

RIPPLES

Lifesaving Society Alberta & Northwest Territories Branch Newsletter

Winter 2024

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MEMBER UPDATES

Affiliate Webinars

Thank you to everyone who attended our affiliate webinar on February 15th! If you weren't able to attend last week, don't worry, the majority of the topics we covered will be discussed in this edition of Ripples, and the rest will be communicated at a later date. For those of you who attended the webinar, please complete [this quick survey](#) to provide feedback and insight for our future presentations.

2024-2025 Affiliate Renewals

2024 - 2025 Renewals will be sent out at the end of February. The fees will remain the same as 2023, but there will be new options/features to review so that the Society can better track affiliate needs and wants, as well as provide more personalized options.

! Quarterly Reporting

Please remember to submit your October – December 2023 affiliate statistics to us by February 29!





Casino Nights are Back!

We're happy to announce that our biannual casino fundraiser is returning this spring! This year's event will be hosted on May 14 – 15 at Century Casino in Edmonton (13103 Fort Road NW).

This fundraiser helps raise significant capital to support our humanitarian mandate of preventing drowning and water related injuries. To ensure that this year's fundraiser is a success, we're currently looking for volunteers to fill a number of positions and shifts.

Tuesday, May 14

- 9:30pm – 7:00pm
- 12:00pm – 7:00pm
- 9:30am – 6:30pm
- 6:15pm – 3:45am
- 6:15pm – 3:30am
- 11:00pm – 3:30am

Wednesday, May 15

- 12:00pm – 7:00pm
- 6:15pm – 3:45am
- 6:15pm – 3:30am
- 6:30pm – 3:15am
- 11:00pm – 3:30am

No prior experience is necessary, and volunteers will be provided with free meals and beverages. Roles for different levels of mobility are also available.

If you're interested in volunteering, please [fill out this form](#), or email us at Experts@Lifesaving.org.

EVENTS

Investiture Ceremony Recap

On January 26, 2024, the Royal Lifesaving Society's Investiture of Lifesaving Honours was held at the Government House in Edmonton, AB. We had quite a turnout this year, with over 60 guests, including five MPs and MLAs showing their support for their constituents. We are very grateful to everyone who attended – you all helped to make this event incredibly special.

In total, we distributed six Rescue Awards and six Service Awards. Two of our Edmonton office staff, Lee Galusha and Alex Parker, were also recognized for reaching their respective fifth and tenth years of service with the Lifesaving Society Alberta and Northwest Territories Branch.

The awards recipients for this year's Investiture are as follows:

Rescue Awards

Rescue Commendation Certificate

An award issued by Lifesaving Society Canada recognizing an outstanding rescue by an individual.

Celia Schnell

Simone Pflieger

Brandon Provost

Branch Commendation Citation

An award issued by the Lifesaving Society Alberta and Northwest Territories Branch to a person deserving recognition for a humanitarian act.

Nathan Beardmore

Matthew Pequeno

Carol Henke

Service Awards:

Service Commendation

This award recognizes an individual who has performed a minimum of two (2) years of outstanding service in an active volunteer role.

Brad Dryer

Cody Dunne

Victoria Mitchell

Service Medal

This award recognizes an individual who has performed a minimum of four (4) years of outstanding service in an active volunteer role.

Candice McMillan

Jeremy Todgham

Service Cross

This award recognizes an individual who has performed a minimum of sixteen (16) years of outstanding service in an active volunteer role.

Tanya Jones

Parliamentarian Guests

Ms. Heather McPherson, MP for Edmonton-Strathcona

Mr. Gerald Soroka, MP for Yellowhead County

Mr. Martin Long, MLA for West Yellowhead

Mr. Searle Turton, MLA for Spruce Grove – Stony Plain

Mr. Ron Wiebe, MLA for Grande Prairie – Wapiti

Special Thanks

We wish to thank our photographers **Paige and Gabe** of **Paige Luck Photography** for volunteering their time and talent. We appreciate the amazing photos they took to capture the occasion.

ROYAL LIFESAVING SOCIETY INVESTITURE OF LIFESAVING HONOURS 2024



LIFESAVING SOCIETY ANNUAL GENERAL MEETING 2024

Join us for an afternoon of connecting with fellow affiliates, learning about the latest Society developments, and enjoying some refreshments!

