

## Five tips for giving better feedback

Providing useful feedback at the right time and in the right way is an essential task for Lifesaving Society instructors, examiners and trainers.

Effective feedback is designed to improve performance and it should motivate and respect candidates. Importantly, the way you deliver feedback has an impact on its effectiveness.

Consider how you might incorporate these five feedback tips:

- **Focus on what is right.** Point out what aspects of a skill a candidate is performing well. Focusing on candidates' strengths leads to higher levels of improvement vs. feedback that focuses solely on weaknesses.
- **One step at a time.** Deliver feedback in manageable chunks that a candidate can easily digest. Too much feedback at once can confuse or overwhelm candidates, preventing them from translating it into effective action.
- **Prioritize.** Think about what feedback should come first, and what can wait. And always start with safety. If a candidate is performing a skill in a way that may injure themselves or others – intervene. Then, move on to the performance-based feedback that will result in the greatest improvement.
- **Provide feedback in writing.** Ideally, feedback is followed by immediate practice. But this isn't always possible. When this is the case, provide candidates with written feedback. It can then be reviewed ahead of the next session or class, increasing the odds of it being put into practice.
- **Use coaching conversations.** Empower and encourage candidates to take the lead in their own personal assessment and development. Ask them to share their thoughts on how a particular skill or lesson went, then follow up on the points they raise. Remember, learners can be their own worst critics. Guide the conversation to focus on the most important ideas and what went well to help put "what went wrong" in perspective.

For more great strategies on providing feedback, check out the Lifesaving Society's *Instructor Manual*, *Examiner Handbook* and *Trainer Manual*, all available from [LifeguardDepot.com](http://LifeguardDepot.com)



## Save the dates

### Office holiday hours

Happy holidays! The Society's office will close December 24, 2021 through January 4, 2022. We reopen January 5, 2022.

### Join us at our AGM

The Lifesaving Society Newfoundland and Labrador 2022 Annual General Meeting will take place on Saturday, April 30. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend.

Invitations to the AGM will be circulated to members by email. To update your email address, contact the Society's CEO, [Raegan Wiseman](mailto:Raegan.Wiseman@lifesavingnl.ca).

## New guide for online and blended learning

The Lifesaving Society has released the second edition of its [\*Delivery of online and blended learning – A guide for Lifesaving Society affiliates and leadership personnel\*](#). The new edition incorporates all of the Society's learning since the guide's original release in May 2020.

# PRICES AND FEES

Complete 2022 fees and literature prices are posted in [Find a Form](#) on the Society's website.

## 2022 Literature Prices

Canadian Lifesaving Manual	\$45.60
Canadian Lifesaving Manual with Bronze Medallion Workbook	\$47.70
Alert: Lifeguarding in Action	\$45.70
Instructor Manual	\$20.40
Coaching Lifesaving	\$28.95
Examiner Handbook	\$28.95
Trainer Manual	\$28.95
Canadian First Aid Manual	\$14.55
Canadian CPR–HCP Manual	\$11.70
Any single Award Guide	\$20.40
Swim Instructor Pack	\$50.70
Lifesaving Instructor Pack	\$60.70
Combined Swim and Lifesaving Instructor Pack	\$86.20

## 2022 Exam Fees

Canadian Swim Patrol (kits for class of 10)	\$15.85
Safeguard	\$11.00
Bronze Star	\$11.50
Bronze Medallion	\$17.35
Anaphylaxis Rescuer	\$1.50
CPR-A, -B, or -C	\$1.50
Basic First Aid	\$1.50
Airway Management	\$11.00
Automated External Defibrillation	\$11.00
Emergency First Aid (with CPR-B)	\$11.00
Standard First Aid (with CPR-C) or recert	\$21.00
CPR–HCP	\$16.75
Bronze Cross or recert	\$22.00
National Lifeguard or recert	\$35.00
Lifesaving Sport Official	\$16.25
Instructor, Examiner, Instructor Trainer, Coach	\$30.75
Leadership Recert	\$30.75
(Each additional leadership recert at the same time \$9.15 to a maximum of \$60.00)	

Retail prices are the same for all affiliates throughout Newfoundland and Labrador and include free shipping and handling.



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