

Ripples

Alberta and Northwest Territories Monthly Newsletter

Training Programs Updates and Reminders

Trainer Recertification:

[Edmonton](#) - December 13, 2019

Location: MacEwan University

Next years Leadership Training Events Calendar will be released in November. Keep an eye out for it at lifesaving.org!

First Aid Instructor Recertification:

For Affiliates running First Aid Instructor Recertifications, please ensure that you are sending in both the Instructor test sheets and the candidate test sheets. We will not process First Aid Instructor Recertification test sheets without the accompanying candidate level test sheets.

If you have any questions about running these recertifications, don't hesitate to contact the office!

NEW Community Resources Toolkit!

Sign in to the Toolkit to check out our new Community Resources Toolkit! This section will contain resources sent in by Instructors and Trainers across the province and Northwest Territories. Please check the read-me file found in the toolkit for more information and how to get your resources added to the mix!

Aquatic Emergency Care Currency

The Lifesaving Society would like to remind everyone that the Aquatic Emergency Care certification has a 2 year currency period. It must be recertified within that 2 year time period unless another current Government of Alberta Workplace approved First Aid award is held.

Courses applications

The Lifesaving Society would like to remind everyone that when taking a National Lifeguard Instructor Course or First Aid instructor Course, you are no longer required to apply to the Society.

The requirement for application has been removed to align with policies that affiliate delivery partners are responsible for checking prerequisites for other Society programs they are offering.

ACTAR Product Update

We regret to inform you that we will be discontinuing our ACTAR product line effective December 31, 2019. As you are aware the Lifesaving Society has tried to find an alternative supplied for ACTAR products but all attempts have been unsuccessful. Over the last year a number of ACTAR products have run out of stock and have been discontinued and removed from our Price List.

Please note that the remaining ACTAR items identified below will only be available while supplies last.

- ACTAR Manikin Face Shield's – 36 Pack
- ACTAR 911 Squadron – 10 Pack
- ACTAR 911 Chest Plates
- ACTAR 911 Adult Piston's
- ACTAR 911 Adult Lungs
- ACTAR 911 Infantry Chest Plates
- ACTAR 911 Infantry Chest Piston's
- ACTAR D-Fib Compact 10
- ACTAR AED Trainer 10 Pack
- ACTAR D-fib AED Trainer Electrode Pads
- ACTAR D-Fib Body's
- ACTAR D-Fib Heads
- ACTAR D-Fib Slide Clip for Head
- ACTAR D-Fib Lungs
- ACTAR AED Cable Replacements

The online SHOP will be kept up to date regarding current inventory levels and availability of products.

While there is no direct comparable products to the ACTAR Manikins the Lifesaving Society recommends the Prestan Manikin as the alternative. If you are unfamiliar with the Prestan Manikin we encourage you to visit our online SHOP to learn more.

If you have any questions, please contact the office at 780-415-1755 or experts@lifesaving.org.

Fall Forum

The Lifesaving Society Alberta and Northwest Territories Branch invites you to join us for an exciting day of presentations during the [2019 Fall Forum](#) which will be held on Friday, November 15, 2019 in Calgary at the Four Points by Sheraton Calgary Airport.

The Fall Forum Presentations will include:

- 1. Underwater Surveillance Systems and the Impact on Lifeguard Surveillance at Peter Hemmingway Fitness & Leisure Centre** - Rob Campbell, Supervisor of Aquatic Strategies, City of Edmonton
- 2. Air Quality - Indoor and Outdoor Facilities** - TBA
- 3. Public Aquatic Facility Safety Standards Update** - Rachel Baird, Aquatic Safety and Standards Manager, Lifesaving Society
- 4. World Conference on Drowning Prevention Highlights** - Kelly Carter, Executive Director, Lifesaving Society

Along with Fall Forum, The Lifesaving Society will be hosting the Safety Management Training Institute. [Aquatic Safety Inspector](#) and [Supervision, Evaluation, and Enhancement \(SEE\) Auditor](#) will be offered November 14 and 15. Now open for registration!

