

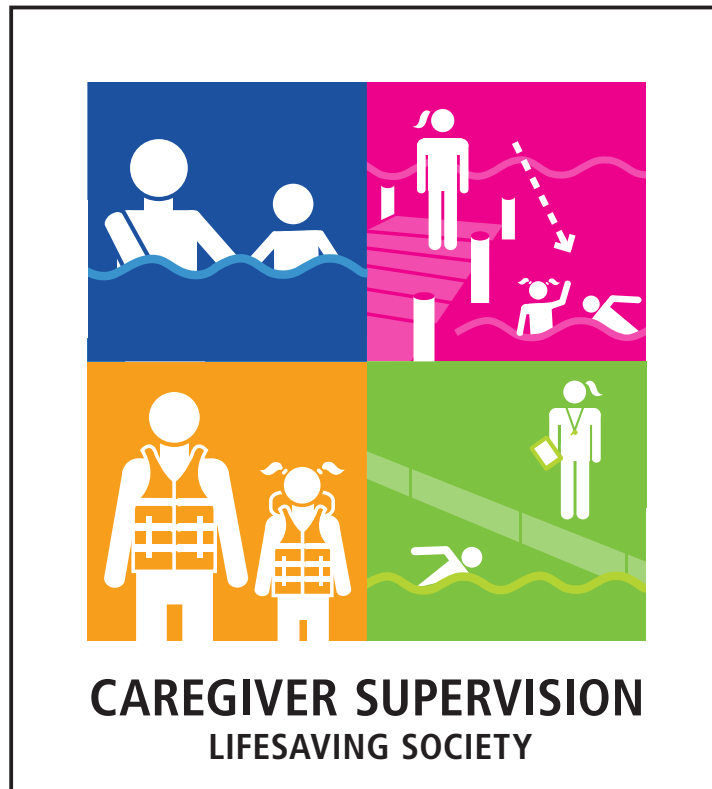


LIFESAVING SOCIETY®
The Lifeguarding Experts

Edmonton

CAREGIVER SUPERVISION WORKBOOK

FOR PARENTS, GRANDPARENTS, TEACHERS, COACHES,
DAY CARE SUPERVISORS, AIDES, CAMP LEADERS, ETC.





LIFESAVING SOCIETY®

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AIDES, CAMP LEADERS, ETC.

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The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education, water-incident research, aquatic safety management services, and lifesaving sport.

Annually, over 1,200,000 Canadians participate in the Society's swimming, lifesaving, lifeguard, and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

The Society represents Canada internationally as an active member of the Royal Life Saving Society and the International Life Saving Federation. The Society is the Canadian governing body for lifesaving sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

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LIFESAVING SOCIETY®

The Lifeguarding Experts

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MODULE 1

Introduction - About Caregiver Supervision

In this module you will be introduced to Caregiver Supervision. The workbook is separated into 10 modules. Modules 3-10 provide participants information about the types of caregivers, active caregiver supervision, rescue response and other valuable safety lessons.

MODULE 1

Introduction - About Caregiver Supervision

The Caregiver Supervision Workbook provides safety supervision training for caregivers who accompany children to pools or waterfronts. The workbook modules emphasize the responsibilities caregivers undertake when accompanying children to an aquatic environment. The Caregiver Supervision Workbook also stresses the importance of water safety awareness, incident prevention and the principles of aquatic safety supervision.

- Caregivers will learn how to identify hazards, at-risk behaviors, how to recognize a person in distress and their role in safety supervision and rescue response.
- Caregivers play a crucial role in keeping children safe when in, on and around the water.
- Supervision involves being able to touch, see and hear children.
- Caregivers can be parents, grandparents, teachers, coaches, day care supervisors, aides, babysitters, camp leaders, etc.
- Caregiver Supervision is important in both indoor and outdoor aquatic settings.
- The Lifesaving Society recommends taking children to locations (indoor or outdoor) supervised by National Lifeguards. Swim only in designated swimming areas.



MODULE 1

Test Your Knowledge

1. Caregiver supervision involves being able to touch, see and hear children.
 - a. True
 - b. False
2. Only parents are caregivers.
 - a. True
 - b. False
3. Caregiver supervision is important in both indoor and outdoor settings.
 - a. True
 - b. False

MODULE 2

About the Lifesaving Society

In this module you will learn:

- Who the Lifesaving Society is.
- The programs, products and services that the Lifesaving Society provides.
- The history of the Lifesaving Society.

MODULE 2

About the Lifesaving Society

Canada's Drowning Prevention Charity

About Us

- The Lifesaving Society is Canada's lifeguarding expert. The Society is a national, charitable organization with a humanitarian mandate to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning research, safety management services and lifesaving sport.

History

- In Canada, the Lifesaving Society has been teaching water safety and water rescue to Canadians since 1896. Established in England (1891) as The Swimmers' Life Saving Society, we became The Royal Life Saving Society in 1904. Today, Canadians know the Society as simply the Lifesaving Society.

