

## National Lifeguard update

The Lifesaving Society has updated the National Lifeguard program following a review to ensure its curriculum and performance standards remain current, relevant and grounded in the competencies required by lifeguards.



The National Lifeguard program review took into account:

- Demonstrated need and research evidence
- Consistency with regulations across Canada
- Alignment with international standards and best practices where applicable
- Lifesaving Society values



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- Lifesaving Society values

The National Lifeguard program update also considered the 2022 revisions to the Society's Bronze medal awards. One of the main drivers of the Bronze revisions was to improve skill progressions and enhance the assistant lifeguard content in Bronze Cross – a National Lifeguard prerequisite. The updated National Lifeguard curriculum acknowledges and builds on those Bronze Cross competencies to provide a logical and smooth flow into National Lifeguard training.

**Key changes**

The updated National Lifeguard program contains improvements to test item descriptions, practice scenarios, Mark Scales and notes. Some items have been replaced or combined, and a few have been added.

**Single Lifeguard and team situations:** In Pool and Waterfront options, rescuers will first attempt rescue procedures in isolation. Independent evaluation of the appropriate rescue response is required. Rescuers are required to demonstrate 'mastery' of this fundamental lifeguard competency, which is particularly important in single lifeguard situations.

**Minimum physical standard items:** All physical standard items have measurable time, distance and weight requirements. Items items in which candidates carried a victim have been revised; requirements of standard items will focus on the 'carry' (the 'carry' and 'transport' items). 'Rescue and carry' items will still have the requirement. The physical components of the 'transport and carry' (Pool and Waterfront) and 'victim carry' (Waterfront and Surf) items have been eliminated in the recognition of a minimum of training victim items.

**Water management items:** Candidates may choose their own victim in the simulated drowning, non-drowning and spinal injury victim items. The decrease in drowning victim time in artificial and natural water and spinal injury victim items now include breathing and non-breathing victims.

**Additional:**

- New items have been introduced: Inclusion scenes (Observation and Surf), Spine (Waterfront and Waterfront) and Observation and Management of an Injured Victim (Waterfront).
- Some items have been changed but their Mark Scales have been updated or refined for accuracy, clarity and consistency.
- Knowledge of the Society's lifeguard rules and codes is required in supporting theory and practice (Pool and Waterfront). Use of this equipment is not a requirement.
- The minimum physical standard items requirements items in new a Mark Scale requirement in positioning and resuscitation items.
- Updates to all test and assessment items have additional and more updates to ensure consistency with Canadian standards and current ECOP guidelines.

National Lifeguard Update v.10.001 | 1

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Cross competencies to provide a logical and smooth flow into National Lifeguard training.

Read the [National Lifeguard Update](#) communique to learn about all the details.

*Continued on page 2.*

## Her Majesty Queen Elizabeth II

Patron of the Royal Life Saving Society  
April 1926 – September 2022



*Her Majesty held several Society awards and was the first young person in the Commonwealth to achieve the Society's Junior Respiration Award.*

— ❦ —

The Royal Life Saving Society Canada extends its sincere condolences to the Royal Family on the death of Her Majesty Queen Elizabeth II. Her Majesty served as Patron of the Commonwealth Royal Life Saving Society over eight decades of extraordinary and selfless volunteer service. Lifesaving Society Canada members thank her for her unwavering interest in the success of the Society, her staunch support of its humanitarian work, and her generosity in hosting many 'Royal Lifers' at Buckingham Palace. Rest in peace.

# National Lifeguard update

Highlights include:

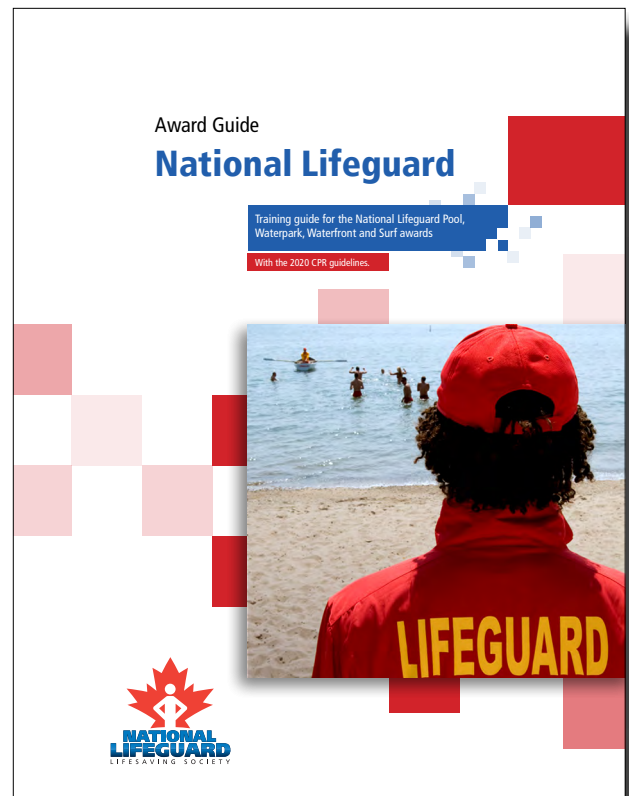
- Changes to single-lifeguard and team situations
- A new Rescue Aid Proficiency item
- Measurable time, distance and weight requirements for physical standard items
- Changes to victim management items

There are no changes to prerequisites nor are there changes to the any time standards for physical items.

## What National Lifeguard instructors, examiners and trainers need to do:

1. [Contact the Society](#) to register for a National Lifeguard Update Clinic. The clinic is mandatory before you teach the updated program and is worth 3 credits toward your leadership recertification.
2. Purchase and carefully study the updated *National Lifeguard Award Guide*. You should start by reading the "Note to National Lifeguard instructors".
3. Examiners should consult the *National Lifeguard Recertifications Notes for Examiners* posted on the Society's website.
4. Everyone should consult the updated (November 2022) National Lifeguard Exam policy and National Lifeguard Equipment List.
5. Download the 2022 National Lifeguard original and recertification test sheets from [Find a Form](#) as needed. (The 2012 test sheets will be available only until December 31, 2023.)

For more information, [contact the Society](#).



## Where do I get the new resources?

Order the updated *National Lifeguard Award Guide* by emailing [info@lifesavingnl.ca](mailto:info@lifesavingnl.ca)

Download the new test sheets for full courses and recertification courses from the Society's website in [Find a Form](#).

Download the *National Lifeguard Recertifications: Notes for Examiners* from the National Lifeguard Examiner page of the Society's website.

Review the updated [National Lifeguard Exam policy](#), and the [National Lifeguard equipment list](#) on the Society's website.

<p><b>NATIONAL LIFEGUARD</b> LIFESAVING SOCIETY</p> <p><b>Pool</b> Revised 2022</p> <p><i>This test sheet is for original exam candidates only.</i> Side 1: Please record each candidate's name and contact information accurately.</p>		<p><b>NATIONAL LIFEGUARD</b> LIFESAVING SOCIETY</p> <p><b>Pool Recertification</b> Revised 2022</p> <p><i>This test sheet is for recertification exam candidates only.</i> Side 1: Please record each candidate's name and contact information accurately.</p>		Prerequisites checked 6B Object recovery 6C Sprint challenge R	
1	2	1	2	3	4
Last name	First name	Last name	First name	Prerequisites	National Lifeguard Pool
Address	City	Address	City	Date earned	
Phone		Phone			

# Swim Transition

Canadian Red Cross > 2022 > Lifesaving Society  
**Last call**

The Canadian Red Cross is winding down its swim and lifeguarding programming. The transition pathways for Canadian Red Cross individual certification holders end **December 31, 2022**. Act now to join the thousands who have successfully transitioned to the Lifesaving Society's programs:

## Red Cross certification holders:

NEW – Transfer your Canadian Red Cross certifications to the Lifesaving Society electronically via [e-lifesaving.ca/transition](https://e-lifesaving.ca/transition).