JUNE 14, 2024

Vivo for Healthier Generations
11950 Country Village Link NE
Calgary, AB

Time: 1:00 pm - 3:00 pm

Workshops will run from 2:00 pm -
5:00 pm

Save the Date – AGM + Workshops

This year's Annual General Meeting will be held in Calgary on June 14! At this event, we gather to recognize and celebrate our collaborative efforts to reduce drowning and water-related injury. Join us for an afternoon of connecting with fellow affiliates, learning about the latest Society developments, and enjoying some refreshments!

In addition to our Annual General Meeting, this year we're excited to announce that we'll be hosting workshops! With a range of topics, attendees are invited to participate free of charge. Registration will be opening soon.

Date: June 14, 2024

Time: 1:00pm - 3:00pm

Location: Vivo for Healthier Generations

11950 Country Village Link NE

Calgary, AB

More details in
the *Programs*
section!



45TH RFP
CONFERENCE &
TRADE SHOW

GET ON TRACK WITH THE
**45TH ANNUAL AARFP
CONFERENCE & TRADE SHOW**

AMAZING EDUCATIONAL SESSIONS FOR ALL STREAMS,
WHICH INCLUDES AQUATIC OPERATIONS & PROGRAMMING

This is the perfect opportunity to learn essential trends & skills that will assist you throughout your career, make new connections with industry leaders and peers and support the recreation industry. With support from Lifesaving Society & AAAP!

APRIL 21-24, 2024 www.aarfp.com/2024conference/

LETHBRIDGE, AB

Current Trends Recreation Industry Leadership Technical Regulation Updates

LIFESAVING SOCIETY
The Lifesaving Experts

Lifesaving Society
Southern Alberta
Training Conference

April 22 - May 9

- Trainer Original
- Trainer Recertification
- SwimAbilities Instructor
- First Aid Instructor
- Lifesaving Sport Coach
- National Lifeguard Instructor

The Lifesaving Society will be hosting a training conference in Lethbridge alongside the Alberta Association of Recreation Facility Personnel (AARFP) conference.

For any facility leaders attending the conference, this is a great opportunity to take some courses and get some new certifications!

Visit our website to learn more about the courses!

PROGRAMS



First Aid Update

A major revision is coming to our Lifesaving First Aid program!

We'll be updating many of our resources, including:

- NEW Alberta First Aid Manual (to replace the Canadian First Aid Manual).
- NEW Instructor Delivery Guide (which will include teaching notes and activities for delivering the candidate courses).
- NEW Candidate Workbook.
- Updated Award Guides for candidate and Instructor levels.

The revision will launch in the next few months, and we'll be sure to keep you updated until then!

National Lifeguard Instructor Workshop Debrief

In Fall 2023, the Lifesaving Society hosted three very successful workshops for our National Lifeguard Instructors and Trainers! We had over 45 participants from across Alberta and the Northwest Territories, totaling over 400 years of experience!

National Lifeguard Instructors and Trainers provided input on key messages and activities for conducting successful National Lifeguard courses, and strategies for supporting lifeguards and instructors.

This information will be put to use in late 2024/early 2025 when we begin revising our provincial resources for the National Lifeguard program.

We're incredibly grateful to all National Lifeguard Instructors and Trainers who attended and provided us with feedback, and we hope to host more Instructor streams going forward!



Photo Credit: Hooksum Outdoor School | [Discover](#)

National Lifeguard Waterfront and Surf Course Available this June with Hooksum Outdoor School

Beginning June 2024, Hooksum Outdoor School – an affiliate of the Lifesaving Society BC and Yukon branch – will once again be offering a combined National Lifeguard Waterfront and Surf course!

Hooksum is currently accepting applications, and candidates from across Canada are welcome!

Please email info@hooksumschool.com for information and application packages.

DIRECT DELIVERY COURSES COMING THIS SPRING

Registration is now open for our spring Direct Delivery courses! From April to June, we will be offering in-person and online Trainer and Trainer Recertification courses.

April 2024

In-Person National Trainer Course and Workshop

Day 1: Saturday, April 13 (9:00am - 5:00pm)

Day 2: Sunday, April 14 (9:00am - 1:00pm)

Location: Emerald Hills Leisure Centre

3555 Emerald Drive

Sherwood Park, AB T8H 0W6

Expressions of Interest may be submitted to Experts@Lifesaving.org.