Teaching Canadians to Save Themselves and Rescue Others

- The Lifesaving Society is a national volunteer organization and registered charity that provides programs, products and services designed to prevent drowning and water-related injury. We are the governing body for lifesaving sport and collaborate with partners for sport, recreation and active living initiatives. We advise government and communities on drowning and injury prevention. We certify Canada's national lifeguards, establish safety standards and consult on issues for the aquatic industry. Our evidence based Water Smart® public education and Swim to Survive® program focus on people most at risk. Annually 1,200,000 Canadians participate in our swimming, lifesaving, lifeguard, first aid and leadership training programs.



LIFESAVING SOCIETY®

The Lifeguarding Experts

MODULE 2

Test Your Knowledge

1. Choose the answer that correctly completes this sentence. The Lifesaving Society is a national, charitable organization with a humanitarian mandate to prevent _____ through its training programs, public education, water-incident research, safety management services and lifesaving sport.
 - a. Drowning and water-related injury
 - b. Poisoning
 - c. Falling
2. The Lifesaving Society has been teaching water safety and water rescue to Canadians since _____.
 - a. 2003
 - b. 1950
 - c. 1896
3. Annually, _____ Canadians participate in our swimming, lifesaving, lifeguard, first aid and leadership training programs.
 - a. 500
 - b. 22,000
 - c. 1,200,000

MODULE 3

Your First Ten Minutes at the Pool

In this module you will learn:

- About safety during your first visit and/or first 10 minutes at the pool.
- About having a sense of time.
- About the pool rules, signs and hazards.

MODULE 3

Your First Ten Minutes at the Pool

Your First Visit to the Pool

Safety is very important during the first ten minutes at the pool. Children are excited to get into the water and it is often busy in the lobby and change rooms. Ask about the facility, rules, change rooms and policies.

- Ask for an orientation to the pool.
- Become familiar with the change rooms and exits, access points to the pool, the number and types of pools (i.e. dive tank, lap pool, hot tub, wading pool), slides, water temperature and water depth.
- Check with the facility staff and inquire about their admission, screening and supervision criteria and any swimming tests that may be required.
- Some pools have implemented a wristband procedure that is linked to age and swimming ability. This system allows staff to visually identify children at greater risk.



Have a Sense of Time

Time can go by quickly when you are busy. Children should be supervised in the change room until you are ready to enter the pool. Many pools have inclusive change rooms to allow caregivers to supervise children.

- Check your watch and the pool clocks often.
- All children must stay with you in the change room until everyone is ready to enter the pool. Change rooms, washrooms, hallways and showers are transitional areas and are high risk locations. Children may be easily left behind or go missing. Children can get disoriented and end up back in the water unaccompanied.
- If a child is missing, check the pool first.
- Review rules posted in change rooms and on the pool deck.



Know the Pool Rules, Signs and Hazards

Pools have rules, safety signage and lifeguards to help keep everyone safe. Take a moment to review them and minimize risk.

- Before entering the water become familiar with the pool rules, signs and lifeguards. Each pool may have different rules, signs and hazards.
- Go over the pool safety rules with children.
- Assess all potential risks and hazards (i.e. shallow and deep water transitions, slippery pool deck, waves/currents, blind spots).
- Always enter the water feet first.
- Deep water is considered to be chest deep for anyone, especially children.



MODULE 3

Test Your Knowledge

1. It is acceptable to allow young children to enter the pool first.
 - a. True
 - b. False

2. If a child is missing check the washroom first.
 - a. True
 - b. False

3. Always enter the water feet first.
 - a. True
 - b. False

MODULE 4

Caregiver Supervision in an Aquatic Environment

In this module you will learn:

- About the different types of aquatic environments and the layers of protection that are required to keep children safe in an aquatic environment.
- How to identify risks and hazards in an aquatic environment.
- How to prepare for Caregiver Supervision in an aquatic environment.
- About Caregiver Active Supervision for people with special needs.
- Become familiar with the facts about child drownings.

MODULE 4

Caregiver Supervision in an Aquatic Environment

Types of Aquatic Environments

- Any body of water and its surrounding area is considered an aquatic environment. There are many different types of aquatic environments.
- Some aquatic environments can be supervised while others are unsupervised.
- Aquatic environments can include:
 - Pools – indoor, outdoor (in ground or above ground), inflatable, kiddie
 - Open Water – lakes, ponds, rivers, streams, oceans, man-made ponds
 - Hot Tubs & Bathtubs – private (i.e. home) or public (i.e. hotel)



Layers of Protection

- The Lifesaving Society recommends several layers of protection to keep a child safe in an aquatic environment. These include:
 - Caregiver Active Supervision – always stay within sight and be within arm’s reach of your child when in or near water. This includes backyard pools, public pools, bathtubs, and open bodies of water such as lakes, rivers and oceans.
 - First Aid Training for Caregivers - Get trained in CPR (cardiopulmonary resuscitation), first aid, water rescue and swimming skills.
 - Wear Lifejackets - young children under five years of age and weak swimmers should wear lifejackets when they are in, on or around the water. Make sure the lifejacket fits your child’s weight and fits snugly.
 - Learn to Swim - Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. The Lifesaving Society offers training programs from Swim to Survive® and learn-to-swim programs through advanced lifesaving, lifeguarding and leadership. The Lifesaving Society Swim Program features both Swim for Life® and Canadian Swim Patrol - a recipe for creating good swimmers.
 - Install Barriers to Private Pools - barriers include four-sided pool fencing that is 6 feet (1.8 m) tall and includes a self-closing, self-latching and locking gate.



