

Unit 1 – The Lifesaving Society

Activities

1. Reflect on your own experience: When did you first hear about the Lifesaving Society?
What was your impression of its role?
2. Explore the mission and vision of the Lifesaving Society in Canada. Write down 3 ways it impacts aquatic safety in your community.
3. Research your local branch: What programs do they offer beyond lifeguarding?

Exercises

1. Matching Exercise: Match these programs with their main focus:
 - Bronze Medallion →
 - Swim for Life →
 - National Lifeguard →
 - First Aid Programs →
2. Case Study: A community pool has rising accident rates. How could the Lifesaving Society support the pool management in lowering risks? Write 2–3 action steps.

Assignment

Short Written Task (1 page max):

- Summarize the history and mandate of the Lifesaving Society.
- Explain how its programs (e.g., Swim to Survive, Bronze courses, National Lifeguard) create a pipeline of aquatic safety leaders.
- Provide one recommendation on how you, as a future Aquatic Manager, could strengthen the partnership between your facility and the Lifesaving Society.