

Award Guide

Lifesaving Fitness

Training Guide for the
Lifesaving Fitness Award



LIFESAVING SOCIETY®

The Lifeguarding Experts



LIFESAVING SOCIETY®

The Lifeguarding Experts

Lifesaving Fitness Award Guide

Published by the Lifesaving Society. First printing 1991. Revised May 2003.

Copyright 2003 by The Royal Life Saving Society Canada. Reproduction, by any means, of materials contained in this book is prohibited unless authorized by the publisher. Requests should be directed to the national office of the Society (see inside back cover for address).

The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education initiatives and aquatic safety management services.

Annually, the Society certifies 200,000 Canadians in its lifesaving, lifeguarding, and first aid training programs—including all of Canada's lifeguards.

The Society is an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

The Society represents Canada internationally as an active member of the Royal Life Saving Society and the International Life Saving Federation, and is the governing body for lifesaving sport—a sport recognized by the International Olympic Committee.

Ce manuel est disponible en français.

Registered Charity No. 10809 7270 RR0001

Water Smart® and Lifesaving Society® are registered trademarks of the Royal Life Saving Society Canada. Trademarks other than those owned by the Lifesaving Society used in this document belong to their registered owners.

Canada's lifeguarding experts

- working to prevent drowning for over 100 years.

Almost 500 Canadians die every year in water-related incidents. Most of these are preventable and occur in unsupervised settings, which is why more Canadians need the lifesaving skills to save themselves or others in an aquatic emergency.

The Lifesaving Society has a long and proud history of teaching lifesaving to Canadians.

We trace our roots to the late 19th century in London, England where we began as The Swimmers' Life Saving Society. In 1894, Arthur Lewis Cochrance brought the lifesaving skills he learned in his homeland to Canada. And he passed them along to students at Upper Canada College in Toronto, Ontario. In June 1896, 18 of his students were recipients of our distinguished Bronze Medallion award, the first award to be created by the Society. Under the patronage of King Edward VII in 1904, we became the Royal Life Saving Society. In the 1950s, we were the first Canadian organization to adopt mouth-to-mouth as the method of choice over manual methods of artificial respiration. We started our first CPR training program in the 1960s. In the 1980s, we initiated a project to design an economical CPR training manikin now known as ACTAR 911™.

Today, we are known to Canadians simply as the Lifesaving Society, a national volunteer organization and registered charity. And while we've expanded our strengths over the past century to include research and public education, we haven't forgotten the ideals that formed the foundation of our organization.

The Lifesaving Society has always been – and will continue to be – Canada's lifeguarding experts.

Foreword

Award Guides are designed to help instructors plan, teach, and evaluate the awards of the Lifesaving Society's training program. Award Guides are designed for use with the Society's *Instructor Notes*, which present essential teaching and learning principles. For skill descriptions and technical information, instructors should consult the *Canadian Lifesaving Manual* or *Alert: Lifeguarding in Action*.

The Award Guide begins with an at-a-glance overview of the general aim of the award and a list of test items. In test item descriptions, the word "Demonstrate" is used for items in which participants simply demonstrate skill – no rescue situation is required. The word "Perform" is used to indicate that a rescue situation is called for in which the lifesaver is expected to integrate the four elements of water rescue: judgment, knowledge, skill, and fitness.

Next, and for each test item, the Award Guide presents a detailed description including the purpose of the item, its evaluation criteria (Must See), and Notes:

Statements of Purpose: The Purpose statements identify the objective of each item. Purpose statements define what the item achieves when performed successfully ("to restore normal breathing in a non-breathing victim") or specify why the item is included in the training program ("to develop fitness and stroke efficiency in lifesaving emergencies").

Notes: The Notes present explanations or limitations of the performance of an item. Suggestions to the instructor and evaluator regarding specific evaluation problems are also offered here. Space is often provided for instructors to write in their own additional notes.

Performance Requirements - Must See: Details of the performance, which will achieve the purpose of each item, are found in the "Must See" section. Normally, "Must See" items do not describe skills or performances. Skill descriptions are found in the *Canadian Lifesaving Manual*). In many instances various responses are possible.

The instructor and evaluator can use the "Must See" section as a checklist for success ("fast vertical descent", "depth attained," etc.). If a lifesaver performs an item with the necessary knowledge, skill, fitness, and judgment to achieve its stated purpose, then the candidate is probably performing at or above the required standard for the award.

Evaluation: Items marked with an asterisk (*) are instructor-evaluated in those provinces where examination by an examiner is compulsory. Examiners may evaluate any or all of these items at their discretion.

The Award Guide concludes with suggested learning activities including games, skill drills, and variations for both. Whatever learning activities the instructor selects, every class should be action-packed, challenging, and fun.

Contents

Lifesaving Fitness Award

Lifesaving Fitness Award	1
Test items	1
Strength and endurance.....	2
Intensity and strength	3
Rescue breathing	4
Power	5
Endurance.....	6
Upper body strength	7
Supportive kick.....	8
Removal of object.....	9
Tow.....	10
Learning activities	11

Lifesaving Fitness Award

At-a-glance

The Lifesaving Society's Lifesaving Fitness Award teaches the importance of physical fitness in lifesaving. The award is designed for participants of all ages and both sexes, who learn how to measure, monitor, and maintain personal physical fitness for lifesaving emergencies.

Prerequisites: 30 years of age and under, or medical approval.

Evaluation: All items are evaluated by a Lifesaving Society Instructor. To achieve Bronze, Silver, or Gold candidates must successfully perform all items at that level.

Test items

1. Demonstrate an understanding of how to evaluate and improve strength and endurance for lifesaving and physical activity.
2. Demonstrate ability to evaluate intensity and personal strength.
3. Demonstrate ability to perform rescue breathing for a period of 3 minutes at pool or dockside (victim and rescuer in deep water) with a victim of the candidate's choice or with a suitable device (manikin or equivalent).
4. Swim any stroke, dive start, 25 m or 25 yd, or 20 yd.
5. Swim any stroke, dive start, 200 m or 200 yd.
6. Demonstrate the ability to get out of the water onto a pool deck or dock using only the arms to lift self from the water and place one foot on the deck or the dock.
7. While treading water, hold a 4.5 kg or 10 lb object at the surface with one or two hands.
8. Remove a 9 kg or 20 lb object located at a depth of 3 m or yd and at a distance of 3 m or yd from dock or poolside; surface, carry, and place object on the dock or deck.
9. Tow a passive victim 50 m or yd with a suitable buoyant device (ring buoy, kickboard, rescue can or tube, etc.). Rescuer and victim to start in the water.

Strength and endurance

Lifesaving Fitness

Item 1

Demonstrate an understanding of how to evaluate and improve strength and endurance fitness for lifesaving and physical activity.

<p>Notes</p> <ul style="list-style-type: none">• A medical consultation is recommended before starting this program if the participant is 30 years of age or older, and is suffering from heart or respiratory diseases, or other conditions that could be adversely affected by exercise. <hr/> <p>CLM reference: Chapter 10: <i>Physical Fitness and Lifesaving</i></p>	<p>Purpose</p> <p>To emphasize the physical fitness principles of the practical items in this award.</p> <p>Must See</p> <ul style="list-style-type: none"><input type="checkbox"/> Basic understanding demonstrated through performance
--	--

Intensity and strength

Lifesaving Fitness

Item 2

Demonstrate ability to evaluate intensity of activity and personal strength.

