

# Ripples

## Alberta and Northwest Territories Monthly Newsletter

### Training Programs

#### Trainer Recertification

[Edmonton](#) - December 13, 2019

Location: MacEwan University

[Edmonton](#) - January 25, 2020

Location: Don Wheaton YMCA

[Medicine Hat](#) - April 25, 2020

Location: Family Leisure Centre

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.

#### National Lifeguard Instructor and First Aid Instructor Recertification Courses

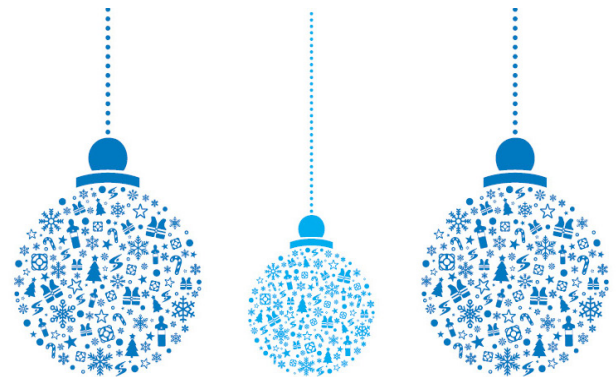
See [Find a Course](#) for Recertifications.

Reminder: Affiliate Delivery Partners may now host all Instructor Level Recertifications. If you would like more information on hosting these recertifications, please contact the Lifesaving Society office.

### Holiday Office Closure

The Lifesaving Society office will be closed for the holidays from noon on December 24, 2019 until January 5, 2020. The office will re-open Monday, January 6, 2020 at 8:30am.

Since it is a busy season, we ask that you submit your orders by Thursday, December 19, 2019. The last day we will be shipping orders will be Friday December 20, 2019.



### SwimAbilities® Instructor Courses

MacEwan University is hosting the upcoming SwimAbilities® Instructor course. For more information or to register, check out [Find A Course](#).

#### SwimAbilities® Instructor

Saturday, January 18, 2020

9:00am - 5:00pm

Sunday, January 19, 2020

9:00am - 2:00pm

### December 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 follow dates:

- Tuesday December 17, 2019 at 2:00pm
- Friday, December 20, 2019 at 10:30am

Watch your emails for registration information!

## Commonwealth Festival of Lifesaving

Congratulations to the Alberta athletes on a stellar performance in Leeds, UK!

This championship event, held November 21-23, 2019, aims at encouraging participation and further development of Lifesaving Sport among the Commonwealth.

With their dedication and perseverance, the Canadian National Team placed 4th overall, while the Canadian Development Team placed 5th overall.

The National Team Athletes that represented Alberta are:

- Kevin Knopf (Cochrane Water Ninjas)
- Rylun Alberg-Moore (Drayton Valley Lifesavers)
- Joel Smyke (Cochrane Water Ninjas)
- Kent Berry (Calgary Winter Club Tsunamis)
- Katia Rasmuson (Wetaskiwin Orcas)
- Nancy Morrow (Drayton Valley Lifesavers)
- Dallas Walker-Milan (Claresholm Vikings)
- Meadow Liversuch (University of Lethbridge Maxbell Manta Rays)

The Development Team athletes that represented Alberta are:

- Ainsley Burnett (Wetaskiwin Orcas)

Alberta was also represented by the following coach and officials:

- Lisa Brown (Coach)
- Barbara Costache (Official)
- Todd Reade (Official)

Congratulations and thank you for representing Canada at this event!





## Staffing Update

Wil Corpuz is no longer with the Lifesaving Society. We wish him the best in his future endeavours.

Madison Lalonde is our Acting Member Relations Manager in the interim.

Shawn Owchar has joined the Lifesaving Society Team as our new Merchandise and Service Coordinator.

The Board of Directors has changed the chief staff officer's title from Executive Director to Chief Executive Officer effective November 13, 2019. This change was made to be consistent with other branches and to differentiate the chief staff officer from the Board of Directors.



