



April 14, 2020

Our monthly newsletter is weekly during COVID. If you're new here, Welcome! You can read last week's email [here](#).

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Friends & Clients,

Is it just me or is anyone else dealing with input overload? Zoom meetings, podcasts, endless scrolling on social media... I need to remember to pause and let my brain breathe - hyperstimulation is rampant.

I'd normally apologize for this week's email being late, but the content in it is that much better because of recent thoughts I've had. Every day is different under COVID.

I don't have a crystal ball, but I do live with someone who checks the [Johns Hopkins Corona Map](#) every morning.

I anticipate in Canada - the USA is quite different - we won't have phased workplace re-entry for non-essential services until late June which *could* lead to the soft (tightly-controlled) reopening of smaller aquatic facilities in July.

Tim Auerhahn from the [Aquatic Council](#) (hi Tim!) shared an [excellent worksheet](#) about how to define your core values during his [Friday, April 10 POOLaide Webinar](#). FYI - all webinar recordings are posted on our [YouTube Channel](#).

This week - as much as you're able - I would encourage you to consider the values of your aquatic facility in a post-COVID world. I'm not asking you to change your organizational focus; think about a post-COVID world and ask yourself: **what really matters?**

If you're not sure, read this eloquent [opinion piece](#) where (TL;DR) the author challenges us to "take a deep breath, ignore the deafening noise, and think deeply about what you want to put back into your life."

Lastly - as you're thinking about "what matters" - I want you to start thinking about rules and policies you want to change at your aquatic facility. If no examples come to mind, tune in to next week's email and I'll suggest key areas where I routinely see ineffective or outdated policies. I'm not trying to create more work for you, but we need to grab this hard reset we'll never see again (hopefully).

In the meantime, stay safe and be kind to yourself. If you need help with anything - personal or professional - feel free to shoot me an email, text or call: [587-832-5253](tel:587-832-5253) (MST).

-Katie Crysedale

Me the past few days



A COVID CONVERSATION

Join us as we ask the real questions on our mind to a real doc! Dr. Justin Sempsrott not only is a practising ER Physician, but also the Medical Director for StarGuard Elite, and a Founder of Lifeguards Without Borders. He will share with us an update on COVID19 from his perspective, and its impact on the Aquatics Industry.

FRIDAY APRIL 17th

10:00am PST / 11:00am MST / 12:00pm CST / 1:00pm EST

Live on the FB Lifeguard Authority Group

Dr. Justin Sempstrott is an emergency room physician and cofounder of Lifeguards Without Borders. He known in the aquatics community for his medical opinion to emphasize breaths following a drowning / water submersion event.

Dr. Sempstrott is doing a Facebook Live this Friday, April 17th in the Lifeguard Authority Facebook Group. We're delaying Kelly Martinez POOLaide Webinar called "Making Aquatic Inservice Realistic: Foam & More!" to 2:30 pm EST | 12:30 pm MST so there is no conflict with the live event.



CERTIFIED POOL OPERATOR (CPO) CLASS ONLINE

MONDAY - THURSDAY
APRIL 27 - 30, 2020
4 HOURS/DAY X 4 DAYS
3 - 7 PM EST || 1 - 5 PM MST

LAKEVIEW

AQUATIC CONSULTANTS LTD.

We still have space in our online Pool & Hot Tub Alliance (formerly National Swimming Pool Foundation) Certified Pool Operator (CPO) class starting Monday, April 27.

- live, in-person virtual classroom (webinar)
- class size capped at 25 people
- four-hour per day delivery model so you can still live your life, Monday - Thursday: three (3) days of class, one (1) day of testing
- one-on-one student support via phone, email, or private webinar, including whiteboard for math questions

[Click for details](#)

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free webinars for uncertain times

14 sessions | 17 presenters | online | anywhere | everyone

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TEACHING - NOT JUST AT A POOL: STARTING YOUR SIDE GIG

By Benjamin Zimmerman,
ABC first aid & aquatics (Toronto, ON)

Wednesday, April 15
1 pm EST | 10 am PST
<http://bit.ly/33uvaG5>

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free webinars for uncertain times

MAKING AQUATIC INSERVICE REALISTIC: FOAM & MORE!

By Kelly Martinez, City of Phoenix &
LifeguardsLoveYouTube

Friday, April 17
1 pm EST | 10 am PST
<http://bit.ly/2xO03JP>

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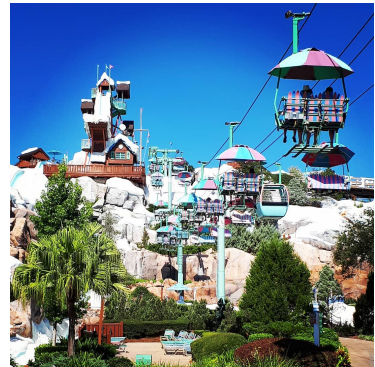
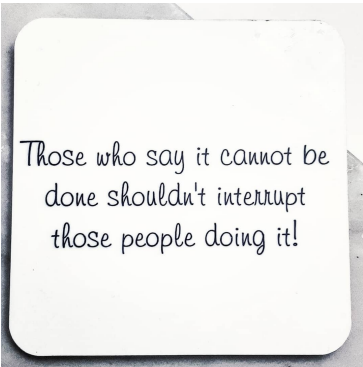
ADAPTED AQUATICS WITH SWIM ANGELFISH

By Cindy Freedman & Ailene Tisser
Swim Angelfish

Monday, April 20 (New Session!)
1 pm EST | 11 am MST
<https://bit.ly/39QCm12>

Presented by Lakeview Aquatic Consultants Ltd.

Instagram Posts



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