Notes	Purpose
<ul style="list-style-type: none">• Candidate measures heart rate.• Instructor may check measurements by taking candidate's carotid or radial (wrist) pulse at the same time to compare results.• To indicate ability to evaluate personal strength, candidate demonstrates a strength activity (push-ups, curl-ups, arm lifts from water, weight lifting, rowing, canoeing, or other exercise) and relates current ability (number of repetitions, amount of weight/resistance, etc.) to personal strength levels before starting the fitness training program.	To emphasize that strength and muscular endurance can be improved with training.
<p>CLM reference: Chapter 10: <i>Physical Fitness and Lifesaving</i></p>	Must See <ul style="list-style-type: none"><input type="checkbox"/> Accurate measurement of heart rate (pulse)<input type="checkbox"/> Understanding demonstrated through performance

Rescue breathing

Lifesaving Fitness

Item 3

Demonstrate rescue breathing for a period of 3 minutes at pool or dockside (victim and rescuer in deep water) with a victim of the candidate's choice or with a suitable device (manikin or equivalent).

Notes	Purpose	
<ul style="list-style-type: none">• A candidate may demonstrate rescue breathing with a partner or a manikin or another suitable device.• Instructors must be familiar with, and practice, proper cleaning procedures when using manikins.• Encourage candidates to call for help throughout the rescue breathing sequence until assistance arrives.• Simulated rescue breathing is performed effectively throughout 3 min.• Victim adequately secured at poolside or dockside.• Head of victim (manikin or equivalent) above water.• Use of barrier devices is recommended. <p>CLM Reference: 7.2 <i>The ABC Priorities</i>; 7.4 <i>Rescue Breathing</i> 7.5 <i>Cardiopulmonary Resuscitation</i></p>	<p>To restore normal breathing in a non-breathing victim demonstrating endurance for lifesaving emergencies.</p> <th data-bbox="570 835 1409 877">Must See</th> <ul style="list-style-type: none"><input type="checkbox"/> Shout for help and EMS<input type="checkbox"/> Position victim (turn if necessary)<input type="checkbox"/> Open airway<input type="checkbox"/> Check for breathing (no more than 10 seconds) – look, listen, and feel<input type="checkbox"/> 2 slow breaths: observe the chest rise<input type="checkbox"/> Check for pulse and other signs of circulation (no more than 10 sec.)<input type="checkbox"/> Contact EMS<input type="checkbox"/> Continue rescue breathing: if pulseless, attempt to obtain qualified person to initiate CPR<input type="checkbox"/> Time requirement met	Must See

Power

Lifesaving Fitness

Item 4

Swim any stroke, dive start, 25 m or 25 yd or 20 yd.

Notes	Purpose
<ul style="list-style-type: none">• Stroke is identifiable, but technique is not evaluated.• A stopwatch should be used for evaluation as a pace clock will not give an accurate time.• Dive starts are performed in deep water. <hr/> <p>CLM reference: Chapter 10: <i>Physical Fitness and Lifesaving</i></p>	<p>To demonstrate strength over a short period of time (power).</p> Must See <ul style="list-style-type: none"><input type="checkbox"/> Bronze<ul style="list-style-type: none">– 25 m : 22– 25 yd : 22– 20 yd : 16<input type="checkbox"/> Silver<ul style="list-style-type: none">– 25 m : 18– 25 yd : 16– 20 yd : 13<input type="checkbox"/> Gold<ul style="list-style-type: none">– 25 m : 15– 25 yd : 13– 20 yd : 10

Endurance

Lifesaving Fitness

Item 5

Swim any stroke, dive start, 200 m or 200 yd.

Notes	Purpose
<ul style="list-style-type: none">• Dive starts are performed in deep water. <hr/> <p>CLM reference: Chapter 10: <i>Physical Fitness and Lifesaving</i></p>	To demonstrate endurance.
	Must See <ul style="list-style-type: none"><input type="checkbox"/> Bronze<ul style="list-style-type: none">– 200 m 5:30– 200 yd 5:00<input type="checkbox"/> Silver<ul style="list-style-type: none">– 200 m 4:25– 200 yd 4:00<input type="checkbox"/> Gold<ul style="list-style-type: none">– 200 m 3:20– 200 yd 3:00

Upper body strength

Lifesaving Fitness

Item 6

Demonstrate the ability to get out of the water onto a pool deck or dock using only the arms to lift self from the water and place one foot on the deck or dock.

