

ABOUT THE AUTHOR



I'm a British Columbia native and University of British Columbia graduate residing in Kingston, Ontario. Embracing retirement from full-time employment, I shifted my focus to prioritize family time and delve into my passion for writing, blending my lifelong connection to swimming in both recreational and professional spheres.

My extensive Aquatics experience spans various settings, including Municipal facilities, YMCAs, and the private sector. Crafting this guide stems from my desire to help families maximize the enjoyment of their pools, cottages, or local aquatic facilities.

A fulfilling chapter of my career involved serving as the Manager of Safety Services and Sport at the Lifesaving Society BC & Yukon Branch. Prior to that, I dedicated years to volunteering with the Society in Ontario, earning recognition for my contributions.

I've held numerous aquatic qualifications throughout my career, including Chief Aquatic Safety Auditor, Pool Operator Instructor, National Lifeguard and First Aid Instructor Trainer, Swim and Lifesaving Instructor Trainer, and NCCP Coach. I'm also a writer, privileged to create the Lifesaving Society's "Are You Ready?" Workbook and DVD and have presented at aquatic professional conferences nationwide.

Championing a positive recreational environment for children has been a cornerstone of my career. Focused on creating safe workplaces for students in the

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recreation and leisure industry, this mission is deeply personal, with all four of my children receiving training and working as lifeguards and swim instructors during their student years.

As a child's first teachers, parents play a crucial role in creating a conducive learning environment. Our attitudes toward water safety and teaching swimming skills are vital. This guide, informed by over 60 years of knowledge and practice, aims to assist parents in fostering a positive approach to water safety and nurturing a love for water sports.