

RIPPLES

Lifesaving Society Alberta & Northwest Territories Branch Newsletter

Summer 2023

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MEMBER UPDATES

Welcome to the August 2023 edition of Ripples, the Lifesaving Society Alberta and Northwest Territories Branch's quarterly newsletter.

We've had an eventful summer so far, with our Annual General Meeting in June, and both National Drowning Prevention Week and World Drowning Prevention Day in July. We received so many incredible submissions from our affiliates showcasing the drowning prevention activities held in their communities last month, many of which we shared on our social media. If you would like us to share any drowning prevention activities or events that took place in your area, please reach out to us at Experts@LifeSaving.org.



A Fond Farewell to Our Summer Students!

This summer, Lifesaving Society Alberta and Northwest Territories expanded its staff to include three amazing students: Taylor, Courtney, and Maddy. We had so much fun working alongside the three of them, and although we're sad to say goodbye, we can't wait to see where their careers will take them!

We're incredibly grateful for the Canada Summer Jobs program, whose funding allowed us the opportunity to provide a place of work and education for multiple post-secondary students this year.

To our summer students, thank you so much for all your hard work these past months. We hope you enjoyed your time with us, and wherever you go next, the Lifesaving Society wishes you the best of luck!



Dr. Ian Mackie, MD

Dr Ian Mackie Fellowship 2024 – 2027: Call for Nominations

Nominations are now open for the 2024 – 2027 Dr. Ian Mackie Fellowship. Since 2006, the International Life Saving Federation has offered a medical fellowship in honour of Dr. Ian Mackie, a world-renowned water safety expert and the first Chair of the ILS Medical Committee. The Fellowship gives young lifesavers and lifeguards an opportunity to continue Dr. Mackie's belief in the importance of the link between medical issues and their practical application by lifesavers and lifeguards.

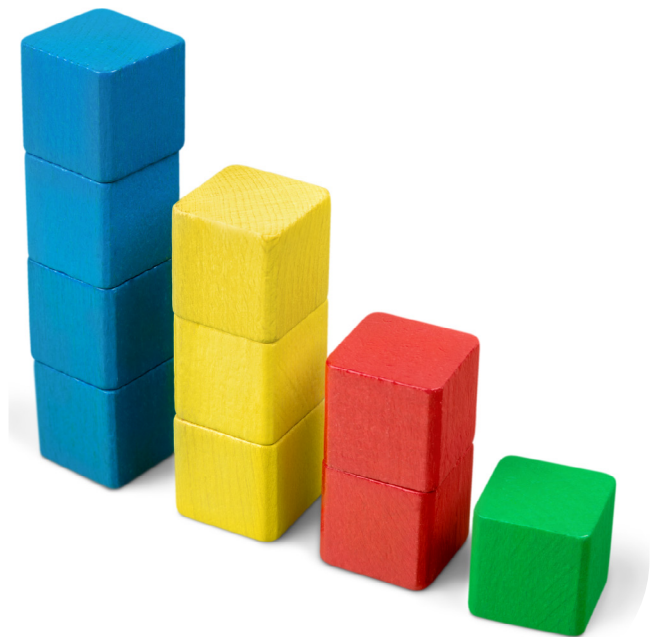
The application form, as well as additional information pertaining to the fellowship can be found [here](#).

The deadline to submit your nomination is October 31, 2023.

! Spring 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. April 1 – June 30 stats are now due!

If you missed your statistics submission for last quarter, please contact Experts@LifeSaving.org as soon as possible.





Lifesaving Society Alberta and Northwest Territories Welcomes **Michelle Sydney** to Our Team

The Lifesaving Society, Alberta & Northwest Territories Branch is pleased to announce the appointment of Mrs. Michelle Sydney (nee Berkeley) to the role of Program and Development Manager.

In her new role, Michelle will provide strategic and technical direction to the Society's leadership & training programs as well as Safety Services and Lifesaving Sport. Michelle will work closely with the Society's volunteer committees, affiliates and members as she works to update and bolster the frameworks of our programs.

"I have found my passion and purpose in water safety. I am excited to take on this new role that offers new opportunities and connections while encompassing my favourite parts of aquatics."

With 14 years of experience working with the City of Leduc's Aquatic Services in a variety of supervisory roles, Michelle brings a wealth of knowledge and experience in the fields of programming, leadership and mentorship.

Formerly, Michelle also worked extensively with the Canadian Red Cross as a member of their Lifeguard Revisions Project team as well as co-chair of their Lifeguard Technical Advisory Group. She spent time on the Water Safety Conference committee and volunteering with the Swim Adapted program. Michelle holds many Lifesaving instructor certifications including Swim & Lifesaving Trainer, National Lifeguard Instructor, First Aid Instructor and will be completing her National Trainer apprenticeship.

