

Islander



LIFESAVING SOCIETY
The Lifeguarding Experts

Prince Edward Island

December 2022

National Lifeguard Update

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

The National Lifeguard program review took into account:

- Demonstrated need and research evidence
- Consistency with regulations across Canada
- Alignment with international standards and best practices where applicable
- Lifesaving Society values

The National Lifeguard program update also considered the 2020 revisions to the Society's Bronze medal awards. One of the main drivers of the Bronze revisions was to improve skill progressions and enhance the assistant lifeguard content in Bronze Cross – a National Lifeguard prerequisite. The updated National Lifeguard curriculum acknowledges and builds on those Bronze Cross competencies to provide a logical and smooth flow into National Lifeguard training.

Read the [National Lifeguard Update](#) for details. Highlights include:

- Changes to single-lifeguard and team situations
- A new Rescue Aid Proficiency item
- Measurable time, distance and weight requirements for physical standard items
- Changes to victim management items

There are no changes to prerequisites nor are there any changes to the time standards for physical items.

What National Lifeguard instructors need to do:

1. Purchase and carefully study the updated [National Lifeguard Award Guide](#). You should start by reading the "Note to National Lifeguard Instructors."
2. Consider purchasing the new [Teaching National Lifeguard USB](#). It features 216 pages of course outlines and detailed lesson plans for National Lifeguard Pool, Waterpark and Waterfront courses.

3. [Contact the Society](#) for information on the National Lifeguard Update Clinic. The clinic is mandatory before you teach or examine the updated program and is worth 3 credits toward your leadership recertification.

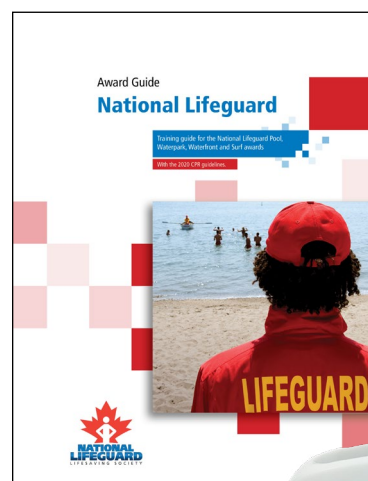
Where do I get the new resources?

Order the updated [National Lifeguard Award Guide](#) through [LifeguardDepot.com](#).

Download the new test sheets for full courses and recertification courses from the Society's website in [Find a Form](#).

Download the [National Lifeguard Recertification Notes for Examiners](#).

Review the updated [National Lifeguard Exam Policy](#) and the [National Lifeguard Equipment List](#) on Society's website.



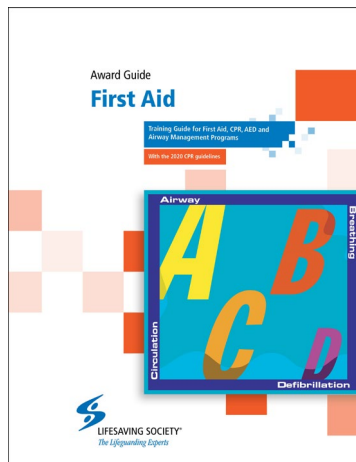
Updated First Aid Award Guide

Attention First Aid Instructors and Examiners – the *First Aid Award Guide*, updated for consistency with the 2020 CPR guidelines, is now available at LifeguardDepot.com. The updates are minor.

Changes at-a-glance:

- A note regarding AVPU assessment terminology is added to page 14.
- The use of the F.A.S.T. assessment tool for strokes – temporary or not – is reemphasized, and reference to Transient Ischemic Attack (TIA) is deleted from EFA Item 11d.
- Dehydration is now included in SFA Item 3.
- The term “Victim immobilization” is replaced with “Spinal movement restricted” in SFA Item 2.
- An additional note regarding recognition and treatment of opioid overdoses in SFA is added to Item 9.
- Airway Management has a new Item 7: Bag-valve-mask. The item is identical to the HCP-CPR Item 7: Bag-valve-mask (same item, purpose and Must Sees).

No need to purchase a new *First Aid Award Guide*. [Download the updated information](#) and insert it into your existing *First Aid Award Guide*. As the changes are minor, there is no exchange program for First Aid Award Guides with the 2015 CPR guidelines.



Office holiday hours

Happy Holidays, the office will close December 23, 2022 through January 2, 2023. We will check voicemail and email periodically. We reopen January 3, 2023.

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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 Prince Edward Island and include free shipping and handling.



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