

Currents

Newfoundland Labrador

December 2023



National Lifeguard update

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

Affiliates have until December 31, 2023 to implement the updated program. If you require support, please [contact the Society](#)

Here's what's new for National Lifeguard Pool recertifications

- **Single Lifeguard situation:** In addition to team situations, lifeguards will need to respond as a single lifeguard to a situation in a supervised aquatic setting with one auxiliary staff member.
- **Scanning and observation:** Previously covered as part of lifeguarding situations, the ability to demonstrate effective lifeguard scanning techniques and observational skills is now a standalone evaluation item.
- **Victim management:** Lifeguards will be asked to perform the Management of a distressed or drowning victim item twice; once with aid and once without an aid.
- **Sprint challenge:** Lifeguards now perform this physical standard using any combination of recognizable strokes. Lifeguards are no longer required to swim "head-up".

You can review all National Lifeguard test items evaluated in National Lifeguard Pool and National Lifeguard Waterfront under [Find a Form](#) on the Society's [website](#). Only items marked with a (†) symbol are evaluated on a National Lifeguard recertification examination.

Four tips for your next recert

1. **Hit the water:** It takes time to improve your aerobic and anaerobic fitness in water – and you'll need both to pass your National Lifeguard recertification. Be sure to check where your fitness stands well in advance of your recertification date to give you the time to improve if need be.
2. **Hit the books:** Standards evolve over time. Make sure you're up to speed on them before you attend your recert. First aid and CPR standards are regularly improved, and the Society recently updated its National Lifeguard program. Visit the Society's [website](#) to read up on program updates and any changes to National Lifeguard candidate resources: *Alert: Lifeguarding in action* and the *Canadian First Aid Manual*.
3. **Polish your skills:** If you aren't feeling confident, consider contacting your local pool for some practical practice. Some pools may offer private or small group sessions for the purpose of preparing candidates for the National Lifeguard recertification.
4. **Ask the experts:** Aren't sure about something? Just ask. Send us an [email](#) or call (709) 576-1953.

Office holiday hours

Happy holidays! The Lifesaving Society's office will close December 21, 2023 through January 2, 2024. We will check voicemail and email periodically.

If you require any course materials before the holiday closure, please place your order by **end of day Monday, December 18.**

We reopen January 3, 2024.

July 21-27, 2024

National Drowning Prevention Week

LIFESAVING SOCIETY

2024/2025 PRICES AND FEES

To allow for better planning and budgeting by Affiliate Members, the Society announces prices and fees one year in advance. The complete list of 2024 and 2025 fees and literature prices are posted in [Find a Form](#) on the Society's website.

Affiliates will be sent their annual affiliate fee and swim license renewals in the new year. Affiliate fee and swim license prices can be found on the detailed price list linked above.

2024/2025 Literature Prices

Canadian Lifesaving Manual	\$50.00
Canadian Lifesaving Manual with Medallion Workbook	\$52.00
Bronze Medallion Workbook	\$7.75
Bronze Cross Workbook	\$7.75
Alert: Lifeguarding in Action	\$50.00
Coaching Lifesaving	\$35.00
Examiner Handbook	\$38.50
Instructor Manual	\$27.50
Trainer Manual	\$38.50
Canadian First Aid Manual	\$17.00
Canadian CPR-HCP Manual	\$12.80
Any single Award Guide	\$27.50
Swim Instructor Pack	\$66.00

Lifesaving Instructor Pack	\$81.75
Combined Pack – Swim and Lifesaving Instructor	\$99.00

2024/2025 Exam Fees

Canadian Swim Patrol (kits for class of 10)	\$17.45
Safeguard	\$15.00
Bronze Star	\$15.00
Bronze Medallion	\$27.50

Airway Management	\$15.00
Emergency First Aid (with CPR B)	\$15.00
Workplace Standard First Aid (with CPR-C)	\$25.00
CPR-HCP	\$16.75

Bronze Cross or recert	\$27.50
National Lifeguard or recert	\$44.00
Lifesaving Sport Official	\$20.00
Instructor, Examiner, Instructor Trainer, Coach	\$37.50
Leadership Recert	\$37.50
(Each additional leadership recert at the same time \$32.50 to a maximum of \$85.00)	

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

Send us your 2024 courses

A friendly reminder to affiliates:

If you send us your 2024 scheduled courses, we will add them to [Find a Course](#) on the Society's website. Send us your course dates, so we can send you more candidates!

Join us at our AGM

The Lifesaving Society Newfoundland Annual General Meeting will be hosted by the City of Saint John's, May 25, 2024. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend. Invitations to the AGM will circulate to members by email. To update your email address, contact the Lifesaving Society at info@lifesavingnl.ca.

ST. JOHN'S



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