

Ripples

Alberta and Northwest Territories Monthly Newsletter

National Drowning Prevention Week

National Drowning Prevention Week was July 21-27, 2019.

24 National Drowning Prevention Week proclamations were issued from communities across Alberta and the Northwest Territories! All proclamations can be viewed on our [website](#). Our sincere thanks to the Chiefs, Mayors, Reeves and their Councils for the support on this important national public awareness initiative.

We are also grateful to have the Honourable Jason Kenney, Premier of Alberta, support on this important campaign!

NDPW Flag Raising Ceremony

On Monday, July 22, 2019 the Lifesaving Society Alberta and Northwest Territories hosted a flag-raising ceremony to mark the beginning of National Drowning Prevention Week. Thank you to all attendees of this successful event for your continued support of important campaign, including the Honourable Lois E. Mitchell, Lieutenant Governor of Alberta and City of Edmonton Councillor Jon Dziadyk as well as various affiliate



NDPW Bridge and Building Lighting

The Calgary Tower, Edmonton High Level Bridge, and Lethbridge City Hall were lit blue and white for National Drowning Prevention Week.



NDPW Community Activations

Communities and aquatic facilities across the province hosted various National Drowning Prevention Week events and were very active on social media promoting and sharing Water Smart key messages. Thank you for all your efforts and support!



Northwest Territories Water Smart Program

Our Water Smart Coordinators spent most of July travelling across the Northwest Territories delivering our NWT Water Smart Program. They ran Water Smart sessions, Waterfront Safety sessions and Swim to Survive in 6 communities, including Hay River, Fort Simpson, Norman Wells, Inuvik, Fort McPherson, and Tuktoyaktuk.

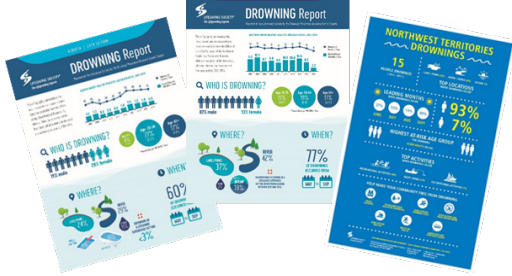
They also ran a Water Smart and Swim to Survive session at the Mackenzie Recreation Association Recreation Leaders Training Camp outside of Hay River.

Thank you to all community leaders, aquatic staff, and event participants for helping make these Water Smart sessions successful. The Lifesaving Society Alberta and Northwest Territories would also like to thank the Government of the Northwest Territories for the funding support that makes the delivery of the Northwest Territories Water Smart Program possible.



Drowning Reports

The 2019 Alberta Drowning Report, 2019 Northern Canada Report and 2019 Northwest Territories Drowning Report and Infographic have been released and are posted on the [website](#).



Drowning Research Project

The Injury Prevention Centre, in partnership with the Lifesaving Society, is requesting data from your organization as part of an ongoing collaborative research project that will examine non-fatal drowning events in Albertan public swimming pools to develop more effective strategies for drowning prevention. We define a non-fatal drowning event as the process of respiratory impairment, due to being underwater, but stopped prior to death.

The first goal for the project will be to calculate rates of non-fatal drowning events in Alberta. Secondly, the Injury Prevention Centre will analyze the characteristics of the non-fatal drowning events as well as the demographic characteristics of the individuals who suffered said event. The physical design features of the pool where non-fatal drownings have occurred will also be analyzed. Lastly, a comparison of non-fatal drownings in aquatic facilities across various neighborhood measures.

Please see [attachment](#) for further detail and contact information.

NEW Rescue Tubes

The Lifesaving Society has brand new rescue tubes available to order!

The Life rescue tubes are durable, easy grip, and easy wear! Ditch the flutterboard and have your lifeguards be rescue ready with the reinvented rescue tube!

Find them online on our [SHOP!](#)



Occupational Health and Safety Bulletins

The Government of Alberta maintains Occupational Health and Safety Bulletins relevant to employers and employees.

The Lifesaving Society has identified workplace bulletins which may be relevant to the safe operation and management of aquatic facilities. Employers should review and update their OHS binders to include new or updated bulletins.

- [Workplace First Aiders and Legal Requirements \(FA011\)](#)
- [Oxygen Equipment and Related Training Requirements at Work Sites \(FA013\)](#)
- [Automated External Defibrillators in the Workplace \(FA015\)](#)
- [Working in Smoky Environments \(FI008\)](#)

Employers considering having Naloxone on hand in response to the current opioid crisis are encouraged to review the Naloxone in the Workplace (CH076) OHS [Bulletin](#)

Updated Resources- Lifesaving First Aid Candidate Workbook

The Government of Alberta has released updated Occupational Health and Safety (OHS) Bulletins applicable to workplace first aid.

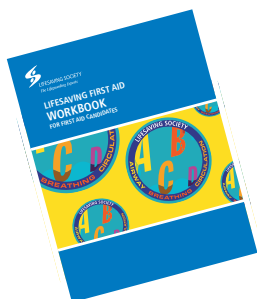
As a Government of Alberta approved First Aid training agency the Lifesaving Society is required by our quality management plan to maintain up to date program materials. The Lifesaving First Aid Workbook for First Aid Candidates has been updated to reflect the updated OHS bulletins.

