

April 29, 2026 **'Lunch & Learn' Session:**

LIVE WEBINAR

**EMERGENCY
READINESS
IN COTTAGE COMMUNITIES**

When Minutes Matter:
The Tools and Training that
can Save a Life at the Lake.

Sponsored by



Welcome! We will begin at 12:00pm

You will receive a link to the event recording



LAND ACKNOWLEDGEMENT

As a province-wide organization, we acknowledge that our work takes place across the lands and waters of many Indigenous Nations throughout Ontario. We are committed to deepening our understanding, fostering respectful relationships, and supporting meaningful reconciliation efforts in all that we do.



Zoom Tech Overview

Michelle Lewin

FOCA Manager of Communications & Development

Notes:



1. You are muted

> type questions for the speaker into the **Zoom “Chat”** box during the presentation

2. Slides & Digital Recording

will be sent to you in a post-event this week

FOCA is:

the Federation of Ontario Cottagers' Associations

Inform. Protect. Unite.

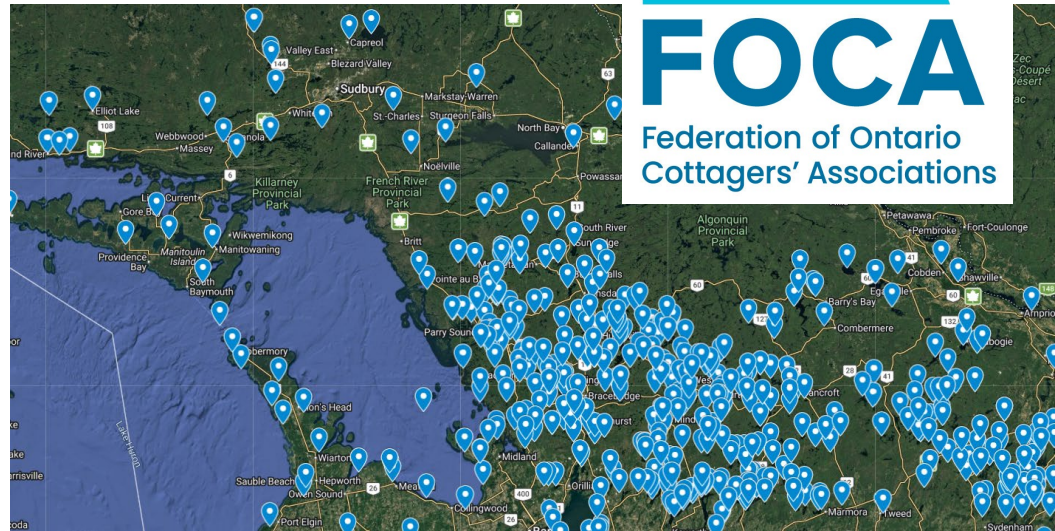
60+ years

550+ associations

50,000+ families

**If you're in a
Member Association,**

**YOU get discounts,
benefits & offers!**



foca.on.ca/list-of-associations/

Our Purpose



Vision To sustain and enhance the cottage experience for generations.

Mission We empower and enable our members by being the leading provider of advocacy, resources, education, programs and services for Ontario cottagers.

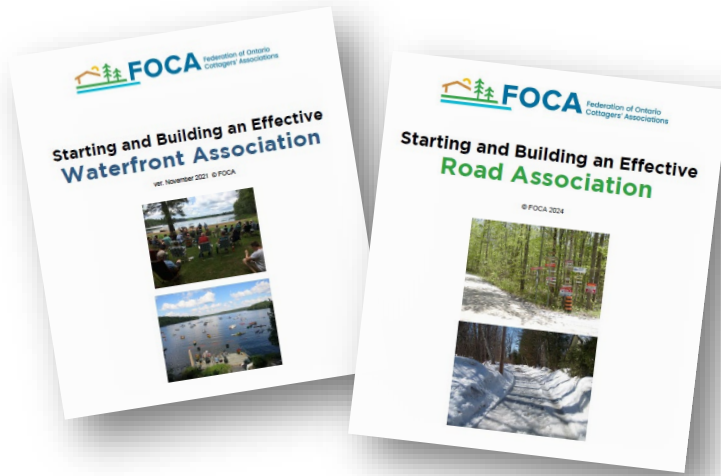
- Values**
- Member-focused
 - Collaborative
 - Advocate
 - Responsible Leader
 - Knowledgeable
 - Evidence-based



FOCA Benefits include...