Michelle obtained a Bachelor of Arts degree in English from the King's University in Edmonton and with a growth mindset, has obtained many certifications in Leadership as well as Aquatics.

"I intend to support the Society's programs and look forward to enhancing the development of resources, training, communication and relationships with our affiliates, members, volunteers and other branches."

Michelle can be reached at 780-415-1755 or MichelleS@LifeSaving.org.



Shipping Timelines

When placing an order with us, please indicate the date you need your shipment to arrive by. As we want to get your orders to you as soon as possible, giving us an ideal date helps to ensure that shipments are processed in a timely manner.



Photo by Austin Distel on Unsplash

Now Hiring: Communications Administrator - Atlantic Canada

Lifesaving Society Atlantic Canada is currently accepting applications for a Communications Administrator. This is a permanent, full-time position, in which the selected applicant will be in charge of managing Lifesaving Society communications in Atlantic Canada.

Responsibilities include:

- Developing content for, and managing social media platforms, newsletters, annual reports, and program guides.
- Updating and editing the Society's Atlantic Canada website.
- Providing corporate communications support as required (e.g., draft citations, scripts, news releases and other written support materials).
- Qualifications for the position include:
- A background in communications, marketing, journalism, or a related field.
- Strong project management skills.
- Knowledge of Lifesaving Society programs.

The full job description can be viewed [here](#).

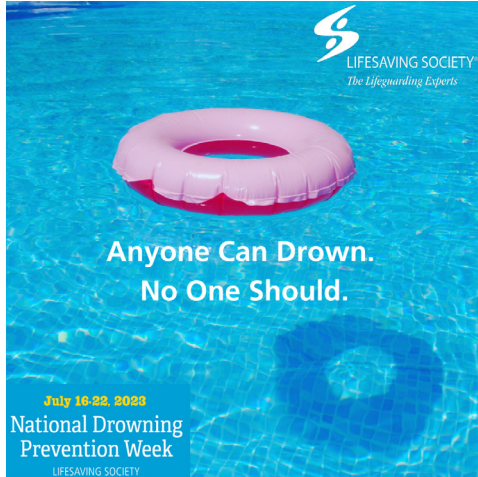
If you have any questions related to the position or the job description, please contact:

Adrian Herscovici

Senior Communications Officer, Lifesaving Society Ontario

adrianh@lifeguarding.com

EVENTS



National Drowning Prevention Week

July 16 to 22 was National Drowning Prevention Week, a time to promote awareness of the drowning problem in Canada and the need for collaborative action to save lives. As we explored a different topic related to drowning and drowning prevention each day of the week, we're so grateful to all our affiliates who joined in to showcase their own drowning prevention activities.

World Drowning Prevention Day

Flag-Raising Ceremony:

On Tuesday, July 25, Lifesaving Society staff, along with our patron, Her Honour, the Honourable Salma Lakhani, AOE B.Sc., LLD (Hon), Lieutenant Governor of Alberta, gathered at the Queen Elizabeth II Building in Edmonton to raise our flag in commemoration of World Drowning Prevention Day. We were also honoured to have the following partners in drowning prevention speak to their dedication to our mandate: Alexander Kwan, Community Safety Officer for the Calgary Fire Department; Dr. Kathy Belton, Director of the Injury Prevention Centre; Sergeant Christopher Mosely, Detachment Officer for Devon RCMP; and Heather Barr, Director of the Lifesaving Society Alberta and Northwest Territories Branch.

Going Blue

Thank you to the cities of Brooks, Edmonton, Lethbridge, Medicine Hat, and Red Deer for going blue in celebration of World Drowning Prevention Day and National Drowning Prevention Week this year! If there's a landmark near you that you'd like to see lit up blue for World Drowning Prevention Day 2024, contact us at Experts@Lifesaving.org.

