

Volume 39, Issue 1

The Guardian

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The 2016 Training Camp Issue

June 2016





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**Lifesaving Society Registered Charity
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The Nova Scotia Lifeguard Service (NSLS) has been keeping Nova Scotia's provincial beaches safe since 1973. The provincial and municipal governments fund and promote the program while the Lifesaving Society manages the day-to-day operations.

The NSLS is divided into 5 regional areas. Each area has a Regional Area Supervisor who helps train staff, maintains equipment and ensures quality control on each beach. Beach Captains (senior lifeguards) are in charge of the daily operations of the beach, ensure operational policies and procedures are followed, set up work and break schedules and ensure staff in service training is complete.

AYLESFORD LAKE BEACH

Hours of Supervision 10am-6pm
Lifeguards Megan, Brett
Beach and Surf Conditions Sunny
Temperatures Air 22°C Water 14.5°C
NSLS Training Camp

The NSLS prides itself on its record of “no drownings” during supervised hours.

Since the program was initiated in 1973, there hasn't been a single drowning casualty in an NSLS supervised area during supervised hours.

Welcome To NSLS Season #44

I would like to welcome all of you as the 44th staff of the Nova Scotia Lifeguard Service. You have been chosen as NSLS Staff to uphold the proud tradition that has been developed over the past four decades. I can remember how proud I was, on that first day in 1975, when I put the NSLS uniform on and realized that I was responsible to ensure the safety of the patrons who came to “my beach”.

There have been over 18.4 million persons supervised, 4273 rescues, 1541 community service projects and 1195 different staff in the past 43 years of operation of NSLS.



There have not been any drowning deaths at any of our beaches during supervised hours. This record has been developed by the vigilance and dedication of the NSLS staff, like you, who kept watch at “their beach”.

I hope you all have a summer that will create memories of a lifetime

“The only lifelong, reliable motivations are those that come from within, and one of the strongest of those is the joy and pride that grow from knowing that you've just done something as well as you can do it.”
- Lloyd Doben

Paul D'Eon

Director, Nova Scotia Lifeguard Service

Mike Melenchuk

President, Nova Scotia Lifesaving Society

**Welcome to the 2016 season of the
Nova Scotia Lifeguard Service.**

Through your work with NSLS, each of you are directly contributing to the mission of the Lifesaving Society, which is the prevention of drowning and water-related incidents through prevention, education and leadership training. Our mission is to make Nova Scotia a water smart and water active province. Each of you is part of the public face of the Society. NSLS provides an invaluable contribution to the citizens of Nova Scotia for which each and everyone one of you should be proud.

Since the inception of NSLS in 1973, there has not been a single drowning casualty in an NSLS supervised area during supervised hours. This record is commendable and we appreciate your efforts in extending this record for another year.



LIFESAVING SOCIETY®
SOCIÉTÉ DE SAUVETAGE

The Lifeguarding Experts

Les experts en surveillance aquatique

Summer Schedule 2016

June 24 - Beach Captain Training

June 25 - Opening Day, Aylesford Lake Beach

June 25 to 28 - NSLS Training

June 30 - Beach Set-Up Day

July 1 - Open Day, NSLS Beaches

- Epic Swim , Lake Banook

July 3—Epic Youth Triathlon, Lake Banook

July 20– 1:00pm Lifesaving Sport Competition Round 1, Point Michaud Beach

July 24 - 7:00am Brigaswim, Halifax Harbour

- Aylesford Lake Triathlon

July 24 & 25 - Lifesaving Sport Competition - Parlee Beach

August 6 - 11:00am Junior Lifeguard Games, Rissers Beach

- 11:00am Lifesaving Sport Competition Round 2, Rissers Beach

- St Peters Canal Swim

August 14 - Sandcastle Day, Clam Harbour Beach

August 20 – 1:00pm Lifesaving Sport Competition Round 3, Martinique Beach

– Life Rolls On - Martinique

**August 26 to 28 - Canadian Surf Lifesaving Championships,
Parlee Beach**

**August 28 - Last Day, all NSLS beaches except Lawrencetown Beach,
Lake Milo, Aylesford Lake**

September 5—Last Day , Lake Milo and Aylesford Lake

September 18 - Last Day, Lawrencetown Beach

As of May 20, 2016

Please note this schedule may be updated throughout the summer.

