



LIFESAVING SOCIETY®
SOCIÉTÉ DE SAUVETAGE

The Lifeguarding Experts
Les experts en surveillance aquatique

LIFESAVING SOCIETY

PROGRAM DELIVERY AND H1N1

Winnipeg, Manitoba November 5, 2009 – Like many organizations, the Lifesaving Society is concerned about the H1N1 influenza virus. The Society suggests that its affiliate members follow the recommendations of their local health authorities in developing policies and procedures to prevent the transmission of communicable diseases among their staff, participants and members of the community.

People who are sick should not participate in lesson programs. The Society recommends that affiliate members adopt policies that encourage people to stay away from lessons or practices if they are sick. This may mean providing “rain checks”, credit notes or refunds for lessons missed.

The H1N1 virus is a new strain of influenza that can be transmitted from person to person. The Lifesaving Society believes it is important for individuals to continue to practice behaviors to prevent contamination and spread of this disease. All individuals should take the usual health precautions and usual prudent personal hygiene steps.

The Public Health Agency of Canada recommends the following to reduce an individual's exposure. More information is available at their website www.fightflu.ca: or at the Winnipeg Regional Health Authority web site: <http://wrha.mb.ca/>

- ✓ Wash your hands or use an alcohol-based hand sanitizer.
- ✓ Avoid touching your eyes, nose or mouth.
- ✓ Cough and sneeze into your arm, not your hand.
- ✓ Get the H1N1 flu shot.
- ✓ Keep common surfaces clean and disinfected.
- ✓ If you are sick, stay home.

We offer these additional tips for Instructors, Coaches and Lifeguards:

- ✓ Don't share towels, water bottles, whistles, gloves, masks or fanny packs.
- ✓ Clean and disinfect CPR equipment between users.
- ✓ Meet and greet without hand or face contact.
- ✓ Maintain your personal space at about an arm's length away.
- ✓ Don't share food or clothing.

The Lifesaving Society – Canada's lifeguarding expert – is a charitable organization working to prevent drowning and water-related injury through its training programs, water Smart® public education, water-incident research, safety management services, and lifesaving sport. Annually, over 700,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs.

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Web site: www.lifesaving.mb.ca