	Purpose
	To demonstrate upper body (arm) strength.
Notes	Must See
<ul style="list-style-type: none">• Lift is performed from deep water.• Preparatory movement (bobbing action) and leg kicks are not permissible. <hr/> <p>CLM reference: Chapter 10: <i>Physical Fitness and Lifesaving</i></p>	<input type="checkbox"/> Arm press to place one foot on deck or dock

Supportive kick

Lifesaving Fitness

Item 3

While treading water, hold a 4.5 kg or 10 lb object at the surface with one or two hands.

Notes	Purpose	
<ul style="list-style-type: none">• Any leg action or combination of kicks is acceptable.• Candidate may support the object with one or two hands.• Start candidates with a clear, "Take your marks...go."• Skill is performed in deep water. <p>CLM Reference: Chapter 4: 4.11 <i>Talk, Tow, or Carry</i>; Chapter 9: <i>Swimming Strokes and Skills</i>; Chapter 10: <i>Physical Fitness and Lifesaving</i></p>	<p>To develop a strong supportive kick and lower body (leg) endurance.</p> <th data-bbox="570 768 1409 814">Must See</th> <ul style="list-style-type: none"><input type="checkbox"/> Top of object at surface<input type="checkbox"/> Head above surface<input type="checkbox"/> Bronze 6:00<input type="checkbox"/> Silver 8:00<input type="checkbox"/> Gold 10:00	Must See

Removal of object

Lifesaving Fitness

Item 8

Remove a 9 kg or 20 lb object located at a depth of 3 m or yd and at a distance of 3 m or yd from dock or poolside; surface, carry, and place on the dock or deck.

Notes	Purpose
<ul style="list-style-type: none">• Object should be located at the deepest point of the facility to a maximum depth of 3 metres.• Object may be a brick or manikin.• Candidate starts in the water. A dive or jump-start is not acceptable.• Candidates may descend and ascend on an angle.• Any method of carry that allows the candidate to complete the distance and the "Must See" items is acceptable. Instructors cannot add additional expectations or limitations. <hr/> <p>CLM Reference: Chapter 10: <i>Physical Fitness and Lifesaving</i></p>	<p>To develop recovery skill and power for use in lifesaving emergencies.</p> <hr/> Must See <ul style="list-style-type: none"><input type="checkbox"/> Quick descent to object<input type="checkbox"/> Efficient pick-up and ascent to surface<input type="checkbox"/> Quick return to dock or poolside<input type="checkbox"/> Object placed on deck/dock

Tow

Lifesaving Fitness

Item 9

Tow a passive victim 50 m or yd with a suitable buoyant device (ring buoy, kickboard, rescue can or tube, etc.). Rescuer and victim to start in the water.

Notes	Purpose
<ul style="list-style-type: none">• Rescuer and victim start in water with rescuer's hand in contact with pool or dock edge.• Victim cooperative throughout, but may not assist rescuer by swimming or kicking.• Victim may not push off at start or turnabout.• This is a skill and fitness item only; rescue situation is not required.• Start candidates with a clear, "Take your marks...go." <hr/> <p>CLM Reference: Chapter 4: <i>4.11 Talk, Tow, or Carry</i>; Chapter 10: <i>Physical Fitness and Lifesaving</i></p>	<p>To develop endurance and towing skill for use on lifesaving emergencies.</p> Must See <ul style="list-style-type: none"><input type="checkbox"/> Victim's face above surface throughout<input type="checkbox"/> Bronze<ul style="list-style-type: none">– 50 m 1:28– 50 yd 1:20<input type="checkbox"/> Silver<ul style="list-style-type: none">– 50 m 1:17– 50 yd 1:10<input type="checkbox"/> Gold<ul style="list-style-type: none">– 50 m 1:06– 50 yd 1:00

