

Ripples

Alberta and Northwest Territories Monthly Newsletter

First Aid Mandatory Update

The Lifesaving Society has implemented changes to workplace first aid content required by the Government of Alberta and Government of Northwest Territories. First Aid Instructors and First Aid Trainers must complete this update by **January 15, 2020**.

There is no mandatory Lifesaving Society update clinic. Updates will be done through a distance process. Materials to complete the update are available on our [website](#).

Updated resources can be accessed through the First Aid Toolkit or may be ordered at a discounted price until January 15, 2020.

Along with the update, please take the time to review the award guide and lesson plans in preparation for course delivery.

The Society recommends Instructors set aside a minimum of 120 minutes to complete the update and orientate themselves to the new resources. Instructors should spend additional time reviewing the lesson plans and creating a course outline before delivering First Aid courses with the updated resources.

Upcoming Casino

The Lifesaving Society is calling for volunteers for the upcoming Casino on January 29 & 30, 2020. There are still spots available for night time volunteers!

This event raises significant funds to fulfill our humanitarian mandate of reducing drowning and water-related injury. Support from dedicated volunteers like you helps us to make fundraisers like this one a success!

Sign up to volunteer by completing the [Volunteer Registration Form](#).

Swim to Survive + (PLUS) has been launched!

The Lifesaving Society is paying special attention to the growing body of research that shows that the thrill seeking, pleasure seeking part of the teen brain develops at a faster rate than the judgment and impulse inhibition skills that adults have. When combined with the fact that as pre-teens and teens get older, they become more independent spending more time with their friends and less time under adult supervision.

Swim to Survive+ builds on the skills taught in Swim to Survive, and 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 new Swim to Survive Award Guide, including Swim to Survive + will be added to Swim and Lifesaving Instructor Packs, and available for purchase separately as of **January 1, 2020**.

Swim to Survive®
Lifesaving Society



Training Programs

Trainer Recertification

[Edmonton](#) - January 25, 2020
Location: Don Wheaton YMCA

[Medicine Hat](#) - April 25, 2020
Location: Family Leisure Centre

[Calgary](#) - June 13, 2020
Location: Brookfield YMCA at Seton

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.

Trainer Course

[Edmonton](#) - May 22 - 24, 2020
Location: ACT Aquatic Center

[Calgary](#) - September 18 - 20, 2020
Location: Shane Homes YMCA at Rocky Ridge

Candidates must complete the [Trainer Application Form](#) and send it to the Lifesaving Society office for approval prior to registering for the course.

SwimAbilities® Instructor Courses

MacEwan University is hosting the upcoming SwimAbilities® Instructor course. For more information or to register, check out [Find A Course](#).

Saturday, January 18, 2020 - 9:00am - 5:00pm

Sunday, January 19, 2020 - 9:00am - 2:00pm



LIFESAVING SOCIETY
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Drop Drownings Event!

The Lifesaving Society Alberta and Northwest Territories invites you to join us for our first Drop Drownings Event!

This event is a series of TedTalk style presentations with games and prizes, making it a great evening out! The focus of the event is to bring more engagement and awareness to drowning prevention initiatives.

This event is great for Lifeguards, Swim/Lifesaving Instructors, as well as Injury Prevention and Health Care Students.

The theme for this event is Ocean/Beach. Dress in your best beach wear & win prizes for best costume!

[Register TODAY](#) to receive pre-sale ticket prices!

Pre-sale (Until January 31, 2020): \$15.00

Regular sale (February 1, 2020 - March 5, 2020): \$20.00

At the door sale: \$25.00



Drop Drownings

Public Aquatic Facility Safety Standards Update

The Lifesaving Society has implemented changes to the Public Aquatic Facility Safety Standards to reflect new legislations, regulations, standards, guidelines and stakeholder feedback since its last publication in 2014. These Standards are compilations of aquatic safety guidance from Lifesaving Society research that has been published over many years in a variety of Society manuals and publications as well as external publications. This publication is the fourth iteration of this document since its first publication in 2004.

Key Changes to the document include recommendations for:

- Bather-to-Lifeguard Ratios
- Safety & Supervision Plans
- Anti-entrapment Plans
- Water Quality Incident Response Plans
- Health and Safety
- Emergency Procedures (General vs. Specialized)
- Inspection and Testing
- Air Quality

Keep an eye out for further communications regarding the new publication of the Public Aquatic Facility Safety Standards.

