



LIFESAVING SOCIETY
SOCIÉTÉ DE SAUVETAGE

*The Lifeguarding Experts
Les experts en surveillance aquatique*

FIRST AID REVISIONS UPDATE

For Lifesaving Society Instructors regarding the recent CPR and first aid updates for Lifesaving Society programs.

RECENT CPR CHANGES

Changes in resuscitation, CPR and first aid protocols are made every five years based on a review of the latest scientific research. The most recent changes – Guidelines for CPR & Emergency Cardiovascular Care (ECC) – were released by the International Liaison Committee on Resuscitation and the American Heart Association in 2010.

The changes are designed to make it easier for rescuers and health care providers alike to learn, remember and perform effective CPR.

The Lifesaving Society has reviewed and integrated these changes and is now prepared to implement the new standards into its training programs where appropriate.

FIRST AID UPDATE COURSE

The ECC Committee requires that all first aid training agencies have face-to-face update clinics for their instructors. The Lifesaving Society is ensuring that through these clinics all Instructors and Examiners understand (and can demonstrate) the new resuscitation protocols and the implications for planning, teaching and evaluating the Society's training programs.

Who must attend? Lifesaving Society Instructors and Examiners who wish to remain current must complete and pass a Mandatory Instructor First Aid and CPR Update Course. This affects: Lifesaving Instructors, First Aid Instructors, NLS Instructors, Lifesaving Instructor Trainers, First Aid Instructor Trainers and NLS Instructor Trainers. This course is part of the mandatory recertification requirements for instructors, examiners and instructor trainers.

Where will the update course be offered? The 4.5 hour Mandatory Instructor First Aid and CPR Update Course will be run by various pools and affiliates throughout the province. Check with your local pool or <http://www.lifesaving.mb.ca/courses.asp> for course times, locations, etc.

Administration: Successful candidates will be issued a First Aid Update certification card. The Society will record in each member's personal record the date when they passed the First Aid Update Course and display it on "Find a Member".

Recertification: Lifesaving Society leadership personnel will not be recertified without proof of passing a First Aid Update Course (see previous Who must attend information).

IMPLEMENTATION

Transition to the new protocols must be completed by June 30, 2012. *All Lifesaving Society programs with first aid content must be taught using the new protocols by June 30, 2012.* Any Lifesaving and First Aid Instructors who have not passed a First Aid Update course by June 30, 2012 will not be able to teach or examine Lifesaving Society programs until they do so. After June 30, 2012 instructors will not be recertified without proof of passing a First Aid Update course.

Affiliates implementing the new protocols before June 30th 2012 must let the office know when they will be switching over to the new protocols. This will enable us to identify in Member Management which version of the first aid protocols candidates have been taught. This will also allow us to ensure that the instructors who are teaching the new protocols have passed a First Aid Update Course.

When ordering supplies for programs please let the office know if you will be teaching the new first aid protocols. This will ensure that we can include copies of the first aid update supplement for the candidate material (Canadian Lifesaving Manual, Canadian First Aid Manual, etc.). We will be providing this (4 page) supplement until the updated resources are available for purchase. This supplement is provided at no extra charge.

Lifesaving Society Instructors, Examiners and National Lifeguards should not change their teaching, evaluation, or performance of resuscitation skills until they have passed a First Aid Update Course and their employer has implemented the new standards.

Through the transition, examiners evaluate candidates according to the protocols they were taught. Under no circumstances should candidates for Lifesaving Society awards taught under the current standards be penalized because they do not perform the revised protocols.

LITERATURE RESOURCES

All Lifesaving and First Aid Instructors must purchase the following when they update:

- ✓ Lifesaving, First Aid & Swim for Life® Resource CD- with current ILCOR/ECC protocols; includes updated written first aid tests, test sheets and first aid power point presentations.
- ✓ 2011 CPR & First Aid Update Instructor Resource; includes Award Guide update inserts.
- ✓ 2011 CPR Update; update insert for the Canadian Lifesaving Manual, Lifesaving CPR Manual and the Canadian First Aid Manual.

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