Risks and Hazards

- Hazards are defined as anything that can cause harm to yourself, those around you or your environment.
- Risks are defined as a situation involving exposure to danger.
- Aquatic hazards can include physical hazards such as drop-offs, sharp items, shallow water, broken glass, slippery pool decks, drains, etc.
- It is your responsibility as a Caregiver to decrease the amount of risks and hazards that your child is exposed to.



Be Prepared

To decrease the amount of hazard or risk that your child is exposed to, a Caregiver must be prepared for the aquatic environment that you will be in.

- Familiarize yourself with the hazards of that particular aquatic environment (e.g. slippery pool decks, water temperature, and water depth).
- Deep water is considered to be chest deep for children. This will differ from individual to individual. Caregivers should have knowledge of pool depth prior to entering the water.
- Bring supplies for the specific aquatic environment (e.g. water, sunscreen, towels, lifejackets).



Active Caregiver Supervision for People with Special Needs

- People with special needs are at greater risk. Many people with special needs who have cognitive and/or physical disabilities may wander, not be able to call for help, may have limited mobility and may lack safety awareness or take greater risks.
- Some people with special needs have other medical issues (i.e. seizures) that may put them at greater risk in an aquatic environment.
- Teach people with special needs to learn to swim. As people with special needs are at greater risk, it is even more important that they learn how to swim.
- Know your own swimming ability.
- Know the person with special need's swimming ability. Consider using lifejackets, just in case.
- Maintain active and constant supervision, within arm's reach, in and out of the water.

The Facts about Drowning

- Drowning is preventable.
- Drowning is a silent killer and can happen in a matter of seconds. About 500 Canadians die each year in water-related incidents.
- Drowning is the second leading cause of injury related death for Canadian children. Every year almost 60 children drown. This is equal to more than two classrooms full of children. Each year another 140 children must stay in the hospital because they nearly drowned. Near-drowning can result in long-term health effects. It can affect the way a child thinks, learns, and plays. Source: www.parachutecanada.org

- The main factor in child drowning is the absence or momentary lapse of caregiver supervision.
 - 61% of children ages 0-4 drown because they are alone near water.
 - 58% of children ages 0-4 drown because the caregiver was absent.
 - 36% of children ages 0-4 drown because the caregiver is present but distracted.
 - 22% of children ages 0-4 drown because they are left in the care of other minors.
 - 50% of children ages 5-14 drown because they are alone or left in the care of other minors.

Source: Lifesaving Society Canada - Canadian Drowning Report – 2017 Edition



MODULE 4

Test Your Knowledge

1. Swimming pools, lakes and rivers are the only types of aquatic environments.
 - a. True
 - b. False
2. There are many layers of protection to keep a child safe in an aquatic environment.
 - a. True
 - b. False
3. The main factor in child drowning is the absence or momentary lapse of caregiver supervision.
 - a. True
 - b. False

MODULE 5

Caregiver Active Supervision Guidelines

In this module you will learn:

- About the two different types of supervision.
- About Active Caregiver supervision.
- About the Caregiver Active Supervision Matrix.
- The recommended minimum level of supervision for different ages and swimming abilities.

MODULE 5

Caregiver Active Supervision Guidelines

Children must be actively supervised at all times. Caregivers play an important role in the safety of their child, even when lifeguards are on duty. Each pool may have different supervision policies.

A caregiver should always be able to see and hear their child. The absence or momentary lapse of adult supervision is a factor in most child drownings.

Types of Supervision

There are two different types of Caregiver Supervision:

- Passive Supervision
- Active Supervision

Passive Supervision

Passive Supervision is not appropriate behavior when supervising children around water.

Passive Supervision may include:

- Low levels of interaction with the child.
- Being present, but distracted (i.e. cell phone or book)
- Minimal monitoring of a child's behavior.
- Lifeguards are not babysitters! Even though lifeguards may be on duty, caregivers need to remain vigilant. Caregivers play a crucial safety role around water.

Active Supervision

What is Active Supervision? Think Proximity; Think Continuity; Think Attention. Active Supervision is the appropriate behavior to have when supervising children around water.

Active Supervision consists of four key elements:

- Be Prepared
- Be Close
- All of Your Attention
- All of the Time



Be Prepared

- Ensure you have everything you need before getting in the water (i.e. towels).
- Decrease the amount of hazard or risk that your child is exposed to. A Caregiver must be prepared for the aquatic environment that you will be in.
- Familiarize yourself with the hazards of that particular aquatic environment (e.g. wet pool decks, water temperature, and water depth).
- Bring supplies for the specific aquatic environment. e.g. water, sunscreen, towels, lifejackets.

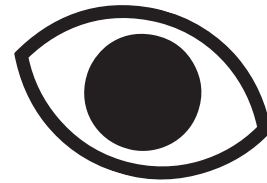
Be Close

- Always be within arm's reach of your child and continuously watching your child.
- This means that the Caregiver must be within 1 metre of the child at all times with constant and focused supervision.
- A Caregiver should always be able to see and hear their child.



