

Displays

Lifesaving Society
Canadian Red Cross
Parks and Recreation Ontario
Splashables
Team Aquatic Supplies
WaterArt
CALA

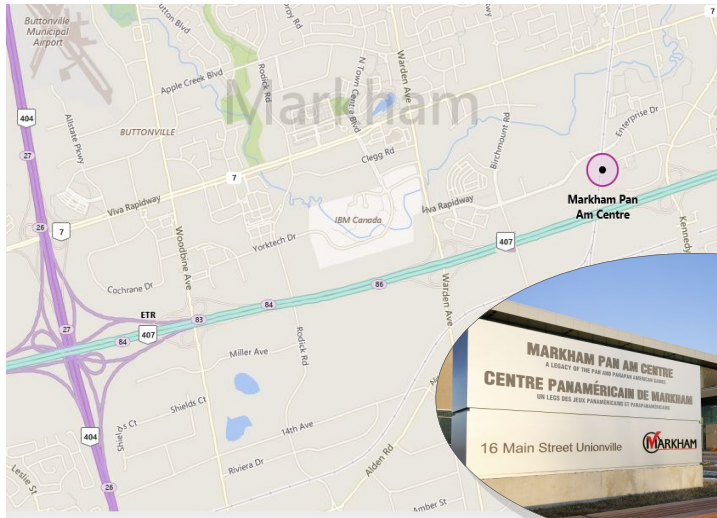
And More...

At a Glance

9:00 am - 9:30 am	Munch & Mingle/Registration
9:30 am - 10:00 am	Welcome & Agency Updates
10:00 am - 11:30 am	Session #1
11:40 am - 1:10 pm	Session #2
1:10 pm - 2:30 pm	Lunch & Display Passports
2:30 pm - 4:00 pm	Session #3

Markham Pam Am Centre

16 Main Street Unionville, Markham



2019 Planning Committee

Melanie Baker, Town of Richmond Hill
Ann Bashford, City of Vaughan
Janice Carroll, City of Markham
Kristen Levy, City of Markham
Adam Mobbs, City of Vaughan
Yorick Tong

YRAC Products for Sale

Mug, \$5.00

YRAC merchandise available at the YRAC display. Cheque, cash or invoice requests are all accepted.

Buy Raffle Tickets for Great Prizes

Donations Welcome

Please bring to workshop or contact
yorick.tong@gmail.com

SPRING THING 2019

The Essential Aquatic Workshop
Wednesday May 15, 2019

Markham Pan Am Centre
For information contact:
Janice Carroll at jcarroll@markham.ca
905.479.7753 ext. 4549



First 50 delegates
to register receive
a special bonus!



York Region Aquatic Council

www.yrac.ca

10:00 am — 11:30 am

Concurrent Sessions

1. **Good Morning Yoga**

Alana Baitz , City of Markham

A gentle non-competitive approach to physical fitness utilizing strength, flexibility and stamina. Proper body alignment, breathing and relaxation techniques will be taught. Yoga mats will be provided.



2. **The Power of Influence**

Laurie Thomas, Ultimate Synergy

Brief but significant moments often create lasting impressions that last a lifetime. What would happen if an entire organization recognized this mysterious thing we call influence? The Power of Influence allows participants to reflect upon their role and impact on the lives of others. It will empower participants to want to create a workplace where character and principles dictate decisions and actions towards others.



3. **The Greater Impact of Drowning on Communities and Families**

Gary Sanger, City of Toronto

Presented by the Lifesaving Society

We all know that drownings expose an organization to the most serious civil claims they will ever face. Have you ever thought about the true impact and deep lifelong loss that is felt by family and friends of those who have drowned? This session will take a thought provoking and hard look at real life and death cases and the impact these incidents have had on communities and families.



11:40 am — 1:10 pm

Concurrent Sessions

4. **A Pool for All People - Implementation Strategies to Deliver an Inclusive Pool Experience**

Wanda Ellis and Shannon Anthony, City of Toronto

Presented by the Lifesaving Society

In building or renovating facilities to provide gender neutral changerooms, our goal is to ensure all participants feel welcome. In many situations however, this is not the case. In this session, ideas will be discussed on how you and your staff can begin to develop and employ best practices for gender neutral changerooms and washrooms and how to address questions or concerns that may arise from participants or staff. We will review key concepts and awareness of diverse gender identities and sexual orientations.



5. **Inclusive Behaviour Management**

Tara Colby and Carly Cookman, Variety Village

Turning difficult moments into rewarding lessons is a skill all instructors should have to connect with participants of all levels and abilities. We will discuss ways to teach these skills to your staff, as well as some helpful hints for instructors to use when challenging moments arise.



6. **Become the Employer of Choice by Supporting your Staff**

Jacquie Hermans, Light'n Up

Great employers not only support their staff to confidently and effectively do their job, they also support them when life turns their world upside down. Part time staff might find themselves lacking adequate social support, struggling in school or not having a safe place to live. Strive to become the employer of choice by supporting your staff through what life throws at them.



2:30 pm — 4:00 pm

Concurrent Sessions

7. **Noise in Aquatic Facilities: A Research Study with Solutions**

Darek Osostowicz, City of Mississauga

Anyone who has been around indoor swimming pools knows noise levels can be significant, especially during busy periods. Often this is amplified when specialty equipment is turned on or when staff position themselves adjacent to busy areas. The Lifesaving Society and Ryerson University's School of Occupational and Public Health teamed up to research noise levels at indoor swimming pools. Learn about the methodology, data collected, findings of the research study and recommended next steps.



8. **Mental Health in the Workplace for Aquatic Staff**

Gregory Peri, Town of Aurora

Presented by the Canadian Red Cross

According to the Canadian Mental Health Association, in any given year, 1 in 5 people in Canada will personally experience a mental health issue or illness. This session will use components from the Canadian Red Cross Psychological First Aid course to give you the knowledge and understanding of the changing workforce and how to overcome the stresses at work. Learn how to assist your staff and peers when they come to you with mental health issues. You will leave with resources you can refer to and share with your staff.



9. **Data Driven Decision Making: Aquatics Edition**

Laura Kerr & Romas Keliacius, City of Hamilton

From facility utilization, to the integration of local community demographics and MBNCanada measures, this session will provide examples of how the City of Hamilton makes data driven decisions for staffing, rentals, lesson times, and new programming for 100,000 annual programmed hours in 28 pools.



10. **The Magical Properties of Deep Water Aquafitness**

Pool Session

Natalia Antonacci, City of Markham

Looking to be reenergized and excited to teach deep water aquafitness again? This session will help you lead your participants in a high energy and motivating way to cross the finish line with a noodle to spare! **You will be in the pool: Bring your bathing suit.**

