



Lifesaving Society Manitoba Northern Water Smart® Program

Lifesaving Society Manitoba's **Northern Water Smart® Program** aims to make your community Water Smart® this July and August! Here is the information package and application form for the program.

There is no charge to the participants in any of the courses, but your community must provide clean, safe, and secure **accommodations** for our instructor(s) during their week-long stay and pay a **\$200.00 community access fee**. We send one or two instructors, depending on the size of your community.

The **Swim to Survive Lessons are required** to be offered during our visit. In case of inclement weather or other unforeseen circumstances Water Smart for Kids® will be held in place of Swim to Survive Lessons (this will require an indoor/sheltered area).

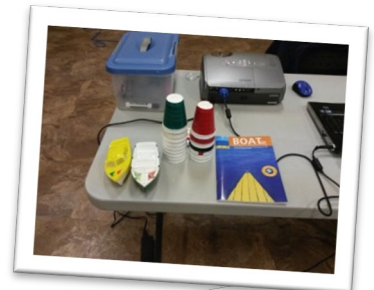
- ❖ **Swim to Survive® Lessons:** For anyone **age 6 and older**; we run 3 - 4 days of 3 hour survival swimming lessons (weather dependent). Certificates are mailed out for *all* participants. The three skills they learn to prevent drowning are:

- Safe entries for falling into the water (don't panic),
- How to tread water for one minute (locate safety),
- How to swim for 50 metres (getting to safety).



In addition to the Swim to Survive Lessons, **you may choose 2 out of 3 additional activities** for your community.

1. **Boat Operator Accredited Training (B.O.A.T.)** – This 8 hour course allows successful candidates to earn their Transport Canada Pleasure Craft Operator (PCO) Card. Candidates must attend the entire course and pass a written multiple-choice test in order to be successful. **May be offered as a "Challenge Course," please inquire for more information.**
2. **Within Arms' Reach** – This 2 hour dryland program is for parents and caregivers of young children. It covers the supervision of young children in, on, and around water.
3. **Emergency First Aid & CPR Level C – 8.5-hour course:** Manitoba Work Health and Safety recognizes this course as Basic First Aid. Each candidate will learn basic rescue skills for general emergencies such as bleeding, breathing emergencies, burns, choking, heart attack, stroke and CPR and AED usage for adults, children, and infants.



Community Responsibilities

To host our program, you and your community are required to:

- Provide clean, safe, and secure accommodations for the instructor(s) during their entire week-long (Monday to Friday) stay **at no cost** to the instructor(s),
- Pay a \$200.00 community access fee to the Society. **DO NOT** send money to us until we confirm a visit with you and send an invoice.
- Market the program by using the best means for your community (e.g. posters, social media, etc.)
- Transport the instructor(s) to and from the airport in your community (if applicable),
- Support the instructor(s) during their stay by:
 - transporting them to and from waterfront and classroom locations,
 - assisting with organizing classes,
 - ensuring that instructors are safe and comfortable, and
 - always being reachable in case of emergency.

Confirmation of Program Dates

The Northern Water Smart® Program will run from **the last week of June until the end of August**. Applications are due by **4:00 PM on the first Friday of May**. We will contact you to confirm the dates we will visit your community **during the last week in May** – we are unable to provide confirmation of dates before that time.

Program Acceptance

A total of **105 communities** are eligible to apply for visits from the Northern Water Smart Program. While we value every community we service, we are unable to visit every community every year. Please understand that we strive to reach as many communities as possible each year.

Program Schedule

After the first week of June, the instructor(s) assigned to your community will be in touch to confirm all details, including the program schedule. Sample program schedules are part of the application package below. If none of the schedules work for your community, please let us know. We have some flexibility for scheduling depending on the needs of your community.

We will not book our travel arrangements until we have confirmed all visit details with you.

Send In Your Forms!

To apply, please send **Pages 4 - 7** to our office by mail, e-mail, or fax by 4:00 PM on **4:00 PM on the first Friday of May**. You may e-mail us at watersmart@lifesaving.mb.ca to request a copy of this package via fax or mail.

