

Currents

Newfoundland Labrador

June 2021

LIFESAVING SOCIETY
The Lifeguarding Experts

New Bronze Recert test sheets

The Society has standardized Medallion and Cross Recertification exams by designating mandatory – and only – items to be evaluated. Instructors/Examiners should use the new (2020) Recertification test sheets when submitting Medallion and Cross recertification candidates for the new Bronze medal awards.

Test sheets for the new Bronze awards are now available in [Find a Form](#) on our website.

Thank you to all who attended the Society's May 15 AGM. If you missed it, you can find the [2020 Newfoundland and Labrador Report](#) on our homepage.



Society releases 2021 Drowning Report

Drowning fatalities have declined nearly 50% over the past five years according to the Society's most recent [Newfoundland and Labrador Drowning Report](#), but the causes and demographics remain the same. Boating is the most common activity when drowning occurs, and not wearing a lifejacket is the largest contributing factor. Males continue to account for 93% of drowning deaths in the province.



Water-related death data is extracted from the office of the Chief Coroner or Medical Examiner for each province and territory. Data is collected for all deaths resulting from incidents "in, on or near" water. "Near water" incidents were included if the intent was closely related to water-based recreational, vocational or daily living activity. The data includes only unintentional deaths, not deaths due to natural causes, suicide, or homicide.

We gratefully acknowledge the support, co-operation and efforts of the Chief Coroner's and Medical Examiner's Offices in each province/territory, who permitted and facilitated confidential access to coroner's reports on unintentional water-related deaths; and the volunteers who contributed time and energy to extract data from the files.

UN Resolution on Drowning Prevention

The United Nations General Assembly adopted its first Resolution on Drowning Prevention on April 28, 2021. This is a significant milestone in a long journey in which Canadians have played a key role.

The UN resolution focuses world attention and action on this highly preventable public health challenge. The resolution will increase UN agency awareness and actions to reduce drowning. The resolution will also encourage the engagement of national governments to reduce the burden of drowning through effective policies and legislation, research, and support for community-based drowning prevention action.

The UN Resolution:

- is in response to deep concern that drowning has been the cause of over 2.5 million preventable deaths in the past decade but has been largely uncognised relative to its impact.
- notes that more than 90% of deaths occur in low- and middle-income countries, with Asia carrying the highest burden of drowning deaths by number.
- notes that drowning disproportionately affects children and adolescents in rural areas, with many countries reporting drowning as the leading cause of childhood mortality.
- clarifies that the official global estimate of 235,000 deaths per annum excludes drownings attributable to flood-related climatic events and water transport incidents, resulting in the underrepresentation of drowning deaths by up to 50 per cent in some countries.
- identifies July 25 as World Drowning Prevention Day starting in 2021.

Canada is well placed to achieve all (and more) of the voluntary actions that the Resolution encourages Members States to adopt. All the key World Health Organization recommended interventions are addressed across Canada.

The Lifesaving Society Canada is a well-developed national lead agency for lifesaving and drowning prevention. And Canada is positioned to support international cooperation by sharing lessons learned and best practices. In fact, our leadership has already contributed to this milestone through collaboration with the World Health Organization, International Life Saving Federation, the Commonwealth Royal Life Saving Society and with drowning prevention intervention projects in Bangladesh and the Caribbean.

The resolution is the result of years of work by many people and organizations in the global drowning prevention community. You can access the Resolution in multiple languages [here](#).

July 18-24, 2021

National Drowning Prevention Week

LIFESAVING SOCIETY



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Blended learning: synchronous vs. asynchronous

In 2020, the Lifesaving Society prepared [a guide](#) to support its affiliate members and leadership personnel who plan to augment traditional in-person training with online or blended learning delivery of the Society's courses. This guide confirms which Lifesaving Society courses are approved for online and/or blended learning.

The online portion of all courses currently approved should be "synchronous." This means live instructor-led education and engagement using the high-quality resources developed by the Lifesaving Society. Candidates should actively participate in their learning, have the ability to ask and answer questions in real-time, and learn from their peers and receive feedback on their performance. Instructors and trainers should provide candidates with every opportunity to apply, to demonstrate, and to practice what they know and are learning.

"Asynchronous" indicates a self-directed learning experience with no instructor present – like a reading assignment completed outside the online environment. Instructors of online or blended courses may use asynchronous methodology to augment, but not replace instructor-led sessions. Self-directed activities should be assigned sparingly and with a clear purpose directly related to the course learning objectives. Instructors must "take up" offline assignments to reinforce the desired learning outcomes.

Please note that the recommended course times found in the current edition of the Program Guide are based on instructor-led activities, either online or in person. Self-directed activities are not included in the course time allocations.



Do the math. Broaden your base

As they plan for reopening, many aquatic programmers are worried about not having enough qualified staff and Covid may have made things worse.

We analysed our award statistics to find the formula required to produce instructors and lifeguards. If you think of Swim Instructors and National Lifeguards as the top of their respective pyramids, it is clear that without a broader base of Bronze certified candidates, we will continue to suffer staff shortages. This may not be the only cause, but it is something all of us can take action on.

Visit our website for more information on running [Bronze Medallion](#) and [Bronze Cross](#) courses.

$$6 + 5 = 1$$



On average, it takes 6 Bronze Medallion and 5 Bronze Cross candidates to produce 1 new Swim Instructor.

$$3 + 2 = 1$$



On average, it takes 3 Bronze Medallion and 2 Bronze Cross candidates to produce 1 new National Lifeguard.



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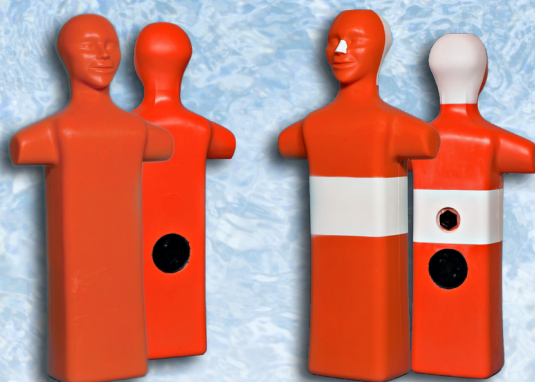
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Lifesaving Society Training and Competition Manikins



Training Manikins

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- Ideal for practicing pick-ups, carries and removals in lifesaving and lifeguard courses.
- Easy to fill and easy to drain (for submerged unconscious victim simulation).
- Built to withstand regular use.
- Require minimal maintenance.
- Made in Canada by the Lifesaving Society.

The Lifesaving Society's Training and Competition manikins enable course participants to practice important lifesaving and sport skills while maintaining physical distancing protocols.

The Competition Manikin is ILS approved for lifesaving sport competition and allows you to control weight and buoyancy.

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