We'd like to thank Strathcona County for generously donating the space required for this course. This gesture greatly reduces barriers, allowing us to continue building capacity with Alberta and the Northwest Territories at the highest level.

In-Person Original Trainer Course

Day 1: Monday, April 22 (5:00pm - 9:00pm)

Day 2: Tuesday, April 23 (9:00am - 5:00pm)

Day 3: Wednesday, April 24 (9:00am - 5:00pm)

Location: University of Lethbridge

4401 University Drive W

Lethbridge, AB T1K 3M4

[REGISTER](#)

In-Person Trainer Recertification

Date: Thursday, April 25 (1:00pm - 5:00pm)

Location: Cor Van Raay YMCA at ATB Centre

74 Mauretania Road W

Lethbridge, AB T1J 5L4

[REGISTER](#)

May 2024

In-Person Trainer Recertification

Date: Friday, May 31 (1:00pm - 5:00pm)

Location: Three Hills Aquatic Centre

221 4th Ave E

Three Hills, AB T0M 2A0

[REGISTER](#)

June 2024

Online Trainer Recertification

Course Access:

Date: Friday, May 31

Online Video Session

Date: Tuesday, June 18 (5:00pm - 9:00pm)

Access via Zoom.

[REGISTER](#)

SOUTHERN ALBERTA TRAINING CONFERENCE

To build capacity in Alberta and the Northwest Territories, we are hosting our first ever Training Conference in Lethbridge, AB from April 22 to May 9, alongside the Alberta Association of Recreational Facility Personnel (AARFP) conference. If you are a pool leader planning to attend the conference, this is a great opportunity to bring along a staff member or two to get some new certifications!

The following courses will be held during the conference:

Trainer Original Course

This course is designed for experienced Instructors ready to step up to the next level of leadership and instruction.

Day 1: Monday, April 22 (5:00pm - 9:00pm)

Day 2: Tuesday, April 23 (9:00am - 5:00pm)

Day 3: Wednesday, April 24 (9:00am - 5:00pm)

[REGISTER](#)

Trainer Recertification Course

This course is intended for existing Lifesaving Society Trainers in any program stream.

Day 1: Thursday, April 25 (1:00pm - 5:00pm)

[REGISTER](#)

SwimAbilities Instructor Course

This course is intended for experienced Swim and/or Lifesaving Instructors seeking to expand their knowledge, skills, and judgement when working with swimmers with specialized needs.

Day 1: Friday, April 26 (1:00pm - 5:00pm)

Day 2: Saturday, April 27 (8:00am - 4:00pm)

[REGISTER](#)

First Aid Instructor

This course is intended for experienced Lifesaving Instructors seeking to broaden their leadership skills and abilities to teach Basic and Intermediate First Aid courses.

Day 1: Sunday, April 28 (9:00am - 5:00pm)

Day 2: Monday, April 29 (9:00am - 5:00pm)

REGISTER

Lifesaving Sport Coach

This course is intended for Lifesaving Instructors with experience and/or interest in Lifesaving Sport.

Day 1: Thursday, May 2 (5:00pm - 9:00pm)

Day 2: Friday, May 3 (1:00pm - 9:00pm)

REGISTER

National Lifeguard Instructor

This course is intended for experienced National Lifeguards with Lifesaving Instructor certification seeking to expand their knowledge, skills, and judgement

Day 1: Wednesday, May 8 (9:00am - 5:00pm)

Day 1: Thursday, May 9 (9:00am - 5:00pm)

REGISTER

For more information on the courses being offered, such as prerequisites and registration capacity, visit our [website!](#)

SPORT

MARCH 2024

MO	TU	WE	TH	FR	SA	SU
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Note that the details of these events, such as the titles or dates, are still subject to change as competitions are sanctioned. Keep an eye on the [Competition Schedule](#) page of our website for any new updates.

