

Currents

Newfoundland Labrador

December 2022



LIFESAVING SOCIETY
The Lifeguarding Experts

National Lifeguard Update

As previously advised in the September issue of Currents, the 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.

As soon as their instructors are updated, Affiliates may implement the updated National Lifeguard program at their convenience (but no later than December 31, 2023).

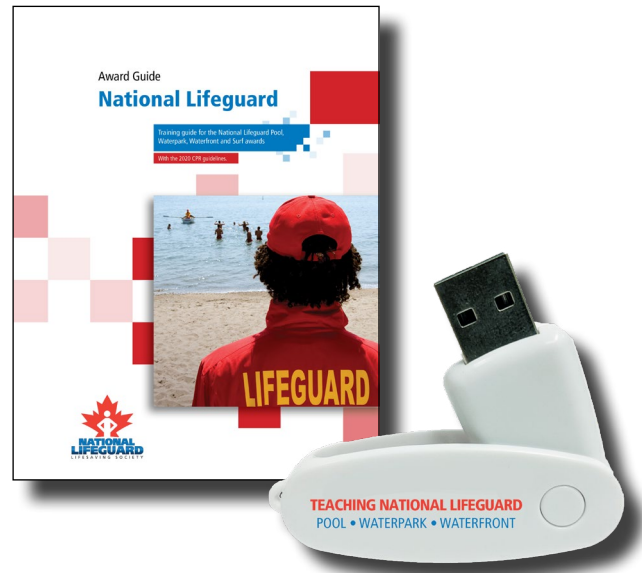
Implementation details are featured in the [National Lifeguard Update](#) and in the [Lifeguarding](#) section of our website.

Get the new resources

To teach or examine the updated National Lifeguard program, you need the updated [National Lifeguard Award Guide](#) with updated test requirements and evaluation standards for all National Lifeguard options.

[Teaching National Lifeguard USB](#) features 216 pages of course outlines and detailed lesson plans for National Lifeguard Pool, Waterpark and Waterfront courses.

Questions? [Contact the Society.](#)



Send us your 2023 courses

Affiliates – have you finished scheduling your 2023 winter courses? Submit them to the Society and we'll add them to [Find a Course](#). As soon as you have courses open to the public, send them us, so we can send candidates to you.

Give us a call or send us an [email](#).

Office holiday hours

Happy Holidays! The Lifesaving Society's office will close December 22, 2022 through January 3, 2023. 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 19.**

We reopen January 4, 2023.

<p>Pool Revised 2022 This test sheet is for original exam candidates only.</p>		ifth lifeguarding theory & practice pool facility analysis rescue aid proficiency rescue and removals rescue drill in-water swim object recovery sprint challenge endurance challenge lifeguard communication positioning & rotation																	
Side 1: Please rec name and contact 1 Last name First name Address City E-mail Phone 2 Last name First name Address		<p>Pool Recertification Revised 2022 This test sheet is for recertification exam candidates only. Side 1: Please record each candidate's name and contact information accurately.</p> <table border="1"> <tr> <th>Gender</th> <th>Date of birth</th> <th>Prerequisites checked</th> <th>Object recovery</th> <th>Sprint challenge</th> <th>Endurance challenge</th> <th>Swimming & observation</th> <th>Mark</th> </tr> <tr> <td></td> <td></td> <td></td> <td>6b</td> <td>6c</td> <td>6d</td> <td>8b</td> <td>11</td> </tr> </table>		Gender	Date of birth	Prerequisites checked	Object recovery	Sprint challenge	Endurance challenge	Swimming & observation	Mark				6b	6c	6d	8b	11
Gender	Date of birth	Prerequisites checked	Object recovery	Sprint challenge	Endurance challenge	Swimming & observation	Mark												
			6b	6c	6d	8b	11												
1 Last name First name Address City E-mail Phone		Prerequisites National Lifeguard Pool Date earned: _____																	
2 Last name First name Address																			

PRICES AND FEES

Complete 2023 fees and literature prices are posted in [Find a Form](#) on the Society's website.

2023 Literature Prices

Canadian Lifesaving Manual	\$48.00
Canadian Lifesaving Manual with Bronze Medallion Workbook	\$50.50
Alert: Lifeguarding in Action	\$48.00
Canadian First Aid Manual	\$17.00
Canadian CPR–HCP Manual	\$12.80
Instructor Manual	\$25.00
Coaching Lifesaving	\$35.00
Examiner Handbook	\$35.00
Trainer Manual	\$35.00
Any single Award Guide	\$25.00
Swim Instructor Pack	\$60.00
Lifesaving Instructor Pack	\$74.25
Combined Pack – Swim and Lifesaving Instructor	\$94.85
Bronze Medallion Workbook	\$7.00
Bronze Cross Workbook	\$7.00

2023 Exam Fees

Canadian Swim Patrol (kits for class of 10)	\$17.45
Safeguard	\$15.00
Bronze Star	\$15.00
Bronze Medallion	\$20.00
Airway Management	\$15.00
Emergency First Aid with CPR-B	\$15.00
Standard First Aid with CPR-C	\$25.00
CPR–HCP	\$15.00
Bronze Cross or recert	\$25.00
National Lifeguard or recert	\$40.00
Lifesaving Sport Official Instructor, Examiner, Instructor Trainer, Coach	\$35.00
Leadership Recert	\$35.00
(Each additional leadership recert at the same time \$25.00 to a maximum of \$75.00)	

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



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