

# Currents

Newfoundland Labrador

June 2025

## Test sheet Must Sees

There's no award guide for filling out test sheets, but we've compiled a list of Must Sees to make sure your test sheets are top-notch.

### Before the course:

- Make sure all the awards you need for the course are current, or recertify well in advance. If you're ready to recertify your leadership awards – here's how!  
Use [Find a Member](#) to check candidate prerequisites on the first day of the course. For courses with age requirements, use valid identification to confirm each candidate's age. Remember – we can't process any awards without the required prerequisites. Multiple awards earned simultaneously are deemed to be earned in the correct order.

### After the course:

- Complete and submit your test sheets right away. We process them in the order received, so the longer you take to send them in, the longer your candidates have to wait for their permanent cards.
- Visit [Find a Form](#) to get the correct test sheet for the course. Pro tip: Use our fillable test sheets. Handwritten, scanned, or faxed test sheets can be hard to read, causing processing errors.
- Complete every page of the test sheet fully (yes, even repeated information like signatures). Checking "same as instructor" is not an acceptable substitute.
- Confirm all candidate information is complete before you submit. Missing or incorrect information leads to our staff playing sleuth and slows down processing. Pay particular attention to:
  - Date of birth – this allows us to verify age prerequisites and serves as a backup search method in our database.
  - Candidate contact information – ensures certification cards are delivered to candidates. A phone number and email address allow us to contact a candidate if their mail is returned.



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The Lifeguarding Experts

- Lifesaving Society ID# – helps us identify the right "John Smith" in our system and prevents duplicate records for the same candidate.

## We're here to help

Missing an ID number? Can't find the form you need?  
Reach out to Raegan Wiseman at  
[raeganw@lifesavingnl.ca](mailto:raeganw@lifesavingnl.ca)

**Perfect!**

**Bronze Medallion**  
(Revised 2020)  
This test sheet for original exam candidates only.  
Side 1: Please record each candidate's name, and contact information accurately.

Candidate	Name	Address	City	Postal Code	Phone	Email	Date of Birth	Prerequisites	13 years old	OR	Bronze Star	Date earned	Location
1	Jean-Luc Picard	1716 Mountain Rd	Moncton	E1C 1H6	555 555 5555		05/07						
2	William T. Riker	1521 chemin Saint-Ignace	Shediac	E0A 3G0	555 555 5555		12/12						
3	Deanna Troi	1521 chemin Saint-Ignace	Shediac	E0A 3G0	555 555 5555		03/29						
4	Worf, son of Mogh	3920 chemin Saint-Ignace	Woodstock	E0J 2B0	555 555 5555		01/08						
5	Geordi La Forge	2059 Prince William	Saint John	E2L 4V1	555 555 5555		02/16						
6	Wesley Crusher	688 Mountain Rd	Moncton	E1C 1H6	555 555 5555		05/15						

☐ Check box if there are more candidates on the reverse side of this page. ☒ Satisfactory Performance ☐ X - Fail

Total Pass for Exam: 5 Total Fail for Exam: 1

**Instructor Information**  
Instructor's name: Miles O'Brien  
E-mail address: miles@starfleet.com  
Telephone: 555 555 5555  
Signature: [Signature]

**Individual who examined the candidates**  
Examiner's name: Miles O'Brien  
E-mail address: miles@starfleet.com  
Telephone: 555 555 5555  
Signature: [Signature]

**Individual who apprenticed on the exam**  
Apprentice's name: [Blank]  
Signature: [Blank]

**Exam Information**  
Exam date: 62-08-16  
Facility name (e.g., name of pool): Enterprise  
Telephone: 555 555 5555

## Support drowning prevention in Newfoundland and Labrador

The Lifesaving Society Newfoundland and Labrador is a registered charity that relies on the generous donation of time and money from its volunteers and donors. Those who donate \$25 or more receive a tax receipt and have their name published in the Society's Annual Report.

Support drowning prevention in Newfoundland and Labrador by [donating today](#).