## Swim to Survive + (PLUS)

The Lifesaving Society is paying special attention to the growing body of research that shows that the thrill seeking, pleasure seeking part of the teen brain develops at a faster rate than the judgment and impulse inhibition skills that adults have. When combined with the fact that as pre-teens and teens get older, they become more independent spending more time with their friends and less time under adult supervision.

Swim to Survive+ builds on the skills taught in Swim to Survive, and is geared toward presenting real-life situations for children in Grade 7.

The + (plus) means participants learn:

- how to ROLL, TREAD and SWIM WITH CLOTHES ON.
- how to help a friend in deep water without putting themselves in danger (TALK, REACH, THROW).
- basic physical fitness concepts through interval training and a fitness swim

The new Swim to Survive Award Guide, including Swim to Survive + will be added to Swim and Lifesaving Instructor Packs, and available for purchase separately as of January 1, 2020.

**Swim to Survive®**  
Lifesaving Society

## Sport Updates

### Upcoming Sanctioned Competitions:

Drayton Valley Lifesavers and Tri Leisure Centre Blue Fins Invitational Meet  
Spruce Grove, AB  
December 7, 2019

Lifesaving Sport Coach 1 Course  
Edmonton, AB (MacEwan University)  
January 11, 2020

Officials Course  
Wetaskiwin, AB  
January 17, 2020

Wetaskiwin Orcas Invitational Meet  
Wetaskiwin, AB  
January 18, 2020

Lifesaving Sport Coach 1 Course  
Wetaskiwin, AB  
January 19, 2020

## Leadership Training Events Calendar

The [Leadership Training Events Calendar for 2020 - 2022](#) is now uploaded! Check it out at [www.lifesaving.org](http://www.lifesaving.org)!

## Alberta and Northwest Territories Lifeguard Emergency Response Competition

The Lifesaving Society is excited to announce it will be hosting an Alberta and Northwest Territories Lifeguard Emergency Response Competition on February 29, 2020 in Jasper, Alberta.

Keep your eyes peeled for an upcoming communique with further information.

### Orientation Clinic

In anticipation of this event, the Lifesaving Society is hosting a [LERC Orientation Clinic](#).

**When:** January 11, 2020 – 1:00pm to 4:00pm

**Where:** Jasper, Alberta

## Cannabis in the Workplace

The sale, possession, and use of recreational cannabis has been legal in Canada since October 17, 2018. On October 17, 2019, the federal government made it legal to purchase and consume edible cannabis products, cannabis extracts and cannabis topicals, but we won't see these on shelves until late December or early 2020.

Edible cannabis products are items that you eat or drink that contain cannabis (e.g. gummies, baked goods, drinks, dissolvable strips, cotton candy, chewing gum); Cannabis extracts refer to products that contain higher concentrations of THC and CBD than is in the cannabis plant (e.g. shatter, oil, hash); and Cannabis topicals are oils, creams and lotions that are infused with cannabis and applied to the skin, hair or nails.

Employers need to be aware of the impact of legal use of recreational cannabis on the workplace. In Aquatic Facilities with safety sensitive positions, impairment in the workplace can have severe consequences. These new cannabis products carry with them unique health and safety risks that are not associated with consuming dried cannabis.

They can be more potent and can affect users for longer periods of time. With inhalation (smoking, vaporizing), effects may be felt within a few minutes of dosing and will generally peak within 30 mins and last between 2 and 4 hours but may be longer (e.g. 24 hours). With oral ingestion (e.g. oils, foods), acute effects may begin to be felt as quickly as 30 mins and as late as 3 or 4 hours after administration and can last up to 8 hours or longer (e.g. 12–24 hours). Canadian Centre on Substance Use and Addiction (CCSA) released a series of public education resources about the new cannabis products.

