

# Currents

Newfoundland Labrador

March 2021



LIFESAVING SOCIETY  
The Lifeguarding Experts

## Recommended Minimum Ice Thickness for New Clear Hard Ice.

*No ice is without some risk.  
Be sure to measure clear hard ice in several places.*

**3" (7 cm) or less  
STAY OFF!**



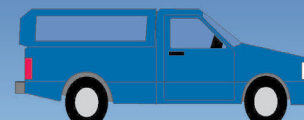
**4" (10 cm)**  
ice fishing  
walking  
cross country  
skiing



**5" (12 cm)**  
one vehicle -  
snowmobile  
or ATV



**8-12" (20-30 cm)**  
one vehicle -  
car or small pick-up



**12-15" (30-38 cm)**  
one vehicle -  
medium truck



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[www.lifesavingnl.ca](http://www.lifesavingnl.ca)

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## Check the ice before you go on it

Drowning doesn't just happen to non-swimmers in the summer. Approximately 32% of drownings in Newfoundland and Labrador occur from October to April when most people have no intention of going into the water.

Thin ice (or holes in the ice) is the leading cause of snowmobile accidents and accounts for 13% of all drowning deaths in Newfoundland and Labrador. To stay safe, follow the tips below and visit the [Cold Water and Ice](#) section of our website for more information and advice.

### Safety Tips:

1. Always check ice thickness before venturing out. Snowmobiles require at least five inches of clear solid ice and autos at least eight inches to a foot of clear solid ice.

2. Be suspicious. You cannot tell the strength of the ice by its appearance. Temperature, thickness, snow cover, water depth, size of water body, currents and distribution of the load on top of the ice are all factors affecting ice safety.
3. Before you head onto any ice, check with a local bait shop operator or resort owner for known ice conditions, thin ice areas or dangerous open water conditions.

### What to do if you break through the ice?

1. Don't panic – the clothes you're wearing will trap air and keep you buoyant.
2. Turn toward the direction you came from and place your hands and arms on the unbroken surface.
3. Kick your feet and try to push yourself forward on top of the unbroken ice on your stomach like a seal.
4. Once you are lying on the ice, don't stand up. Roll away from the break until you're on solid ice

## Join us at our AGM

The Lifesaving Society Newfoundland and Labrador Annual General Meeting will take place via videoconference, May 15, 2021 at 1:00 p.m. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend. If you haven't received your email invitation, contact the Society's office by phone or [email](mailto:info@lifesavingnl.ca).

## Attention: Lifesaving Instructors and Examiners!

The revised Bronze medal awards are here, so Lifesaving Instructors and Bronze Examiners need to be ready. Follow these steps to get up to speed:

1. Read [What's New for Instructors?](#)
2. Order the new [Bronze Medals Award Guide](#).
3. Attend an Explore Bronze Update Clinic.
  - a. In-person at your local facility
  - b. Online by Zoom videoconference:  
April 25 (9 am–12 noon), or May 16 (1 pm–4 pm) or June 13 (9 am–12 pm).  
To register, email: [info@lifesavingnl.ca](mailto:info@lifesavingnl.ca)

The Explore Bronze Update Clinic has no fee and is worth 3 credits towards your leadership recertification.

To learn more about the revised Bronze medal awards read the [December 2020 edition of Currents](#), or [visit our website](#).

For questions, or more information about the Explore Bronze - Update Clinic, contact the Society.



## Lifesaving Society CPR Training Manikin Lungs

**Order online at [LifeguardDepot.com](http://LifeguardDepot.com)  
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LifeguardDepot.com is the online store of the Lifesaving Society. All proceeds from LifeguardDepot.com support drowning prevention and the development of young leaders through lifesaving sport.

# Ready. Set. Recert.

As light begins to glimmer at the end of the Covid tunnel, pool operators and their staff are making plans for a return to some kind of normal. One of those norms, is that lifeguard certifications need to be current. Because of lengthy pool closures in many areas of the province, staff have not had the chance for regular in-service training. Many guards will need in-water practice time to get back into the lifeguarding shape they need to recertify National Lifeguard.

