

Ripples

Alberta and Northwest Territories Monthly Newsletter

Training Programs

Trainer Recertification

[Edmonton](#) - December 13, 2019

Location: MacEwan University

[Edmonton](#) - January 25, 2020

Location: Don Wheaton YMCA

[Medicine Hat](#) - April 25, 2020

Location: Family Leisure Centre

Reminder: Within the Trainer Recertification course, certain Instructor certifications can also be recertified, as identified at the time of registration. First Aid Instructor is only recertified by attending a First Aid Instructor Recertification Course.

National Lifeguard Instructor and First Aid Instructor Recertification

See [Find a Course](#) for Recertifications

Leadership Training Events Calendar

The [Leadership Training Events Calendar for 2020 - 2022](#) is now uploaded! Check it out at www.lifesaving.org!

First Aid Instructor Recertifications

First Aid Instructor Recertification:

For Affiliates running First Aid Instructor Recertifications, please ensure that you are sending in both the Instructor test sheets and the candidate test sheets. We will not process First Aid Instructor Recertification test sheets without the accompanying candidate level test sheets.

If you have any questions about running these recertifications, don't hesitate to contact the office!

Appointment to RLSS Heritage Working Group

Christina, the Strategies and Partnerships Manager at the Lifesaving Society Alberta and Northwest Territories Branch, was recently appointed to the Royal Lifesaving Society Commonwealth Heritage Working Group. This group is working to preserve and promote interest in the fascinating and important heritage of the Royal Lifesaving Society. Congratulations Christina!

Swim to Survive + (PLUS)

Swim to Survive+ builds on the Swim to Survive skills needed to survive an unexpected fall into deep water: ROLL into deep water; TREAD water for 1 minute; SWIM 50 m.

The Swim to Survive+ program is geared toward presenting real-life situations for children in Grade 7. The + (plus) means participants learn:

- how to ROLL, TREAD and SWIM WITH CLOTHES ON
- how to help a friend in deep water without putting themselves in danger (TALK, REACH, THROW)
- basic physical fitness concepts through interval training and a fitness swim

The Lifesaving Society developed the Swim to Survive+ program as a result of its drowning research. The Lifesaving Society Alberta and Northwest Territories Branch will be launching Swim to Survive+ in January, 2020.



Fall Forum

The Lifesaving Society Alberta and Northwest Territories Branch invites you to join us for an exciting day of presentations during the [2019 Fall Forum](#) which will be held on Friday, November 15, 2019 in Calgary at the Four Points by Sheraton Calgary Airport.

The Fall Forum Presentations will include:

- 1. Underwater Surveillance Systems and the Impact on Lifeguard Surveillance at Peter Hemingway Fitness & Leisure Centre** - Rob Campbell, Supervisor of Aquatic Strategies, City of Edmonton
- 2. Air Quality - Indoor and Outdoor Facilities** - Dominic Ries, Technical Solutions Director, Chandos Sports
- 3. Public Aquatic Facility Safety Standards Update** - Rachel Baird, Aquatic Safety and Standards Manager, Lifesaving Society
- 4. World Conference on Drowning Prevention Highlights** - Kelly Carter, Executive Director, Lifesaving Society

Along with Fall Forum, The Lifesaving Society will be hosting the Safety Management Training Institute. [Aquatic Safety Inspector](#) and [Supervision, Evaluation, and Enhancement \(SEE\) Auditor](#) will be offered November 14 and 15. Now open for registration!

Investiture

The Lifesaving Society hosted the Annual Investiture of Lifesaving Honours Award Ceremony on October 25. The Society recognized individuals receiving the Branch Lifesaving Medal with a Bar for Merit, Rescue Commendation, Lifesaving Commendation Certificates, and Commonwealth Service Awards. [The Rescue Award Citations](#) and [Commonwealth Service Award Recipients](#) are available for viewing on the website.



Pool/Community Officials Course

The Lifesaving Society is hosting a [Pool/Community Officials Course](#)!

This course provides volunteers with competitive officiating skills. Volunteers are trained to act as a: Marshall, Announcer, Timer, Runner, Equipment Crew, Tabulator, Recorder, Clerk of Course, Chief Timer, Starter, Lane Judge, Turn Judge, Finish Judge, Chief Finish Judge, Scorer, Safety Officer, and Equipment Crew Chief.

Date: November 29, 2019

Time: 4:00 - 9:00pm

Location: Max Bell Aquatic Center, Lethbridge, Alberta.

Festival of Lifesaving Team Selection

The Lifesaving Society Alberta and Northwest Territories would like to send a huge congratulations to all of the athletes selected for Canada's National Team and Development Team for the 2019 Festival of Lifesaving in Leeds, UK.

The National Team Athletes representing Alberta are:

- Kevin Knopf
- Rylun Alberg-Moore
- Joel Smyke
- Kent Berry
- Katia Rasmuson
- Nancy Morrow
- Dallas Walker-Milan
- Meadow Liversuch

The Development Team athletes representing Alberta are:

- Ainsley Burnett

Alberta will also be represented by the following coach and officials:

- Lisa Brown (Coach)
- Barbara Costache (Official)
- Todd Reade (Official)

For more information, view the full memo regarding the selection of the [2019 Festival of Lifesaving Team](#).

Congratulations to everyone selected to represent Alberta!

Sport Updates

Upcoming Sanctioned Competitions:

Hinton Stingrays Invitational Meet
Hinton, AB
November 16, 2019

Royal Lifesaving Society Festival of Lifesaving 2019
Leeds, UK
November 21 - 23, 2019

Max Bell Manta Rays Invitational Meet
Lethbridge, AB
November 30 - December 1, 2019

National Child Day

Celebrate National Child Day and children's rights on November 20!

National Child Day is celebrated on November 20 and reaffirms our country's commitment to the United Nations Convention on the Rights of the Child (UNCRC.) The UNCRC outlines our responsibility in keeping our children safe, healthy and engaged. By celebrating National Child Day you're helping raise awareness of the rights of children in Alberta, and contributing to a healthy environment where children can thrive.

The Lifesaving Society believes that every child should have the right to learn to swim. By giving the next generation the right skills to enjoy water related activities safely, it helps us to ensure that children have an adequate standard of living, health care, and play.

We would also like to give a special thank you to our affiliate, Jaimie Platz YMCA, for increasing awareness of National Child Day through offering free activities for children from 1-4pm on November 17, 2019!

For more information on National Child's Day, check out www.national-childday.ca.

World Conference of Drowning Prevention

The World Conference of Drowning Prevention 2019 was held in Durban, South Africa from October 8 - 10, 2019.

The conference hosted over 600 participants from 64 different countries. There were 215 presentations highlighting the enormous public health risk that is drowning. Among the presentations was South Africa's "Sharkboy" Achmat Hassiem and businessman Brett Archibald who was lost at sea in the Mentawai Straits in the Indian Ocean for 28.5 hours.

The Lifesaving Society Alberta and Northwest Territories Executive Director, Kelly Carter, was in attendance at the World Conference of Drowning Prevention. Interested in hearing more about the conference? Kelly is sharing insights and highlights on the experience during our [Fall Forum](#) on November 15.



Branded Pocketmasks

The Lifesaving Society now has NEW Branded Pocketmasks! These pocketmasks are lightweight, compact and have the vital one way valve.

Show your Lifesaving Society pride by stocking your facility with these pocketmasks Find them today on the [SHOP!](#)



Lifesaving RESCUE Tube

The Lifesaving Society now has NEW 37" Lifesaving Rescue Tube!

These rescue tubes are constructed with a new performance foam technology that boosts strength and resilience. They have a stainless steel clip and rings for secure "wrap'n'snap" around victim or manikin. These rescue tubes are also **compliant with International Lifesaving Federation (ILS) specifications** for lifesaving sport competition.

Find them today on the [SHOP!](#)



Alberta Recreation & Parks Association Study

The Lifesaving Society is on the Alberta Labour Market Study Committee. The Lifesaving Society is working with Alberta Recreation and Parks Association (ARPA) to collect data from employees in the recreation industry. This will allow for informed future decision making.

The [Labour Market Study](#) is conducting a SHORT employee survey. This survey can be completed in a few minutes and will contribute to the knowledge development in the recreation industry of Alberta.

If you have any questions about the study then please contact the project coordinator at reclMI@arpaonline.ca.

Call for Volunteers: Casino

The Lifesaving Society is looking for volunteers for our biannual Casino on January Wednesday 29th and Thursday January 30th, 2020! We are currently looking for up to 26 volunteers that are able to help out in the below positions:

Cashier

- Will be sitting most of the time
- Trading chips for cash. Ability to count chips accurately in increments of 5 and 25 as well as count back cash is a huge asset.
- Will have to fill out an [AGLC casino volunteer worker application](#)

Chip Runner

- Will be sitting most of the time
- There will be periods of inactivity while waiting to run chips

Count Room Volunteer (recorder and sorter)

- Sitting most of the time
- Responsibilities include, sort, count, verify, and amalgamate cash.

Flexible

- May be slotted into one of the above positions depending on availability and other preferences

No prior experience is necessary and there are roles for different levels of mobility for volunteers.

Your contribution as a volunteer goes a long way to ensuring that events like these are successful! Successful casinos allow us to advance our humanitarian mandate to reduce drowning deaths and injury in Alberta and the Northwest Territories!

Interested volunteers are encouraged to fill out the [Volunteer Registration Form](#).

If you have any questions, about volunteering, don't hesitate to contact the office.

Highlight your Facility and Community!

Is there a stellar staff member, or wildly successful program or initiative in your community? Share it with us! Each Ripple, we would like to feature content from your community! Information can be sent to experts@lifesaving.org.

AHS Update

Anti-entrapment Compliance

The anti-entrapment compliance date of November 30, 2019 is fast approaching. Facilities are required to have an anti-entrapment compliance plan in place to demonstrate that their facilities meet all the requirements necessary to be in compliance.

To help owners and agents assess the entrapment risk in their facilities, [AHS EPH](#) has developed an anti-entrapment compliance plan form and 'how to' document.

Please click the hyperlinks below:

- [Anti-Entrapment Compliance Plan for Public Swimming Pools](#)

The form is fillable and can be saved digitally.

Additional documents that will aid in the anti-entrapment assessment include:

- Invoices for suction outlets
- Certificate of Compliance for the suction outlets
- Original mechanical plans for the pool plumbing
- Any work orders for work previously completed

Due to the complexity and specialized knowledge needed to assess the equipment required for anti-entrapment, the owner or their agent may contact the services of a suitable professional or professional engineer to complete all or parts of the documents.

Please contact your local public health inspector if you have any questions or need any clarification.