For further information about managing the risks of impairment in the workplace, reference 'Workplace Strategies: Risk of Impairment from Cannabis' by the Canadian Centre for Occupational Health and Safety.

### Cannabis: Inhaling vs Ingesting

To lower your risk of the harmful effects of cannabis, you need to understand the differences between the two most common ways of consuming it.

INHALING — smoking or vaping —	INGESTING — eating or drinking —
<p>Cannabis smoke or vapour delivers THC, the chemical that gets you high, into your lungs where it passes directly into your bloodstream and then your brain.</p>	<p>Edible cannabis travels first to your stomach then to your liver before getting into your bloodstream and brain. The liver converts THC into a stronger form and this combined with the THC from the original product adds to the intensity of the high.</p>
<p>You will feel the effects from seconds to a few minutes of inhaling.</p>	<p>You will feel effects within 30 minutes to 2 hours of ingesting.</p>
<p>Full effects can peak within 30 minutes.</p>	<p>Full effects can peak within 4 hours.</p>
<p>Effects can last up to 6 hours after use. Some residual effects can last up to 24 hours.</p>	<p>Effects can last up to 12 hours after use. Some residual effects can last up to 24 hours.</p>

**TIPS FOR LOWER-RISK USE**

- If you are new to edible cannabis or cannabis, start low by consuming an edible cannabis product with no more than 2.5 mg of THC. For smoking or vaping cannabis, start with a product that contains no more than 100 mg of THC.
- Blending too much THC in edibles or consuming more edible cannabis within 4 hours can lead to over-intoxication.
- Be sure to read the label carefully for information on the THC concentration.
- Using high-strength cannabis regularly — more than once per week — can lead to tolerance and dependence. Try to limit your use of these products.
- Avoid mixing cannabis with alcohol or other substances, which can lead to worse health effects.

Canadian Centre on Substance Use and Addiction  
To learn more visit [ccsa.ca/cannabis](https://ccsa.ca/cannabis) | [canada.ca/cannabis](https://canada.ca/cannabis)

## Additional Resources for Cannabis in the Workplace

- <https://aglc.ca/cannabis>
- <https://www.alberta.ca/cannabis-legalization.aspx>
- <https://www.albertahealthservices.ca/info/page12491.aspx>
- <https://www.ccsa.ca/>
- <https://www.camh.ca/>
- <https://www.canada.ca/en/services/health/campaigns/cannabis.html>

## Fall Forum

The Lifesaving Society hosted the annual Fall Forum on Friday, November 15, 2019. Thank you to all of the presenters and attendees for making this event a success.

Missed Fall Forum?? All of the presentations have been uploaded to the [BLOG!](#)

### BE ICE SMART

**Recommended Minimum Ice Thickness for Clear Hard Ice**

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

Ice Thickness	Activities
3" (7cm) or less:	STAY OFF
4" (10cm):	ice fishing, walking, cross country skiing
5-7" (13-18cm):	one snowmobile or ATV
8-12" (20-30 cm):	one car, group of people
12-15" (30-38 cm):	one mid-size pickup truck or van

## Highlight your Facility and Community!

Is there a stellar staff member, or wildly successful program or initiative in your community? Share it with us! Each Ripple, we would like to feature content from your community! Information can be sent to [experts@lifesaving.org](mailto:experts@lifesaving.org).

## Canadian Infrastructure Report Card

The [Canadian Infrastructure Report Card \(CIRC\)](#) assesses the condition of Canada's municipally-owned infrastructure to help decision-makers identify cracks in this important foundation, and inform solutions to address them.

This year's report provides a timely update on the state of Canada's public infrastructure across all core public infrastructure asset categories: roads and bridges; culture, recreation and sports facilities; potable water; wastewater; stormwater; public transit; and solid waste. It finds that the state of our infrastructure is at risk, which should be cause for concern for all Canadians. In order to change course, Canada's public infrastructure will require significant attention in the coming decades.