

Ripples

Alberta and Northwest Territories Monthly Newsletter

AB&NWT Pool Lifesaving Championships

Congratulations to all of the athletes who competed in the 2019 Alberta & Northwest Territories Pool Lifesaving Championships!!

A big thank you as well to all of the volunteers who helped at the event. The event couldn't have been successful without you!



Training Programs

Trainer Course:

Candidates must complete the Trainer Application Form (<https://www.lifesaving.org/public/download/documents/54827>) and submit it to the Society for approval **prior** to registering for the course.

May - Okotoks:

<http://events.constantcontact.com/register/event?llr=7bydojsab&oeidk=a07eg3lmsrzca3c7bcf>

September - Edmonton:

<http://events.constantcontact.com/register/event?llr=7bydojsab&oeidk=a07eg1nswncb9ecbccb>

Trainer Recertification:

May - Lethbridge:

<http://events.constantcontact.com/register/event?llr=7bydojsab&oeidk=a07eg2vnqao3747a1be>

June - Edmonton:

<http://events.constantcontact.com/register/event?llr=7bydojsab&oeidk=a07eg3lnuvzc6f9fb84>

August - Edmonton:

<http://events.constantcontact.com/register/event?llr=7bydojsab&oeidk=a07eg1nj4ndb1a8e5c6>

September - Edmonton:

<http://events.constantcontact.com/register/event?llr=7bydojsab&oeidk=a07eg1nswncb9ecbccb>

Registration to come:

October - Calgary Zone

November - Calgary Zone

National Lifeguard Instructor and First Aid Instructor Recertification

See Find a Course for Recertifications



Safe Sport

The Government of Canada is funding an investigation unit as well as a National Toll – Free Helpline for harassment, abuse and discrimination in sport to keep our athletes and children in sport safe.

Read the full article through the link: <https://www.canada.ca/en/canadian-heritage/news/2019/03/the-government-of-canada-funds-an-investigation-unit-and-a-national-toll-free-helpline-for-harassment-abuse-and-discrimination-in-sport-to-keep-our.html>

AGM Volunteer Photographer

The Lifesaving Society is seeking a volunteer photographer for our Annual General Meeting on June 14, 2019. The event will be from 1:00 – 5:00pm at the Santa Maria Goretti Centre.

If you are interested in being the event photographer, please contact us at experts@lifesaving.org.

Safety Services

Aquatic Management Training Course

Okotoks

May 23rd - 9:00am - 5:00pm

May 24th - 9:00am - 5:00pm

<http://events.r20.constantcontact.com/register/event?oeidk=a07eg40rsqe31fd1cd5&llr=7bydojsab>

CALL FOR LIFEGUARDS!

Are you a certified lifeguard looking for a summer job?

The Lifesaving Society is pleased to announce several positions at pools across the Northwest Territories! Positions are available at the following locations. Please review the Lifesaving Society Find A Job Page for more details and application instructions.

Town of Hay River

Hay River is located on the edge of the Great Slave Lake and is perfect for outdoor activities. The Town of Hay River also offers a comprehensive benefits package.

Looking for:

- Senior Lifeguard Full Time - Indeterminate Position
- Lifeguard Full Time - Indeterminate Position
- Summer Student Lifeguard Position (May - September) - 2 positions available

Village of Fort Simpson

The Village of Fort Simpson will provide accommodations for the pool supervisor as well as a Northern living allowance.

Looking for:

- Pool Supervisor (Mid May - September)

Hamlet of Fort Laird

The Hamlet of Fort Laird will provide free accommodation and a one-time allowance of \$1000.00 for meals throughout the contract period. The Hamlet will also take care of the lifeguard's travel cost back home.

Looking for:

- Full Time Pool Supervisor/Lifeguard (June 17 - August 23, 10 week contract)

Town of Norman Wells

The Town of Norman Wells will cover travel expenses as well as housing. Candidates will also be given one town vehicle for the term of their employment

Looking for:

- Pool Supervisor/Head Lifeguard (June - August)
- Lifeguard/Instructor (June - August)

Applicants are encouraged to apply for as many positions as they are available and qualified for. For questions, please contact the Lifesaving Society at experts@lifesaving.org or 780-415-1755.