Find up-to-date information at www.nsls.ns.ca

UNIFORM/EQUIPMENT ORDERS

If you haven't done so already, please fill out the online Uniform/Equipment Order Form at

<http://goo.gl/forms/8UUGquhtqv>

Please submit a form even if you are not placing an order

Deadline is Tuesday May 31st at 5pm

Anyone who has not submitted the form by the deadline will get an unhappy, nagging phone call from me.

If you have any questions, just email me or call the office.

Thanks!

Julian.zou@dal.ca

PAYROLL INFORMATION

The absolute final deadline for payroll paperwork is **June 3**

Please have these in to Sara if you have yet to do so!
Sara.jennex@nsls.ns.ca

Training Week 101

Prior to opening day, NSLS guards attend an intensive four-day training camp. The camp focuses on fitness, team building and technical skill development. It is here where guards complete the National Lifeguard Waterfront Exam, which ensures the lifeguards are prepared for their role on the beaches.

It is also here where guards meet each other, develop leadership skills, and are given the opportunity to have their questions answered by experienced guards.



Training camp will take place at Brigadoon Camp at Aylesford Lake, Kings County.



Following training camp during the eight-week season, lifeguards are required to complete daily in-service tasks. These include practice rescue situations and physical training.

As well, staff members are required to participate in beach community service projects which help to educate the public and promote the NSLS.

PRE-TRAINING CAMP TASKS



- Swim and Run!
- Send Sara your payroll information
- Completed TD1's, Emergency Profile, and Direct Deposit Information (i.e. void cheque)
- Send Julian your equipment order (Julian.zou@dal.ca)
- Read the NSLS Policy and Procedures Manual at: www.nsls.ns.ca/?q=publications
- Complete the NSLS Policy and Procedures Test online at: <http://goo.gl/forms/RYrpTUVakJ>

WHAT SHOULD I BRING?

- Swimming gear – goggles, bathing cap, swim suits and towels
- Wetsuit (trust us – you will want one)
- Sleeping gear – sleeping bag and pillow
- Running gear – sneakers, shorts, T-shirt, etc.
- Rain gear
- Warm clothes
- Clothes that you can get VERY dirty
- Extra EVERYTHING – 2 pairs of shoes, tons of socks – we're basically living in the mud if it rains
- Sunglasses and Sunscreen (we'll give you some too!)
- Toiletries – toothbrush, toothpaste, soap, shampoo, deodorant, etc.
- Writing gear – clipboard, pens, paper
- Canadian First Aid Manual, Alert Manual, or other relevant guides
- Payroll stuff if you didn't submit to Sara on time
- Snacks and a Water bottle
- Returning staff, please bring all uniforms and gear with you

CAMP RULES

1. BE ON TIME

Prior to camp you will receive a schedule. As there is a lot to fit into a few short days, the schedule is tight. Being late affects everyone.

2. QUIET TIME MEANS JUST THAT – BE QUIET

You aren't children, and we aren't going to tell you when to go to bed. Please be respectful of others and when quiet time comes, please keep the noise levels to a minimum.

3. DRESS TO EAT

As comfortable as you may become with your fellow lifeguards on day two or three of camp, please show respect for the cooking staff. AKA wear shoes/ shirts/etc.... you know, clothes in the dining hall.

4. NO ALCOHOL OR ILLICIT DRUGS

Remember that you are being EMPLOYED (i.e. paid) while at training camp. The NSLS policy considers intoxication during working hours to be grounds for suspension and/or dismissal. This is a non-negotiable rule – stay clean, stay sober, and you will stay employed. Not to mention the early morning training will be much more pleasant if you do!

5. ACT RESPONSIBLY

At camp we are at all times representing the NSLS and the Lifesaving Society. Destruction of property, vandalism and inappropriate behaviour will not be tolerated. During sessions it is possible that the public will be on hand to see the training- this is an excellent opportunity to promote the beach as a safe place for people to frequent.

6. NO DEPARTURE FROM CAMP WITHOUT AUTHORIZATION

NSLS staff may NOT leave camp unless in cases of activities directly related to Training Camp or for other extenuating reasons (Grad, Exams etc.,) that have been pre-approved by a Senior Staff member.

7. BE POSITIVE

Camp can be difficult but it is also fun, and it is a lot more fun if you participate willingly!

Be happy and enjoy your time!

Everyone's favourite part of Training Camp returns yet again this year!

BEACH SKITS

Beach Skit Rules:

- Each shore will be responsible for preparing and performing a skit during training camp.
- All members of the shore must participate in the skit.
- All skits must be related to lifeguarding or the goals of the Nova Scotia Lifeguard Service.
- All skits must be in good taste. Feeding ice cream to the judges may improve your score.
- Skits should be fun and enjoyable.
- Skits should be approx. 5 minutes in length. But if it's good, we're not going to stop you!

Judging will be done by an illustrious panel of judges based on adherence to the rules above and the overall impact of the skit.



In case there are any props needed, be sure to bring them to training camp as staff are not permitted to leave the camp.



While several of our illustrious judges endeavour to be impartial, Paul will continue to accept non-monetary bribes

DIRECTIONS TO BRIGADOON VILLAGE

Brigadoon (South Alton)

1650 North River Rd
Aylesford, NS, B0P 1C0
Telephone: 902.681.8100

GPS Coordinates

N 44⁰ 57' 32. 12"
W 64⁰ 39' 2. 05"

Directions from Sydney

- Follow NS-4 for 182 km to the Trans-Canada Highway in Antigonish.
- Follow the Trans-Canada for 293 km. Then take Highway 101.
- Take Exit 13 and turn left off the exit onto Highway 12.
- Drive approximately 4 km.
- Turn right onto English Mountain Road (past the Irving station, road is unmarked). Drive 500 m.
- Turn left onto North River Road. Road isn't in best condition, so please prepare accordingly.
- Drive approximately 10.8 km. Brigadoon Village is located on your left.
- Drive down driveway approx. 1.6 km

**If you've reached
Aylesford Lake Beach,
you've gone too far!**



Directions from Halifax

- Take Highway 101 to the Annapolis Valley
- Take Exit 13 and turn left off the exit onto Highway 12
- Drive approximately 4 km
- Turn right onto English Mountain Road (past the former....Irving station, road is unmarked). Drive 500 m.
- Turn left onto North River Road.
- Road isn't in best condition, so please prepare accordingly.
- Drive approximately 10.8 km
- Brigadoon Village is located on your left.
- Drive down driveway approx. 1.6 km



Directions from Yarmouth

- Take NS-101 E 220 km.
- Take Exit 13 and turn left off the exit onto Highway 12
- Drive approximately 4 km.
- Turn right onto English Mountain Road (past the former...Irving station, road is unmarked). Drive 500 m.
- Turn left onto North River Road. Road isn't in best condition, so please prepare accordingly.
- Drive approximately 10.8 km Brigadoon Village is located on your left. -Drive down driveway approx. 1.6 km.

About Brigadoon:

Brigadoon Village is a non-profit organization, open year round including weekdays, weekends, and holidays. 100% of proceeds from all rentals go toward supporting Brigadoon Village, allowing them to provide an exceptional camp experience to children and youth living with a chronic illness, chronic condition or special need.

For more information about Brigadoon Village visit:

<http://www.brigadoonvillage.org/>



“By the end of your four days at camp you will feel confident in not only yourself but in the people you will be working with. “

Last year was my first year with NSLS and going to training camp was very intimidating. Not knowing many people and feeling as if you have had very little lifeguarding experience can really take a toll on your nerves. However, at the same time I was excited. I was eager to meet new people and to gain more experience lifeguarding.

Everyone at training camp was amazing! You were encouraged to ask questions and ask for assistance. It was a healthy work environment where we all wanted to build each other up. Everyone was more than happy to help me learn. Even being a first year guard I was able to assist people with my knowledge and my advice was appreciated. There was no labelling as a “first year”. We are all at training camp for the same reason and it is to improve on the skills we already have and to learn new ones. This applies for everyone. It does not matter if you are a first year guard or a fifth year guard, there is always room for improvement.

Everyday was non-stop, for technical stations you were either in a session reviewing CPR, going through situations we may encounter at the beach and so much more! We were always given the time to work on our skills over and over until we were comfortable with what we were doing. For physical you were pushed to your limits, the start of camp we were faced with the run-swim-run, and that was only the start to a day full of physical activities. At the end of each day we all finished tired but one step closer to being a better lifeguard.

Aside from the physical and technical work of camp there was also time for improving on our team work. We had the time to get to know our other co-workers, who turn out to be great friends by the end of the summer. I remember after 5 minutes of meeting my co-worker Logan, he was teaching me how to tandem paddle on the rescue board (talk about getting close to someone fast). Throughout the four days, we were able to see our weaknesses and our strengths as individuals and as a team. By the end of your four days at camp you will feel confident in not only yourself but in the people you will be working with. One thing I took away from camp is that there is always a learning opportunity. Whether it was during a technical session, at the supper table with your other guards, or having 5 minutes with Paul to ask a question that you have had on your mind. Everyone at camp took everything seriously, were ready to learn, and were dedicated workers.

At the end of camp, it was sad to see us all part ways. I remember walking out of my cabin with my bags and seeing a field full of people talking, laughing, and hugging goodbye. Four days earlier all these people were co-workers to me. As I stood in a group saying goodbye to everyone I had met I realized that these people were no longer just co-workers or other lifeguards, that they were now my friends. If there is anything that I would want first year guards to take away from this would be to not be afraid to put yourself out there. Make new friends, believe in your own abilities, and see your mistakes as learning opportunities. Training camp is one of the most rewarding experiences you will have in your lifeguarding career, take advantage of every opportunity!

I am now counting down the days until camp! I can't wait to meet you all there!

Haley Thompson

Beach Captain—Point Michaud

I started lifeguarding with the NSLS last summer, and experienced my first training camp at Camp Brigadoon in the company of all NSLS staff of summer 2015. Training camp is extremely important to be able to adequately lifeguard at a beach, serves as a purposeful review of many skills and gives you the opportunity to learn new skills. Learning new lifeguarding skills that I needed over the summer was really important as an inexperienced beach guard, and training camp really helped me become more confident. Not only was training camp a phenomenal educational opportunity, it was a fun experience because I got to meet other lifeguards from around the province and build new friendships. Training camp is very physically demanding because as much as possible is jammed into a span of four days. It is important that you keep a positive attitude, and are open to trying new things as well as coming out of your comfort zone.



One of the focuses of last year's training camp was team building. This meant that I was put into groups and as a team my group was required to do many tasks. Team building activities usually revolved around different challenges the team had to overcome, and team work orientated games. Teams were required to work together to achieve a common goal; this mentality is critical in helping guards to develop stronger communication skills. Working together helped guards to support and help one another and become more familiar with co-workers and the NSLS beach standards.

Training camp helped me become a much stronger lifeguard because of all of the practice I got with handling situations. When practicing situations I had a chance to receive feedback from examiners and learn more about changes I could make to my approach to a rescue. I learned so many new things from this experience, and observing others handling situations. There's a lot to absorb during camp, and having the opportunity to apply some of the knowledge and skills I learned helped me retain the information. I found it was important to pay attention to people who were teaching me new skills and going through reviews because that helped me be more successful and perform better during my exam, and handling situations at my beach.

I am excited for training camp 2016 to see friends from last year, get back on the board and review my skills before starting my summer at Heather Beach. Advice I have to other guards who are coming to training camp for the first time is to bring snacks if you like to eat more than three times a day, lots of warm clothes, purchase a wetsuit for camp, and bring a plastic box for trips back and forth from the lake for your wet gear. I know I will make many new memories at training camp 2016, become more prepared to start the summer, and am looking forward to another great experience.

Shannon O'Connor

TOP 10 2016 STAFF SCREENING TIMES

1.	Carlena Eye	6:18
2.	Madeline Leckey	6:25
3.	Rowan Hart	6:56
4.	Hannah McLean	7:11
5.	Holly Wright	7:18
6.	Samantha Graham	7:18
7.	Hannah Reid	7:20
8.	Kylie Bullerwell	7:30
9.	Kali Caulier	7:39
10.	Jaime Clarke Caseley	8:04

SWIM

1.	Colm Somers	5:33
2.	Noah Gillespie-Friesen	5:42
3.	Brett Liem	5:47
4.	Brett Sonnichsen	6:18
5.	Ian Bullerwell	6:19
6.	Sean Berrigan	6:29
7.	Alexandre Doucet	6:38
8.	Nicolas Doucet	6:44
9.	Matthew Curry	6:45
10.	Dylan Bower	6:59

1.	Holly Wright	42.3
2.	Rowan Hart	51.4
3.	Kathleen Belliveau	52.5
4.	Hannah McLean	57.0
5.	Jaime Clarke Caseley	57.2
6.	Emily Hickey	58.0
7.	Brienne MacDonald	59.0
8.	Hannah Reid	59.5
9.	Hannah Jackson	59.5
10.	Kylie Bullerwell	60.0