Affiliates offering workplace first aid should continue to use current stock of Lifesaving First Aid Workbook for First Aid Candidates. First Aid Instructors should provide candidates with the links to current revisions of workplace bulletins. Future printings of the workbook will include updated bulletins.

The following bulletins have been updated. Please click each to view.

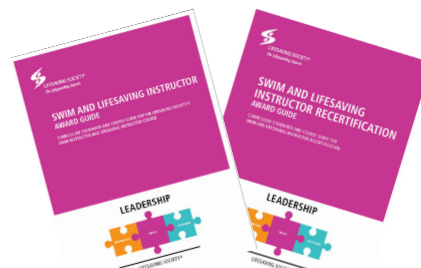
- [Workplace First Aiders and Legal Requirements](#)
- [Oxygen Equipment and Related Training Requirements at Work Sites](#)
- [Automated External Defibrillators in the Workplace](#)

Employers should update their OHS binders to include the revised bulletins.



Using New Award Guides

New Award Guides are now out for Swim and Lifesaving Instructor (original and recertification), First Aid Instructor (original and recertification) and National Lifeguard Instructor (original and recertification) courses. Remember to review, plan and prepare prior to teaching as the formatting and resources have changed. If you have any question in regards to the new resources please contact us!



Instructor Recertifications

Updates to the latest policies and procedures have now outlined how Affiliates can run National Lifeguard Instructor Recertifications and First Aid Instructor Recertifications.

Upcoming courses at affiliates in your community include:

National Lifeguard Instructor Recertifications:

Edmonton – YMCA of Northern Alberta: August 17, 2019
Canmore – Elevation Place: September 28, 2019

First Aid Instructor Recertifications:

Edmonton – YMCA of Northern Alberta: August 18, 2019
Canmore – Elevation Place: September 29, 2019

See [Find a Course](#) for an up to date listing and registration details.

If you are interested in running these courses and aren't sure where to start, please contact us!

Training Programs

Trainer Course:

Candidates must complete the [Trainer Application Form](#) and submit it to the Society for approval prior to registering for the course.

[Edmonton](#) - September 20 - 22, 2019

Location: Lifesaving Society Office

Trainer Recertification:

[Edmonton](#) - August 17, 2019

Location: Don Wheaton Family YMCA

[Canmore](#) - September 28, 2019

Location: Elevation Place

[Calgary](#) - November 16, 2019

Location: Westside Regional Rec 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.

Affiliate Update Webinar- Register Now!

The Lifesaving Society will be hosting two online webinars for approved Affiliate Delivery Partners to provide key updates on our programs, services and events. If you are your designated affiliate representative please mark your calendar for one of the follow dates:

- Thursday August 22, 2019 at 10:30 am
- Monday, August 26, 2019 at 2:30 pm

Registration information will be sent to affiliates later this week!

Canadian Surf Lifesaving Championships

The Lifesaving Society – Nova Scotia Branch is pleased to be hosting the [2019 Canadian Surf Lifesaving Championships](#).

Date: August 23 – 25, 2019

Location: Martinique Beach and Rainbow Haven Beach, Halifax County, Nova Scotia

Competition: The competition is sanctioned by the Lifesaving Society Canada. The International Life Saving Federation Rule Book (2015-2019), Lifesaving World Championships Handbook (2018) and the Canadian Competition Manual (2019 Edition) will be followed.

Deadline: Complete registration (through link above) and entries must be received by Friday August 16th 2019 at 5:00pm EST. No late entries will be accepted.

Upcoming Sport Coach Course

MacEwan University is hosting a Lifesaving Sport Coach 1 course on Saturday, August 31 from 8am - 6pm.

See [Find a Course](#) to register.

In order to improve athlete experience and promote excellence in Lifesaving Sport Competition, the Lifesaving Society will be moving towards having more Lifesaving Coaches in attendance at sanctioned competitions. In the 2019-2020 Sport Season, it will be recommended that a certified coach is present from each club.

We will be encouraging and promoting the delivery of more Sport Coach 1 courses throughout next season. If you are a Trainer interested in becoming a Coach Trainer, please contact the Society if you are in need of support. We hope to build capacity for delivering this program in each community over the next two seasons.

Lifesaving Sport Surf Camps

Lifesaving Sport Camps have been scheduled for Southern Alberta! Sessions will be held at the Claresholm Aquatic Centre.

Camps are open to athletes 8 years and older as well as coaches. Participants are responsible for all logistics outside of camp time including, transportation, accommodation, meals, individual equipment (fins, wetsuits, etc.).

Session 1: August 22, 2019 4-6pm

Session 2: August 23, 2019 2-4pm

Click [here](#) to register!



Call for Lifeguards!

- Camp Quality Alberta is in need of generous and passionate volunteer lifeguards who want to make a true difference in the lives of children affected by cancer. Looking for lifeguards aged 18+ to volunteer for a camp August 11-16, 2019. Please click [here](#) for more info!
- The War Amps will be hosting their Western CHAMP Seminar for child amputees in Edmonton. They are looking to hire lifeguards August 23-25, 2019. Please click [here](#) for more info!

