

RIPPLES

Lifesaving Society Alberta & Northwest Territories Branch Newsletter

Fall 2023

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MEMBER UPDATES

Welcoming Sara Sylvestre to Our Team

In this role, Sara will support, implement, and grow Lifesaving Sport, safety services, and leadership training. Furthermore, Sara will be working to increase opportunities for communities and individuals across Alberta and the Northwest Territories to participate in training programs and community Water Smart initiatives.

Through 10 years of experience in aquatics working for the Town of Castor, City of Red Deer, MacEwan University, and the City of Edmonton, Sara brings an abundance of knowledge in various realms such as safety, Lifesaving Society programs, and leadership. Throughout her career, Sara has been a champion of Junior Lifeguard Club and Lifesaving Sport, holding the position of Head Sport Coach for the Town of Castor and MacEwan University. She also holds many Lifesaving Society Leadership certifications such as Swim and Lifesaving Trainer, National Lifeguard Instructor Trainer, First Aid Trainer, and Sport Coach Trainer.

Sara is excited to apply her passion for programming and water safety to connect with the community and contribute to the growth and development of the Lifesaving Society.



Sara Sylvestre, Lifesaving Sport and Training
Programs Coordinator

Outside of aquatics, Sara earned a Bachelor of Science Honors in Psychology. In her down time, Sara enjoys training in aerial silks, hiking with her dogs, and baking for friends and family.

Sara can be reached at (780) 415-1755, or by email at Sport@LifeSaving.org and SaraS@LifeSaving.org.



Nancy Klassen, Operations Coordinator

Welcoming Nancy Klassen to Our Team

We were also joined in November by our new Operations Coordinator, Ms. Nancy Klassen.

In this role, Nancy will assist our management team with daily operational activities such as customer service, data entry, and inventory management. As someone who always strives to find the best solution for any task, she'll help to ensure compliance, efficiency, and cost effectiveness throughout the organization.

From nearly a decade of experience in the grocery business, Nancy has built up a fountain of knowledge about fresh produce, as well as organic and other sustainable methods of farming. In 2021, she earned a diploma in Massage Therapy out of a love for human anatomy. She hopes to continue her studies in Anthropology in the future.

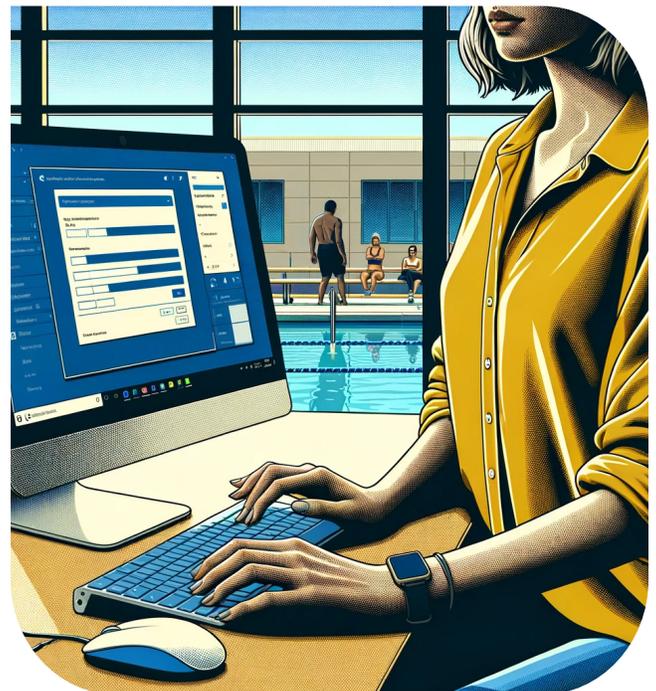
When she's not at work, you can find Nancy taking care of her cats, who she loves more than anything in the world.

! Summer Quarterly Reporting

To track program activity levels without test sheets, we require affiliate delivery partners to submit their program statistics on a quarterly basis. Statistics are now due for the period of July 1, 2023 – September 30, 2023.