CARRY

1.	Matthew Curry	41.4
2.	Alexandre Doucet	44.8
3.	Dylan Bower	45.0
4.	Brett Liem	45.6
5.	Gabriel Quenneville	46.2
6.	Sean Berrigan	46.8
7.	Brandon Parsons	48.2
8.	Noah Gillespie-Friesen	49.2
9.	Colm Somers	49.9
10.	Josh Bower	52.0

1.	Emily Hickey	11:46
2.	Holly Wright	12:02
3.	Rachael Weagle	13:21
4.	Kali Caulier	13:42
5.	Caitlin Vance	14:35
6.	Hannah Delaney	14:58
7.	Carlena Eye	15:07
8.	Allie MacDonald	15:10
9.	Madelyn Hood	15:55
10.	Emily Burbidge	15:56

RUN

1.	Gabriel Quenneville	10:28
2.	Brett Liem	12:32
3.	Colm Somers	12:43
4.	Noah Gillespie-Friesen	12:48
5.	Colin MacIntosh	12:49
6.	Sam Donaldson	13:00
7.	Justin Oyler	13:25
8.	Sean Berrigan	13:27
9.	Gabriel Labbe	13:30
10.	Matthew Curry	13:43

Senior Staff 2016

I began working with the NSLS in 1975 when I worked as Beach Captain at Heather Beach. I worked at Rissers, Lake George and Ingonish beaches and was an Area Supervisor and Assistant Director for two years. In 1984, I became Director and have been involved at the senior management level of the NSLS ever since. I guess that makes it a lot of years for me!!

I have a B.A. in Physical Education and Recreation from Acadia University, and lots of NLS, Examiner, Instructor Trainer certifications!! I have been involved as a volunteer with many recreation and sports related organizations, most recently as the President of Recreation Nova Scotia, and the Lifesaving Society National Safety Standards Commission.

I like to swim, fish, hike, bike and golf, but mostly, I go to the beach!!
I am out...



Director

Paul D'Eon

I'm really excited to be back working for the NSLS after a long (eight year?) break. In the past, I've been an Area Supervisor for Western, the Special Events Officer, and have spent time on the beaches. This year, I am pumped to be taking over for Mike as Assistant Director- Human resources. Basically, I'm going to spend a whole bunch of time in the office paying everyone, and as much time as I can at the beach.

What else? I've spent the last few years working as a retail manager with both Costco and Target, and I sometimes actually use my BEd to supply teach in the HRSB. I have a little guy who's starting primary in September who keeps me pretty busy, and I spend whatever free time I have swimming, hiking and getting outside. I am also really excited to get back to Surf League!

I can't wait to meet everyone at Training Camp, and if this is your first camp, know that it's going to be so much fun! Also, you should receive your payroll packages very soon, so keep an eye out for it, and get it back to me as soon as you can. After all, a summer at the beach is even more fantastic if you get paid for it.



Sara Jennex

Assistant Director: Human Resources

Assistant Director : Technical

Adrian Spencer

This is my first year working with NSLS, but I have been involved with the competitions and special events for over 10 years.. I have worked at beaches since my first summer job at Maskwa Aquatic Club in 2000. I was one of the original founders and current manager of the Guardians Lifesaving Club, and have been training Pool Lifesaving Athletes since 2003 and Surf Lifesaving athletes for almost 10 years now.

Over the years I have sat on national program development committees, work with Jason Cross, taken teams to National Lifesaving Championships and have been on 4 Punta Cana Lifesaving Training trips.

During the winters I am the Manager of Mountain safety for Ski Wentworth which has given me a lot of experience in first aid and has kept my diagnostic and patient care skills sharp. I am a Certified Engineering Technologist, and really enjoy working with my hands. I am capable mechanic, good at fiberglass work, and a good carpenter framer. If its broken I can usually fix it.

I am excited for a summer on the beach and look forward to seeing everyone on the water.



