

# LifeLiner

Aquatic News for BC & the Yukon



## 2006 Lifeguard Competitions

The lifeguard competition season is just around the corner and the **schedule** is already busy and exciting. Be sure to visit our website's competition section to keep up to date with all things competition.



### Message from the Chair

Competition Committee Chair Ryan Radford declares "no more excuses" as he challenges all BC & Yukon lifeguards to get involved with lifeguard competitions in whatever way they can: "Try it once and you're hooked." **Read his full message.**

### Judges Clinic

Come to the Judges Clinic scheduled on Friday June 16, 5 – 9 pm, at Gordon Head Rec Centre in Victoria – the night before their **Lifeguard Competition**. Visit our website's competition section for more info.

### Ahoy Halifax!

Best of luck to High Tide Line at the **Canadian Lifeguard Championship** in Halifax May 19 – 21!!



The Lifesaving Society of BC and Yukon has launched the WaterWise Boat Safety Team for 2006, a public education program in its seventh summer of operation committed to increasing boating safety and awareness. Team members Keri Laughlin and Natasha Files will be travelling throughout BC encouraging boaters to be responsible and get trained with their Pleasure Craft Operator Card. The team will be distributing free boat safety kits, performing interactive safety activities and demonstrations, and making on-water visits in their 2007 Champion 505 Allante boat. For more information visit:

[www.waterwise.ca](http://www.waterwise.ca)

## New CPR Guidelines

Visit [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca) to keep current on the launch of the new CPR guidelines, including a recent **memo** to advanced leadership instructors.



CPR Factoid: push hard and fast. Forceful, fast CPR provides better circulation of blood & oxygen.

## Creek Classic Triathlon and Duathlon - Port Coquitlam -



Team Hyde Creek Lifeguards challenge all lifeguards to compete in the **Creek Classic Triathlon & Duathlon** in Port Coquitlam on June 11, 2006. This is a team relay event consisting of a 600m swim, 30km bike and 9km run. Part proceeds from **registration** will go to support the Derek Laverty Lifeguard Competition Fund.

## Dates to Remember

-  Children's Festival  
May 15 to 22
-  Boat Safety Week  
May 20 to 26
-  Victoria Lifeguard Comp.  
Gordon Head Rec Centre  
June 17
-  UBC FAI Course  
June 24 to 26
-  Kelowna Lifeguard Comp.  
Parkinson Rec Centre  
July 22
-  Drowning Prevention Day  
July 22

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To view and/or receive the LifeLiner, visit [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca)