

LifeLiner

Aquatic News for BC & the Yukon



Are you a breastfeeding friendly pool?

Swimming is a popular activity for many Canadian families, attracting young and old swimmers alike. While swimming pools generally do an excellent job of promoting positive and safe aquatic experiences, there have been incidents of women breastfeeding at pools who have been made to feel uncomfortable, embarrassed, or unwelcome.

The Breastfeeding Action Committee of Edmonton (BACE) was organized in 2001 in response to a number of "breastfeeding incidents" at a municipal pool, in which women breastfeeding had been asked to exit the water, cover up, or move to a change room. BACE surveyed pool policies across Canada and compiled a report that challenges some of the common misconceptions about the health risks associated with breastfeeding in swimming pools. Among the key recommendations, the report urges pool operators to educate pool staff to the normalcy of breastfeeding, remove any suggestions or requirements that a breastfeeding mother should be "discreet", and ensure that breastfeeding friendly policies are well communicated to pool patrons.

To view the full report, go to [Breastfeeding at Municipal Pools in Canada: A Report from the Breastfeeding Action Committee of Edmonton](#)

CPR Inservice Training

Many pools have already planned inservice training sessions that focus on the new CPR standards. The Lifesaving Society recommends using updated advanced leadership instructors as inservice facilitators and including topics that highlight the major CPR changes and explore the impact on emergency procedures and programs. Set up stations or scenarios that get staff working together to apply the new CPR standards in a variety of emergency procedures.

For more information, read the [Affiliate Implementation Guide](#) or visit the [CPR section](#) of our website which has many useful resources available for download including CPR Practice Stations, CPR Evaluation Sheets, *Push Hard, Push Fast* (PHPF).

Purchase a package of 10 full-colour *Push Hard, Push Fast* booklets for only \$10.00 (+ s/h) to support staff training. To place an order or for more information email shipping@lifesaving.bc.ca

Holiday Gift Ideas



- Lifeguard Tool Kits:
Fanny pack, Airways, Pocket Mask, Whistle - \$55.00
- Society Whistle with wrist coil in blue - \$6.00
- Keychain Face Shield - \$9.00
- Aquasphere Search Mask - \$28.00
- Lifesaving Society T-Shirts - \$15.00

Send inquiries and orders to shipping@lifesaving.bc.ca



Taxes, shipping and handling extra; while supplies last

Dates To Remember

-  First Aid Inst. Course
SFU, Burnaby
Dec 15-17
-  First Aid Inst. Course
Walnut Grove, Langley
Dec 15-17
-  **Branch Office Closed**
Dec 27, 28, 29
-  Accepting Applications for NLSI courses in 2007
-  Accepting Applications for LSIT courses in 2007

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To view and/or receive the LifeLiner, visit www.lifesaving.bc.ca