Melissa Hyson

Eastern Shore Area Supervisor



39 MORE SLEEPS UNTIL TRAINING CAAAAMP! :)

I know, I know. I said I wasn't coming back. SURPRISE! I'm baaaaack and switching things up this summer! For those of you who don't know me, I spent the first 4 years of my NSLS career (I think after 12 years you can call it a career ... right?!) guarding Melmerby Beach and I spent the next 8 years as North Shore Area Supervisor. This year it looks like I will be testing the waters of the Eastern Shore (brrrrr). During the winter months I teach Phys. Ed. in the Annapolis Valley and in my spare time I try to keep warm by snowshoeing, snowboarding, hiking, running, gyming, doing yoga, biking, or anything physically active. I am looking forward to spending another summer on the beach!

Can't wait to see you all at training camp!

Northern Shore Area Supervisor

Troy Hillier

Hey everyone,

My name is Troy Hillier and I am going to be the Area Supervisor for the North Shore this summer. This is my 5th year working with the NSLS, in the past I have worked for two years at Port Hood and Inverness as well as two years at Point Michaud.

I am working on a B.Sc. in Human Kinetics at STFX, and will be entering my 4th year in September. In my spare time throughout the winter I play Jr.B. hockey for the Strait Pirates. In the spring and summer months I spend lots of time fly fishing. Over the past few summers I have participated in as many LSS events as possible, including the past two CLSC's.

I am hoping this summer will be no different and I hope to see lots of people at competitions all summer long. I hope everyone is as excited for this summer as I am and see everyone in June!



Southwest Shore Area Supervisor

Jenn Hood



Hellooooo Staff of 2016!!

My name is Jenn Hood and I will be the Area Supervisor for the Southwest Shore and Rissers Beach. The Southwest Shore consists of Mavilette Beach (only on weekends) , Lake Ellenwood, Lake Milo, and Port Maitland Beach. We have some really great beaches in this end of the province and hope you can get down to see some of them ;)

This will be my 22nd year with the NSLS !! Yes I have a real job!! I am the Aquatic Director at the YMCA in Yarmouth during the rest of the year. I have been doing this a long time and have seen lots of guards come and go and am looking forward to meeting a bunch of new ones this year. Training camp is a lot of fun so don't stress!! Camp is awesome, food is great and of course the senior staff are epic!! Hehe. Make sure to think of Skit ideas so we can out do the other years!! Come willing to learn and have fun.

The one tip I will leave you with is don't be a couch potato!! Get out running and swimming because these are things you will need to do at camp. I don't want to have to chase you down with a stick to get you moving or put the scary doll in your bed to wake you up!! (You will see what I mean) lol.

Looking forward to seeing you all soon!!

Hello and welcome to the 2016 version of the NSLS beach staff!

I'm Kieran Gallivan and I am the Area Supervisor responsible for the Cape Breton Shore. This will be my 11th year with the NSLS and my 5th year as the AS for CB. I completed my Human Kinetics and Education degrees at St.FX in 2010 & 2012 respectively. Since then I have been traveling and working during the winter and returning home for our beautiful Cape Breton summers. I've done a season lifeguarding on the Gold Coast, back packed Southeast Asia, and taught high school in London England in my most recent travel experiences. I am always happy to share a story or two so don't be shy. This year I decided to go back to school and get my Power Engineering certification. I write my final exam the day before training camp so this year I'll really be looking forward to camp!



Working on the beach for the NSLS has been responsible for some of the best and most rewarding experiences in my life. You are all in for a really fun camp and an even more enjoyable summer on the beach.

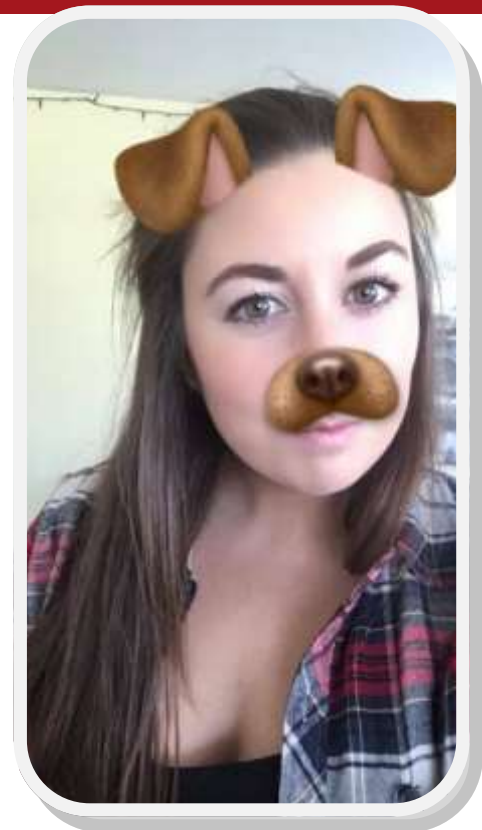
As always I'm looking forward to meeting all the new staff and catching up with returners at camp!

