

Islander

Prince Edward Island



LIFESAVING SOCIETY
The Lifeguarding Experts

Celebrating
60
years

of professional lifeguarding in Canada

This summer marks the 60th anniversary of our National Lifeguard award, so let's celebrate together!

Send us:

- Pictures of you or your loved ones as lifeguards. The older, the better!
- A short blurb (50 words or less) sharing your favourite lifeguarding memory.

[Email](#) your photos and memories to us!

You can also use #NL60 on social media to share content over the summer!





Make your lessons Water Smart[®]

Swim for Life instructors often give swimmers their first introduction to water safety. Take your lessons to the next level with these fun activities that reinforce the Water Smart messages.

Safe or Sorry

1. Swimmers line up out of the water on the edge of the deck or dock. Water depth would depend on abilities.
2. The instructor states types of water activities or swim conditions.
3. If the swimmers think this is a SAFE activity for swimming – they will say “safe” and jump in the water.
4. If the swimmers think the activity is UNSAFE they will say “sorry” and stay outside on the edge of the deck or dock.

Help and Huddle Tag

1. One swimmer is “IT.”
2. Whoever the “IT” swimmer tags gets into the H.E.L.P. position.
3. To become untagged, two other swimmers have to form a huddle with the tagged swimmer.
4. If the class is small, the tagged swimmer counts to 10 to become unfrozen.

Overboard

When falling out of a boat, you can become disoriented. These activities will assist you in remaining calm in the event of falling overboard.

1. Practice forward rolls into the water emphasizing covering your head, tucking your head, and pushing away from the edge.
2. Practice forward and backward somersaults in the water – how many can you do in a row?

Musical Buddies

1. Swimmers swim around the water to the music.
2. The instructor stops the music and yells “Buddy Check!”
3. All swimmers participating must find a buddy.
4. Swimmers without a buddy are eliminated from the game.
5. The instructor repeats.

Ice Safety

1. Fill a bucket with water and ice cubes. Let each swimmer take a turn plunging their hands into the water.
2. Talk about how long someone could survive in such cold water.
3. Explain significance of checking the ice before walking out and safe thickness for people (ice should be at least 4” thick).

PFD Relay

1. Have each swimmer select a PFD that fits them.
2. Divide group into teams of two and line up on the edge of the deck or dock.
3. Teams compete in a relay against one another: they will need to don the PFD on land, then swim to the other side. Once they arrive and touch the wall, the next swimmer begins.
4. When all swimmers have completed their part of the relay, they must sit down.
5. The first team to finish wins!

Water Smart® in 18 languages

In our mission to eradicate drowning in Canada, we continue to add new languages to our Water Smart messaging roster. This year we've added Water Smart Tip Cards in six more languages: Cree, Dene, German, Oji-Cree, Spanish and Ukrainian. Tip cards are a simple and effective way to share water safety information with newcomers in your community. Order Water Smart Tips Cards at lifeguarddepot.com and keep them on hand at your facility, pass them out at community events, and leave them with local businesses, hotels and community centres to display and share.



Water Safety Day Camps are back!

The Lifesaving Society PEI is providing weeklong camps in seven different communities to over 250 participants so far across the province. The day camps feature two streams: one for children ages five plus focusing on swimming skills, and the "Lifeguard Academy" stream for those 13 years and older that focuses on lifesaving skills and pre-lifeguard training.

PEI's supervised beaches open June 28

Prince Edward Island's supervised beaches open for the season on June 28. Here are some tips and tricks to stay safe and have fun on the beach this summer:

- Swim between the flags. Lifeguards use red over yellow flags to indicate the area between which they are actively supervising. Less than 1% of drownings occur in lifeguard supervised areas.
- Keep young children within arms reach. Children under 12 have an increased drowning risk and need attentive supervision in and around the water.
- Always swim with a buddy. If one of you gets in trouble, the other can seek or call for help.
- Don't drink and swim. Alcohol and water don't mix. It's easy to over estimate your abilities when under the effects of alcohol. Alcohol was a contributing factor in 45% of drowning deaths for young adults in the last year, as seen in the *2023 Maritimes Drowning Report*.

Tips for outdoor summer lifeguarding

The summer lifeguard season is upon us. For lifeguards working outside the sun and heat can lead to great summer memories, but they can also cause heat exhaustion and heat stroke. Use these tips to keep cool and stay alert on those hot summer days.

1. Drink up

Staying hydrated is essential for an outdoor lifeguard. Take your water bottle on rotation with you. Fill your bottle a quarter or half full and freeze it overnight for a nice cool drink that'll last throughout the day. Refill your bottle on every break.

2. Made in the shade

Using an umbrella to create shade will help you beat the heat and avoid a sunburn. Most outdoor facilities provide guard stations with an umbrella, but you have to use it for it to work. When you're not under the umbrella, shield yourself from the sun with a hat, preferably one that covers your ears.

3. Slather on that sunscreen

Protect yourself from the sun's harmful UV rays by wearing a minimum of SPF 30 and make sure to reapply every frequently, a sunburn is not a good look on a lifeguard.

4. Take a dip

The water is right there, why not use it? On hot days, rotate to your next position by walking in the water, this is a great way to cool down while remaining at the ready. When you're off rotation, ask your supervisor if you can take a quick dunk. If you're working at a waterpark and off rotation, try taking the slide instead of the stairs.

Are you current?

Summer is here! Are your Lifesaving Society leadership qualifications up to date? Use your Member ID to check [Find a Member](#) and see if you're ready to teach or examine Society courses or if you need to recertify.

Recertifying your leadership certifications (e.g., Swim Instructor or First Aid Examiner) is simple. Just follow these steps:

1. Download the leadership recertification [Credit Card](#) and [Credit List](#) from the Society's website. The [Credit List](#) has detailed information on the recertification process.
2. Fill out the first section of the Credit Card with all your information and indicate any leadership certifications you hold that you want to recertify. Double check all your information is correct.
3. Fill out the second section of the Credit Card by indicating the credits you've earned for courses you've taught or taken. Be sure to consult the Credit List to confirm the credit value of these courses is enough to recertify.
4. Finally, fill in your payment information on the form, or:
 - a. Submit payment over the phone,
 - b. Attend our office in person,
 - c. Send us an e-transfer to info@lifesavingpei.ca (including your name and 'Leadership Recertification' in the note.),
 - d. Or, if your employer is paying, request that we bill them directly.

Once your completed Credit Card and payment are received, we will review and (if there are no issues), process your recertification.

If you have any questions, contact us by email (info@lifesavingpei.ca) or telephone (902-967-4888).



LIFESAVING SOCIETY
LEADERSHIP RECERTIFICATION CREDIT CARD

CREDIT RECORD

Surname _____ Given name _____ Birth date (yy mm dd) _____
Street _____ Apt. # _____ ID # _____
City/Town _____ Prov. Postal code _____ Home phone _____
Email _____ Bus. phone _____ Ext. _____

Please select the awards you wish to recertify

	Instructor	Examiner	Trainer
Swim			
Lifesaving			
Standard First Aid			
Airway Management			
CPR-HCP			
National Lifeguard			
Aquatic Supervisor			
Pool Operator			
Safety Inspector			
Coach			
Official			
Other:			
Other:			

For office use - date card(s) issued: _____

Card totaling three credits.
on fee based on the number of awards you wish
by order for the recertification fee. You may
to info@lifesavingsocietypei.ca
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