

# Ripples

## Alberta and Northwest Territories Monthly Newsletter

### COVID-19 Update from the Society

The Lifesaving Society continues to monitor the COVID-19 situation and has the following updates:

#### Office Hours

The Lifesaving Society's business hours are 9:00am - 4:30pm Monday to Friday. For the safety of our employees the Lifesaving Society office will remain closed to the public but curbside pickup and reception hours will be expanded to the new business hours.

#### Certification Extensions coming to a close

The Society has supported the extension of Lifesaving Society Certifications for individuals who would have been due to recertify after March 1, 2020. Implementing this policy means that certifications whose currency period would have ended between June 13, 2020 and August 31, 2020 are extended until October 31, 2020.

Recertification courses can be found on our [Find A Course Page](#).

#### New Personal Protective Equipment (PPE) Products Available

To meet the increased needs of our Affiliates due to the COVID-19 pandemic, The Lifesaving Society has expanded its Personal Protective Equipment (PPE) Product Line. Please see this [brochure](#) for information and pricing regarding our new product line which includes viral filters, disinfectants, various face masks, and more! To place an order, please visit [shop.lifesaving.org](http://shop.lifesaving.org) or contact us at [experts@lifesaving.org](mailto:experts@lifesaving.org).

### Face Mask FAQ

Following the publication of the [Mask Flowchart Information Bulletin](#), the Lifesaving Society of Alberta and Northwest Territories has worked closely with our medical advisor to create the [Face Mask FAQ reference document](#). This additional resource is meant to assist Aquatic Personnel and Recreational Facilities in making decisions for mask usage for personnel and the public. This is a living document and will be updated as additional questions come forward, and/or as guidance changes.



### Online Course Academy

The Lifesaving Society is offering a number of leadership courses via the Online Academy.

Registration is open for the following courses:

- Swim and Lifesaving Instructor Recert - [October 15 - 30, 2020](#)
- Swim and Lifesaving Instructor Recert - [November 2 - 16, 2020](#)
- Supervision, Evaluation and Enhancement (SEE) Auditor - [November 2 - November 30, 2020](#)
- Trainer Recertification - [November 21, 2020](#)
- Swim and Lifesaving Instructor Recert - [November 16 - 30, 2020](#)
- Aquatic Management Training (AMT) - [November 16 - December 15, 2020](#)

Participants must create an account at <https://courses.lifesaving.org/>. Participants will be enrolled and gain access to the course on the indicated start date, in which they will receive a welcome and access email. Once enrolled, the course can be accessed through the Online Academy Dashboard when logged in. Participants will have until the indicated end date to complete the course.

If you have any questions, please contact the Lifesaving Society via email at [experts@lifesaving.org](mailto:experts@lifesaving.org).

## Guidance for the Reactivation of Aquatics in Alberta - UPDATE

The Lifesaving Society of Alberta and Northwest Territories has updated the [Re-Activating Aquatics in Alberta](#) guidance document, which is a reference for facility owners and owner's agents as they prepare for relaunch and/or continue to operate during the COVID-19 pandemic. This guide will be updated as public health guidance changes.

### Key Changes:

- Recommendation to maintain 3 metres distance for high intensity activities
- Minor changes to the First Aid and Resuscitation Recommendations (Appendix B)
- More detailed PPE Recommendations, including donning and doffing order
- Visual examples of how to set-up lane swims (Appendix G)
- Updated recommendations for Hot Tubs and Steam Saunas

## Transport Canada Survey on Lifejacket Use

A key component of the Lifesaving Society's annual Water Smart® education campaign is messaging around choosing and using lifejackets. Drowning data shows that this messaging has had a positive impact, however, there continues to be a high percentage of fatal drownings where individuals were not wearing a lifejacket.

We invite you to complete this Transport Canada online survey to assess general attitudes boaters have toward wearing of lifejackets. Completion of the five (5) minute survey by recreational boaters will help Transport Canada compile data regarding Canadian boater's perspectives on lifejacket usage and help identify barriers that may exist among key demographics. Using the resulting data Transport Canada is seeking to enhance outreach and education efforts which are best tailored to help the community at large.

The survey, available until December 31, 2020 can be accessed on Transport Canada's Marine Safety webpage through the following link:

<https://www.surveymonkey.ca/r/2XRC2RD>

Thank you for your efforts and support as we continue to work with Transport Canada to develop tools such as Lifejacket Loaner Stations and awareness campaigns to enhance the safety of recreational boaters across Canada.

## Reminder: Ordering Materials

The Lifesaving Society would like to remind Affiliate Member's that our Policies & Procedures document states that Affiliates must order supplies from the Lifesaving Society a minimum of seven (7) business days in advance of the course start date.

Due to the current pandemic and reduced staff, we recommend Affiliates allow additional time when placing orders. The Lifesaving Society asks for all Affiliates to place orders a minimum of two (2) weeks in advance to allow time for packing and shipping of orders.

## Be Water Smart® Program

The Covid-19 pandemic has coincided with an increase in drownings at Alberta's lakes, ponds, and rivers in 2020. More people have decided to get out of the house and swim in open water environments that may not be properly monitored by trained lifeguards.

Recognizing this challenge, the Lifesaving Society is coordinating a new program available for schools in Alberta; Grade 3 Be Water Smart®. This free, one-hour program, is designed to provide a foundational understanding of Water Smart behaviours that will help students to recognise the danger that different water environments present, and how to respond to water-related emergencies. This free, one-hour program, that the Lifesaving Society has developed, is able to be delivered either in-person, or virtually, with the help of our organization.

We would like to thank the Injury Prevention Centre for their support with this project. Their support has allowed us to provide Water Smart educational resources for those interested in learning water safety behaviours that could save lives.

For more information on this program, including program curriculum, resources, and application forms, please visit [www.lifesaving.org](http://www.lifesaving.org).

**LIFEJACKETS - CHOOSE IT. USE IT.**

### HOW TO FIT A LIFEJACKET

- 1 SIZE**  
Lifejackets are selected by weight and/or size. **Always check the label.**  
**READ THE LABEL**
  - ✓ Check the weight range (i.e. 30 - 60 lbs)
  - ✓ Check the chest size (i.e. 30 - 32 inches)
  - ✓ Check that it is Transport Canada approved
  - ✓ Try it on. Does it fit? Steps 1 and 2 show how to fit the lifejacket correctly.

Lifejackets for infants and children have added features of a collar and leg strap.
- 2 FIT**  
**ZIP**  
**CLICK**  
**PULL**  
Make sure all zippers, clips and straps are done up and tightened.
- 3 DOUBLE CHECK TO TEST, LIFT SHOULDERS**  
Make sure that the lifejacket does not slip over chin and ears. If there is more than 3 inches between the shoulders and the lifejacket, it is too big.  
Now you're ready for the water!