All of Your Attention

- Focus all of your attention on your child all of the time.
- Get into the water, talk and play with your child.



All of the Time

- You should never leave your child alone in the water, nor should your child be left in the care of an older child or lifeguard.
- Do not leave your child in the care of someone else with the assumption that your responsibility diminishes due to the presence of other caregivers.

Sibling/Minor Supervision

- The level of supervision decreases when it is provided by an older sibling. Often this is due to the sibling's limited knowledge on how to supervise and a lack of understanding their role when supervising.
- As a Caregiver, it is your responsibility to keep your child safe. Never leave your child under the care of an older child or with the assumption that your responsibility diminishes due to the presence of other caregivers.



Caregiver Active Supervision Matrix

The Caregiver Active Supervision Matrix explains the supervision types that are used for the recommended level of supervision for different age groups and swimming abilities.

| Proximity | Continuity | Attention |
|---------------------------------------|-------------------------------|--|
| Touching | Watching child continuously | Focal – Able to see and hear child |
| Within Arms Reach (within 1m) | Watching child intermittently | Peripheral – Able to hear child |
| Beyond Reach Nearby (1 – 5m) | Not watching child | Visual – Able to see child |
| Beyond Reach Distance (6m or greater) | Absent - Not present | Absent - Not able to see or hear child |



Recommended Level of Caregiver Active Supervision

*A swimmer can meet the Canadian Swim to Survive Standard (The Lifesaving Society defines the minimum skills needed to survive an unexpected fall into deep water. These are expressed in a skill sequence in the Canadian Swim to Survive Standard: ROLL into deep water; TREAD water for one minute; SWIM 50 metres)

| Age | Swimming Ability | Supervision Type |
|---------------|------------------|--|
| 0 – 2 years | Non Swimmer | Proximity – Touching Continuity – Constant supervision Attention – Focused supervision on child |
| 3 – 4 years | Non Swimmer | Proximity – Within Arms Reach (within 1m) Continuity – Constant supervision Attention – Focused supervision on child |
| | Swimmer | Proximity – Within Arms Reach (within 1m) Continuity – Constant supervision Attention – Focused supervision on child |
| 5 – 7 years | Non Swimmer | Proximity – Within Arms Reach (within 1m) Continuity – Constant supervision Attention – Focused supervision on child |
| | Swimmer | Proximity – Beyond reach nearby (1 – 5m) Continuity – Constant supervision Attention – Focused supervision on child |
| 8 – 12 years | Non Swimmer | Proximity – Within Arms Reach (within 1m) Continuity – Constant supervision Attention – Focused supervision on child |
| | Swimmer | Proximity – Beyond reach distance (6m or greater) Continuity – Watching child intermittently Attention – Listening, can hear child |
| 13 – 19 years | Non Swimmer | Proximity – Beyond reach nearby (1 – 5m) Continuity – Watching child intermittently Attention – Peripheral |
| | Swimmer | Proximity – Beyond reach distance (6m or greater) Continuity – Absent Attention – Absent |

MODULE 5

Test Your Knowledge

1. There is only one type of caregiver supervision.
 - a. True
 - b. False
2. There are four key elements to providing active supervision.
 - a. True
 - b. False
3. It is acceptable to leave your child in the care of an older child or lifeguard.
 - a. True
 - b. False

MODULE 6

Active Supervision Guidelines for Coaches and Groups

In this module you will learn:

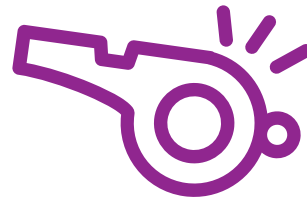
- About active supervision for Coaches.
- About the Coach Active Supervision Matrix.
- About Caregiver Active Supervision for groups of children.

MODULE 6

Active Supervision Guidelines for Coaches and Groups

Active Supervision for Coaches

Caregiver Active Supervision can vary during times of controlled organized activity. The following chart can be consulted by certified coaches when determining Caregiver Supervision requirements.



Coach Active Supervision Matrix

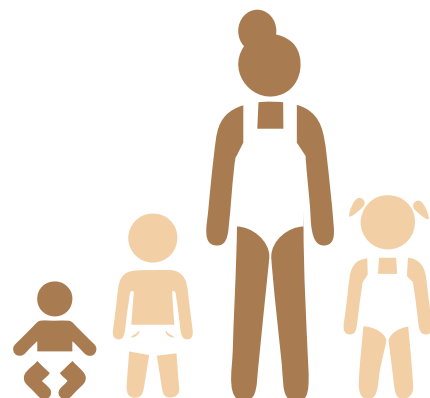
The Coach Active Supervision Matrix explains the supervision types that are used for the recommended level of supervision for coaching different age groups and swimming abilities.

