

June 23, 2017

NOVA SCOTIA PROVINCIAL LIFEGUARDS TRAINING AT AYLESFORD LAKE

Aylesford Lake, N.S. – The Nova Scotia Lifeguard Service (NSLS) lifeguards will attend an intensive four-day training camp from June 24 to 28 at Brigadoon Village and Aylesford Lake, for its 45th season.

"The Government of Nova Scotia is pleased to partner with the Nova Scotia Lifeguard Service," says Nova Scotia Minister of Communities, Culture and Heritage, Leo Glavine. "The NSLS plays a critical role in helping ensure Nova Scotians have a safe experience at the province's supervised beaches. Training camps such as these are vital to ensuring a successful season."

More than 80 lifeguards from across Nova Scotia will be trained in a variety of technical and physical skills such as mock water rescue situations, running, swimming and board rescue.

All staff will undergo training to meet the National Lifeguard Waterfront standard through Canada's Lifesaving Society program. This will prepare them for their multi-faceted roles on the beaches. Additionally, they will participate in teambuilding activities to build rescue team skills with their fellow lifeguards.

"We are hoping for another safe season, but are preparing staff for any incident that could occur," says Nova Scotia Lifeguard Service Director, Paul D'Eon. D'Eon is looking forward to another successful season for lifeguards across the province.

Beginning on Saturday, July 1, the NSLS will begin supervision at 23 beaches across the province, including Aylesford Lake Beach. Since the program was initiated in 1973, there hasn't been a single drowning casualty on a NSLS supervised beach during supervised hours.

The NSLS is a contracted service to provide beach supervision for provincial and municipal governments. It is operated by the Royal Life Saving Society Canada Nova Scotia Branch. More information can be found on Facebook at <https://www.facebook.com/nslifeguard>, on Twitter at www.twitter.com/NSLifeguard, or on our website at www.nsls.ns.ca.

NOTE: A list of supervised beaches follows this release.

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Nova Scotia Lifeguard Service Supervised Beaches

Supervision begins on July 1, and will run from 10 a.m. to 6 p.m. daily until Aug. 27.

Visit www.nsls.ns.ca for the latest beach updates and conditions.

Antigonish County

- Bayfield Beach
- Pomquet Beach

Cape Breton County

- Dominion Beach
- Mira Gut Beach

Cumberland County

- Heather Beach

Digby County

- Mavillette Beach (Weekends only)

Halifax County

- Clam Harbour Beach (Weekends only)
- Dollar Lake Beach
- Lawrencetown Beach
- Martinique Beach
- Queensland Beach
- Rainbow Haven Beach

Inverness County

- Inverness Beach
- Port Hood Beach

Kings County

- Aylesford Lake Beach

Lunenburg County

- Bayswater Beach
- Rissers Beach

Pictou County

- Melmerby Beach

Richmond County

- Point Michaud Beach

Victoria County

- Ingonish Beach

Yarmouth County

- Lake Ellenwood Beach
- Lake Milo Boat Club
- Port Maitland Beach