

## Displays

Lifesaving Society  
AquaPalace  
WaterArt

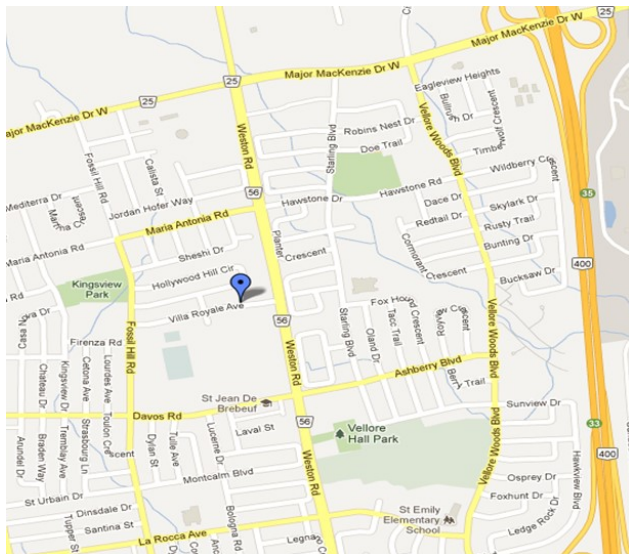
And More...

## 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

Workshop Includes Morning Refreshments  
and Lunch

**Vellore Village Community Centre**  
1 Villa Royale Avenue, Vaughan



## 2024 Planning Committee

Ann Bashford, City of Vaughan  
Brook Beatty, City of Vaughan  
Janice Carroll, City of Markham  
Lori Garcia, City of Richmond Hill  
Heather Kazan, City of Markham  
Yorick Tong, Town of Caledon

### Buy Raffle Tickets for Great Prizes

### Donations Welcome

Please bring to workshop or contact  
Lori.garcia@richmondhill.ca



# SPRING THING 2024

## The Essential Aquatic Workshop

Wednesday May 15, 2024

Vellore Village Community 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

**1. Mythbusters: Unveiling the “Why”**



Marek Holke - Presented by the Lifesaving Society

Join us while we unveil the core principles driving essential standards and practices in the industry. From dissecting the nuances of drowning resuscitation and the paramount importance of hypoxic treatment to unraveling the enigma of the "foam" phenomenon in CPR. Equip aquatic staff trainers with invaluable insights into what to anticipate and how to enhance training methodologies, while gaining a comprehensive understanding of the significance and evolutionary trajectory of lifeguard physical standards.

**2. Navigating Conflict, Communication and Connection In a Complex and Crazy World**



Laurie Thomas, Ultimate Synergy

Imagine if you had a "leadership kit" tailored to help you flourish amidst life's challenges. Explore the transformative power of authentic leadership through introspective exercises, focusing on practical strategies and “balanced processing”. Embracing authentic leadership empowers you to be fully present, fostering an environment of trust, loyalty, and healthy relationships.

**3. How Can We Elevate the Profession of Lifeguard to that of Other First Responders?**



Kevin Button & Scott Ruddle

Join us for an engaging exploration of how we can transform public perception and organizational attitudes towards lifeguards as essential first responders. Together, we will brainstorm strategies to initiate a groundswell of recognition and respect for lifeguards. Our goal is to inspire a paradigm shift within ourselves, laying the groundwork for broader acceptance of the equivalence of lifeguards with other professional first responders.

11:40 am — 1:10 pm

**4. Prepare, Respond and Recover – Dealing with the Aftermath**



Gary Sanger - Presented by the Lifesaving Society

Recreation services are an essential part of all healthy communities. Aquatic services come with elements of risk that need to be managed effectively. How quickly we respond to and recover from incidents is reflective of how well we were prepared. This session will provide deck-level and senior staff with a thought provoking look at real situations and what can be done to manage risk and reduce the possibility of catastrophic injury and death in our aquatic facilities.

**5. Aquafit: Friend or Foe?**



Tamara Colaizzi & Connie Jasinskas, AQX

Aquafitness programming can be a pool administrator's least favourite activity. Participants can be demanding, staff get trained, then move away. Lifeguards could fill the gaps, but often they don't want to! What to do? Don't miss this opportunity to learn practical solutions for aquafitness staffing, team building and developing engaging programs.



11:40 am — 1:10 pm



**6. Autism and Aquatics: Promoting Accessible Water Education**

Ashley Arruda

Children with autism are 160 times more likely to drown than children who do not have autism. This presentation will discuss some of the reasons why children on the spectrum are drawn to water, and the importance of engaging them and their families in aquatics. Learn specialized strategies to welcome and engage families to the aquatic environment, and how to market your programs to this diverse community.

2:30 pm — 4:00 pm



**7. Aquatic Staff Recruitment and Retention**

Paul DiSalvo - Presented by the Lifesaving Society

Focusing on the recruitment and retention of aquatic staff, we will review ongoing efforts by the Lifesaving Society to analyze and mitigate the challenges associated with aquatic staff shortages. Additionally, we will explore completed and ongoing work aimed at supporting organizations in addressing this workforce challenge. Delegates are encouraged to contribute their ideas and insights for discussion during the session. Don't miss this opportunity to collaborate and strategize on solutions to enhance the effectiveness and sustainability of aquatic staffing.

**8. Building Emotional Resiliency**



Natasha Skolny

Embark on a transformative journey where you will gain invaluable insights into the intricate interplay between your emotions and behaviors. Explore the profound impact of your personal reactions on your relationships and discover actionable self-management strategies.

**9. Strategies for Effective Instructional Staff Trainings**



Jay Hahn

Recognizing the pivotal role of swim lessons in fostering water-safe communities, prioritizing the training of swim instructors to deliver safer, more engaging, and highly effective classes is paramount. However, developing staff training sessions that genuinely impact instructor performance can pose significant challenges. Join us for a dynamic session where we will explore training strategies, approaches, and activities that your instructors will actually use.

**10. Aquafit - Advanced Boot Camp (Pool Session)**



Catherine Lyons Bozzo, WaterArt

Discover how to attract a younger demographic to your aquatic fitness classes with Boot Camp! Join Catherine as she demonstrates how to effectively incorporate advanced aquatic fitness equipment like Resistive Paddles and Cuffs into your exercise routine. Gain access to a program of total body exercises designed to elevate your fitness regimen and take your performance to the next level. Learn how to maximize benefits in minimal time with this strengthbased equipment, revolutionizing your aquatic fitness program. Don't miss out on this opportunity to level up your fitness journey! **You will be in the pool: bring your bathing suit.**