Learning activities

Lifesaving Fitness Award

Notes

Strength and endurance

Personal fitness chart (Item 1)

Required equipment:

- Sample fitness chart

Develop a personal fitness chart to measure strength improvement by increasing the amount of physical activity over the period of the fitness program:

- Establish a minimum performance number
- Perform the skill at this level for two weeks
- Increase the performance number
- Continue to increase the performance number until final goal is reached (Overload Principle)

Sample Personal Fitness Chart for strength:

- Push-ups (three times per week)
- Place hands on the edge of the deck. Pull your body out of the water until elbows are straight. Lower your body until shoulders are below water surface. Do not push off bottom.

Measure your gains (Item 1)

Required equipment:

- Target heart rate zone chart

Have candidates measure their physical endurance gains through the following suggestions:

- Establish target zone (see chart in *Canadian Lifesaving Manual*).
- Measure the minimum level of endurance fitness at the start of the program (should be close to lower limit on chart).
- Start with a minimum 10 minutes of activity, three times per week.
- Increase the activity level over the duration of the fitness program; for example, 20–30 minutes of activity, three times per week.

Make candidates aware that the heart rate target zone must be at a lower limit at the beginning of the program. A higher level may indicate that performance is “too much, too soon.”

Design your own (Item 1)

Required equipment:

- At the discretion of the candidates

Encourage candidates to create their own endurance training program.

Intensity and strength

Record your pulse (Item 2)

Required equipment:

- Daily log book
- Target heart rate chart

Have students make a daily logbook to record pulse, workouts, and times.

- Resting Heart Rate: Take pulse before rising in the morning. Record. Take pulse during the day while standing. Record.
- Working Heart Rate: Take pulse immediately following 10 minutes of exercise. Record.

Have students note and explain differences in their resting and working heart rates. Ask: Is there a difference between the resting heart rates before starting and after completing a training program? Why?

Pulse check diversity (Item 2)

Required equipment:

- Stop watch
- Pulse rate tracking chart

Resting heart rate can be affected by a number of factors such as sickness and fatigue. Encourage candidates to take the resting heart rate daily at the same time each day for a one-week period, and average out the scores to obtain a "true" resting rate.

Ensure that candidates do not press the pulse area too firmly. Blood supply will not be affected if pulse is taken correctly.

Rescue breathing

Victim support (Item 3)

Required equipment:

- Rescue equipment
- Barrier devices

Pair candidates. Have students experiment with ways of supporting the victim in shallow water at poolside or dock.

Move activity to chest deep water. When candidates can perform the skill in chest deep water, repeat in deep water.

Rescue breathing challenge (Item 3)

Required equipment:

- Rescue equipment
- Barrier devices

Challenge candidates to perform rescue breathing in several different environments (land, shallow water, dock to water, etc.).

Power

Start drill (Item 4)

Required equipment:

- Pace clock or stop watch

Present a warm-up of swimming, stretching, and in-water jumps before performing the drill.

Sample warm-up:

- 10 min. swimming stretches
- 200 m swim
- 10 "leapers"

"Leapers" stand in waist or chest deep water leap as high out of the water as possible repeat while travelling into shallower (or deeper) water.

Start Drill: Line up along deep end. On the whistle signal, half the class dives into water, holding glide position as long as possible. The other half follows on the next whistle, trying to outdistance first group. Repeat the drill, including four follow-up strokes.

Half sprints (Item 4)

Required equipment:

- Pace clock or stop watch

Provide a long warm-up. Then try this drill:

From dive start, swim about half a length of the pool. Perform swim at full speed, face in the water without lifting head to breathe.

Repeat the drill six times allowing the candidates to rest for one full minute between each sprint.

Workout sets (Item 4)

Required equipment:

- Pace clock

Design a workout that incorporates power activities. To increase power and emphasize the correct physiological system, a work-to-rest ratio of 1:4 or 1:3 is required. For example:

Warm-up

- 200 m freestyle
- 100 m kick
- 100 m swimmer's choice

Power Set

10 repetitions of 25 m, leaving every minute. If you swim 25 m in 15 sec., you will have a 45 sec. break between repeats. The work-rest-ratio is 1:3.