Key support & service for
your **Association:**
foca.on.ca/association-bmps/

Plus, offers & discounts for all
Association **Member families:**
foca.on.ca/benefits/



Need your Web Login for Access?

Email us: info@foca.on.ca

Associations...



...IN ACTION







*Do your fellow members know about
all their FOCA benefits & offers?*

foca.on.ca/benefits/

The Value of FOCA: Communication & Education



WHAT THE LAKE PARTNER PROGRAM MEASURES

Total Phosphorus (TP)	Water clarity	Calcium (since 2008)	Chloride (since 2015)
<ul style="list-style-type: none"> Important nutrient controlling the growth of algae in Ontario Lakes 	<ul style="list-style-type: none"> Estimated using a Secchi Disk 	<ul style="list-style-type: none"> Essential element that is required by all living organisms 	<ul style="list-style-type: none"> There have been increases in chloride levels across the province due to road salt 



Print & Video Publications

signs, brochures, reports...

2.0 Aquatic Plants of Ontario

This chapter provides key identifying information about some of the more common plants in our province, including species that are found in northern and southern Ontario lakes.


The plants in this chapter were chosen based on the author's experience surveying aquatic plant communities in lakes across Ontario. The species listed here were some of the more common species found in those surveys or species of greater interest, but that is not to say they are the most common and there are certainly many **emery** more.

Before we dive in, we need to define a few terms:

Native plant species are those that have been found historically within a certain geographic range.

Non-native plants are species that have not been found historically within the range of interest but have become established and are able to successfully reproduce without human assistance. Not all non-native plant species are problematic ecologically or economically.

Invasive plant species, as defined by the **Ontario Invasive Species Act**, are non-native plants that have the potential to cause environmental and/or economic harm if they become introduced and established here.

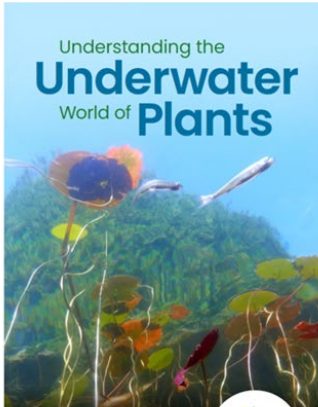
 **Look for this icon throughout chapter 2: it indicates an invasive plant species.**

It is important to note that the term 'invasive' is sometimes used to describe the behaviour of a plant that is highly competitive with its ability to proliferate and spread. This type of 'invasive' behaviour can apply to both native and non-native species. In this guide, when we refer to invasive species, we are using the definition provided above to refer to species that the Ontario government has specifically identified as problematic, non-native species. For an up-to-date list of invasive aquatic plant species in Ontario, visit: <https://www.ontario.ca/page/invasive-species-ontario>


In this chapter, plant descriptions are divided into sections by **emergent**, **floating-leaved**, **free-floating** and **submersed** plants. The chapter ends with an additional discussion of **algae**, which are not aquatic plants but are often a subject of great interest to waterfront users, and in some cases (such as stony stonewort) can look like a plant!

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Understanding the Underwater World of Plants



A FOCA Guide for Waterfront Ontario




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Yellow Pond Lily (*Nuphar variegata*)

These lilies are typically found in the shallow areas of lakes, right before the lake turns to shallower marsh land. They often occur in large circular patches, sprouting from tubers buried under the sediment in calm areas. These tubers can sometimes become dislodged and float on the surface, which can sometimes be mistaken for a large snail!