*A swimmer can meet the Canadian Swim to Survive Standard (The Lifesaving Society defines the minimum skills needed to survive an unexpected fall into deep water. These are expressed in a skill sequence in the Canadian Swim to Survive Standard: ROLL into deep water; TREAD water for one minute; SWIM 50 metres)

| Age | Swimming Ability | Supervision Type |
|---------------|------------------|--|
| 5 – 7 years | Swimmer | Proximity – Beyond reach nearby (1 - 5 m) Continuity – Constant supervision Attention – Focused supervision on child |
| 8 – 12 years | Swimmer | Proximity – Beyond reach nearby (5 – 25m) Continuity – Watching child intermittently Attention – Listening, can hear child |
| 13 – 19 years | Swimmer | Proximity – Beyond reach distance (5 – 50m) Continuity – Watching child intermittently Attention – Visual |

Caregiver Active Supervision for Groups

- The level of supervision provided to each child in a group setting decreases as the number of children in a group increases.
- The City of Edmonton’s group supervision policy enforces the following rules for caregivers to children under the age of 8:
 - 1 Caregiver for every 3 children
 - Caregivers must be a minimum of 15 years of age or older.
 - Caregivers must be within arm’s reach and actively supervising children under the age of 8 at all times.



1 CAREGIVER FOR EVERY 3 CHILDREN

MODULE 6

Test Your Knowledge

1. The City of Edmonton's group supervision policy enforces the following Caregiver to child ratio:
 - a. 4 Caregivers to 8 Children
 - b. 2 Caregivers to 4 Children
 - c. 1 Caregiver to 3 Children
 - d. None of the above

2. The level of supervision provided to each child in a group setting decreases as the number of children in a group increase.
 - a. True
 - b. False

3. Aquatic Facilities outside the City of Edmonton may have different supervision policies, minimum age requirements and ratios.
 - a. True
 - b. False

MODULE 7

Drowning Recognition and Rescue Response

In this module you will learn:

- About what a person in trouble looks like.
- About the four different types of victims.
- About knowing your own limits in an aquatic environment and as a caregiver.
- How to call for help.

MODULE 7

Drowning Recognition and Rescue Response

What Does a Person in Trouble Look Like?

- A person can drown quickly and silently in a matter of seconds.
- Drowning victims can be either at the surface or submerged.
- A drowning person rarely calls or waves for help because it takes everything they have just to get a breath of air. All efforts are focused on getting the mouth above the surface.
- If you notice someone in distress, get a lifeguard's attention, reach or throw a rescue or floatation device, and call 911 if needed. Better safe than sorry.
- A person at a high risk of drowning may have a near-vertical body position, ineffective arm and leg movements and makes little or no forward progress in the water.
- Drowning can be hard to recognize. If you aren't sure if an individual is in trouble, always communicate with them to ensure that they are alright.



Victim Types

There are four types of victims that a Caregiver should be able to recognize:

- **A Non-Swimmer:**
 - Someone who cannot swim.
 - Fearful facial expression, vertical body position, no forward progress, does not call for help, may be active or passive.
- **A Weak-Swimmer:**
 - Someone who struggles in the water.
 - Angled body position, little forward progress, may call for help.
 - May look tired or exhausted.
 - May be unable complete a swim stroke.
- **An Injured Swimmer:**
 - Someone who has been hurt (i.e. seizure, bleeding, cramping)
 - Look for risks and hazards.
 - Ask if they are in danger and how did it happen?
 - Call for help/911.

- **An Unresponsive Swimmer:**
 - Someone who is unconscious.
 - Floating face first, does not move.
 - Ask yourself what risks are involved, are you safe? Always call for help/911.

Know Your Limits

Know your own swimming ability and how many children you can safely and actively supervise at the pool.

- Non-swimmers and weak swimmers should wear a lifejacket at all times.
- Limit non-swimmers to shallow water.
- Wearing a lifejacket helps keep the child at the surface to assist you while supervising. If in doubt, check with the lifeguard. Lifeguards may perform a swimming test to determine the child's skill level. Age and swimming ability matter!
- Understand your own swimming ability and how many children you can safely and actively supervise. Know before you go – no matter what your age, know your limits.

If a child is in danger, make sure that you are not in danger as well

- Assess the situation
- Consider your skill level
- Use an aid (buoyant rescue aids, lifejacket, rope, reaching pole) to assist with the rescue
- Call for help

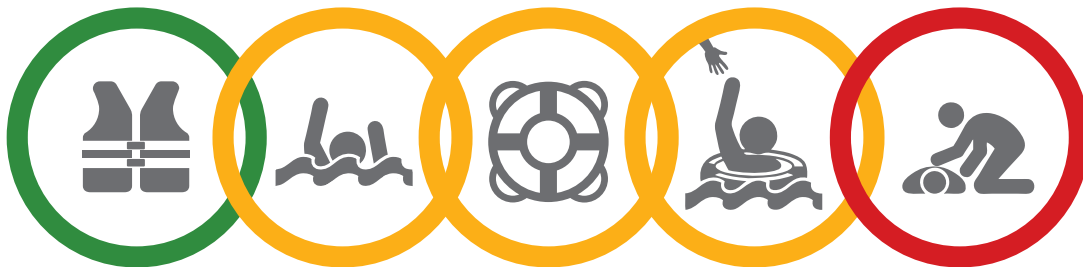
Calling for Help

You should call Emergency Medical Services (EMS) as soon as a life threatening situation is discovered. In most places EMS can be accessed by calling 911. Call EMS and provide them with the following information:

- What happened
- Who needs help
- Where you are located and the easiest access point
- What is being done for the victim
- The 4 W's - Why, What, Where and Who



DROWNING CHAIN OF SURVIVAL



PREVENT DROWNING
Be safe in and around water

RECOGNIZE DISTRESS
Ask someone to call for help

PROVIDE FLOTATION
To prevent submersion

REMOVE FROM WATER
Only if safe to do so

PROVIDE CARE AS NEEDED
Seek medical attention

PREVENTION

RECOGNITION, RESPONSE, AND RESCUE

TREATMENT

MODULE 7

Test Your Knowledge

1. A drowning person always calls or waves for help.
 - a. True
 - b. False

2. There are four types of victims that a Caregiver should be able to recognize.
 - a. True
 - b. False

3. Rescue aids can include:
 - a. Lifejackets
 - b. Rope
 - c. Reaching pole or long branch
 - d. All of the above

MODULE 8

How to Fit a Lifejacket

In this module you will learn:

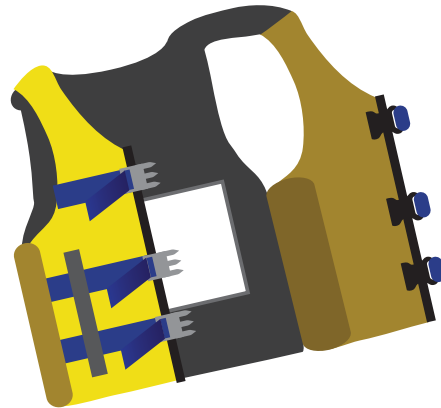
- About why to wear a lifejacket and the different types of lifejackets.
- How lifejackets save lives.
- How to properly fit a lifejacket.

MODULE 8

How to Fit a Lifejacket

Why Wear a Lifejacket?

- Weak and non-swimmers should wear a lifejacket or PFD when on, in or near water, even in a public pool.
- Only 1 in 10 victims of boating-related fatalities were known to be wearing a Lifejacket or PFD at the time of the incident.
- Both alcohol consumption and lack of Lifejacket or PFD use are particularly common risk factors among teenagers (15-19) and young adults (20-34).
- Always wear a lifejacket or personal flotation device! Don't just have it in the boat, pick one and wear it.
- The vast majority of Canadian boating victims were not wearing a lifejacket or PFD when they drowned. You can compare trying to put on a lifejacket or PFD in an emergency to trying to put on your seatbelt in the middle of a car crash.
- Lifejackets come in many styles and are available for many activities including swimming; recreational boating, water sports; paddling; waterskiing; angling and hunting.
- Lifejackets are available for men, women, children and even pets.



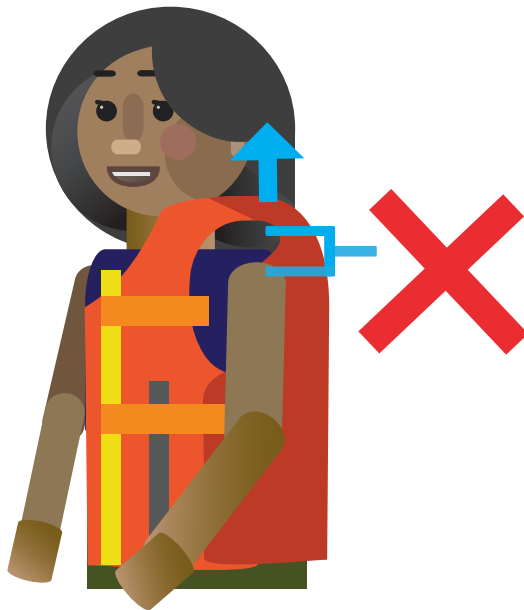
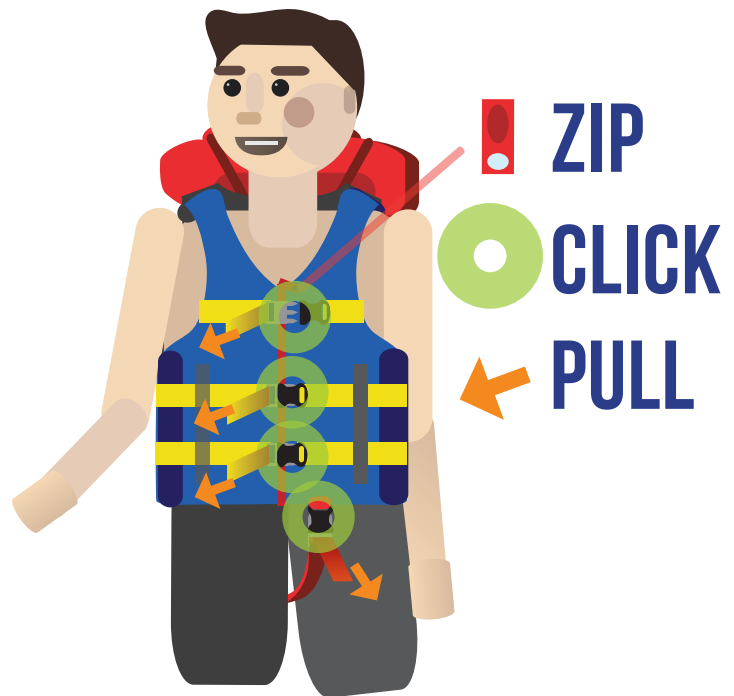
How Lifejackets Save Lives