To this end, Chris Mercer, the Society's VP of Training Programs, and Registered Professional Coach with Coaches Association of Canada, is here to offer some basic training tips and sample workouts to get you started.

Start back gradually with workouts two or three times a week for several weeks until you can meet the time standards in these three physical standard items that are mandatory on a National Lifeguard Pool Recert.

**Object recovery (Item 2a).** *Demonstrate anaerobic fitness and strength for an object recovery: Starting in the water, swim 15 m and surface dive to recover a 9 kg (20 lb.) object; surface and carry the object 5 m – all within 40 sec.*

*Tips:*

- Approach head-down and swim right into the surface dive. Use your momentum. Don't pause.
- Use your best surface dive (head- or foot-first).
- Hold the object close and drive off the bottom with both legs.
- Use your most comfortable hold, the object does not need to be at or above surface on carry.

**Sprint Challenge (Item 2c).** *Demonstrate anaerobic fitness: Starting in the water, swim 50 m head-up within 60 sec.*

- Head-up means "eyes up and forward." Pick a point at the end of the pool and focus on it.
- Get a strong streamlined "eyes-up" push off the wall(s).
- Swim front crawl or breaststroke or a combo but front crawl will be faster!
- If practicing in a 25 m pool remind yourself to kick harder after turning for the second half of the distance.

**Endurance Challenge (Item 2e).** *Demonstrate aerobic fitness and endurance: Swim 400 m within 10 min.*

- Wear goggles.
- Start with a dive entry.
- Use power strokes (front crawl and/or back crawl).
- Use flip turns with a powerful drive off the wall into a streamlined glide and seamless transition to the stroke.
- Count strokes per length to monitor and adjust your pace.

## Sample workout

The following type of workout can gradually improve and maintain a lifeguard's aerobic and anaerobic fitness to prepare for water rescue. On your first workout back, adjust pace times as necessary to align with your current fitness level. Thereafter, start decreasing pace times so every workout is a challenge.

Brush up on the principles of training in Chapter 5 of the Society's *Instructor Manual*.

### Warm up (5–10 min.)

Appropriate dynamic stretches followed by a 200 m to 400 m swim at an easy pace. Your choice of stroke(s) and kick(s).

### Workout Set 1

Using front crawl, choose option A, B or C based on your current physical ability.

Option A – 6 x 100 m @ pace time 2:20 min. each

Option B – 12 x 50 m @ pace time 1:10 min. each

Option C – 24 x 25 m @ pace time 35 sec. each

On your own schedule, gradually ramp up to a continuous 600 m nonstop workout maintaining a uniform pace throughout. If doing 25s, work up to 50s then 100s. If you're not able to jump to 600 m, try 3 x 200 m on a pace of 4:40 min. each. The general idea is to train using a total distance slightly longer than your goal distance, so your fitness level is used to a distance greater than the goal for you want to swim with the end result being the 400 feels easier.

Cool down with several lengths, descending your effort to a leisurely pace on the final length.

### Workout Set 2

Using front crawl, choose option A or B (and number of sets) based on your current physical ability.

Option A – 4 x, 6 x, or 8 x 50 m @ pace time 1:00 min. each

Option B – 4 x, 6 x, or 8 x 25 m @ pace time 30 sec. each

Cool down 8 x 25 m kicking (odd sets eggbeater, even sets choice of kick), followed by 100 m breaststroke.

## Calling all affiliates

As Newfoundland and Labrador moves back into alert level 2, we call on all Affiliate Members to help populate Find a Course. As soon as you have courses open to the public, please send them our way, so we can send candidates your way. Give us a call or send us an [email](#).

## Looking for a course or recert?

As soon as affiliates send us their course listings, we post them to [Find a Course](#). Use this tool to find that course or recertification, so you'll be ready to get back to work when called upon.

**July 18-24, 2021**

## National Drowning Prevention Week

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**10% from the sale of each charm will be donated to the Lifesaving Society for Drowning Prevention Education**

\*a minimum order of 50 charms must be met before orders are processed