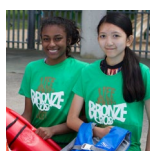
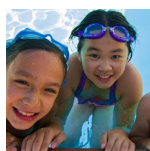
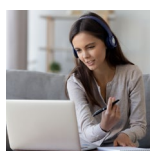
## The latest edition

Early this year, we finished a complete overhaul of our *Program Guide*. In this edition, we've made our *Program Guide* available exclusively online, improving its accessibility and functionality for all. Throughout, you'll find bookmarked text, (allowing you to quickly jump to specific sections or pages), hyperlinks to our website for detailed information and improved usability for our members with accessibility needs. To view or download our 2025 *Program Guide*, visit [our website](#).

## Program Guide



Guide to Lifesaving Society programs and services



Lifesaving Society  
11 Austin Street  
PO Box 8065, Station "A"  
St. John's, Newfoundland  
A1B 3M9

Tel.: 709-576-1953  
Fax: 709-221-1475  
info@lifesavingnl.ca  
www.lifesavingnl.ca  
www.lifeguarddepot.com  
www.findamember.ca

NEWFOUNDLAND AND LABRADOR  
2025 EDITION

## Safety supervision tips

For lifeguards and swim instructors, safety supervision is one of the most important aspects of the role. Swim season is ramping up again, so more people of all ages will be enjoying fun in the sun at pools and beaches. Whether this is your first time teaching or lifeguarding or you're a returning professional, remember these tips to help keep swimmers safe:

### While Teaching:

1. Always be the first person in the water and the last person out at the end of the lesson.
2. When swimming lengths, never send your students off to the deep end. Instead, position yourself in the deeper water and ask your students to swim towards you.
3. Never turn your back to your students; your eyes should constantly be scanning all your students.
4. Stay focused! You want your students to have fun and learn, but ultimately you want them to be safe in and around the water.

### While Guarding:

1. Know the zones for your facility and scan your entire area, including the surface, middle and bottom.
2. Watch for glare. If glare prevents a clear view of your zone, reposition yourself or request support from your team to maintain full visibility.
3. Be aware of and address blind spots or other obstructions (e.g., floating objects, crowded areas) that might prevent you from being able to see your entire zone.
4. Proactively manage swimmer safety by recognizing early warning signs of trouble (e.g., fatigue, hyperventilation, unsafe behavior). Ensure caregiver ratios are enforced and swimmer identification systems (like wristbands) are used.
5. When lifeguarding outdoors, take care of yourself: stay hydrated, wear sun protection like a hat and sunscreen, and cool off during breaks when appropriate.
6. Always be rescue-ready! Stay in a position where you can respond instantly. Keep rescue equipment within arm's reach and avoid distractions.

Here's to a safe and successful summer!

## Suit up for summer safety

Summer is almost here, and that means the water is calling! While we know you and your family can't wait to dive in, remember: safety first. Here are some quick tips to help you choose the right lifejacket.

1. Look for the stamp of approval
  - Lifejackets in Canada must be approved by Transport Canada, Fisheries and Oceans Canada or the Canadian Coast Guard. Look at the printed information on the inside of the lifejacket to confirm it is approved for use in Canada.
2. Give it a once-over
  - Lifejackets must be in good working order. Look for warning signs of damage, including rips and missing or broken straps and buckles. If any signs of wear and tear appear, do **not** use it. Find an appropriate replacement.
3. Try it on for size
  - Before donning your lifejacket, check the inside label to see the minimum and maximum weight it is designed for. To keep you safely afloat, you need just the right amount of flotation, not too much, not too little.
4. Zip, clip, tighten
  - Be sure to use ALL buckles and zippers and tighten the straps around your body. A snug fit will prevent the lifejacket from riding up over your head or falling off in the water. Don't forget to buckle up crotch or leg straps, if included. They're there for a reason!

### 5. Stretch and pull!

- Raise your arms above your head. If the lifejacket comes above your ears, it's too big. If the zippers or buckles do not close, it's too small.

### 6. Shine bright!

- The best colour options for your lifejacket are red, yellow or orange and have a reflector band. These colours are the easiest to spot, especially in low light.

## Choose it. Use it.

Choose your next lifejacket from a wide selection of approved options for all ages and activities at [LifeguardDepot.com](http://LifeguardDepot.com). Remember: lifejackets won't work if you don't wear them.

**July 20-26, 2025**

## National Drowning Prevention Week

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This innovative new inflatable board is compact enough to fit in a backpack, yet strong enough to withstand any challenge in the water.

**Save lives, save space, save money.**

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Depot.com®**