Endurance

In-training (Item 5)

Required equipment:

- Pace clock

Warm-up: 10 x 75 m stroke drills leaving every 1:45.

Endurance Set:

- 5 x 200 m; 30 sec. rest between each swim
- 2 x 200 m; 2 min. rest between each swim

Warm-down: 200 m swimmer's choice

Endurance (cont'd)**Swim workout (Item 5)**

Required equipment:

- Pace clock

Warm-up: 10 x 50 m swim; 10 sec. rest between each swim. Swim 1 slow, 1 fast, etc.

Pyramid Set:

- Swim 50 m; with 5 sec. rest
- Swim 100 m; with 10 sec. rest
- Swim 150 m; with 15 sec. rest
- Swim 200 m; with 20 sec. rest
- Swim 150 m; with 15 sec. rest
- Swim 100 m; with 10 sec. rest
- Swim 50m; Stop

Time limit swim (Item 5)

Required equipment:

- Stop watch

Provide a warm-up. Then try this activity:

Candidates swim as many lengths as they can in 5 minutes. Record number of lengths.

Repeat drill throughout duration of fitness program. Number of lengths should increase over a period of weeks. Encourage candidates to pace themselves to lessen fatigue in the final stages of the swim.

Guest coach (Item 5)

If you have limited knowledge in stroke mechanics, invite a "guest coach" to attend a session to help you. Contact Swimming/Natation Canada if you need help finding a coach.

Upper body strength**Arm press drill (Item 6)**

Candidates swim 1 width and then do 5 arm presses at the side. Repeat activity for 10 widths (or more). For more ideas, see *Swimming Coaching at the Club Level*, published by Swimming/Natation Canada.

Flexibility improvement (Item 6)

In order to place a foot on the deck or dock after a lift, the hip and leg extensors and flexors must be very flexible. Emphasize proper stretching techniques. Hold the stretch for 20–30 seconds WITHOUT BOUNCING. Aqua-fitness exercises for flexibility may also be performed.

Supportive kick

Master it! (Item 7)

Required equipment:

- Flutter boards
- Light weights

Work eggbeater in different positions:

- Hanging onto edge in shallow water
- Stationary with flutter boards for support
- Front layout/back layout/vertical

Try different tasks while performing eggbeater:

- Travel/change direction
- Arms in/arms out
- Arms high out of water

Arms supporting a weight

Emphasize:

- Continuous action
- Each leg completes kick before other leg begins
- Kick down instead of out and down
- Flexed foot position (as in breaststroke), not pointed toes
- Knees further apart than shoulder width; feet wider apart than knees

Lower leg endurance builder (Item 7)

Required equipment:

- 4.5 kg or 10 lb brick

Try this eggbeater kick endurance program: 4.5 kg or 10 lb. object should be supported throughout the activity.

Weeks	Length of Time
1 & 2	3 – 5 min
3 & 4	4 – 6 min
5 & 6	5 – 7 min
7 & 8	7 – 9 min
9 & 10	9 – 11 min

Note that Gold Level is not developed until week 9. If necessary, modify the program to suit your candidates. Evaluate after each week. Watch for excessive upper leg movement in eggbeater kick.

Removal of object

Streamlining (Item 8)

Required equipment:

- 4.5 kg or 10 lb brick

Candidates push off side with arms and/or legs apart. Repeat task in a streamlined position (legs together, arms tight to the body). Ask candidates in which position they glide farther.

Repeat the drill pushing off the bottom of the pool. Maximum depth: 3 m or yd.

Relay drill (Item 8)

Required equipment:

- 4.5 kg or 10 lb brick

Organize relay teams. Each member performs the test item requirements.

