

# Ripples

## Alberta and Northwest Territories Monthly Newsletter

### 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!

Get your [tickets TODAY!](#)



### Casino - Thank you for volunteering!

The Lifesaving Society hosted the 2020 Casino on January 29 & 30. We want to thank everyone who volunteered for our casino fundraiser. This event raises significant funds to support our humanitarian mandate to prevent drowning and water-related injuries. Support from dedicated volunteers help us to make fundraisers like this one a success!

### Alberta and Northwest Territories Lifeguard Emergency Response Championships

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 will compete in three events to test their first aid, water rescue, and priority assessment skills. Each team must consist of a minimum of three (3) team members, up to four (4) team members. All team members must be certified in National Lifeguard to be eligible for competition.

Teams are required to bring a minimum of one (1) registered volunteer to the event.

Additional Volunteers should contact Christina at [christinap@lifesaving.org](mailto:christinap@lifesaving.org), and include their name and Member ID.

Each affiliate can submit one team before February 15, 2020. After February 15, affiliates will be able to submit a second team.

The winning team will receive funding to represent Alberta and the Northwest Territories at the Canadian Lifeguard Emergency Response Championships in Nova Scotia!



## Training Programs

### Trainer Recertification

[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.

### National Lifeguard Instructor and First Aid Instructor Recertification

See [Find a Course](#) for Recertifications.

## Alberta Public Pool Safety Standards

The Lifesaving Society released the new Alberta Public Pool Safety Standards on February 6, 2020. It includes easy to find standards for the operation and safety of public swimming pools in Alberta. This document replaces the Public Aquatic Facility Safety Standards which has been retired. You can access the new document at [www.lifesaving.org](http://www.lifesaving.org).

## Affiliate Webinar

The Lifesaving Society will be hosting two online webinars for Affiliate Delivery Partners to provide key updates on our programs, services and events. If you are the designated affiliate representative please mark your calendar for one of the following dates:

- Monday, March 16, 2020 at 11:00am
- Thursday, March 19, 2020 at 2:00pm

Watch your emails for registration information!

## New CPR Training Lungs

We are pleased to notify you of the latest addition to our product line. We have been able to source a generic lung that is compatible with the Actar D-Fib manikin lungs that were discontinued. This new product is available on our shop now.

**Product Title:** Lifesaving Society CPR Training Manikin Lungs

**Product Description:** The Lifesaving Society CPR Training Manikin Lung is:

- Suitable for use with CPR training manikins
- Easy to set-up
- Single use only and recyclable
- Available in single packages of 50 lungs (packed in cases of 20 packages)
- Made in Canada

\*This generic lung bag fits the Actar D-Fib manikin

This product can be ordered at [shop.lifesaving.org](http://shop.lifesaving.org) or by contacting the Lifesaving Society office at 780-415-1755.



**LIFESAVING SPORT  
COACH 1 COURSE**

Further prepares coaches  
to participate in  
Lifesaving Sport  
Competitions, and more!

**SATURDAY, APRIL 25  
9 AM - 5 PM**

**LIFESAVING SOCIETY®**  
*The Lifeguarding Experts*



Register online: [go.uleth.ca/aquatics](http://go.uleth.ca/aquatics)  
or call the Customer Service Centre **403-329-2706**

## AB/NWT Pool Lifesaving Championships and Junior Games

Registration is now open for the 2020 AB/NWT Pool Lifesaving Championships and Junior Games. Please register your club athletes and coaches as soon as possible. These championships are open to affiliate lifesaving clubs and registered athletes from across Alberta and the Northwest Territories.

**Date:** April 3-5, 2020

**Location:** Max Bell Aquatic Center - Lethbridge, Alberta

All athlete registration must be done through: <http://www.lifesaving.org>

The entry deadline is: **Sunday, March 29, 2020 @ 11:00 pm MST.**

Volunteer applications may be completed online [HERE](#).

Merchandise is now available for pre-order! Clubs are responsible for collecting orders from their athletes and coaches. Orders must be received by February 23. Clubs are requested to submit only **ONE** form.

**Items will not be for sale at the event this year.** Individuals wishing to order merchandise will be able to do so on our website during and after the event.

## Sport Updates

### Upcoming Sanctioned Competitions:

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

Lacombe Sea Lions Tri-Meet  
Lacombe, AB  
February 29, 2020

## AB/NWT Lifesaving Club

The Lifesaving Society Alberta and Northwest Territories Branch will form a club to compete at the [2020 Canadian Pool Lifesaving Championships](#) in Gatineau, Quebec, June 5-7, 2020.

Complete the [2020 AB/NWT Lifesaving Club Athlete Application](#).

Closing date for applications is **February 29, 2020.**

# Commonwealth Festival of Lifesaving Championships

## An Official's eye view in Leeds England

**Written by: Barb Costache**

This was my 8th Commonwealth Lifesaving Championships as an Official. From my first time in 2001 as a technical official to being appointed to the Jury of Appeals in 2019.

We had 7 athletes and one coach from Alberta on the team representing Canada! It was once again a great opportunity and experience to participate with our global lifesaving family.

The competition venue and organization was great and our team did us proud with some personal bests and a few medals. I was able to network and connect with many colleagues and friends over the time I was volunteering.

As a member of the Jury of Appeals I am pleased to say that the competition had great officials and we had no appeals!

I encourage our athletes and volunteers to get involved with the great sport of lifesaving at whatever level you can. It is always a pleasure and I am very proud to represent Canada and to have the support of the Alberta and Northwest Territories Branch as an international official.



## An Athletes perspective

**Written by: Joel Smyke (Cochrane Water Ninjas)**

Competing in the Festival of Lifesaving has been one of the greatest experiences of my life. I was humbled and honored to be able to represent my country, Canada, in a sport that is pillared in lifesaving. I met so many amazing people in and out of the competition, and I had a blast training with team Canada, as well as many other countries.

One of the most humbling moments was during the opening ceremonies immediately before the competition. It felt amazing to be standing there by my country's flag, and wearing red and white to represent Canada. The competition was fierce and astonishing but it was super cool to be going against other incredibly talented athletes. While I didn't place in any medals, I beat all my previous times, and I couldn't feel more proud of myself.

By the end of the tour I had become so close with the rest of the team Canada, that it was heartbreaking to say goodbye in the airport. It was such an amazing experience and I can't wait to work even harder to see where I can make it in the 2021 competition in Canada!