World Drowning Prevention Day 25 July



Brooks City Hall, Brooks Alberta



Saamis Teepee, Medicine Hat Alberta



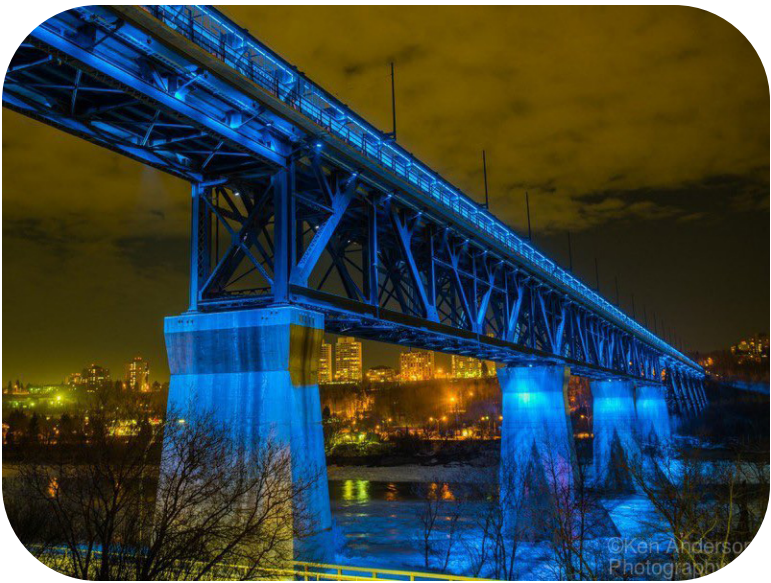
World Drowning Prevention Day Ceremony, Edmonton Alberta



World Drowning Prevention Day Flag Raising, Edmonton Alberta



World Drowning Prevention Day Flag, Edmonton Alberta



High Level Bridge, Edmonton Alberta



Lethbridge City Hall, Lethbridge Alberta

PROGRAMS



Update to Minimum Age for National Lifeguard, Swim, and Lifesaving Instructor Courses Prerequisite

As of the most recent update to our Policies and Procedures Manual, the minimum age pre-requisite for our National Lifeguard, Swim Instructor, and Lifesaving Instructor courses has been lowered from 16 to 15. All documentation on our website has been updated to reflect this change. If you have any questions regarding this change, please reach out to us at Experts@Lifesaving.org.



Boat Affiliates: Pleasure Craft Operator Test Expiry Date Extension

Due to amendments currently being made to Pleasure Craft Operator competency requirements, PCOC tests with an expiry date of December 31, 2023, will be extended until further notice.



Upcoming Courses

Trainer Recertification Schedule

September 16: 1:00pm to 5:00pm

November 26: 1:00pm to 5:00p

**REGISTER:
SEPTEMBER**

**REGISTER:
NOVEMBER**



Changes to Aquatic Emergency Care

As stated in our Fall 2022 edition of Ripples, Aquatic Emergency Care (AEC) is no longer a workplace approved first aid program. While the program will continue to be available, as of September 1, 2023, a \$10 fee will be required to run the Lifesaving Society's Aquatic Emergency Care certification.

For more information, please review our previous [communique](#) and the P&P addendum on Aquatic Emergency Care.

If you have any questions, please reach out to us at Experts@LifeSaving.org.

National Lifeguard Update Reminder

This is a reminder for our National Lifeguard Instructors and Trainers to please complete the April 2023 Mandatory update, if they have not already done so. The update can be completed via our [Online Academy](#).

April 17, 2023 - January 1, 2024

Complete the Mandatory Update via the Online Learning Academy.

- Read and understand new National Lifeguard literature and resources.
- Begin using updated National Lifeguard Instructor Pack
- Begin using updated National Lifeguard Instructor Award Guide

December 31, 2023


Start running National Lifeguard (2022 revision) program.

- The previous National Lifeguard program will retire on December 31, 2023 and all new courses must be the updated, 2022 revision.

January 1, 2024

All National Lifeguard Trainers and Instructors must have completed the Mandatory Update to continue delivering National Lifeguard Programs.

- It is now required that all National Lifeguard programs run the 2022 revision, with updated materials.



National Lifeguard Trainers must now have completed the Mandatory Update to deliver NLI courses.

View the [National Lifeguard Update Communique](#) for more information.

SPORT



Canadian Surf Lifesaving Championships (Martinique, Nova Scotia, August 25 - 27)

The 2023 Canadian Surf Lifesaving Championships will be held from August 25 – 27 in Martinique, Nova Scotia. The registration package (in English and French) can be found on [LifeSaving.org](https://www.lifesaving.org).

Registration ends August 18.