Alberta and Northwest Territories Lifeguard Emergency Response Competition

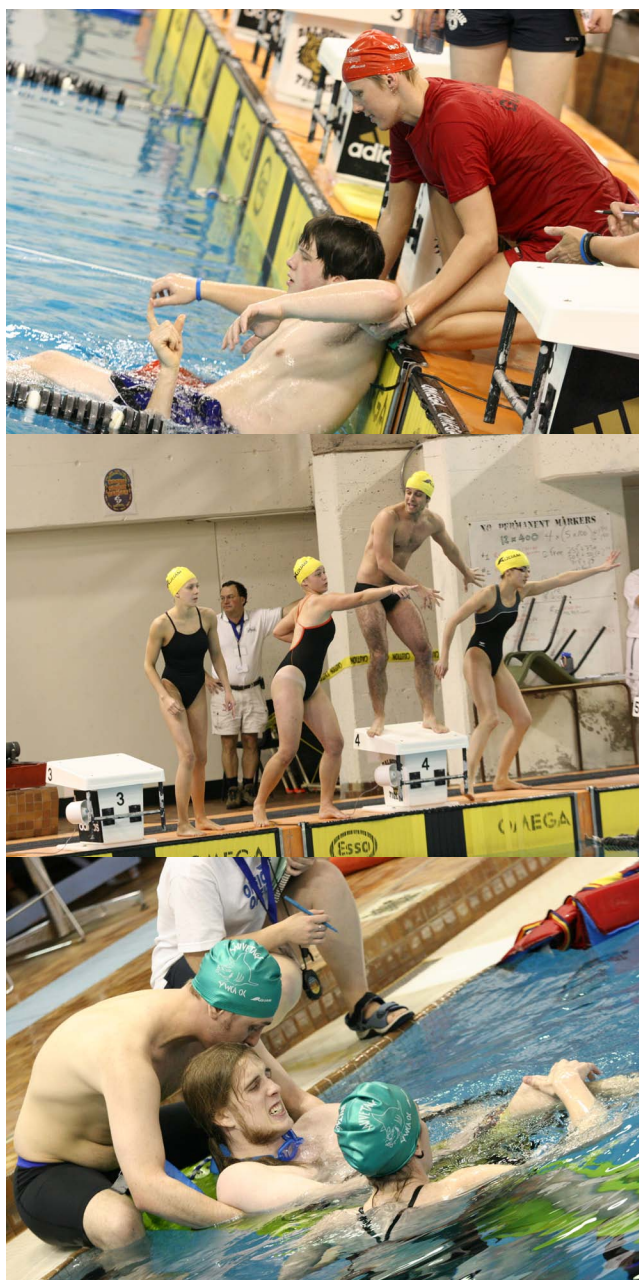
The Lifesaving Society is excited to be hosting the Alberta and Northwest Territories Lifeguard Emergency Response Championships on February 29, 2020 in Jasper, Alberta.

Teams of National Lifeguards will compete in three events to test their first aid, water rescue, and priority assessment skills.

Information on the events can be found in the [Alberta and Northwest Territories Lifeguard Emergency Response Competition Rule Book](#) available online!

Print copies will be available for purchase shortly.

Team Registration and more information will be announced next week!



Sport Updates

Upcoming Sanctioned Competitions:

Wetaskiwin Orcas Invitational Meet
Wetaskiwin, AB
January 18, 2020

Calgary Poseidon Invitational Meet
Calgary, AB
February 7-9, 2020

Upcoming Sport Coach 1 Training Opportunities:

Lifesaving Sport Coach 1 Course
Edmonton, AB (MacEwan University)
January 11, 2020

Lifesaving Sport Coach 1 Course
Wetaskiwin, AB
January 19, 2020

Upcoming Officials Training Opportunities:

Officials Course
Wetaskiwin, AB
January 17, 2020

Officials Course
Calgary, AB (Killarney Pool)
February 1, 2020

Staffing Update

The Lifesaving Society is pleased to announce the appointment of Mrs. Lisa Hansen as Member Relations Manager for the Alberta and Northwest Territories Branch.

Lisa started at the Lifesaving Society in 2015 as a Service Assistant. On December 16, 2019, she was promoted to a new role as our Member Relations Manager. She will be working with the Chief Executive Officer and the rest of the team to fulfill this role. As Member Relations Manager, her duties will include overseeing customer service, membership records, volunteer recognition, and shipping/receiving.

Lisa can be reached during business hours at the Lifesaving Society's office or by e-mail at lisah@lifesaving.org.

Lifesaving Society Program Statistics

Each year Lifesaving Society Affiliate Delivery Partners are required to provide program statistics for the programs that Affiliates do not send in test sheets for.

Please send in your Stats Request Forms by **January 17, 2020**. Submit the forms to experts@lifesaving.org.

If you require further information, or have not received the form, contact us at experts@lifesaving.org or 780-415-1755.