

Ripples

Alberta and Northwest Territories Monthly Newsletter

Royal Lifesaving Society Investiture of Lifesaving Honours

This year's Investiture Ceremony took place at Government House on October 29, 2020. As has been the case with many occurrences this year, the ceremony looked quite different. Many of its usual elements were adapted to keep event numbers low and to allow for physical distancing between all those in attendance. With ample communication and creativity, the Lieutenant Governor's office and the Lifesaving Society were able to organize a successful event!

Prior to the ceremony, Her Honour, the Honourable Salma Lakhani, AOE, B.Sc., accepted patronage to the Royal Lifesaving Society Canada, Alberta and Northwest Territories Branch and was presented with the Patron Chain of Office.

Her Honour presented certificates to 1 Branch Rescue Award recipient and 6 Commonwealth Service Award recipients. Thank you to all awards recipients for your dedication in supporting the Society's humanitarian mandate to prevent drowning and water-related injury. Thank you to all those who participated in making the event a success.



Online Course Academy

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

Registration is open for the following courses:

- Trainer Recertification - [November 21, 2020](#)
- Swim and Lifesaving Instructor Recert - [November 16 - 30, 2020](#)
- Aquatic Management Training (AMT) - [November 16 - December 15, 2020](#)
- Swim and Lifesaving Instructor Recert - [December 1 - 15, 2020](#)
- Trainer Recertification - [February 6, 2021](#)

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.

Officials Shirts

Officials Shirts \$9.75 + GST and Shipping

Available in Blue or White. Cotton T-shirts with unisex sizing.

Order on the [SHOP](#) today!



Affiliate Regional Conversations

The Lifesaving Society would like to invite all affiliates to join us in Regional Conversations for updates and the opportunity to connect with others in your region. This will give everyone an opportunity to talk and support one another during this pandemic.

Regional Conversations will take place for affiliates Wednesday and Thursday, November 25 and 26 and are scheduled for 90 minutes - see below for your area date/time.

Meeting Agenda:

- Updates from the Society
- Online Learning Academy/Blended Learning
- Bronze Revisions

To attend, register below through the Zoom link for your region:

Region: NWT

When: November 25, 2020 2:00 PM MST

Register in advance for this meeting: <https://us02web.zoom.us/j/91728123456>

Region: Edmonton and North Zone

When: November 25, 2020 10:00 AM MST

Register in advance for this meeting: <https://us02web.zoom.us/j/91728123456>

Region: Central Zone

When: November 26, 2020 10:00 AM MST

Register in advance for this meeting: <https://us02web.zoom.us/j/91728123456>

Region: Calgary and South Zone

When: November 26, 2020 2:00 PM MST

Register in advance for this meeting: <https://us02web.zoom.us/j/91728123456>

Alberta Health Services Zone Map: <https://www.albertahealthservices.ca/ahs-map-ahs-zones.pdf>

After registering, you will receive a confirmation email containing information about joining the meeting.

Ice Safety

As winter approaches, the Lifesaving Society would like to remind everyone to exercise caution when on, or near, bodies of water.

Ice is beginning to form on our ponds, and lakes, and it is important that we stress to our communities that ice on a body of water does not necessarily make it safe. If ice is less than four inches (10cm) thick, then a person may fall through the ice. Failing to take the necessary precautions may lead to an unexpected plunge into cold water. Water-related deaths during activities such as ice fishing happen during Canada's cold months and it is important to be aware of how to avoid loss of life in these circumstances.

We recommend that the outdoor goers consider these tips:

- **Stay off river ice:** Avoid moving water and stay off water bodies with changing water levels. River currents can quickly change ice thickness over night or between different parts of the river.
- **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.
- **Measure Ice Thickness in Multiple Locations:** Local conditions can affect ice thickness, but it is important to always know that you need AT Least 4" (10cm) of ice thickness before even walking across the ice.
- **Always actively supervise children playing on or near ice:** Children should always be under active adult supervision. 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.

For more ice safety tips, please visit the [Lifesaving Society website](#).

Lifesaving Society Launches Be Water Smart® Program

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.

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.

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.