

Three ways to make lessons fun

As a swim instructor, you want to teach proper technique while also creating a fun environment where swimmers look forward to their lessons, promoting a love for the water.

Try these tips for extra fun and engaging lessons:

Incorporate games with purpose and challenges

Games with purpose keep swimmers engaged while reinforcing new skills. These games offer opportunities for swimmers to build their skills in a playful, low-pressure environment.

- Play *Red Light, Green Light* for kicking.
- Sing *Hot Potato* to practice treading and legs-only surface support.
- Play *Treasure Hunt* to retrieve objects from below the surface.
- Try contests for cannonballs, handstands, or somersaults.
- Create obstacle courses to allow swimmers to feel a sense of accomplishment while having fun and further developing their skills.

Use colourful and interactive equipment

A variety of colourful equipment can make basic drills more exciting, and incorporating imagination will further increase the fun.

- Think beyond the pool noodle when practicing floats and kicks, pretend it's a giant sea turtle shell or a magic carpet!
- Swimmers can strap on a 'jet pack' swim belt and complete a secret underwater mission.
- Are there smiley faces or foam dumbbells available? They can act as a steering wheel to sail the seven seas or explore the galaxy.

Incorporate songs and storytelling

Using music and storytelling for young swimmers can reduce fear and apprehension and increase focus while trying a new skill.

- Encourage preschoolers to practice blowing bubbles by singing *Happy Birthday* and blowing out all the birthday candles.
- Practice holding our floats while singing *Twinkle Twinkle*.
- Learn the *Pancake Song* to practice rollover floats. (*Teaching Swim for Life* - Songs, p. 7-10).
- Tell a *Bob Story* to practice submerging and exhaling underwater.

Make a splash and try something new to take your lessons to the next level. When participants are having fun they're developing a love for swimming and are motivated to continue learning this life skill.

BOB story

Anytime a swimmer hears "BOB" they go under the water and blow bubbles.

My friend BOB and I were taking our afternoon walk, when we saw a sign that said "BOBby pins for sale!"

I said to BOB, "What in the world are BOBby pins?" And BOB told me, "BOBby pins are for hairstyles!" "Oh BOB! I should've known that," I said.

Bob started to laugh, "Don't worry BOBby, you learned something new today!"

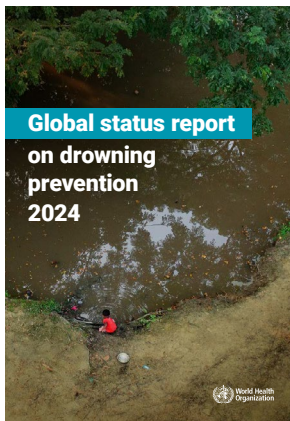
BOB is a super nice guy. I told him so. He said, "you're a really nice guy too BOBby." I said, "you're the best BOB" and he said, "nooooo, you're the best BOBby!" Sometimes our BOBful friendship can get really confusing with so many BOBS!

Office closed for Easter

Happy Easter! The Lifesaving Society's office will close Friday, April 18 and Monday, April 21 for Easter weekend. We reopen Tuesday, April 22 at 9:00 a.m.

WHO follows up UN Resolution on Drowning Prevention

The World Health Organization (WHO) released a follow up to the 2021 United Nations Resolution on Drowning Prevention. The Status Report provides an update on global drowning prevention initiatives, successes and areas for improvement on a global scale. Read the [December 2024 WHO Global Status Report on Drowning Prevention](#) or [watch the summary video](#) on YouTube.



Water Safety Day Camps are back!

We're looking forward to making a splash with the return of our weekly (Monday–Friday) day camps. Choose the camp that's right for you:

- Swim for Life
 - Swimming lessons for children ages 5 and up.
- Lifeguard Academy
 - Bronze Medallion, Bronze Cross and first aid training for teens ages 13 and up who have previous swimming experience.

We're pleased to continue our existing partnerships with local childcare providers to add swimming lessons to their programs. We also offer affordable swimming lessons in rural communities across PEI. Learn more and [register online](#).

A new Community Drowning Prevention Coalition

The Society is leading the development of a provincial drowning prevention coalition, with the support of the Department of Sport and the National Drowning Prevention Coalition. As the Island's lifeguarding experts, we are developing our coalition's framework to align with recommendations in the *2022 Canadian Drowning Prevention Plan* resource guide. We are currently recruiting coalition members from non-profits, government agencies and sport organizations to foster water safety across the island. In the months to come, you'll hear more about the coalitions members, work and meetings.

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PEI adopts new CSA Standard

The Workers Compensation Board of PEI (WCB) adopted the CSA Z1210-17 standard: First aid training for the workplace — Curriculum and quality management for training agencies, effective January 1, 2025. The standard is focused on workplace first aid training and outlines course curriculum and quality management requirements for training agencies.

Updated course materials

To comply with the new standard, the Society completed a comprehensive review of the requirements and identified necessary changes to new and existing content items. These changes are reflected in two insert documents: *Canadian First Aid Manual Insert* and the *First Aid Instructor Award Guide Insert*. The *Canadian First Aid Manual* and accompanying Insert are mandatory student resources for all Lifesaving Society First Aid courses.

Get your Inserts

The *Canadian First Aid Manual Insert* is shipped automatically when the manual is ordered from the PEI branch. Inserts are not included with orders from LifeguardDepot.com; contact the branch to order the inserts.

Instructor Update Clinic

All Standard First Aid Instructors and Lifesaving Instructors must attend an Update Clinic to teach the new Basic First Aid and Intermediate First Aid courses. During the mandatory update clinic, instructors receive an electronic copy of the *First Aid Instructor Award Guide Insert*.

[Contact us](#) if you need to complete an Update Clinic or require a copy of the Insert.

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