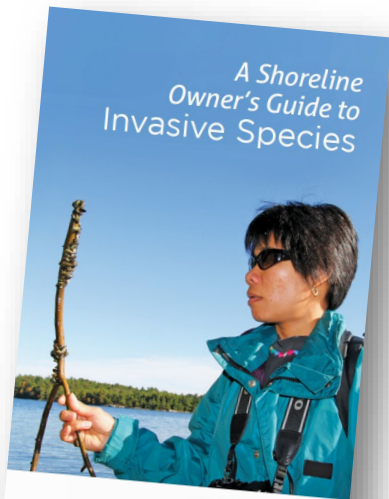
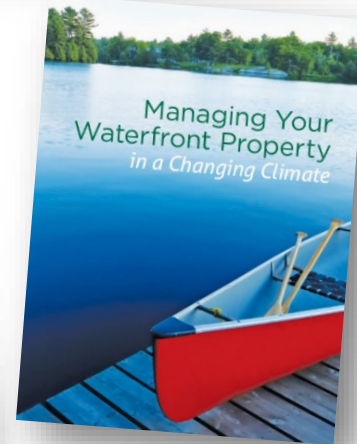
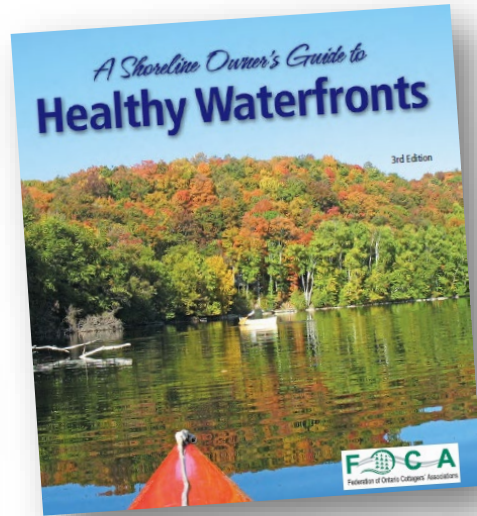
Key ID Features:

- large, heart-shaped leaves with rounded lobes (10-25 cm long) and veins running out from the main vein
- thick stems with one flat side
- large, scolded tubers that sometimes become dislodged and create large floating masses
- vibrant yellow flowers (4-6 cm wide)



Yellow pond lily is the preferred food for moose and is an important source of food and shelter for waterfowl, muskrats, beavers, and fish.

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foca.on.ca/publications-videos/

Resources

for those who are new to the waterfront (or just spending more time there)

Welcome to Cottage Country! – from FOCA

You likely came here for the same reasons we do: to escape the hustle & bustle of urban life, and enjoy the great outdoors. You're in the right place. We have fresh air, clean and safe lakes, abundant wildlife, starry skies, and so much more. **Here's how we all keep it that way, and why it matters.** We hope we can count on you to help us!

Enjoy your time in cottage country. Be aware that pets, excessive noise, and lights can interfere with relaxation or star gazing, or neighbouring kids' bedtimes.

Septic systems are kept in good working order by limiting water use and keeping chemicals and non-degradable items out. Overloading your cottage (and your septic system) with guests can wreck the balance.

Garbage and recycling in cottage country is not usually picked up at "curbside" but needs to be dropped off at one of the local landfills. Don't leave your mess for others to clean up.

Phosphate free products are needed for washing and cleaning. Also, we never wash in the lake. Don't drink untreated lake water!

Food is not left outside overnight and **BBQ's** are cleaned after use, so animals are not attracted to the leftovers.

Boats used in other lakes or rivers are cleaned, drained and dried before launching in our lake. Bait buckets and live bait are never emptied into the lake.

Campfires are enjoyed safely. The status of the Forest Fire danger is posted on area roads.

Remember that **noise** travels further on the lake than you think! We all unwind in different ways, so let's all respect that, and find ways to share this beautiful place.

Letting the system break biodegradable waste down **without overloading it** limits the possibility of harmful bacteria, phosphorous, and nitrogen entering the lake from septic system failure (smelly, harmful and expensive).

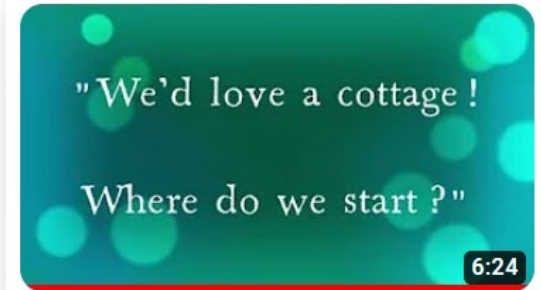
Garbage left overnight can be attacked by animals. **Bears** will return to the same spot where they found "food" for up to 5 years!

Phosphates and other harmful chemicals make their way into the lake promoting excess plant and **algae** growth.

Wildlife and cottagers live together safely when they respect each other's boundaries. Only view wildlife from a safe distance. Don't let dogs roam.

Why? **Invasive species** such as zebra mussels can enter the lake, causing disease and damage to native species. Don't be the reason for spreading invasives!

The closest fire station is so far away that a spreading fire poses danger to everyone. Never

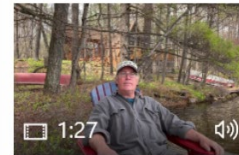


Welcome to Cottage Country! Thinking about buying a cottage? Start here.

