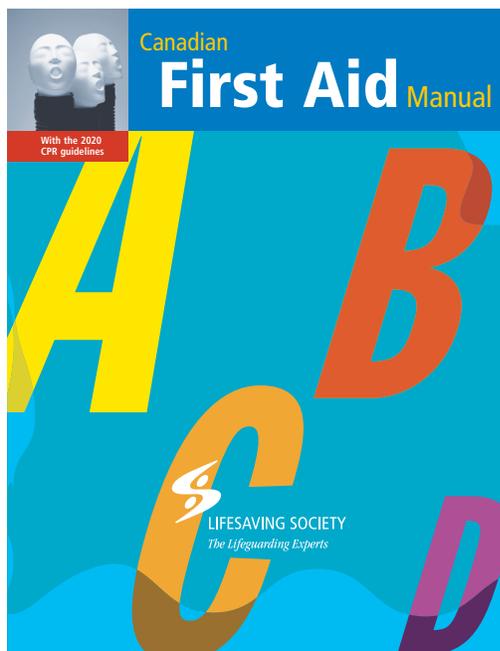


## First aid update

The *Canadian First Aid Manual* has been updated to reflect the 2020 CPR guidelines. Changes are minor:

- An updated Chain of Survival (p. 3) re-emphasizes the importance of early initiation of CPR by lay rescuers. The new “Recovery” link acknowledges the need to support recovery, treatment and rehabilitation for cardiac arrest survivors.
- AVPU assessment terminology to identify level of consciousness appears on p. 20.
- Use of the F.A.S.T. assessment tool (p. 35) for strokes – temporary or not – is reemphasized, and reference to Transient Ischemic Attack (TIA) has been removed.
- A new Dehydration sidebar appears on p. 75.
- A note on evolving terminology relating to the treatment of spinal-injured victims appears on p. 54-55.
- A new appendix on opioid overdoses and naloxone appears on p. 92

[Download and insert the Canadian First Aid Manual UPDATE summary](#) into your existing *Canadian First Aid Manual* or purchase a new copy from [LifeguardDepot](#).



## RESEARCH STUDY LINKS MEDICAL CONDITIONS AND FATAL DROWNINGS

A research study on the link between medical conditions and fatal drownings in Canada was released on May 9, 2022 and published in the Canadian Medical Association Journal. The study reviewed all Canadian unintentional fatal drownings (2007-2016) in the Drowning Prevention Research Centre database. Analysis revealed that one in three people who drowned in Canada had a pre-existing medical condition and in 44% of these cases, the medical condition directly contributed to the drowning. Further, people with heart disease and seizure disorders were at increased risk of drowning compared to the general public.

[Read the complete study.](#)

## Online Swim Transition Instructor Clinic

Red Cross Water Safety Instructors can transition to Lifesaving Society Swim for Life Instructor certification by completing the Society's official online Swim Transition Instructor Clinic – approved by the Lifesaving Society Canada and endorsed by the Canadian Red Cross (CRC).

The self-directed Swim Transition Instructor Clinic provides an orientation to the Society's Swim for Life program. It is designed exclusively for CRC Water Safety Instructors who want to take advantage of the opportunity to transition to Lifesaving Society's Swim for Life Instructor certification.

Register now at [e-lifesaving.ca](https://e-lifesaving.ca)

# Swim Transition

Canadian Red Cross > 2022 > Lifesaving Society

# Become an Examiner Mentor

The Lifesaving Society is seeking experienced examiners who are ready to take the next step in their leadership development to apply for appointment as a volunteer Examiner Mentor. Examiner Mentors are senior Lifesaving Society Examiners appointed by the Society to mentor examiner candidates through their apprenticeship phase and approve them for examiner certifications.

Successful Examiner Mentor applicants have completed a minimum of three exams, possess strong leadership and communication skills, and are keen to coach and support the next generation of Lifesaving Society examiners.

Examiner Mentors:

- Provide effective apprenticeship experiences for examiner candidates including the planning of the exam, summative feedback and evaluation of their performance, and guidance on their professional development as potential Lifesaving Society examiners.
- Act as expert resources to apprenticing examiner candidates in matters related to Lifesaving Society evaluation standards including the values, attitudes and techniques that are expected of an examiner.
- Complete Lifesaving Society administrative requirements in a timely manner including completion of training records for the apprenticing examiner candidate.
- Ensure the smooth conduct of the examination, including final pass or fail decisions as the examiner of record (done in consultation with the examiner candidate).
- Assist in the identification, recruitment and development of potential Lifesaving Society examiners.
- Attend Examiner Mentor workshops and clinics as required.

Those interested in becoming an Examiner Mentor follow a three-step process:

1. Application – Complete the [application form](#) and return it to the Lifesaving Society office.
2. Learning Opportunity – If approved, the Society will be in touch to arrange the learning opportunity.
3. Assessment – After you complete the learning opportunity, the Society will decide whether to appoint you as an Examiner Mentor.

To learn more about being an Examiner Mentor, see Chapter 8 of the *Examiner Handbook*, review the [Examiner Mentor section](#) of our website, or [contact the Society](#).



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## Reminder – Bronze update

The Lifesaving Society officially released a revision of the Bronze medal awards in December 2020. All Society affiliates must adopt the revised Bronze medal awards into their programming by July 1, 2022.

The update improves skill progressions for a seamless flow into National Lifeguard and sets candidates up for success as they move through the Society's lifesaving, assistant lifeguard and lifeguard continuum.

If you have questions or concerns, [contact the Society](#)

## Fun fact – Endurance Challenge

Lifesavers and lifeguards require aerobic fitness and endurance to successfully perform rescues. Candidates' aerobic fitness and endurance is evaluated in lifesaving and lifeguarding courses during the Endurance Challenge item, which consists of a 400 m swim that must be completed within 12 minutes (Bronze Medallion); 11 minutes (Bronze Cross) and; 10 minutes (National Lifeguard pool).

The time standard is based on the Cooper Swim Test – an aerobic swimming fitness test in which participants attempt to cover as much distance as possible in 12 minutes. The test was adapted for a distance of 400 m and pilot tested to confirm the minimum time standards would satisfy the performance requirements for each certification.

Head over to the [Lifeguarding](#) and [Lifesaving](#) sections of the Society's website to learn more about each certification.



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