Variations include:

- Continue relay for a specified time length
- Perform skill more than once

Tow

Towing experiment (Item 9)

Required equipment:

- Rescue equipment (ring buoys, rescue can or tube, flutter boards)

Encourage candidates to experiment with rescue equipment:

Have candidates tow a partner over a 50 m distance with each piece of equipment.

Ask: Which piece of equipment is most effective?

Towing endurance (Item 9)

Required equipment:

- Rescue equipment (ring buoys, rescue can or tube, flutter boards)

Activity: Tow passive victim

Ensure effective tows are performed throughout the drill.

Week	Distance	Repetitions
1	50 m	3 × 2 min
2	50 m	4 × 2 min
3	50 m	5 × 2 min
4	75 m	2 × 2.5 min
5	75 m	4 × 2.5 min
6	75 m	5 × 2.5 min
7	100 m	3 × 3 min
8	100 m	4 × 3 min
9	100 m	5 × 3 min
10	100 m	5 × 3 min

HOW TO REACH US

For more information about Lifesaving Society programs and services, contact us.

Alberta & Northwest Territories Branch

11759 Groat Road
Edmonton, Alberta T5M 3K6
Telephone: (780) 415-1755
Fax: (780) 427-9334
E-mail: experts@lifesaving.org
Website: www.lifesaving.org

British Columbia & Yukon Branch

112-3989 Henning Drive
Burnaby, British Columbia
V5C 6N5
Telephone: (604) 299-5450
Fax: (604) 299-5795
E-mail: lifesaving_society@telus.net
Website: www.lifesaving.bc.ca

Manitoba Branch

504-138 Portage Avenue East
Winnipeg, Manitoba R3C 0A1
Telephone: (204) 956-2124
Fax: (204) 944-8546
E-mail: aquatics@mts.net
Website: www.mb.lifesaving.ca

New Brunswick Branch

61 Union Street, Suite 1030
Saint John, New Brunswick
E2L 1A2
Telephone: (506) 635-1552
Fax: (506) 635-0988
E-mail: lifesave@nbnet.nb.ca
Website: www.lifesavingnb.ca

Newfoundland & Labrador Branch

P.O. Box 8065, Station "A"
St. John's, Newfoundland A1B 3M9
Telephone: (709) 576-1953
Fax: (709) 738-1475
E-mail: lifeguard@seascape.com
Website: www.lifesaving.nfld.net

Nova Scotia Branch

5516 Spring Garden Road
Halifax, Nova Scotia
B3G 1G6
Telephone: (902) 425-5450
Fax: (902) 425-5606
E-mail: lifesave@sportns.ns.ca
Website: www.lifesavingsociety.ns.ca

Ontario Branch

322 Consumers Road
Toronto, Ontario M2J 1P8
Telephone: (416) 490-8844
Fax: (416) 490-8766
E-mail: experts@lifeguarding.com
Website: www.lifesavingsociety.com

Prince Edward Island Branch

P.O. Box 2411
Charlottetown, Prince Edward Island
C1A 8C1
Telephone: (902) 368-3606
Fax: (902) 368-7757
E-mail:
pei.lifesaving@islandtelecom.com

Quebec Branch

4545 Pierre de Coubertin Avenue
P.O. Box 1000, Station "M"
Montreal, Quebec H1V 3R2
Telephone: (514) 252-3100 or
1-800-265-3093
Fax: (514) 254-6232
E-mail: alerte@sauvetage.ca
Website: www.sauvetage.qc.ca

Saskatchewan Branch

2224 Smith Street
Regina, Saskatchewan S4P 2P4
Telephone: (306) 780-9255
Fax: (306) 780-9498
E-mail: lifesaving@sk.sympatico.ca
Website: www.lifesavingsociety.sk.ca

National Office

287 McArthur Avenue
Ottawa, Ontario K1L 6P3
Telephone: (613) 746-5694
Fax: (613) 746-9929
E-mail: experts@lifesaving.ca
Website: www.lifesaving.ca