Hotel Information

The Lifesaving Society has reserved a block of rooms at the [Four Points by Sheraton Calgary Airport](#) to accommodate those guests that are also attending the Leadership Recertifications. The rooms block is held from November 14 - 18. Reservations must be made by **October 12th** to receive the discounted room rate. Rate: \$104.00/night plus applicable taxes.

Test Sheet Reminder

The Lifesaving Society would like to remind affiliates to please attach proof of candidates pre-requisites when emailing test sheets to awards@lifesaving.org.

Sport Updates

Competition Manual

The 2019 Alberta and Northwest Territories Competition Manual has now been posted on the website! This can be found at lifesaving.org.

Lifesaving Sport Calendar 2019 - 2020

Check the Lifesaving Sport Webpage for an up to date listing of competitions and our NEW Lifesaving Sport Calendar 2019 - 2020.

Upcoming Sanctioned Competitions:

Cochrane Water Ninjas Invitational
Cochrane, AB
October 26, 2019

Coach Symposium

The Lifesaving Society would like to express a huge thank you to the Okotoks Recreation Centre for hosting our first Coach Symposium Event. This event featured presentations from Heather Larson, a post-doctoral fellow in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta; Carla van den Berg, a Knowledge Broker with the Sport Injury Prevention Research Centre in the Faculty of Kinesiology at the University of Calgary; and, Dallas Walker, a member of the Canadian National Lifesaving Team who has completed 6 international tours.

With representatives from 11 Lifesaving Clubs, we hope to grow this event for the following fall! We are grateful to have had such an amazing group participate in this inaugural event.



Public Aquatic Facility Safety Standards Update

The Lifesaving Society's Public Aquatic Facility Safety Standards are recreation personnel's source of information about how to provide a safe environment in areas where the provincial swimming pool regulations and standards are silent. The Lifesaving Society has developed and published these standards to educate pool owners and owner's agents on how to optimize safety in public aquatic facilities.

On September 17, Alberta and NWT stakeholders discussed the Lifesaving Society's Public Aquatic Facility Safety Standards and provided suggested up-dates since its last publication in 2014. With this invaluable feedback, the Lifesaving Society will be revising and releasing an up-dated version of our Public Aquatic Facility Safety Standards January 2020.

Investiture of Lifesaving Honours

This years' Investiture of Lifesaving Honours will take place on Friday, October 25, 2019 from 1:00 p.m. to 3:00 p.m. at Government House at the invitation of our Patron, the Honourable Lois E. Mitchell, CM, AOE, LLD, Lieutenant Governor of Alberta.

Biletski v. University of Regina - A Standards Review

By Stas Bodrov, lawyer and Chair of the Lifesaving Society Standards Committee.

In June 2005, competitive swimmer Miranda Biletski dove from a starting block located in the shallow end of the University of Regina pool. Her foot slipped and she entered the water at a steep angle hitting her head on the bottom causing permanent quadriplegia. The water depth was 1.22 m.

Biletski sued the University and in October 2017, a jury found the University liable for some \$9 million in damages. The University appealed. In May 2019, the Court of Appeal for Saskatchewan, the highest court in the province, upheld the jury decision.

At the time of the accident, while the pool did not comply with the existing standard for the minimum depth (1.35 m) for starting blocks, it did comply with the "grandfathered" standard for pools built pre-2002. The University argued that since it met the pre-2002 standard, it could not be considered negligent. The jury found otherwise. The Appeal Court refused to interfere with the jury's finding. Even though the pool complied with the grandfathered standard, the University was nonetheless found to be negligent by having the diving blocks placed in the shallow end of the pool.

This case underscores the need for pool owners and operators to assess the risks associated with their particular facility. Facilities should consider placing starting blocks in the deep end of swimming pools and ensure that FINA standards are met (a minimum 1.35 m depth from 1.0 m to at least 6.0 m from the wall where the starting platforms are installed).

Starting blocks should be inspected on a daily basis by the Pool Operator and used only under the direction/supervision of a certified coach or instructor. Additionally, facilities should conduct safety inspections with a certified Lifesaving Society inspector every year and Lifesaving Society safety audits at least once every five years.