Spring Ice is NOT Safe

Ice surfaces are not safe as spring arrives. Warmer temperatures and melting water create unstable ice surfaces. Remember that no ice is without risk. Please stay off the ice!

Many factors affect ice thickness including the type of water, location, and time of year. Other environmental factors also affect ice thickness such as the size and depth of the body of water; moving water (i.e. currents, drainage, runoff); snow cover; chemicals such as salt; fluctuations in water levels; logs, rocks and docks absorbing heat from the sun; changing air temperature and shock waves from vehicles travelling on the ice.

There are many layers of protection to help protect against drowning and water-related injury at any time of year. Be Ice and Water Smart®.

Spring Ice is Rotten Ice.

Stop using the ice once spring thaws begin. Even if ice measures at the right thickness (minimum 10 cm or 4 inches for walking or skating alone), candling during melting weakens it vertically. The ice can no longer be trusted.

Use Designated Ice Surfaces

Many communities have designated ponds for activities such as skating that are maintained by knowledgeable personnel. Designated ice should be regularly tested to ensure that it is thick enough and strong enough for recreational use.

Never Go onto Ice Alone

A buddy may be able to rescue you, or go for help if you get into difficulty. Before you leave shore, tell someone where you are going and expected time of return.

Always Supervise Children

Children should always be under adult supervision when in, on and around water and ice. Children that aren't within arm's reach have ventured too far. Insist that they wear a lifejacket/PFD or thermal protection buoyant suit.

Ice Rescue

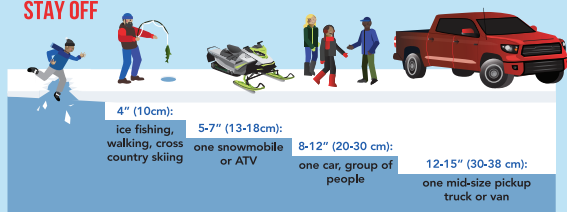
Rescuing another person from the ice can be dangerous. The safest way to perform a rescue is from the shore. If you see someone in trouble, call 911.

BE ICE SMART

Recommended Minimum Ice Thickness for Clear Hard Ice

3" (7cm) or less:
STAY OFF

! No ice is without some risk – Be sure to measure ice thickness in several locations



Distance Recertification Reminder

As a reminder, the following certifications are recertified by Distance Recertification only.

- BOAT Instructor
- Education and Proficiency Instructor
- SwimAbilities Instructor
- Lifesaving Sport Coach 1
- Officials Instructor
- Swiftwater Rescue Instructor
- Boat Rescue for First Responder Instructor
- Community Official
- Pool Official
- Meet Manager and Referee
- SEE Auditor
- Aquatic Safety Inspector
- Aquatic Safety Auditor
- Aquatic Supervisor Training
- Aquatic Management Training

The Distance Recertification Form can be found on the website at: <https://www.lifesaving.org/member-services/delivery-system/distance-recertification>.

Updates from the Society

The Lifesaving Society Alberta & Northwest Territories have announced updates to the Leadership Program Implementation.

Some highlights of these updates:

- All new materials are LAUNCHED! This include National Lifeguard Instructor, First Aid Instructor and Swim and Lifesaving Instructor materials for original and recertification courses.
- Swim Instructor course has been bumped up from a 28 hour course to a 32 hour course. Within the co-delivery model, content is still delivered within 40 hours.
- Affiliates can deliver National Lifeguard Instructor and First Aid Instructor Recertifications. Schedule recertifications at your facility TODAY!
- Applications for National Lifeguard Instructor and First Aid Instructor Courses have been removed. Affiliates will be responsible for checking pre-requisites are met.
- Trainers are no longer required to attend instructor level recertification courses. Instead, they will select which instructor recertifications they would like to renew at the time of the Trainer recertification registration. **Exception:** First Aid Instructor and awards requiring Distance Recertification.

An Amendment to the Policies and Procedures has been created to reflect the Leadership Updates. The Amendment as well as the full blog post on Leadership Updates can be viewed here: <https://www.lifesaving.org/about/news/post/lifesaving-society-new-leadership-program-implementation>.