

Prince Edward Island – September 2025

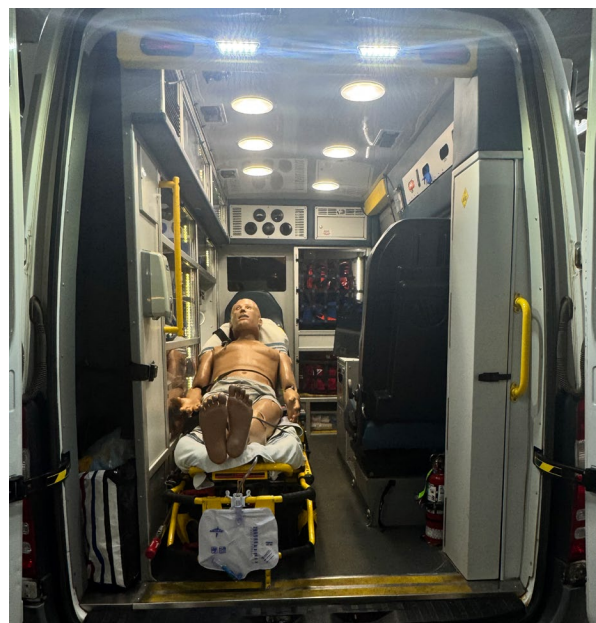
NDPW with the Paramedic Association of PEI

Our fellow lifesavers, the Paramedic Association of PEI, sharpen their skills each month with varied simulation training. Every year, National Drowning Prevention Week falls in mid-July, and in respect of the event, our friends and island paramedics chose drowning resuscitation for that month's training scenario.

Throughout NDPW, paramedics practiced drowning resuscitation, focusing on top-quality CPR. This coverage included appropriate ventilation techniques using oral airways such as an OPA with a bag valve mask, advanced airway use with an I-gel and endotracheal tube (intubation). Additionally covered was a detailed discussion on the appropriate use of suction; in a case of drowning, you don't want to suction frothy fluids – that is surfactant (the fluid that helps prevent your lungs from sticking together).

Lifesaving Society PEI CEO and part-time paramedic, Matt Smith, spoke on the use of lifeguards to assist if needed in events of drowning resuscitation, as they too are trained in CPR, and in some cases, the use of oxygen as well. Matt also shared how a lifeguard can assist with obtaining a victim's history and any history of present illness.

Drowning prevention requires the time and collective effort of all those who strive to save lives. We appreciate the Paramedic Association of PEI for honouring National Drowning Prevention Week and doing their part in fighting for our collective mission: a Prince Edward Island free from drowning.



REMINDERS AND HOUSEKEEPING

Your test sheets, documents and pathway to certification are important to us, and we want to ensure the processing of your documents runs as smoothly and efficiently as possible. We also want to ensure that the purchasing of your books and resources is a seamless experience. To help us help you, please remember:

- Electronic signatures are not permitted on test sheets and documents
- It is a bank requirement that the name on cheques must be exactly "The P.E.I. Royal Life Saving Society Inc."

We appreciate your drive to participate in and promote Water Smart® activities and learning, and we will continue to be right here with you along the way. Happy lifesaving!



Determining lifeguard supervision zones

The strategic placement of lifeguards within aquatic facilities requires thorough planning. Multiple factors must be evaluated to ensure optimal coverage and safety; however, it is essential that lifeguards in pool environments maintain clear visibility of the entire pool – including the surface, mid-water, and bottom – to provide effective supervision and protection.

Step 1 – Who and what are you guarding?

Evaluate the following elements: facility configuration, depth, equipment and amenities, overall size, entry points to both the facility and the water, potential blind spots, bottom visibility, lighting in high-risk areas, glare, surface disruptions, shadows, and the impact of different times of day and seasonal changes.

Assess programming and participation

Guarding protocols should be tailored to specific programs and positions. Identify and document programming options, participation levels, and the distinct supervision requirements for each.

Key factors to consider include the number and location of bathers and spectators, activity type, staffing (lifeguards and assistant lifeguards), additional support roles, relevant regulations, utilized spaces, and necessary equipment.