Lifesaving Society releases Canadian Drowning Report

The Lifesaving Society Canada has released the [2019 Canadian Drowning Report](#). This report reinforces the need for ongoing action and attention to prevent drowning, an important public health issue. Annually over 400 Canadians drown each year. This is an alarming and disturbing statistic considering drowning is preventable.

Highlights from the 2019 Canadian Drowning Report include:

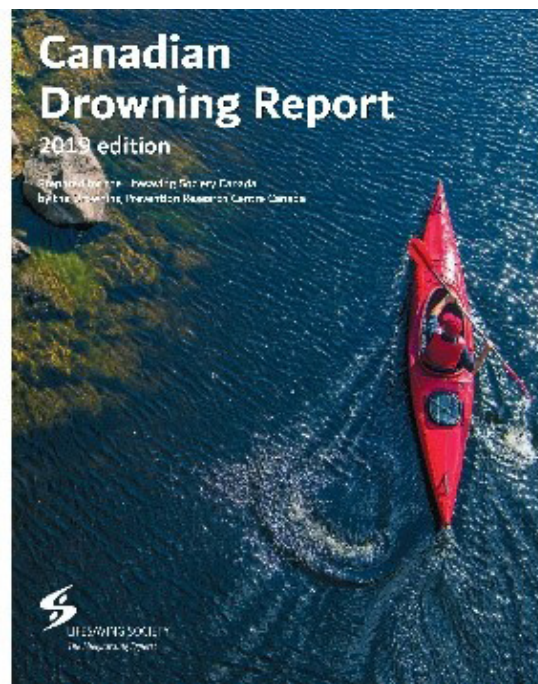
- 79% of drownings casualties were male
- 94% of 15 to 19 year old's who drown were not wearing lifejackets
- Alcohol was consumed in nearly half of drownings for people aged 20 to 34 years old

It was also identified that in boating related fatalities:

- 81% were not wearing a lifejacket
- 65% of boating related drownings occurred in cold water (below 15 degrees Celsius)

The trends outlined in the 2019 Canadian Drowning Report reinforce the need for continued strong drowning prevention efforts. The findings in this report also provide an important measure of where we are having success in preventing drownings and where we should direct additional efforts to target those at highest risk of drowning.

For more information, please visit our website at www.lifesaving.org or contact the Lifesaving Society at experts@lifesaving.org.



Office Closure

Please note that the office will be closed the following days:

- October 14 - Thanksgiving
- October 25 - Investiture of Lifesaving Honours Ceremony

Please ensure all orders are placed early to avoid delays due to office closure.



Summer Wrap Up

On behalf of everyone at the Lifesaving Society Alberta and Northwest Territories Branch, we would like to express our heartfelt thanks to everyone that contributed to making 2019 a safer summer!

This year, 26 communities across Alberta and the Northwest Territories joined us in proclaiming July 21st-27th as Drowning Prevention Week. These proclamations helped to bring the Water Smart message to a greater section of the population.

National Drowning Prevention Week is an international effort aimed at reducing the number of drownings and non-fatal drowning incidents that happen globally. This campaign encourages swimming pools, schools, community leaders, and every day lifesavers, to promote water safety education through events, lessons, and social media.

2019 also presented a new high-water mark for our lifejacket loaner stations. 36 stations were set-up in Alberta and 5 were set-up in the Northwest Territories this year.

These loaner stations have allowed communities across Alberta and the Northwest Territories to reduce barriers for swimmers to safely enjoy the water. Let's make 2020 an even better year by working to establish more stations at unsupervised waterfronts in Alberta and the Northwest Territories.

We would also like to extend a special thanks to Cabela's Outdoor Fund for providing the material resources for communities to have access to lifejackets this year. These contributions allowed for interested communities to get started with their own loaner station program!

Finally, we want to give a shout out to our 2019 Water Smart coordinators who delivered Water Smart, and Swim to Survive sessions in our Northern communities, travelled countless kilometers, and kept this office running all summer. Gabe and Jenika, we could not have done it without you two. Thank you both for all your hard work!

Thank you again everyone for your support this year. Your continued support helps to ensure that the Lifesaving Society can continue our mandate of reducing aquatic related injury and death.

