

Currents

Newfoundland Labrador – June 2026



LIFESAVING SOCIETY®
The Lifeguarding Experts

National Drowning Prevention Week Challenge

National Drowning Prevention Week 2026 begins July 19 and closes on World Drowning Prevention Day - July 25.

Public education and awareness initiatives are significantly beneficial to our cause. The Lifesaving Society flag represents not only the Lifeguarding Experts, but serves as a reminder and even an initiator of water smart practices and behaviours, therefor furthering our mission to reduce drowning and water-related incidents across Canada and around the world.

This year, we present a challenge:

We're aiming to make an even bigger impact by increasing visibility across the province - and we need your help!

"How can I get involved?":

- Contact your town or city hall and inquire about hosting a flag raising
- Organize a Water Smart® activity at your facility
- Contact your municipality and inquire about illuminating a local landmark in blue
- Wear blue to show your support!

Share Your Impact!

However you contribute to the lifesaving cause, be sure to get pictures and videos of your activities to help spread awareness!

If you'd like to be featured on our socials in celebration of your efforts, send us your media at info@lifesavingnl.ca!

The mission to prevent drowning in Newfoundland and Labrador, Canada and around the world is a big feat. Together, we can raise awareness, inspire action, and help prevent drowning, one stroke at a time!

July 19-25, 2026

National Drowning Prevention Week

LIFESAVING SOCIETY

red rescue

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All about Course Materials

Course materials and required references are the basis of any standard class or instruction. Swimming and Lifesaving courses are no exception. Whether you're a student or an instructor, you always need a book to go by and to have on hand to ensure up-to-date standards are met. The Lifesaving Society offers manuals, workbooks, award guides and more course materials and resources, but how do you know what you specifically need?

The most efficient way to learn about the required references for your specific course is to consult our *Program Guide*. In the guide, you can find the number of hours your course should be or how many candidates you can have in a given class per certified (and current) instructor. Under each course heading, you'll find a subheading that reads "Required References." This is the list of the reference materials your candidates are *required* to have.

- Running a First Aid course? You need the *Canadian First Aid Manual*
- Running a Bronze course? You need the *Canadian Lifesaving Manual*

We also recommend that you pick up the workbook relevant to your course as well.

Instructors are responsible for maintaining their own current and complete set of reference materials. Instructors should receive their required course materials upon certification, but if you've lost your books or they've become worn or out of date, the *Program Guide* is still an invaluable reference. For example:

- If you have a Bronze Medallion course coming up and you aren't sure who teaches the course, you can find that it needs to be taught by a current Lifesaving Instructor under the subheading *Instruction and Certification*.

Wondering what literature a Lifesaving Instructor needs? Find *Lifesaving Instructor* in the *Program Guide* and, under its *Required References*, you'll find any books that a Lifesaving Instructor is required to have.

Sometimes it's more than just literary material that a course requires. This will vary by course, but you'll want to locate the *Required Equipment* subheading, should it appear. It will outline the unique equipment required for your course; things like weights, buoyant aids and other sorts of aquatic equipment. You can find any needed equipment at www.lifeguarddepot.com.

Wondering about resource prices? The Lifesaving Society has a reliable price list published on our website that outlines the costs of all books for the various courses and programs on offer. You can browse our price list [here](#).

Finally, to order course materials, all you have to do is email info@lifesavingnl.ca listing the materials you need.

We wish you the best on your lifesaving journey!

SUPPORT DROWNING PREVENTION IN NEWFOUNDLAND AND LABRADOR.