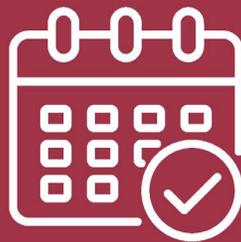
To submit your summer statistics, please complete [this form](#) by November 30, 2023. Any submissions after that date will be collected but will not be included in the Lifesaving Society's Annual Report.

If you did not submit statistics for the previous period, please contact MadisonL@LifeSaving.org.



EVENTS

SAVE THE DATE
November 28th, 2023



GIVINGTUESDAY

Giving Tuesday

November 28th is Giving Tuesday 2023! Founded in 2013, Giving Tuesday is a global movement that harnesses the power of generosity around the world.

As a non-profit charity, the Lifesaving Society benefits greatly from donations, and we appreciate every cent! All donations go towards providing and improving our programs and services throughout Alberta and the Northwest Territories, such as:

- The development of our Online Academy ensuring more training opportunities.
- Supporting Water Smart initiatives such as Lifejacket Loaner Stations.
- The creation of our public education resources.
- Supporting Lifesaving Sport initiatives.

Donations are gratefully accepted through Canada Helps, and our website.

We appreciate your support!



DONATE
CanadaHelps.org



Investiture Ceremony

The Lifesaving Society's Investiture of Lifesaving Honours will be held on Friday, January 26th at the Government House.

At this annual ceremony, we recognize rescue heroes for their courage, resourcefulness, and ability to make the right decisions during an aquatic emergency. We also recognize those who have contributed their time and voluntary service to the Lifesaving Society, such as our instructors, examiners, as well as committee and branch members.

The event will take place from 1:00 – 3:00 PM.

Volunteer Photographer Wanted

We are also looking for a volunteer photographer for the Investiture Ceremony. If you are interested, please submit a portrait sample to us at:

Experts@LifeSaving.org.



PROGRAMS



Trainer Recertification Course

On November 10th, our Trainer Recertification Course will be available on our Online Academy. The course is designed to be completed in approximately two hours of self-paced learning. This course consists of a hybrid of online work and a live video session.

The live video session will take place on November 26th and will run from 1:00 – 5:00 PM. To participate, all online course content must be completed prior to the video session. Trainers will also require a stable internet connection and an internet-enabled device with both a working camera and microphone.

You can register for this course via the registration page, or through our Online Academy. If you have any questions, please reach out to us at Experts@LifeSaving.org.



Pleasure Craft Operator Test Expiry Date Extension

Due to amendments currently being made to Pleasure Craft Operator competency requirements, PCOC tests with an expiry date of December 31st, 2023, will be extended until further notice.

National Lifeguard Mandatory Update Timeline

This is a reminder for our National Lifeguard Instructors and Trainers to please complete the April 2023 Mandatory update, if they have not already done so. The update can be completed via our [Online Academy](#).

April 17, 2023 - January 1, 2024

Complete the Mandatory Update via the Online Learning Academy.

- Read and understand new National Lifeguard literature and resources.
- Begin using updated National Lifeguard Instructor Pack
- Begin using updated National Lifeguard Instructor Award Guide

December 31, 2023

Start running National Lifeguard (2022 revision) program.

- The previous National Lifeguard program will retire on December 31, 2023 and all new courses must be the updated, 2022 revision.

January 1, 2024

All National Lifeguard Trainers and Instructors must have completed the Mandatory Update to continue delivering National Lifeguard Programs.

- It is now required that all National Lifeguard programs run the 2022 revision, with updated materials.



National Lifeguard Trainers must now have completed the Mandatory Update to deliver NLI courses.

View the [National Lifeguard Update Communique](#) for more information.

Changes to Lifesaving First Aid Instructor Recertification Course

As we are always working to update our programs and resources to align with government standards and regulations, we have made an important update to our Lifesaving First Aid Instructor Recertification course.

“Session 3: Leadership Program Delivery” has been removed as a formal session and replaced with **Intermediate First Aid Recertification**.

Update to Instructor Test Sheets

The test sheets for our Instructor courses have been updated to separate the Original and the Recertification courses. Going forward, Trainers will now need to ensure they utilize the correct test sheet for the Instructor course they teach.

The updated test sheets can be found on our [website](#).

For more information on the updates to this course, please see our [November 2nd communique](#).

