

Islander

Prince Edward Island

July 2022



LIFESAVING SOCIETY
The Lifeguarding Experts

New Program Guide now available

The 2021 edition of the Lifesaving Society *Program Guide* provides the most up-to-date information on the Society's programs and services. The *Program Guide* is the repository of the "rules" within which Instructors, Examiners, Coaches, Trainers and Affiliate Members offer Lifesaving Society programs.

The newest edition identifies certifications that can be delivered virtually and includes updated policies and definitions; Bronze medal award descriptions; updated prerequisites (including the ever-popular *Prerequisites-at-a-glance* located on the inside back cover), and more.

We encourage you to refer to the *Program Guide* often to ensure that you are giving out the correct information. And, as always, we invite your feedback on how to improve the next edition.

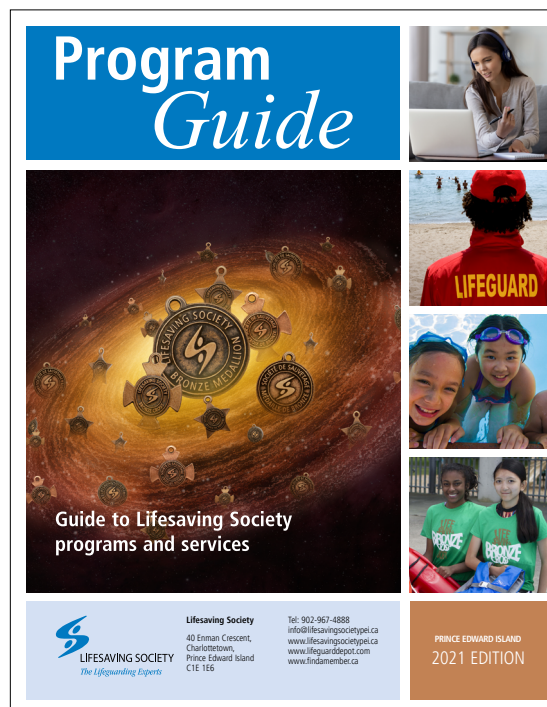
Download your free copy of the [Program Guide](#) from our website.

Reminder - Bronze update

The Lifesaving Society officially released a revision of the Bronze medal awards in December 2020. All Society affiliates must have adopted the revised Bronze medal awards into their programming on July 1, 2022.

The update improves skill progressions for a seamless flow into National Lifeguard and sets candidates up for success as they move through the Society's lifesaving, assistant lifeguard and lifeguard continuum.

If you have questions or concerns, [contact the Society](#)



Online Swim Transition Instructor Clinic

Red Cross Water Safety Instructors can transition to Lifesaving Society Swim for Life Instructor certification by completing the Society's official online Swim Transition Instructor Clinic – approved by the Lifesaving Society Canada and endorsed by the Canadian Red Cross (CRC).

The self-directed Swim Transition Instructor Clinic provides an orientation to the Society's Swim for Life program. It is designed exclusively for CRC Water Safety Instructors who want to take advantage of the opportunity to transition to Lifesaving Society's Swim for Life Instructor certification.

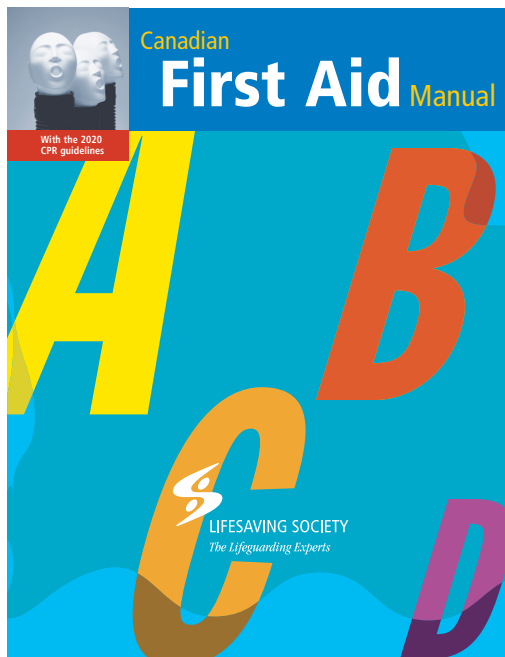
[Register now at e-lifesaving.ca](#)

First Aid Update

The *Canadian First Aid Manual* has been updated to reflect the 2020 CPR guidelines. Changes are minor:

- An updated Chain of Survival (p. 3) re-emphasizes the importance of early initiation of CPR by lay rescuers. The new "Recovery" link acknowledges the need to support recovery, treatment and rehabilitation for cardiac arrest survivors.
- AVPU assessment terminology to identify level of consciousness appears on p. 20.
- Use of the F.A.S.T. assessment tool (p. 35) for strokes – temporary or not – is reemphasized, and reference to Transient Ischemic Attack (TIA) has been removed.
- A new Dehydration sidebar appears on p. 75.
- A note on evolving terminology relating to the treatment of spinal-injured victims appears on p. 54-55.
- A new appendix on opioid overdoses and naloxone appears on p. 92.

[Download and insert the Canadian First Aid Manual UPDATE](#) summary into your existing *Canadian First Aid Manual* or purchase a new copy from [LifeguardDepot](#).



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