When reviewing physical space, programming, and participation, consider the following questions:

- What must be visible during aquatic activities, across various programs and at differing participation levels
- What can currently be seen? If visibility is obstructed or incomplete – whether at the surface, through the water, at the bottom, or out of the water – implement appropriate corrective measures.
- Additionally, identify areas within those same zones where visibility is lacking.

Systematically compare this information with your facility's characteristics, programming, and participation data.

Step 2 – Determine supervision zones – guard positions, zone identification

Review facility, programming, and participation details to establish supervision zones and assign lifeguard positions and responsibilities.

Prioritize placement by:

- Recognition: Lifeguards must have clear sightlines.
- Prevention: Position lifeguards to prevent incidents.
- Response: Ensure lifeguards can respond quickly.

Determine coverage type, lifeguard locations, elevation (elevated or ground level), whether patrolling or stationary, and define each lifeguard's area and duties.

To evaluate supervision zones, follow these steps:

- Check visibility.
- Have others verify.
- Test recognition and response times.
- Adjust placements as needed.

Step 3 – Mapping of supervision zones

Mapping sets the standard for lifeguard supervision by outlining zones for activities, crowd sizes, and times or seasons. Zone maps should be accessible to all staff and should include:

- Facility and program name.
- Visual lifeguard zone layout (site plans, photos, or drawings).
- Brief zone details, including hazards, boundaries, equipment.
- Required lifeguard positions (elevated, roving, in-water, etc...).
- Specific responsibilities for each zone or position.

Step 4 – Education of lifeguards and aquatic team

Document supervision zones and the rationale for lifeguard placement. Train lifeguards on zone coverage, expectations, and procedures for addressing issues. Monitor aquatic staff to ensure adherence to supervision zones and to provide support as needed.

Step 5 – Regular evaluation

Organizational changes – such as modified programming, updated equipment, or evolving staffing requirements – can affect supervision needs. When such changes occur, it is essential to review and adjust supervision zones accordingly.

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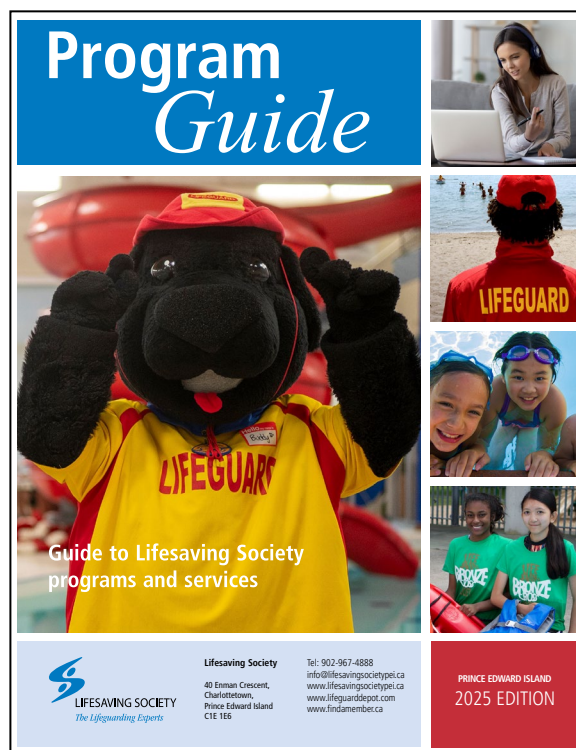
The Lifesaving Society Prince Edward Island is on Facebook! Find us online for updates, reminders, save the dates, closure notices, and aquatics content!

Check us out here:



The latest edition

Early this year, we finished a complete overhaul of our Program Guide. In this edition, we've made our Program Guide available exclusively online, improving its accessibility and functionality for all. Throughout, you'll find bookmarked text (allowing you to quickly jump to specific sections or pages), hyperlinks to our website for detailed information, and improved usability for our members with accessibility needs. To view or download our 2025 Program Guide, visit our [website](#).



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