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

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

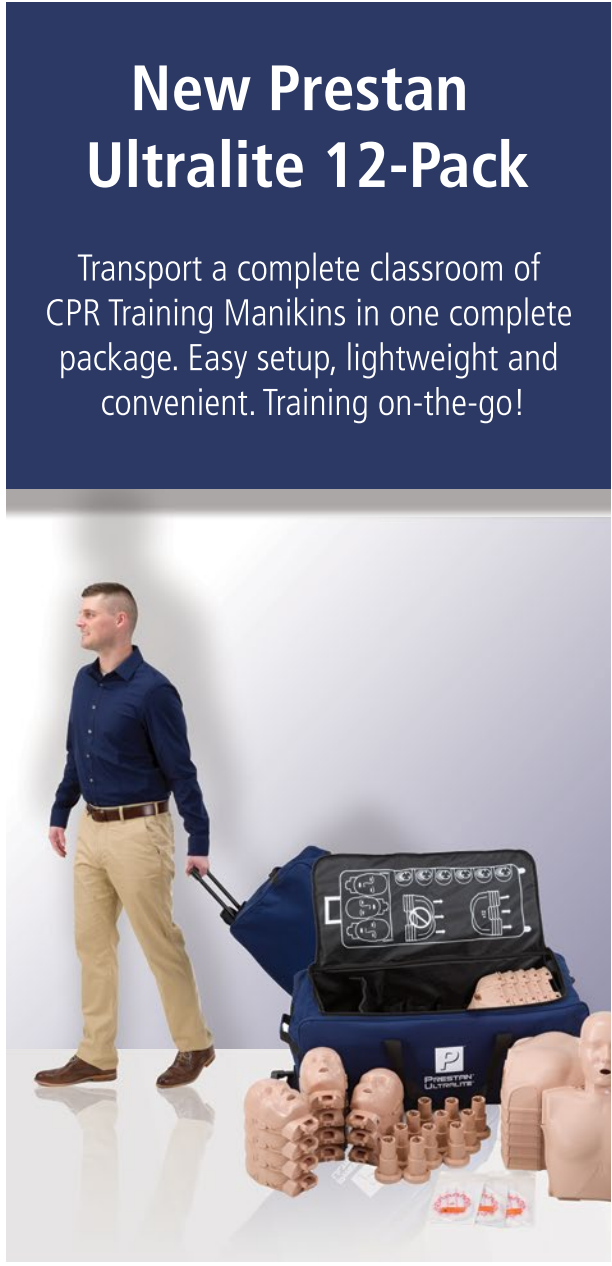


How to Improve your Swim Time

Are you a lifeguard or a National Lifeguard candidate preparing for the 400 metre endurance challenge? Here are some tips to help you improve your aerobic endurance, increase your fitness and swim at a quicker pace:

1. **Consistent training:** Make sure to train regularly. Aim for at least three to four swim sessions per week. 
2. **Mix up your routine:** Incorporate different styles such as front crawl, back crawl, and breaststroke to work on different muscle groups. 
3. **Set goals:** Have a clear goal in mind, like improving your time by 10 seconds each week. 
4. **Interval training:** Practice swimming fast for a set distance, then take it easy for a bit to recover. 
5. **Focus on technique:** Good form is key to swimming efficiently. Get feedback from another lifeguard or instructor, coach or another experienced swimmer. 
6. **Strength training:** Use exercises like squats, lunges, and core workouts to build muscle strength. 
7. **Proper nutrition:** Fuel your body with healthy foods and stay hydrated. 
8. **Rest and recovery:** Your body needs time to recover and get stronger. Don't forget to rest. 
9. **Monitor your progress:** Keep track of your times and progress. This will help you stay motivated. 
10. **Celebrate all wins:** Keep a positive mindset. Whether you shaved 10 seconds or 1 minute, celebrate each win! 

Maintaining fitness and completing the 400 metre endurance challenge is a process, not just a swim test for the sake of it. Lifeguards need to be ready for action.



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**Lifeguard
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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.

The Importance of Prerequisites

All Lifesaving Society award holders know that a lot of money and time go into taking courses. So, imagine spending your weekend in a classroom or pool only to find out weeks later that you can't be certified and have to do it all over again.

Pre = prefix: in front of, before, earlier than, prior to

Requisite = adj: essential, necessary

Many Lifesaving Society awards require prerequisites be in place before starting the course. The prerequisite may be another award or a minimum age. Everyone is responsible for following Society policies to prevent unnecessary, negative public relations that result when candidates are not certified after participating in a course.

Remember:

- Prerequisite awards need not be current.
- Prerequisite awards must be earned prior to the start date of the course to which they apply.
- When two or more awards are offered together (e.g., Emergency First Aid and Bronze Cross), the Society deems the prerequisite award to have been earned in the correct order.
- Minimum age requirements must be attained by the last day of the course or the day of the exam.
- Proof of prerequisites must be in the form of official Lifesaving Society award card or Find a Member result. A completed test sheet **does not** automatically mean a candidate is certified just as proof of registration in a prerequisite course isn't proof of certification.

Affiliates:

- Put procedures in place to ensure that all candidates prove they hold the proper prerequisites prior to the start of each course.
- Checking prerequisites is a 3-tier process. It should be confirmed:
 - At registration
 - By the instructor on day one
 - By the examiner prior to the start of the exam

This helps filter through candidates and check for errors. It also means that the affiliate's advertising/registration desk is the first set of eyes to check for people who don't have the prerequisites.

- Include a list of the required prerequisites in your program brochure and refer registrants to it.
- Do not allow candidates to register if they cannot prove prerequisites.

Instructors:

- Check candidate prerequisites on the first day of the course.
- Photocopy the prerequisites for the examiner.
- Follow your employer's policies for registration fee credit or refund for candidates who cannot prove prerequisites.
- Explain to parents and candidates that continuing with the course will result in no certification.
- Include a copy of recognized Other-Agency First Aid prerequisite awards with your test sheets.

Examiners:

- Check candidate prerequisites (photocopied proof provided by the instructor is sufficient).
- Explain to parents and candidates that the candidate cannot be certified without proof of prerequisites.
- Follow affiliate policies on removal of candidates from the exam.
- Candidates who cannot prove prerequisites must be marked incomplete.

Candidates:

- Learn your Lifesaving Society Member ID number. Your Member ID can be used to access your awards record via [Find a Member](#).