Application Deadline: First Friday in May – 4:00 PM

**Lifesaving Society Manitoba
100 – 383 Provencher Blvd
Winnipeg, MB R2H 0G9
Phone: (204) 956-2124 ext. 6
Fax: (204) 944-8546
watersmart@lifesaving.mb.ca**

Tips on Completing Your Application

To ensure that your community has the best possible chance of being accepted for a program visit, please make sure that your application is sent to us no later than **4:00 PM on the first Friday of May**. We will continue to accept applications after this date, but we cannot guarantee that any applications received after this date will be eligible for visits.

Please keep the following points in mind when filling in the application:

- Have you printed or typed your application so that it is clear & legible? If we cannot read your application, it is much harder to arrange a visit.
- Have you filled in every section of the form? A complete form saves us time in processing your application. The more times we have to call you about missing information on the form, the harder it is to schedule a visit to your community.
- Have you given us at least three different weeks that your community is able or willing to host the program? If you are willing to host at any time during the program period, you may state this in the Preferred Dates section
- Have you made sure that the preferred dates you have selected do not conflict with other special events running in the community?
- Have you clearly indicated which programs you want us to come and run in your community? We will run either three or four different courses depending on community needs. Exact scheduling will be worked out with your instructor(s) once a visit has been set up.
- Have you made sure that both the Primary and Back-Up contacts know all of the details about the application and the visit? If we cannot get in touch with the primary contact, we will call the back-up contact and it is important that they know they are listed on the application and may receive phone calls.

Important Updates

We have updated the entire application form for 2024 so the application can be accessed year-round. Please review the form carefully to make sure you have entered the required information for this year.

If you are scheduled for a visit, your community will be required to pay a **Community Access Fee of \$200.00**. This access fee must be paid before any travel arrangements are booked for our trip. **DO NOT** send us any money until we confirm visit dates with you and send you an invoice.

Reminder

Applications are due by 4:00 PM on the first Friday of May.

Northern Water Smart® Program – Summer Application Form

Thank you for your community’s interest. Due to the generosity of our funders, these programs are provided to participants **free of charge**. Your community is required, however, to provide clean, safe, and secure **accommodations** and pay the **Community Access Fee**.

Complete this form in full and return it to us by the first Friday in May, to request a program visit. Call us at (204) 956-2124 ext. 6 or email watersmart@lifesaving.mb.ca with any questions.

Community Information

Community Name:

Estimated # of Community Residents:

Estimated # of Children Under 16:

Approximate Distance to Waterfront:

Sponsor Agency Information

- Please provide us with some information about the agency within your community that is organizing the visit (band or community council, health agency, school board, etc.).

Agency Name:

Main Office Phone:

Office Fax Number:

General E-mail:

Mailing Address:

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Community Contact Information

- The Primary Contact person is expected to be in the community for the entire time our instructor(s) is visiting. They should be available **at all times** to assist the instructor(s) with the courses and any other opportunities that arise.
- You or a designate must be available to pick up instructor(s) at the airport and take them to course locations.
- You must provide at least one back-up contact.**

Primary Contact Person	Back-Up Contact Person
Name:
Work Phone:
Cell/Home Phone:
Fax Number:
Email:
Mailing Address:
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Preferred Dates - Please consider weather and water conditions when selecting preferred visit dates. Please write down **at least 3 options** for preferred programming dates. **Please note: Visit dates must start on a Monday and end on a Friday. We typically do not visit on Saturdays or Sundays. E.g., Monday, July 8 – Friday, July 12, 2024**

Course Locations & Space – Please select any/all of the options below that are available in your community to help support a visit.

- Indoor classroom available for B.O.A.T., First Aid, and Water Smart® Safety Clinics.
- Audio-visual resources (microphone, projector & screen) are available in classroom space.
- Safe waterfront or beach available for Swim to Survive® lessons.
- Lifejackets/PFDs from the Lifejacket Loaner Program are available for Swim to Survive® lessons.
- Course sites are within walking distance (*otherwise you must provide transportation*)

Notes or Comments:

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Course Preparation & Staff Assistance – Please select any/all of the statements below if you are able to provide the indicated support for a visit.

