

S P L A S H

December 2024



Five safety tips for enjoying winter activities

Winter is here and it's time for some outdoor fun! Water safety doesn't hibernate, make sure you're being Water Smart® with these safety tips:

1. Check the ice

Before venturing out on the ice, make sure the ice thickness supports your activity. Remember that no ice is without risk and looks can be deceiving. Even if the ice appears solid, it may not be thick enough to support you – a minimum of 4 inches (10 cm) of solid, clean ice is required to support a **single** person.

2. Be prepared

If you're planning on being out on the ice, dress appropriately – wear a lifejacket or winter floatation suit. Bring safety equipment, like a length of rope, a buoyant aid, and a cell phone with you. Never venture out on the ice alone and always have a plan in case something goes wrong.

3. Beware of hypothermia and frostbite

Enroll in a first aid course to learn how to recognize and treat hypothermia and frostbite. If you're a certified first aider, consult your *Canadian First Aid Manual* to refresh your memory.

4. Check the weather conditions

Maritime weather can switch up very quickly. Make sure to check the weather forecast before you head out for the day and prepare accordingly.

5. Stay hydrated

Drink plenty of water and warm fluids to help the body maintain its temperature. Bring some water and a thermos of hot chocolate or something warm along with you to help warm you from the inside out.



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The Lifesaving Society acknowledges and thanks the Government of New Brunswick for its ongoing support of our drowning prevention mission.

Upcoming Aquatic Conference

Bringing aquatic professionals together to connect and learn is an important part of the Society's work. The 2025 New Brunswick Aquatic Conference is an opportunity for attendees to network with their peers and attend sessions addressing hot topics in the industry.

When: April 26 from 9 a.m. to 4 p.m. (Annual General Meeting to follow in the evening)

Where: Killarney Lake Rotary Lodge in Fredericton

Who: All aquatic professionals, including: lifeguards, instructors, supervisors, pool managers

Presenters and Topics

Keynote Speaker

Lisa Hanson Ouellette will discuss the importance of our work in lifeguarded supervised settings. She will focus on teamwork, reporting and documentation, statistics on fatal and non-fatal drownings, drowning prevention activities, and networking.

Presentations

Ben Tremblay and Marcel Bourgeois join together to share ways Lifesaving Sport can be used to fill gaps in aquatic programming. Their insights will help you keep potential recruits engaged in aquatics, attract new participants to lifesaving programs and provide your staff with training.

Alex Mullin provides expertise on best practices for staff evaluation, things to look out for to keep your aquatic facility safe and maintain a high industry standard.

Morgan Easton shares ways to maximize the Society's First Aid program.

Panel Discussion

A guest panel featuring presenters from wide scope of aquatic facilities, will discuss alternative delivery models to address staffing shortages and ways to increase access to training opportunities. Topics will include staff scheduling, employee incentives and the importance of offering in-house training.

Closing Session

The conference will conclude with a brief update on the Society's upcoming projects.

We look forward to seeing you! Please visit lifesavingnb.ca for more information.

Office holiday hours

Happy Holidays! The Lifesaving Society's office will close December 23, 2024 through January 2, 2025. We will check voicemail and email periodically.

We reopen January 2, 2025.



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2025 Lifesaving Sport Championships events schedule

- New Brunswick Pool Lifesaving Championship, March 1, 2025 – Dieppe Aquatic and Sport Center
- New Brunswick Waterfront Lifesaving Championship, August 11, 2025 – Parlee Beach Provincial Park
- New Brunswick Emergency Response Championship, November 15, 2025 - Dieppe Aquatic and Sport Center

Practice, prepare, participate!

The Society wants to see as many teams as possible compete in the 2025 championships. We're sharing the dates and locations well in advance to help your teams plan, get in ample practice time, and harness your excitement for all 2025 championships!

Registration packages will be posted with a complete list of events for each championship as early as February 2025.

For individuals who would like to dip their toes into lifeguarding competitions but don't want to compete, we are always looking for volunteers and officials. Visit our [website](#) to learn more about becoming an Official and be on the lookout for upcoming courses on [Find a Course](#).



Join us at our AGM

The Lifesaving Society New Brunswick Annual General Meeting will be hosted by the City of Fredericton, April 26, 2025. 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 Member Services Assistant, [Ryan Munn](#).

Fredericton

2025 Prices and Fees

The complete 2025 price list is posted on [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.

The Lifesaving Society is a national, volunteer organization and registered charity working to prevent drowning and water-related injury. Annually, over 1,000,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.