- If a lifejacket fits properly it will keep your head above the water. If the lifejacket is too big it will ride up around your face. If it is too small, it will not be able to keep your body afloat.
- It won't work if you don't wear it!
- Be a role model – wear your own lifejacket/PFD when in a boat.
- Most people refer to personal floatation devices (PFDs) as “lifejackets”. But they are different – lifejackets have greater buoyancy and are designed to turn an unconscious person face up.
- You are required by law to have a lifejacket or PFD (Personal Flotation Device) on board for each person on a watercraft. This includes human-powered craft such as a canoe, kayak or stand-up paddleboard (Source: Transport Canada).
- A lifejacket is your best defense against cold-water shock. Research shows that unexpected immersion in cold water is a serious risk to life if a boater is not wearing a flotation device. This is true despite the boater's experience, closeness to shore, and even swimming ability (Source: Transport Canada).
- A sudden fall into cold water can seriously affect breathing, nerves, and muscle strength. A lifejacket gives you thermal protection as well as keeping you buoyant (Source: Transport Canada).

How to Fit a Lifejacket

Try It on For Size

1. Check the manufacturer's label to make sure that the lifejacket is a proper fit for you or your child's size and weight.
2. Check to ensure it is Transport Canada approved (look at the label inside the lifejacket).
3. Make sure the lifejacket is properly fastened (i.e. all zippers, buckles and belts).
4. Hold your arms straight up over your head.
5. Ask a friend to grasp the tops of the arm openings and gently pull up.
6. Make sure there is no excess room above the openings and that the jacket does not ride up over your chin or face.



MODULE 8

Test Your Knowledge

1. Half of all victims of boating-related fatalities were known to be wearing a lifejacket or Personal Floatation Device (PFD) at the time of the incident.
 - a. True
 - b. False
2. You are required by law to have a lifejacket or PFD on board for each person on a watercraft (includes human-powered watercraft such as canoe, kayak or stand-up paddleboard).
 - a. True
 - b. False
3. All Lifejackets are the same and fit the same.
 - a. True
 - b. False

MODULE 9

Diving Safety

In this module you will learn:

- About diving risks.
- About diving safety.

MODULE 9

Diving Safety

Diving Risks

Do not dive into water that is not designated for diving, shallow water, or unknown waters. The most common type of diving injury is damage to the spinal cord. Many diving incidents leave the diver paralyzed from the neck down.

- Dive only in well-marked and well supervised environments that are designated for diving.
- Know the water depth before diving. Only dive into water that is at least twice your own height in depth. Always enter the water feet first when you are testing the water depth.
- Remember that many pools have a sloped edge between the deep and shallow areas. Many necks are broken in that area of the pool.
- Never run and dive.
- Never dive from retaining walls, ladders, slides, or other pool equipment.
- When diving from a diving board, always dive from the end and not the sides.
- Never dive through objects such as inner tubes.
- Learn the correct technique for a shallow water dive.
- Do not drink alcohol and dive.
- Never dive into an above-ground pool.
- Consider posting 'No Diving' signs where the water is not deep enough to dive.
- The hazards of diving in unknown waters are extreme. Never dive into unfamiliar bodies of water. Always check the depth and for submerged objects like rocks, tree trunks, and other debris before diving.



MODULE 9

Test Your Knowledge

1. Dive only in well-marked and well supervised environments that are designated for diving.
 - a. True
 - b. False
2. Always enter the water feet first when you are testing the water depth.
 - a. True
 - b. False
3. It is safe to dive into unfamiliar water.
 - a. True
 - b. False

MODULE 10

Lifesaving Society Swimming and Lifesaving Programs

In this module you will learn:

- Why swim and lifesaving skills are important.
- About Lifesaving Society Swimming Programs.
- About Lifesaving Society Lifesaving Programs.
- About Lifesaving Society First Aid Programs.

MODULE 10

Lifesaving Society Swim and Lifesaving Programs

Swim and Lifesaving Skills are Important

Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. The Lifesaving Society offers training programs from learn-to-swim through advanced lifesaving, lifeguarding and leadership. The Lifesaving Society Swim Program features both Swim for Life® and Canadian Swim Patrol - a recipe for creating good swimmers.

Good swimmers can:

- Make safe choices in, on and around water and ice
- Protect themselves and others
- Swim for fitness
- Enjoy other aquatic activities (boating, fishing, snorkeling, etc.)
- Explore aquatic sports (Lifesaving Sport, swim club, synchronized swimming, diving, etc.)
- Become Swim and/or Lifesaving Instructors and National Lifeguards

To find a course near you please visit [Find a Course](#) on www.lifesaving.org or contact your local pool.