THIS MONTH'S COMPETITIONS

Drayton Valley Lifesaving Sport Competition

Date: March 2, 2024

Host Team: Drayton Valley Lifesavers

Location: Ricochet Oil Corp. Aquatic Centre
4700 West Valley Park Road
Drayton Valley, AB

Clubs Invited: Wetaskiwin Orcas, Camrose Tsunamis, Tri Leisure Blue Fins, Hinton Stingrays, YMCA Calgary Royals, Lacombe Sea Lions

[Event Package](#)

Camrose Lifesaving Sport Competition

Dates: March 16 – 17, 2024

Entry Deadline: March 8, 11:00pm

Host Team: Camrose Tsunamis

Location: Mayer Aquatic Centre
5600 44 Avenue
Camrose, AB

Clubs Invited: All clubs registered with the Lifesaving Society Alberta and Northwest Territories branch.

[Event Package](#)

PROVINCIALS

Registration is now open for the 2024 Provincial Pool Lifesaving Championships and Junior Games! These championships are open to all Lifesaving Sport clubs and registered athletes across Alberta and the Northwest Territories.

Dates: April 5-7, 2024

Location: Brookfield Residential YMCA at Seton
4995 Market Street SE
Calgary, AB

[Event Package](#)



PUBLIC ED



Lifejacket Loaner Stations

We want to ensure that individuals across Alberta and the Northwest Territories have free and easy access to lifejackets through our Lifejacket Loaner Stations program. We're working hard to revitalize this program by opening new stations and restocking existing ones.

If you have old lifejackets that are still in working condition, please consider donating them to us! We distribute these lifejackets free of charge to the program, and they are especially helpful to communities starting a new station. Since the pandemic, lifejackets have been very expensive and difficult to procure, so every little bit helps.

Of course, if you do not have lifejackets available, we also accept monetary donations.



Host Your Own Water Smart Event

We are continually working to get out into the community to share our drowning prevention messages, and we'd love to help you host a Water Smart event of your own!

Some events we have been booked for include:

- Community events
- Work education days
- Long weekend events at waterfronts

If you are planning a National Drowning Prevention Week or World Drowning Prevention Day event in your community, and you would like a member of our staff to speak about water safety topics and programs, please keep us in mind.

We're already starting to book into the summer, so the earlier you send in a request, the better!



Ice Safety

As you know, we've been experiencing a warmer than usual winter here in Alberta, and across all of Canada. According to a research article in PLoS ONE, there has been an increase in winter drownings in ice-covered regions experiencing warmer winters.

Our partner, the Drowning Prevention Research Centre, states that ice-related incidents account for about 6% of all water-related deaths in Canada. This past December, there were 4 ice-related drownings in Alberta alone.

With these statistics in mind, please make sure to remember these ice safety tips:

1. Never Go Alone

It's important to have a buddy with you when you go out on the ice, so that they can call for help if things go wrong.

2. Wear a Lifejacket Over Your Snow Suit

You may feel silly wearing a lifejacket on the ice, but if the ice were to break, a lifejacket can increase your chances of survival, and may literally save your life. A lifejacket can also serve as an extra layer to keep you warm.

3. Be Prepared

Before going out onto the ice, make sure you take ice safety equipment with you, such as ice picks, a throwing rope, a first aid kit, a pocketknife, and a cell phone. If you're traveling far, ensure you have waterproof matches, a fire starter, and something to burn to help combat hypothermia should you fall through the ice. If you're travelling in a vehicle, make sure you have an escape plan should the vehicle go through the ice.

4. Use Designated Ice Surfaces

As it can be difficult to tell how safe an ice surface is just by looking at it, we recommend sticking to designated ice surfaces, such as public skating rinks, where the ice is regularly tested for thickness and stability.

SAFETY



Safety Services

Did you know? We offer multiple safety consultation services such as:

- Comprehensive Audits
- Lifeguard Positioning Analysis
- Design and signage consultations and much more!

Email us at Experts@Lifesaving.org or more information or to book a safety consultation for your facility! Please note that we are currently fully booked until June.

SHOP



2024 Price List

Our 2024 price list will be launched this April! A complete list of all price and process changes can be found in our [November 30 communique](#).

As stated in the above communique, the majority of our prices will not be changing, with the exception of our new First Aid materials (below) releasing later this year.

- First Aid Manual: \$12.00
- First Aid Candidate Workbook: \$5.25



Rack Cards Available for Purchase

Rack cards are a quick and easy way to share water safety messages with the public, making them a great tool for community events.

Available at [our shop](#) for just \$20.00 per pack of 100!

Messages include:

- How to Fit a Lifejacket
- Be a Water Smart® Boater
- Be Ice Smart
- Swim to Survive®
- And more!