National Lifeguard Instructor Courses

Following a program update earlier this year, the Lifesaving Society is looking to bring together National Lifeguard Instructors and Trainers from across Alberta and the Northwest Territories for a series of workshops this fall.

These free-of-charge workshops will give you the opportunity to touch base, network, and collaborate with each other, and to let us know how these updates have been working for you.

These workshops will offer opportunities to:

- Discuss teaching strategies in and out of the water
- Share questions with the Society and your peers
- Discuss supports for Lifesaving Instructors' delivery and evaluation of Assistant Lifeguard Situations
- Participate in the review and revision process for National Lifeguard Program branch resources

You'll need:

- National Lifeguard Award Guide
- National Lifeguard Lesson Plans
- National Lifeguard Candidate Workbook
- Your swimsuit and a towel



National Lifeguard Instructor Course Dates

Workshop #1

Date: Thursday, November 16th, 2023

Time: 4:30 – 8:30 PM

Location: Kinsmen Aquatic Centre, 5429 53 Street, Lacombe AB, T4L 1H8

[REGISTER NOW!](#)

Workshop #2

Date: Sunday, December 3rd, 2023

Time: 9:00 AM – 1:00 PM

Location: Elevation Place (Aquatic Centre), 700 Railway Ave #100, Canmore AB, T1W 1P4

[REGISTER NOW!](#)

Workshop #3

Date: Thursday December 21st, 2023

Time: 11:00 AM

Location: Harbour Pool, 10001 94 Ave, Fort Saskatchewan AB, T8L 3V4

[REGISTER NOW!](#)

If you're interested in attending one of these workshops, we encourage you to register as soon as possible, as there are limited spots available.

SPORT



Visit now.

Sport Website Updates

We've recently launched our new and improved [Lifesaving Sport website](#), where you can create a competition, register athletes, and view the upcoming events for the 2023-2024 season.

Please keep in mind that the website does not yet allow teams of mixed genders. Mixed gender teams will need to be submitted manually to the Meet Manager. Therefore, if you want to run an Open Competition, please email Sport@LifeSaving.org so that we can support you on set up.

For more information on the updates to our sport website, check out our [October 17th communique](#).



RLSS Commonwealth Lifesaving Championships

The 2023 RLSS Commonwealth Lifesaving Championships were held in Windsor, Ontario from September 13th – 17th at the Windsor International Aquatic and Training Centre.

To view the heat sheets and results, visit the [Commonwealth Lifesaving Championships website](#).

Congratulations to all of our athletes who participated, and a huge thank you to everyone who volunteered!

Left: Barbara Costache, Amy Swedlo, Kerry Brager, Tara Thibodeau, Jacqueline Krosse, Dennis Seppolz, Keith Vanrootselaar, Kevin Fitsimmons, Lisa Preston

NOVEMBER 2023

MO	TU	WE	TH	FR	SA	SU
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2023

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2024

MO	TU	WE	TH	FR	SA	SU
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2024

MO	TU	WE	TH	FR	SA	SU
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MARCH 2024

MO	TU	WE	TH	FR	SA	SU
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UPCOMING COMPETITIONS

Note that the details of these events, such as the titles or dates, are still subject to change as competitions are sanctioned. Keep an eye on the [Competition Schedule](#) page of our website for any new updates.