2.1K views • 2 years ago

foca.on.ca/welcome/

Video resources:



New to cottage country, or thinking about buying a cottage? **Start here!**

Watch this video (online; 7 mins) for tips from FOCA about choosing an area, finding the perfect cottage or building your own, learning about your property, and connecting with the local lake association.

Ongoing FOCA Programs



Invasive carps



Phragmites



Lake Partner Program

**Cottage Succession
A to Z**
with estate lawyer
Peter Lillico



Preventing the Spread of Invasives



Cottage Succession



Please edit and add local information for your location - POST PROMINENTLY

e.g. Lake Remote Emergency Response Locator

Fire/Ambulance/Police **911** (check if available in your area)
Emergency:

MNR (Forest Fires) 1-613-332-3940

Poison Centre: 1-800-268-9017

Other :

You are located on e.g. Lake Remote

County: e.g. Hastings

Township: e.g. Hastings Highlands

Municipal / Rural Address	e.g. 123 Remote Lake Lane
Island #:	e.g. 11
Our (911) number:	e.g. 1111111
Emergency access point: (Fire road # plus Civic (911) #)	e.g. Fire Road #2 e.g. #22222
GPS Coordinates	e.g. 44° 18' 08" e.g. 78° 19' 13"

Emergency Preparedness

SCHAEFFER

MANDEL

TUCHNER

MYERS

MANDEL

MANDEL

TUKUL

TOROKVEI

BUDHDEO

110-401

WILLIAMS

Deer Lodge

EMERGENCY READINESS *in Cottage Communities*

A person in a dark blue t-shirt and light-colored shorts is running on a grassy area near a lake. They are carrying a bright yellow and grey AED (Automated External Defibrillator) in their right hand. The background is blurred, showing green trees and a body of water.

Because Minutes Matter

*The Tools and Training that
can **Save a Life** at the Lake.*

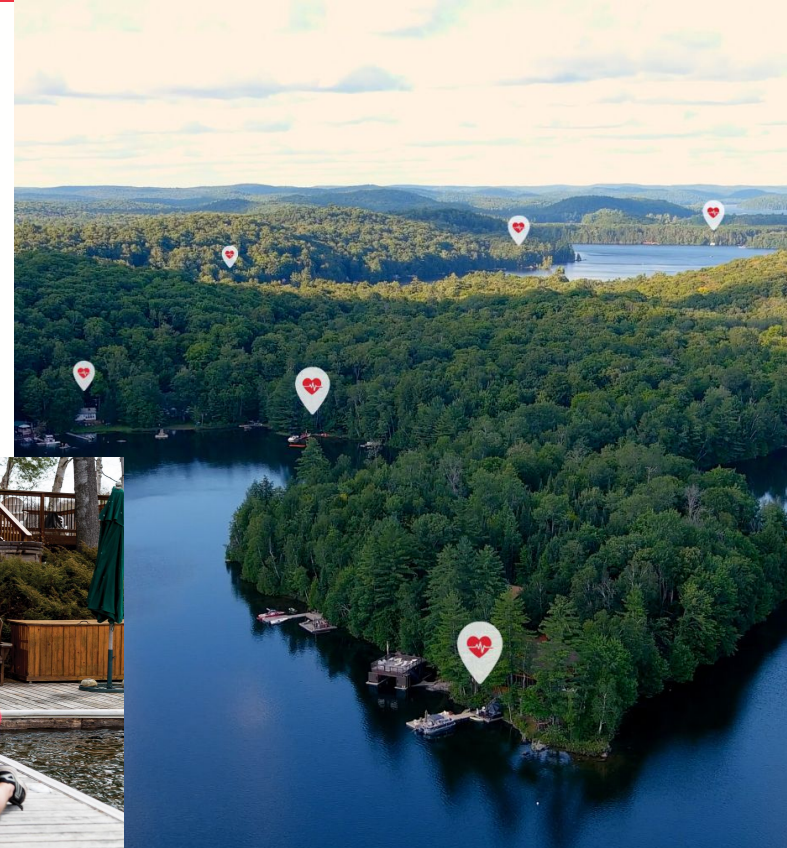
Introductions

Deb Hennig
President & Program Director



EMERGENCY PLANNING AT THE COTTAGE

- Knowing when and how to effectively call 911
- Where is your closest AED?
- Having the confidence to use it
- Access to other life-saving First Aid items