Register for the official Swim Transition Instructor Clinic at [e-lifesaving.ca](https://e-lifesaving.ca) – approved by the Lifesaving Society Canada and endorsed by the Canadian Red Cross.

Follow the links below to learn more about your specific transition pathway(s)

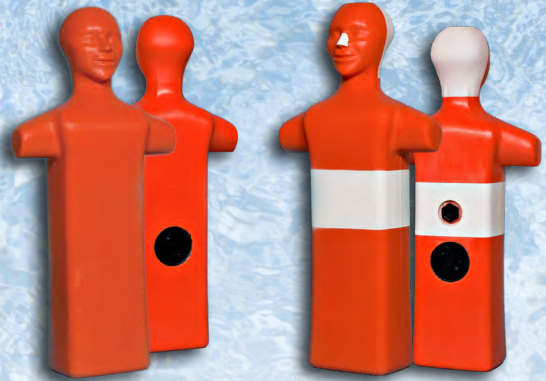
- [Water Safety Instructors](#)
- [Water Safety Instructor Trainers](#) who hold a Lifesaving Society Trainer certification
- [Water Safety Instructor Trainers](#) who do not hold Lifesaving Society Trainer certification
- Assistant Lifeguard or Lifeguard: [email us](#)

If you are still not sure what to do, or have more questions, [email us](#). We'll ensure that you have all of the information you need for a confident and successful transition.

## GIVING TUESDAY

Giving Tuesday brings people together to celebrate generosity and share kindness. This November 29, 2022, we invite you to join this celebration by [offering your support](#) to the Lifesaving Society in our efforts to prevent drowning and water-related injury.

## Lifesaving Society Training and Competition Manikins



**Training Manikins**  
\$231.83 each or 10 for \$197.05 per unit.  
Product code: 42.1185.00

**Competition Manikins**  
\$394.75 each or 10 for \$335.54 per unit.  
Product code: 42.1183.00

- 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.

**Order online from LifeguardDepot.com, call 1-844-647-7033 or email orders@lifeguarding.com. Free standard shipping within Canada. Some exclusions apply.**

**Lifeguard Depot.com®**

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.

# Updated First Aid Award Guide

Attention First Aid Instructors and Examiners – the *First Aid Award Guide*, updated for consistency with the 2020 CPR guidelines, is now available at [LifeguardDepot.com](http://LifeguardDepot.com). The updates are minor.

Changes at-a-glance:

- A note regarding AVPU assessment terminology is added to page 14.
- The use of the F.A.S.T. assessment tool for strokes – temporary or not – is reemphasized, and reference to Transient Ischemic Attack (TIA) is deleted from EFA Item 11d.
- Dehydration is now included in SFA Item 3.
- The term “Victim immobilization” is replaced with “Spinal movement restricted” in SFA Item 2.
- An additional note regarding recognition and treatment of opioid overdoses in SFA is added to Item 9.
- Airway Management has a new Item 7: Bag-Valve-Mask. The item is identical to the HCP-CPR Item 7: Bag-valve-mask (same item, purpose and Must Sees).

No need to purchase a new *First Aid Award Guide*. [Download the updated information](#) and insert it into your existing *First Aid Award Guide*. As the changes are minor, there is no exchange program for *First Aid Award Guides* with the 2015 CPR guidelines.



**RICCIONE 2022 Lifesaving WORLD CHAMPIONSHIPS**

**Lifeguard Depot.com®**

Good luck team Canada!

LifeguardDepot.com avidly supports high performance sport in Canada and is proud to supply and outfit Canada's National team participating at the 2022 Lifesaving World Championships in Riccione, Italy September 18 to 23.

Good luck to athletes, support staff and officials representing Canada at the Championships.