SwimAbilities®



Lifesaving Society Swimming Programs

- Learn how to Swim to Survive®. Swim to Survive® is different than swimming lessons and is not a replacement for them. Swim to Survive® teaches just the essentials needed to survive an unexpected fall into deep water - an important first step to being safe around water.
- Everyone should learn how to swim. It is never too early to learn and you are never too old to start! Swimming lessons teach swimming skills and water safety knowledge.
- Lifesaving Society Swim Programs include: Swim to Survive®, SwimAbilities®, and Swim for Life

Lifesaving Society Lifesaving Programs

- Lifesaving Society Lifesaving Programs include: Canadian Swim Patrol, Bronze Medallion, Bronze Cross, National Lifeguard and other awards and programs.





Lifesaving Society First Aid and CPR

CPR, or cardio-pulmonary resuscitation, and first aid are important skills that everyone should learn. You do not need to be a medical professional to know or use CPR. You never know when you may need these skills to save a life. Take the time to get certified.

- First aid is a valuable life skill that saves lives by providing people with the skills and judgement to respond to a variety of first aid emergencies. Research has shown that individuals with first aid training are less likely to become injured. First aid training from the Lifesaving Society is a continuation of the Society's efforts to provide Canadians with the education and training to prevent injury incidents.
- The Lifesaving Society offers three levels of Lifesaving CPR (CPR-A and AED, CPR-C and AED, CPR-HCP); Oxygen Administration and Lifesaving First Aid (Emergency, Standard and Aquatic Emergency Care).



MODULE 10

Test Your Knowledge

1. Good swimmers can make safe choices in, on and around water and ice.
 - a. True
 - b. False

2. Lifesaving Society Swimming Programs include:
 - a. Swim to Survive® (essentials needed to survive an unexpected fall into deep water)
 - b. SwimAbilities® (learn to swim program for children with special needs)
 - c. Swim for Life® (comprehensive swim instruction program that focuses on the acquisition and development of fundamental swim strokes and skills for learners of all ages and abilities)
 - d. All of the above

3. You have to be a medical professional to perform CPR.
 - a. True
 - b. False

ANSWER KEY

ANSWER KEY

Module 1 – Introduction to Caregiver Online

1. a. True
2. b. False (Caregivers can be parents, grandparents, teachers, coaches, day care supervisors, camp leaders, aides, etc.)
3. a. True

Module 2 – About the Lifesaving Society

1. a. Drowning and water-related injury
2. c. 1896
3. c. 1,200,000

Module 3 – Your First Ten Minutes at the Pool

1. b. False (Children should be supervised in the change room until you are ready to enter the pool. Many pools have inclusive change rooms to allow caregivers to supervise children.)
2. b. False (If a child is missing, check the pool first)
3. a. True

Module 4 – Caregiver Supervision in an Aquatic Environment

1. b. False (Any body of water and its surrounding area is considered an aquatic environment. Aquatic environments can include: pools, man-made ponds, hot tubs, bathtubs, dug-outs, oceans, lakes, rivers, etc.)
2. a. True (Layers of Protection can include: Caregiver Active Supervision; First Aid Training for Caregivers; Wear Lifejackets; Learn to Swim; and Install Barriers to Private Pools)
3. a. True

Module 5 – Caregiver Active Supervision Guidelines

1. b. False (there are two types of caregiver supervision, passive and active)
2. a. True (Key elements include: Be Prepared, Be Close, All of Your Attention, All of the Time)
3. b. False (Lifeguards are not babysitters. As a Caregiver, it is your responsibility to keep your child safe. Never leave your child under the care of an older child or with the assumption that your responsibility diminishes due to the presence of other Caregivers)

Module 6 – Active Supervision Guidelines for Coaches and Groups

1. c. 1 Caregiver for every 3 Children
2. a. True
3. a. True (Check with each aquatic facility to determine their specific supervision policies)

Module 7 – Drowning Recognition and Rescue Response

1. b. False (A drowning person rarely calls or waves for help because it takes everything they have just to get a breath of air. All their efforts are focused on getting the mouth above the surface.)
2. a. True (Non-Swimmer; Weak-Swimmer; Injured Swimmer and Unresponsive Swimmer)
3. d. All of the above.

Module 8 – How to Fit a Lifejacket

1. b. False (Only 1 in 10 victims of boating-related fatalities were known to be wearing a lifejacket or PFD at the time of the incident.)
2. a. True
3. b. False. (Lifejackets come in many styles and are available for many activities including swimming, recreational boating, water sports, paddling, waterskiing, angling and hunting. Check the manufacturers label to ensure that the lifejacket or PFD is Transport Canada approved and that it is the proper fit for you or your child's size and weight).

Module 9 – Diving Safety

1. a. True
2. a. True (Only dive into water that is at least TWICE your own height in depth.)
3. b. False (The hazards of diving into unknown waters are extreme. Never dive into unfamiliar bodies of water. Always check the depth and for submerged objects like rocks, tree trunks, and other debris before diving.)

Module 10 – Lifesaving Society Swimming and Lifesaving Programs

1. a. True
2. d. All of the above.
3. b. False (You do not need to be a medical professional to know or use CPR. You never know when you may need these skills to save a life. Take the time to get certified.)



(Participant's Name)

Has Completed the Caregiver Supervision Workbook

Alberta and Northwest Territories Branch

Date

Publications of the Lifesaving Society are available from any Branch office. Inquiries from outside Canada should be directed to the National Office.

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