

# RIPPLES

Lifesaving Society Alberta & Northwest Territories Branch Newsletter

Fall 2022

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# MEMBER UPDATES

## Branch Management Transition

As you may have heard by now, there has been a change in leadership here at the Lifesaving Society Alberta and Northwest Territories Branch.

In October, Kelly Carter left his role as CEO after his long-standing tenure with the Lifesaving Society Alberta and Northwest Territories Branch. Kelly is recognized locally, nationally, and internationally as an expert leader in aquatic safety and drowning prevention. We wish him the very best of success in his future, and offer him sincere thanks for his tireless support of our humanitarian mandate.

To ensure a smooth leadership transition, we are pleased to announce that Jonathan Kusyanto has volunteered to step in as Executive Director. Jonathan brings years of aquatics expertise to the role, having worked in pools and waterfronts across Alberta and the Northwest Territories. He has been a competitor in Lifesaving Sport and is a long-time affiliate, volunteer, and employee of the Society. His attitude and energy reflect his passion for our vision and mission to support the communities we serve.



Kelly Carter, former CEO



Jonathan Kusyanto, interim CEO



## Service Standards

Over the past year, our service standards have not met the mark we have traditionally set. This drop in service standards was the result of many challenges, like global paper shortages and supply chain issues.

In response to these impacts, we have taken steps to get back to our usual service standards and are happy to announce that we are almost there! The current processing time for test sheets and orders is 2 weeks or less, and back-orders which are printed on-site are on track to be resolved in December.

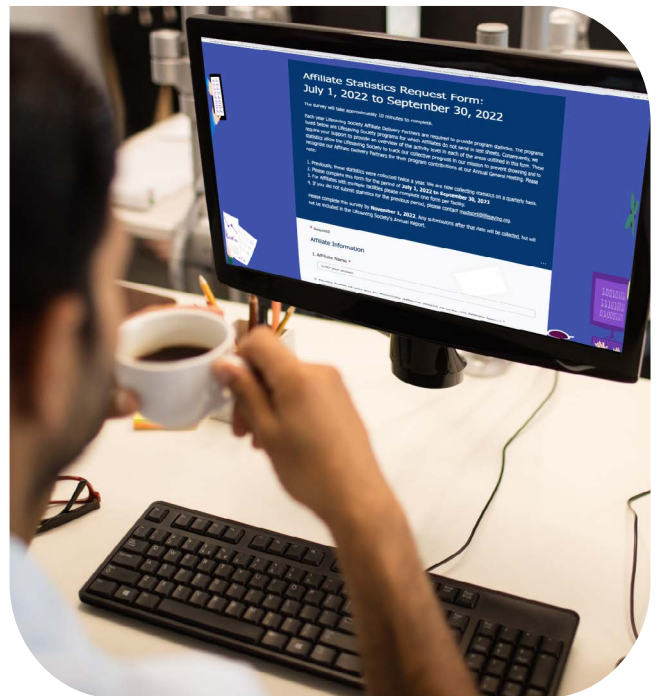
Our ability to improve service standards has so far been achieved by hiring additional staff and finding internal efficiencies. To continue improving the service you receive, we will be reviewing our Policies and Procedures, Price List, and Affiliate agreements, as well as performing an in-house review of our procedures to find further efficiencies.

The bottom line is that you can expect some changes as we work to serve you better.

## ! Quarterly Reporting

In order to track activity levels in programs without test sheets, we require affiliate delivery partners to submit program statistics on a quarterly basis. 2022-Q3 stats are now due.

A reminder to new swim sites - make sure you track your participants for the next round of reporting!



# MEET OUR STAFF



## Elizabeth

Elizabeth brings a background in post-secondary tutoring to her role as the teams e-learning curriculum developer. She enjoys baking and writing fiction!

## Goranka

Goranka's expertise from her previous roles in administration and customer service is incredibly valuable in her role as Data Entry Clerk. She loves spending time outdoors hiking, barbecuing, and watching Netflix.



## Martine

Martine is an experienced administrative professional who provides exceptional customer service, making her a natural fit for her role as a Service Assistant. You may have heard her on the phone - she answers most of our calls! Martine loves spending time with family, bike riding on the beautiful trails in St. Albert, and building puzzles.

## Arianna

Arianna has many years experience in customer service and instructing swim lessons, both of which make her a rock star Service Assistant. She is always on the move and learning something new. Arianna is a hard worker, but on the rare times she takes a break you can find her hanging out with her kids or chilling in front of the TV.



## Ehteshamul (Sham)

Sham started with the Society as an award processor before taking on his new role as the Service and Merchandise Coordinator. He's a driving force with getting service delivery levels back on track as he supports award processing, printing, shipping & receiving, data entry & filing, and more!

# EVENTS



## Investiture

This year's Royal Lifesaving Society Investiture of Lifesaving Honours was held on October 14, 2022 at Government House, and it was a huge success! Thank you to all of the following awards recipients who were recognized:

- Airin Kostiuk
- Andrea Barrett
- Dr. Anthony Seto
- Connor Shaw
- Dr. Kathy Belton
- Kerry Brager
- Kerry Brager
- Kerry Shakura
- Nathan Grimble
- Norman Baldry
- Reef Caulder
- Shannon Koch
- Sean Swart
- Todd Carson
- Todd Reade

Visit the [Investiture](#) page on our website for award descriptions and rescue citations.

# PROGRAMS



## Don't Forget the Interim Cards!

When a candidate completes a course the interim card provided to them by the instructor is their proof of certification until the award has been entered into our database. For many candidates, this temporary proof of certification is critical to their enrolling in more training, or even applying for jobs!

Interim cards can be ordered or printed from our Resource Library by logging in to the Members side of [LifeSaving.org](https://www.lifesaving.org). Registering for an account is quick and easy if you haven't registered already.

[MEMBERS PORTAL](#)

## First Aid Update

The Government of Alberta has approved the Lifesaving Society First Aid Programs for the next 5 years! This workplace first aid approval applies to:

- Emergency First Aid CPR-C & AED
- Standard First Aid CPR-C & AED
- Standard First Aid CPR-C & AED Re-Certification

You may have noticed that Aquatic Emergency Care (AEC) is not on the list. AEC is no longer a workplace approved first aid program. Details for what this means can be found in our recent [Communique](#), and [P&P Addendum](#).

We know this is a big change, so we are waiving AEC certification fees until September 2023. This will allow you to run AEC alongside Standard First Aid at no additional cost.



## Swim Transition

We are here to support you in the last few months of the swim transition. Swim for Life Brand Affiliate Packages are now available in the Member Toolkit. Should you require any further assistance or supports, please reach out to us at 780-415-1755 or email [Experts@LifeSaving.org](mailto:Experts@LifeSaving.org) and one of our staff members will gladly assist you.



## Swim Abilities

The SwimAbilities Instructor Transition is now available. This online course transitions Water Safety Instructors to SwimAbilities Instructors and is available upon request to all Affiliates. If you are interested in offering SwimAbilities at your facility and want to transition your instructors please contact the Society at [experts@lifesaving.org](mailto:experts@lifesaving.org).



## National Trainer

The Society is looking to expand its network of National Trainers.

National Trainers play an integral role in supporting the Society in meeting its strategic initiatives in drowning prevention. The Society is looking to further diversify our pool of National Trainers and is putting out a call for interest.

To express your interest, send a Level 5 Competency Assessment (template found [here](#)), updated Development Plan, and a short cover letter indicating why you want to become a National Trainer and what you hope to bring to the Society to further our goals in drowning prevention to Alex Parker at [alexp@lifesaving.org](mailto:alexp@lifesaving.org). All are welcome to apply.

The Society will review the applications and follow up with selected individuals for an interview process. Once interviews are completed, individuals will be invited to participate in the next National Trainer course which will be held in the New Year.

# SPORT



Visit now.

## Alberta & Northwest Territories Sport Website

We are happy to announce that our new sport website is up and running - and we think it looks pretty great! Check it out for registering athletes and viewing upcoming competitions.

We've worked hard to ensure the new system fits your needs. We encourage you to share your feedback with us: 780-415-1755 or [Experts@LifeSaving.org](mailto:Experts@LifeSaving.org).

## Call for Hosts

The Lifesaving Society Alberta & Northwest Territories Branch is looking for volunteers to host the Lifesaving Sport Provincials this spring.

Express your interest by calling 780-415-1755 or emailing us at [Experts@LifeSaving.org](mailto:Experts@LifeSaving.org)



## Lifesaving World Championships

This year's Lifesaving World Championships took place in Riccione Italy from September 21<sup>st</sup> to October 2<sup>nd</sup>. The event was a great success - check the results [here!](#)

We are proud of all athletes and officials from Alberta and the Northwest Territories who participated in the competition. This is a great step forward to developing and growing Lifesaving Sport here at home.

## 2023 Commonwealth Games




The 2023 RLSS Commonwealth Lifesaving Championships is coming to Canada! The games will be held in Windsor, Ontario from September 13-27, 2023.