Special Events Officer
Myriska Caulier

Aloha!!

I am super excited for another summer with the NSLS, I have spent the last 6 Summers guarding the lovely waters of the province starting at Melmerby beach for a few summers before adventuring to Dollar lake then Queensland beach. In the off season I am a student, I just graduated from Acadia University this spring and will be heading to St.FX in the fall. When I am not studying I am probably riding my bike.

I cannot wait for training camp !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!



Public Relations Officer

Makayla Carroll

Hello Everyone!

I'm Makayla, and I'll be the Public Relations Officer this summer. I will be maintaining internal and external communication - basically, sharing what a great summer you'll all be having!!



I'm originally from Truro, and will be going into my third year of PR at Mount Saint Vincent University this coming Fall.

In high school I worked as a swimming instructor and lifeguard and spent the past two summers tidal bore rafting in Maitland

Please feel free to contact me for any communications help or advice you may need! I'm here to help. You can reach me by phone, email or through social media.

Looking forward to meeting you all at training camp!

My name is Abby Clarke Caseley, and I am one of the summer students with the Lifesaving Society, filling the position of the Summer Program Coordinator for 2016.

I have been lifeguarding for 6 years with various beaches and pools around HRM. This is my second summer working with the Lifesaving Society, and I am excited to once again bring my knowledge and experience to the summer team. My main objectives and tasks include the coordination of the Swim to Survive Program, and to help plan events about drowning prevention and water safety for this summer. I am very excited to be working alongside the Nova Scotia

Lifesaving Service to help improve water safety awareness in Nova Scotia!



Swim to Survive Summer Program Coordinator

Abby Clarke-Caseley

Hello everyone! I'm Julian and I'm back as Technical Operations Officer this year! This is my third year with the NSLS, but this year I'm shying away a bit from special events.

I'll be around a bit less this summer as I am also in school full-time (Electrical Engineering & MCAT shenanigans). However, I'll always be reachable by email, and I'll be at training camp as well as most of the lifesaving competitions (I hope to see as many of you as possible at the competitions!).

And for those of you who don't know me, I recently finished my Diploma of Engineering, continuing into Electrical/Biomedical Engineering at Dalhousie University. Willy's is a great place for poutine, and the Vancouver Canucks are a great team to follow (sometimes)!

I'll see you all soon at training camp, and I hope all of you make the most out of your sunny, sandy beaches!



Julian and his friend are so special they got their own page!

Lifesaving Sport Series 2016

For detailed information, go to:
[http://www.nsls.ns.ca/?q=lists/
events](http://www.nsls.ns.ca/?q=lists/events)

In 2000 the Nova Scotia Surf League was established as the first ever ongoing competition series in Canada, and last year the competition adopted its new title of the Life Saving Sport Series, LSS. By pitting lifeguards against each other in competition, it provides the opportunity for guards to test their skills against the best the province has to offer.

July 20: Lifesaving Series Round 1	Point Michaud
August : New Brunswick Lifesaving Competition	Parlee Beach
August 6: Junior Lifeguard Games	Rissers Beach
August 6: Lifesaving Series Round 2	Rissers Beach
August 20: Lifesaving Series Round 3	Martinique Beach
August 24 to 26: Canadian Surf Lifesaving Championships	Parlee Beach

Hey everyone!

I'm the Beach Captain at Pomquet and this season will be my fourth with the NSLS. I've worked with some great people over the past few years, Kristian, Bry, Heather, and Kaitlyn to name a few. We all put a lot of work into our beach projects at Pomquet and have had some very successful results. We've had a Junior Guard program, a Swim to Survive/ Beach Fun Day, a Beach Fun Run to raise money for a local charity with prizes for the runners, and a day to raise awareness for our beach-hogging patrons, the Piping Plovers. These are only a few examples of what we did for beach projects; there are many more great ideas out there!

What is a beach project?

Beach Projects are a part of your job! Each staff member is required to plan and participate in a public relations project with the other members of your beach team. Beach projects are designed to help build positive relationships with you, the lifeguards, and the people who visit your beach. By holding these events, patrons will get to know you on a more personal level and learn that NSLS lifeguards are approachable, friendly, and informative. Beach projects are also a great way to make friends with the other guards working at your beach!

What is an example of a Beach Project?

Last summer, Kaitlyn, Heather, and I planned a Swim to Survive/ Beach Fun Day in cooperation with an Antigonish County summer camp. On the day of the event the campers came to the beach and each child completed the Swim to Survive program, there were over 20 of them! After Swim to Survive we had free BBQ hotdogs and juice for all patrons on the beach to enjoy. We set up chalk on the boardwalk and let the campers decorate it. The children also took turns learning to paddle the rescue board and were shown how to use a rescue tube. At the end of the afternoon all of the children were given their Swim to Survive certificates, and went home happy. A few of the campers were really interested in our job, and informed us that they were looking forward to becoming lifeguards themselves someday. To top the day off we also received a great visitation from Paul, and a free bag of tea as a prize for having over 20 Swim to Survive candidates! Seeing how excited the kids were to partake in the beach project really made it a day to remember! I plan on continuing the project this summer, and hope to include more than one local summer camp.

I hope this was helpful to all of our first year guards, and to all staff members- Have a great summer! - Ryan



What makes a good beach project:

- Be creative
- Fill out Worksheets & have them approved
 - Make a plan
 - Make it educational and fun
- Call local media and let them know (Makayla will help with this)
 - Get it done early!

Wollongong Exchange

For the past 30 years, a NSLS lifeguard is selected to represent Nova Scotia in Wollongong, Australia in a guarding position. In return, a guard from Wollongong joins the NSLS staff for our summer season in Nova Scotia.

Exchange History

1988 - Ed Kaulbach
1989 - Jason Cross
1990 - John Cross
1991 - Angus Lindsay
1992 - John Bessonette
1993 - Rob Bednarik
1994 - Dave Leblanc
1995 - Mike Kellock
1996 - N.W.
1997 - Rob Smith
1998 - Sean Dyer
1999 - Craig Durling
2000 - Adam Teasdale
2001 - Andrew Millar
2002 - Dan Fraser
2003 - James Wildsmith
2004 - Aaron Sellers
2005 - Neal Durling
2006 - Cory Barrington
2007 - Peter Cove
2008 - Patrick Coleman
2012 - Alex Groot-Koerkamp
2013 - Richard MacAulay
2014 - Fletch Selig
2015 - Sarah Bernier
2016 - Taylor Lawson

The selected applicant is given the opportunity of a lifetime as they get to work with some of the best guards in Eastern Australia. Aside from experiencing Wollongong during their peak summer guard season, delegates have the opportunity to experience new people, learn new lifesaving techniques, work in new environments, and face new challenges.

Lifeguards also have the opportunity to see a new country and experience a new culture.



Interested in applying?

More information in the next NSLS Guardian or ask your supervisor at Training Camp for more information!

Wollongong Experience

The Aussie lifeguard exchange program is an amazing opportunity to work with one of the biggest and most prestigious lifeguard services in the world. The lucky person selected will work for the length of the Australian summer school holiday from late December to the end of January.

The pay is very high and the hours are good; 12 to 6pm from Monday to Saturday. These hours afford a leisurely morning of surfing at one of many beaches within walking distance of downtown Wollongong. There are many perks of working for a municipal lifeguard service such as time and a half pay on Saturdays. However, the work environment is very different than in Nova Scotia. Conditions on Australian beaches can be very bad with much heavier surf than in our summer. Additionally the beaches are much busier even though the supervised beaches are packed closely together. The one nice thing is that the public has a respect and trust for professional lifeguards that makes it easy to be very proactive. There is a golf kart at each beach with a rescue board on top and as the rookie you will be driving it around a lot to move people into the flags. The Wollongong council lifeguards have a variety of rescue boards, some very fast like a racing board but some very heavy and good for larger surf.

They give you a great uniform which you can keep afterwards. The staff themselves are typical hilarious Australians who are great fun to work with. Everyone is very welcoming and friendly. The city of Wollongong is an amazing place to live with a bike path as well as trains linking every beach in the service. Overall the exchange program is a great opportunity to skip the Canadian winter and get some really good work experience so next year you can get whatever job you like at the NSLS, plus you get to go to Australia !!

Taylor Lawson

Beach Captain; Martinique



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