Swim Meet Sanctioning/Schedule for Upcoming Competitions

The 2023/2024 sport season is set to start soon, and there's a lot to look forward to! Here's a sneak peek at some of the competitions our Lifesaving Sports teams will attend:

November 25, 2023: Hinton

Location: Dr. Duncan Murray Recreation Centre

Host: Town of Hinton Stingrays

Scheduled Events: Manikin Carry with Fins, Manikin Tow, Obstacle Swim, Obstacle Relay, and Medley Relay

January 27 – 28, 2024: Wetaskiwin

Location: Manluk Centre

Host: Wetaskiwin Orcas

Scheduled Events - Saturday: Manikin Carry, Carry with Fins, and Manikin Relay

Scheduled Events - Sunday: Rescue Medley and Super Lifesaver

March 16 – 17, 2024: Camrose

Location: Camrose Aquatic Centre

Host: City of Camrose Tsunamis

Scheduled Events: SERC **more events to be announced*

More events will be announced soon through our communiques and social media. Event updates are posted in the Lifesaving Sport section of our website - stay tuned!



Nationals: Commonwealth Games

The upcoming RLSS Commonwealth Lifesaving Championships will be held in Windsor, Ontario from September 13 – 17, 2023. On behalf of Pierre Tabah, National Team Head Coach, Lifesaving Society Canada is pleased to present the athletes who have been selected to represent Canada at the games:

Women

Athlete	Club	Province
Dallas Walker-Milan	Drayton Valley Lifesavers	AB
Meadow Liversuch	Drayton Valley Lifesavers	AB
Nancy Morrow	Drayton Valley Lifesavers	AB
Lydianna O'Neil	Drayton Valley Lifesavers	AB
Abigail Skinder	Pacific Swim Academy	BC
Caitlyn Fowler	Pacific Swim Academy	BC
Anna-Marie Skinder	Pacific Swim Academy	BC
Chloe Chen	Lifesaving Club of Markham	ON
Wingcy Wong	Lifesaving Club of Markham	ON
Elise Schlotzhauer	Royal City Aquatics	ON
Alexa Hunyady <i>*Alternate</i>	Royal City Aquatics	ON

Men

Athlete	Club	Province
Aaron Swedlo	Cochrane Water Ninjas	AB
Eli Fitzsimmons	Cochrane Water Ninjas	AB
Jack Dunse	Cochrane Water Ninjas	AB
Otis Chan	Pacific Swim Academy	BC
Noah MacDonald	Pacific Swim Academy	BC
Ian Wicken	Pacific Swim Academy	BC
Ethan Mark	Royal City Aquatics	ON
Henrik Chiu	Lifesaving Club of Markham	ON
Alexandro Tonarini	Lifesaving Club of Markham	ON
Marc-Antoine Bernier	Dam'eaucès	QC
Isaac Thibodeau <i>*Alternate</i>	Cochrane Water Ninjas	AB

Congratulations to all our athletes—we wish you the best of luck!

PUBLIC ED



Help Your Community be Water Smart

Did you know that the Lifesaving Society can help you host your own Water Smart® events? Water Smart® events are great opportunities to educate your community on how to stay safe in, on, and around the water. The Lifesaving Society is here to support you, whether by providing materials (which can be purchased on our online [SHOP](#)) or by having our staff attend your event to talk about water safety.

To discuss holding your own Water Smart® event, or if you have any inquiries or concerns, please reach out to WaterSmart@LifeSaving.org.

Backyard Pool Safety

Each year, private backyard pools continue to be the primary setting where children ages 1 to 4 often drown, as there are typically no lifeguards on duty. If you decide not to visit public pools in favour of your own, it's important to ensure that your backyard pool is safe for your children. To make backyard pools safer:

- Keep young children within arms' reach at all times.
- Designate a responsible adult to actively supervise any young children in the pool. If there are multiple adults present, consider rotating shifts.
- Set up a self-closing gate or fence around the pool, which controls access to the water and prevents young children or infants from wandering too close to the edge of the pool.
- Make sure water toys get put away after the swim is over so children aren't encouraged to return to the pool.



SAFETY



Our Safety Standards

Whether public or private, the owners and operators of any swimming pool, wading pool, hot tub, or waterfront are obligated to provide a safe environment for everyone who uses the pool.

The Lifesaving Society has five Safety Standards publications, one for each type of aquatic environment, designed to help their owners and operators meet these safety obligations.

All five of the following Safety Standards documents are available to read on our website.

1. [Public Pool Safety Standards](#): safety standards and risk management guidance for the safe operation of public swimming pools and waterparks.
2. [Public Waterfront Safety Standards](#): safety standards and risk management guidance for the safe operation of public and private beaches.
3. [Public Wading Pool Safety Standards](#): safety standards and risk management guidance for the safe operation of public wading pools.
4. [Semipublic Swimming Pool Safety Standards](#): safety standards and risk management guidance for the safe operation of swimming pools and hot tubs within the hospitality industry, private clubs, apartments, and condominiums.
5. [Private Pool Safety Standards](#): safety standards and risk management guidance for operating hot tubs and swimming pools within the home.