- Community staff, summer students, or volunteers will help with the Swim to Survive® lessons. Staff, summer students or volunteers will support swim instructors by remaining **Within Arm’s Reach at a ratio of 1:10**. *This means they must be in the water.*
- Our community can sort children into groups for swimming lessons based upon age/ability. Assigning different times for their specific swim lesson.
Example:
 - 1:00PM-2:00PM – Beginners swimmers (age 6+ that cannot float on their own)
 - 2:00PM-3:00PM – Intermediate swimmers (age 6+ that can swim 10m on their own)
 - 3:00PM-4:00PM – Advanced swimmers (age 6+ that can swim 25m on their own)
- Our community has teens or adults who want to learn water rescue skills.

Notes or Comments:

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Draft Schedule Selection

Please select one of the following schedules for your community visit. Consider the travel time (flight, drive, boat and train time) for the instructors. Instructors leave from Winnipeg to your community on Monday morning and depart your community Friday.

If none of the below schedules work, please select the best option and add comments.

Option 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Travel	Breakfast / Lesson Preparation			Administration or Paperwork
1:00 to 4:00 PM	Swim to Survive® Swimming Sessions				Travel
6:00 to 10:00 PM	BOAT Course (Part 1)	BOAT Course (Part 2)	EFA & CPR-C (Part 1)	EFA & CPR-C (Part 2)	

Option 2:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Travel	Breakfast / Lesson Preparation			Administration or Paperwork
1:00 to 4:00 PM	Swim to Survive® Swimming Sessions				Travel
6:00 to 10:00 PM	EFA & CPR-C (Part 1)	EFA & CPR-C (Part 2)	BOAT Challenge	Within Arms' Reach	

Option 3:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Travel	Breakfast / Lesson Preparation			Administration or Paperwork
10:00 to 2:00 PM		BOAT Challenge	EFA & CPR-C (Part 1)	EFA & CPR-C (Part 2)	Travel
3:00 to 6:00 PM	Swim to Survive® Swimming Sessions				

Option 4:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Travel	Breakfast / Lesson Preparation			Administration or Paperwork
10:00 to 2:00 PM		Within Arms' Reach	EFA & CPR-C (Part 1)	EFA & CPR-C (Part 2)	Travel
3:00 to 6:00 PM	Swim to Survive® Swimming Sessions				

Comments/Notes:

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Instructor Accommodations

- You are required to provide clean, safe, and secure accommodation for the instructor(s) during their entire week-long stay in your community. The accommodation must be at **no cost** to the instructor(s).

- | | |
|---|--|
| <input type="checkbox"/> Teacherage / Nursing Station | <input type="checkbox"/> Private Residence |
| <input type="checkbox"/> Hotel or Motel | <input type="checkbox"/> Shared Accommodations |
| <input type="checkbox"/> Other (Explain: | |

Do the instructor(s) need to bring bedding (pillows, sleeping bags, or sheets)? Yes No

Name of Accommodation:

Contact at Accommodation:

Phone:

Notes or Comments:

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Food/Meal Arrangements

- If your community is selected for a visit you will need to pay an access fee of \$200.00 to Lifesaving Society Manitoba to cover the cost of food/meals for the instructor(s) visiting your community.
- If instructor(s) must cook food in their residence, you must provide them with cutlery, dishes, pots, pans, and cleaning supplies.

- Groceries need to be purchased; a full kitchen is available in the accommodations/residence.
- Meals are available at a local diner/restaurant.

Notes or Comments:

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Please note: By signing below, you certify the information on this application form is correct and that you and your community will honour the obligations required for hosting our program. We look forward to working with you to help make your community even more Water Smart®!

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Primary Community Contact Signature

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Date

Thank you for your application!

To apply, please send **Pages 4 - 7** to our office via mail, e-mail, or fax by:
4:00 PM by the first Friday of May.

**Lifesaving Society Manitoba
100 – 383 Provencher Blvd
Winnipeg, MB R2H 0G9
Phone: (204) 956-2124 ext. 3
Fax: (204) 944-8546**

watersmart@lifesaving.mb.ca