Claire Jones Memorial Swim Meet

Date: November 25, 2023

Location: Dr. Duncan Murray Recreation Centre,
Hinton, AB

Host Team: Hinton Stingrays

Registration Deadline: November 21, 2023

Cochrane Lifesaving Sport Competition

Dates: December 2 – 3, 2023

Location: Spray Lake Sawmills Family Sports Centre,
Cochrane, AB

Host Team: Cochrane Water Ninjas

Wetaskiwin Lifesaving Sport Competition

Dates: January 27 – 28, 2024

Location: Manluk Aquatic Centre, Wetaskiwin, AB

Host Team: Wetaskiwin Orcas

Calgary Lifesaving Sport Competition

Date: February 9, 2024

Location: Canyon Meadows Aquatic & Fitness Centre,
Calgary, AB

Host Team: Calgary Poseidons

Calgary Lifesaving Sport Competition

Dates: February 10 – 11, 2024

Location: Brookfield Residential YMCA at Seton,
Calgary, AB

Host Team: Calgary Poseidons

Drayton Valley Lifesaving Sport Competition

Date: March 2, 2024

Location: Drayton Valley, AB

Host Team: Drayton Valley Lifesavers

Camrose Lifesaving Sport Competition

Dates: March 16 – 17, 2024

Location: Camrose Aquatic Centre, Camrose, AB

Host Team: Camrose Tsunamis

PUBLIC ED

Cold Water Survival

Though your local bodies of water may not be frozen yet, autumn's rapidly cooling weather leads to colder water temperatures that come with their own dangers, particularly for those who work or live near the water.

Cold water can be dangerous to humans, especially if they were to enter the water suddenly and unexpectedly. According to the Canadian Safe Boating Council, 60% of boaters who drowned were in water under 10°C in temperature, and 34% were in water between 10°C and 20°C in temperature. It only takes a short time of being immersed in cold water to start experiencing the effects of Cold Water Shock, or even hypothermia.

Should you accidentally fall into cold water, knowing the 1-10-1 Principle can greatly increase your chances of survival.

1

1 Minute to Get Your Breathing Under Control: the initial shock of being submerged in cold water causes many to begin gasping uncontrollably. It will take approximately a minute for your breathing to return to normal. During this time, try to float or lightly tread water to keep your head above the surface.

10

10 Minutes of Meaningful Movement: after 10 minutes of being immersed in cold water, your body will begin to succumb to the effects of Cold Water Shock, and you will start to lose strength and dexterity, making it much more difficult to stay afloat. During this 10-minute window, it is crucial that you use this time to move towards safety, such as a nearby boat or the shore.

1

1 Hour Before Hypothermia Sets In: it will take approximately an hour of being immersed in cold water before you risk losing consciousness due to hypothermia. Wearing a lifejacket will greatly increase your chance of survival during this time, as it can help you to keep your head above the water while you wait to be rescued.

SAFETY



Featured Safety Service: Aquatic Safety Audits

As part of our Safety Services, we provide consultation services to aquatic facilities to evaluate their safety and operating practices. These can include public and private facilities such as pools, waterparks, or spas, as well as other aquatic environments such as irrigation canals and provincial park beaches.

The purpose of these Aquatic Safety Audits is to identify and create safety and risk management practices that best suit the facility, in order to ensure the safety of its patrons and staff.

To learn more about the audit process, or about the types of audits we provide, we encourage you to visit the [Inspections & Audits](#) page on our website.

We are currently in the process of booking safety audits for Spring 2024 and beyond. If you're interested in scheduling an audit for your facility with us, or if you would like to book a free consultation, contact us at (780) 415-1755 or Experts@LifeSaving.org.

SHOP

Service Impacts

The Lifesaving Society Alberta & Northwest Territories office will be closed from December 26, 2023 to January 2, 2024, inclusive. Place your orders by December 21st to receive them by the end of the year.

Need some supplies or apparel? Visit our online shop for equipment, program materials, and more! Here are just a few of the products you can find in the shop this holiday season:



LIFE™ Rescue Tubes

\$105.00 | [Order Now](#)

These LIFE™ Rescue Tubes feature revolutionary LIFE GRIPSTM and Easy Grip™ molded surface that combine to make performing lifesaving maneuvers faster and easier. Now available in both yellow and red.



Lifesaving Sport Rescue Tubes

\$99.20 | [Order Now](#)

Bright, lightweight, and 37 inches in length, these rescue tubes are designed especially for Lifesaving Sport competitions. Constructed with a new performance foam technology that boosts strength and resilience, they are ideal for lifeguarding in any aquatic environment.



Canadian Competition Manikins

\$399.99 | [Order Now](#)

Made in Canada by the Lifesaving Society, these manikins are one of just three in the world approved for use in ILS sanctioned competitions. Now with non-fade and non-chip paint.



Lifesaving Society Backpack

\$30.00 | [Order Now](#)

Filled with surprise Lifesaving Society swag inside, these backpacks make a perfect gift for your newly transitioned Lifesaving Swim Instructors!