



# Lifeline

Aquatic News for British Columbia & the Yukon

## New National

### Executive Director

It is our pleasure to welcome Yvan Chali-four as the new National Executive Director for the Lifesaving Society. Yvan has built a career in preventing drowning and water-related injuries through the delivery of training programs and public education and brings over 25 years of management experience from various professional positions.

### Did You Know. . .

Boat safety tips are now available in 33 different languages. This encourages new Canadians with English as their second language to get informed before spending time on and around the water. For more information . . .

[www.lifesaving.bc.ca](http://www.lifesaving.bc.ca)

Some of the languages displaying this helpful information are [Arabic](#), [Cree](#), [Czech](#), [Farsi](#), [Korean](#), [Mohawk](#) and [Spanish](#).



Mandy and Byron have been busy this summer visiting communities throughout the province sharing important safety tips with young and old and rewarding equipped boaters with safety gear such as lifejackets and PFDs compliments of Mustang Survival. The Team reached many corners of the province such as Green Lake/Whistler, Indian Arm Marine Park/North Vancouver, Okanagan Lake/Interior of BC, Harrison Lake and Cultus Lake in the Fraser Valley.

### FOCUS ON JUDGMENT

**S  
K  
I  
L  
L** The four components of water rescue are judgment, knowledge, skill and fitness. While all of these are required to perform effective rescues, judgment plays a key role. Judgment allows rescuers to integrate the competencies of the other components while making good decisions about the best rescue options. Lifesavers must learn to anticipate and manage rescue variables like victim condition, water conditions, distance and equipment available. They draw on their repertoire of lifesaving skills, knowledge and fitness to solve a simulated emergency. [For more information](#)

### 2010 COMPETITIONS & UPDATES

- August 7 - Surrey Lifeguard Competition, Surrey Sports & Leisure Complex
- August 14 - 9th Annual Langley Lifeguard Competition, Walnut Grove Community Centre
- August 21 - VLA Lifeguard Competition, Vancouver
- August 27-28 - Barnsley Branch Championship, Coquitlam

### THUNDER & LIGHTNING

Why take a chance with lightning? Outdoor pools are great for enjoying the summer months, but when a thunder and lightning storm kicks up there are strict rules to follow. If the weather is changing, you have to be prepared and aware of your surroundings. Use the 30/30 rule; when you see lightning, count the seconds until you hear thunder. If this time is 30 seconds or less, quickly go inside a substantial building. Pool activities should remain suspended until 30 minutes after the last thunder is heard. If you're still outdoors and lightning has struck close to you, crouch down into a ball on the balls of your feet. Your goal is to be the smallest target possible with the least contact with the ground.



### BARNESLEY'S ALMOST HERE!

August 27-28 is *the* weekend! Competitors will be focused and spectators will be ready to cheer them to the finish. For the first time, a Junior Lifeguard component has been added to the Branch competition. Events take place at the City Centre Aquatic Complex and Eagle Ridge Outdoor Pool in Coquitlam. For more information and to [register your team](#) go to [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca)

### COMPETITION UPDATES

A big congratulations goes out to the "J-Thrusts" (Victoria) for winning at Gordon Head with a score of 95.78/100, "Maximum Bather Load (Coquitlam) for winning at Kelowna with a score of 85.45/100 and to "Flip Flops" (Coquitlam) for ranking #1 at UBC with a score of 89.61/100.

The motivated competitors gave it their all and challenged each other right down to the finish.

*Well done everyone!*

