for water in swimming pools is between 7.2 and 7.8 - outside that range, swimmers will complain of irritation, and other chemicals in your water will function less effectively. High pH can cause discoloration of the water and gritty, itchy eye irritation. Low pH can cause corrosion of pipes and metal fittings, discoloration of dyed hair, and stinging eye irritation. If pH is too high, add an acid - this is normally muriatic (hydrochloric) acid. If pH is too low, add a base or alkaline such as soda ash (sodium carbonate). Extra training is required to handle these chemicals safely, and to calculate the proper amounts to add. Take care not to overreact. The pool water is a buffer, and will change pH quickly within its buffer zone - small additions of acid or base will make big changes to pH.

Water clarity

While Nova Scotia currently does not have a regulation on water clarity, a good guideline is to place a black circle 12cm in diameter on a white or light background at the deepest point of your pool. The black disc should be visible from any point on the pool deck within 9m. If the water is not clear enough to clearly see the disc, the pool must be closed immediately. On duty lifeguards do not need the permission of anyone to close the pool if they feel the facility is unsafe. Do not wait until water clarity is extremely low to begin treatment. Adding a clarifier or flocculant to the water stream before it reaches the filter may be helpful, and provides an extra bit of protection against Cryptosporidium. However backwashing is the best solution to low water clarity. Finally, you may find that encouraging patrons to bathe before entering or re-entering the water has a major impact, especially for outdoor pools, where patrons are more likely to be wearing sunscreen, bugspray etc.