

Biweekly Bulletin

July 28, 2017

Nova Scotia Lifeguard Service
14 Purcell's Cove Road
Halifax NS B3N 1R4
Director (Paul D'Eon): 902-477-6155

Assistant Director: 902-477-6203
Area Supervisors: 902-477-6168
Fax: 902-477-6216
Website: www.nsls.ns.ca

From Where I Sit...

You never know when an incident will occur. We have had three majors in the last week. I got a call from Jordan MacKenzie at Dominion last Friday about an unconscious women down the beach. I received a call mid-afternoon on Saturday that Rowan Hart and Grace O'Donnell were doing CPR on a man at Port Hood. As I was checking in on that one, Ava Hart and Samantha MacEachern were responding to three persons stuck in a rip at Inverness. We have no majors all summer and in less the 24 hours, we get three.

I would like to let all of you know that our staff performed exemplary in all of these. All staff are doing fine and back on duty. Majors are stressful and we want to avoid these when and where possible.

Some other helpful stuff for you:

Marijuana Smoking on Beach: Some people have medical marijuana

permits and some do not. If you get a complaint or notice it, please refer the incident to the police and/or conservation officer.

Video taping on beach: The beach is a public venue and videotaping is permitted. If the videotaping is intrusive, once again, call the police and/or conservation officer. Let them deal with this.

I have been doing visitations and have noticed that off-duty lifeguards are standing/sitting by the chair "chatting" with the on-duty lifeguard. This is distracting and reduces the effectiveness of scanning. This should not happen. If you have business, fine... but 15 minutes conversations are not warranted.

That is all I have this time. Be vigilant. Stay safe.

I am out.

Paul D'Eon, Director, NSLS

LIFESAVING SPORT



Lifesaving Sport Series Round #1 Results

To view results follow this link:

<http://www.nsls.ns.ca/?q=news/2017/2017-nova-scotia-lifesaving-sport-series-round-1-results>



UPCOMING COMPETITIONS—CALL FOR ATHLETES

- ⇒ **Lifesaving Sport Serious Round #2: Martinique Beach, Saturday August 5**
Pre-register at www.nsls.ns.ca under “upcoming events” > “2017 Nova Scotia Lifesaving Sport Series Registration” by August 4 at 5 p.m.
- ⇒ **Quebec Provincials: Aug. 12 -13** *See link below, you must apply by July 30*
- ⇒ **Parlee Beach Competition: Aug. 14**
- ⇒ **Canadian Surf Lifesaving Championships (CSLCs): Aug 25 - 27**

*If you are interested in being selected for Quebec, or are interested in attending Parlee or CSLCs, please fill out this Google Form: <https://goo.gl/forms/v6xbDMY4iD2qzo393>



The Canadian Lifeguard Challenge (CLC) Returns...

On Sunday, August 6 come out and watch Canada’s top 20 Lifesaving Sport athletes compete for cash prizes at the 2017 CLC at Martinique Beach. Congratulations and good luck to NSLS Staff and alumni, Jason Cross, Kathleen Belliveau, Colm Somers and Gabriel Quenneville!

Junior Lifeguard Games

When? Sunday, August 13, 10—4 p.m.

Where? Rissers Beach, NS

Please advertise this event to your beach patrons!

Ages 7-15 are welcome to register. Registration can be found on our website at www.nsls.ns.ca under “upcoming events.” There is a small registration fee per Junior guard.



Want to live a day-in-the-life of a beach lifeguard?

- August 13th, 10:00am—4:00pm
- Rissers Beach, Nova Scotia
- Open to ages 7-15

Come and try out some of the things that lifeguards do everyday!

SWIMMING
RUNNING
BOARD-RACING
FUN & GAMES
AND
GIVEAWAYS!

2017 Nova Scotia Junior Lifeguard Games



**FOR REGISTRATION VISIT
UPCOMING EVENTS AT
www.nsls.ns.ca**



LIFESAVING SOCIETY
The Lifeguarding Experts

NATIONAL DROWNING PREVENTION WEEK A SUCCESS!



Thank you for your participation in this year's National Drowning Prevention Week! We are pleased to say that this year we've had more community support than ever before! #NDPW2017



July 16-23, 2017
National Drowning Prevention Week
LIFESAVING SOCIETY

Reminders...

AUSSIE EXCHANGE

Initiated in 1986, the Australian exchange program is a reciprocal work exchange program that provides Nova Scotia Lifeguard Service staff with the opportunity to lifeguard in Wollongong, Australia. Each year, a NSLS lifeguard will work during the Aussie summer holidays from mid-December to the end of January. Then an Australian lifeguard works during July and August on Nova Scotian beaches.

All applicants must include a one-page letter indicating the reasons they should be selected. Applicants must also complete Wollongong City Council's standard fitness testing:

- One-mile run in less than 6:30
- 800 m pool swim in less than 12:00

Other criteria considered for selection:

- Ability to obtain a valid passport and Australian visa
- Willingness to pay for transportation (approx. \$2000)
- Experience working in surf combined with good fitness skills
- Ability to adapt to new lifeguarding methodology and techniques
- Ability to be an ambassador for the NSLS

Applications must be sent to NSLS Director, Paul D'Eon, at paul.deon@nsls.ns.ca by:
September 15, 2017 @ 5 p.m.

ADT

****Only open to NSLS staff****

SOCIAL MEDIA

To be featured on our NSLS Facebook page & Insta, tag @NSlifeguard, or send photos to Klara.Needler@msvu.ca

Like and follow @NSLifeguard & @NovaScotiaLifesavingSociety for daily news and updates!



Thank you to our sponsors and funders...



The Nova Scotia Lifeguard Service (NSLS) acknowledges the generous support of the Municipal and Nova Scotia Governments in connection with all activities of the NSLS.



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