# PUBLIC ED

## Cold Water Safety

The weather is getting colder, and so is the water. People who fall into cold water usually drown before hypothermia sets in. Remember the numbers 1-10-1:

-  You have 1 minute to get your breathing under control. Keeping afloat and breathing will be very difficult, concentrate on getting your breathing under control, you can expect gasping to pass in about 1 minute.
-  During the next 10 minutes you will experience cold incapacitation. In an attempt to preserve core temperature, the body will shut down blood flow to the limbs, making it difficult to self-rescue or even stay afloat.
-  After cold incapacitation, hypothermia will finally start to set in, but you can expect that it will take about 1 hour to become unconscious and still longer before you succumb to hypothermia.



Watch for more on Cold Water Safety!

# SAFETY

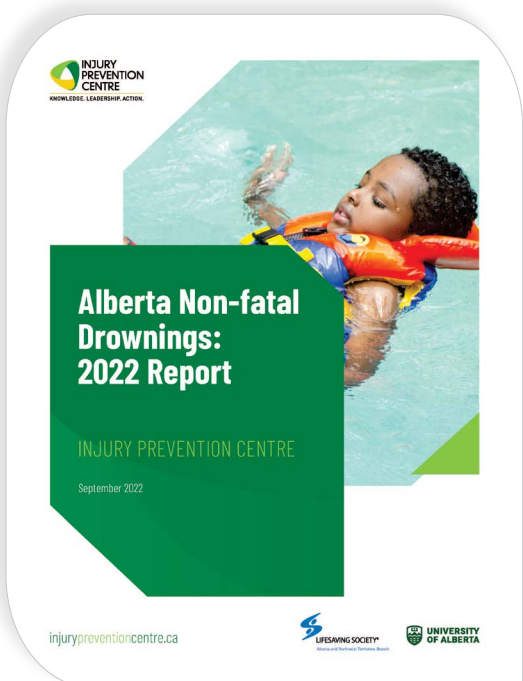


## Alberta Public Pool Safety Standards

The Alberta Public Pool Safety Standards are currently undergoing revisions. View the latest standards at [LifeSaving.org](http://LifeSaving.org).

## National Safety Standards

Did you know Lifesaving Society Canada has National Safety Standards? To view these standards please visit [www.lifesaving.ca](http://www.lifesaving.ca). There are currently a number of safety standards under review.



## 2022 Alberta Non-Fatal Drowning Report

September 2022 saw the release of a non-fatal drowning report for the Province of Alberta. Developed through collaboration between the Lifesaving Society Alberta & Northwest Territories Branch, the Injury Prevention Centre, and the University of Alberta, the report summarizes non-fatal drownings in Alberta from 2011-2020. The report includes information such as:

- Emergency Department Visits Due to Non-Fatal Drowning by Sex
- Emergency Department Visits Due to Non-Fatal Drowning by Age Group
- Drowning Prevention Information

The drowning report can be viewed at [injurypreventioncentre.ca](http://injurypreventioncentre.ca).

# SAFETY SERVICES

Did you know we offer Safety Services?

To book safety services, contact us at 780-415-1755 or [Experts@LifeSaving.org](mailto:Experts@LifeSaving.org).

We're now booking into 2023.



## Lifeguard Positioning Analysis

A comprehensive review of aquatic facility safety in relation to regulations, codes, and standards.

## Comprehensive Safety Audit

A comprehensive review of aquatic facility safety in relation to regulations, codes, and standards.



## Facility Design Consultation

A review of construction plans for new facilities or facility enhancements, prior to construction, to identify potential hazards, areas of concern, or code, regulation, and standards problems.

## Facility Signage Consultation

A review of minimum signage requirements to meet regulations, legislations and standards as well as signage placement.



## Safety and Supervision Plan Review

Professional review services to evaluate content in Safety and Supervision Plans. Recommendations for enhancement are provided.

## Incident Analysis

May be requested by government, coroners, and owner's agents to identify and review the series of events that took place when a major incident occurs.



# SHOP

## Service Impacts

The Lifesaving Society Alberta & Northwest Territories office will be closed from December 26, 2022 to January 2, 2023, inclusive. Place your orders by December 21<sup>st</sup> to receive them by the end of the year.



## Mandatory Recognition Materials

Attention new Swim for Life sites! Have you ordered your mandatory recognition materials yet?

Visit [Shop.LifeSaving.org](http://Shop.LifeSaving.org) to purchase swim ribbons and swim reports. Badges are available for purchase upon request.

## NEW - Lifesaving Society Welcome Pack

Welcome all your newly transitioned Lifesaving Society Swim Instructors in style, or thank your staff for the hard work they've put in this year with a gift.

Until December 31<sup>st</sup>, order a new Lifesaving Society backpack loaded with Society swag for just \$25.00. Prices will be increasing in 2023, so place your orders now!



## Did You Order Decals?

If you've ordered deck decals, they're on their way!

Looking for alternative meeting spot signage? We are currently looking into sourcing wall signs and sandwich board signs - stay tuned!