TIPS FOR CALLING 911



- Colours can be blue or green in some cases
- This is a municipal system not provincial or national
- Key is to know your number, road name and municipality
- Speak clearly and calmly
- Download - What 3 Words



A property number: **102599**

A road name: **Grey Road 18**

A municipality: **Georgian Bluffs**

Search

PRO

Chat

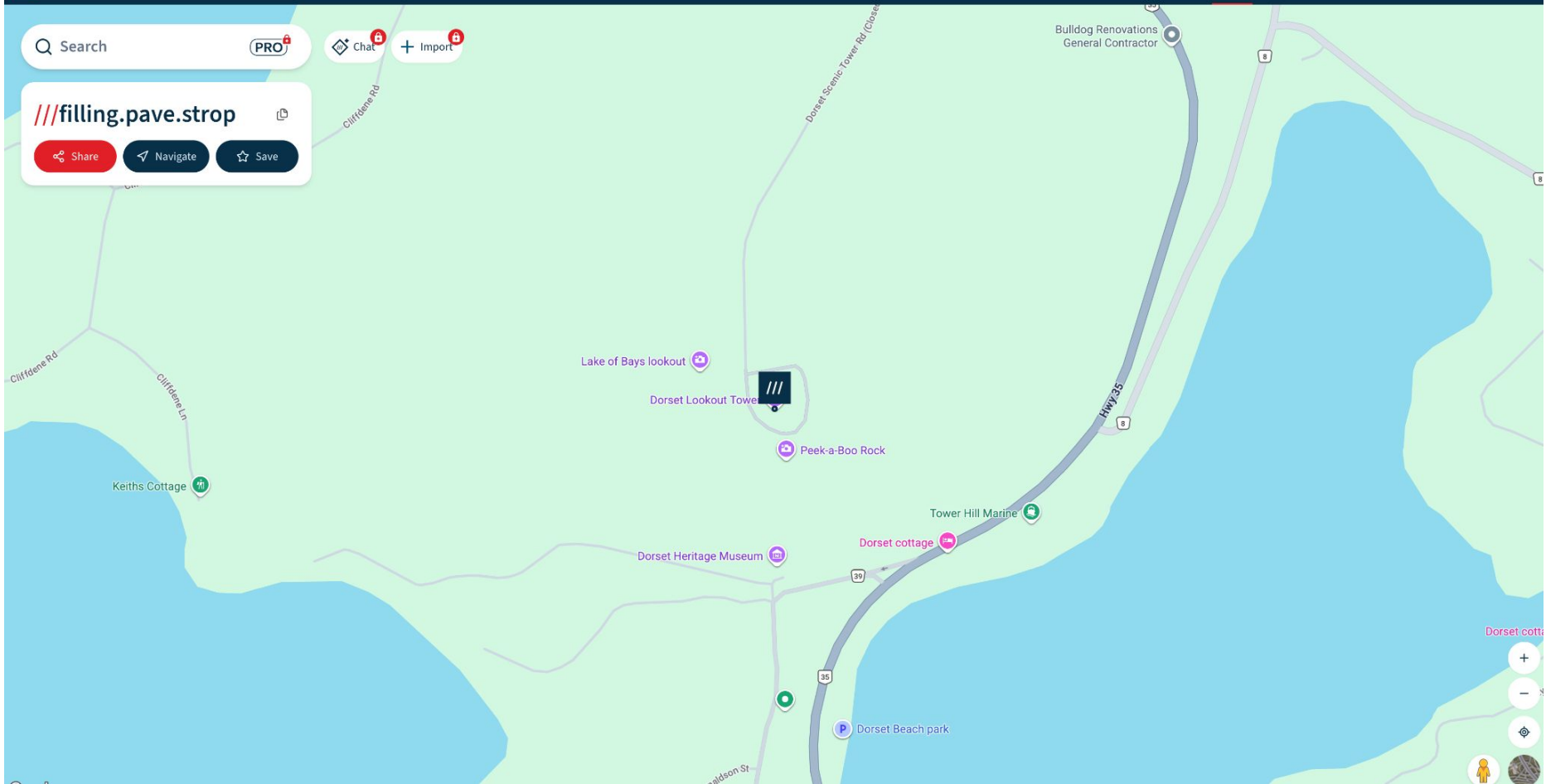
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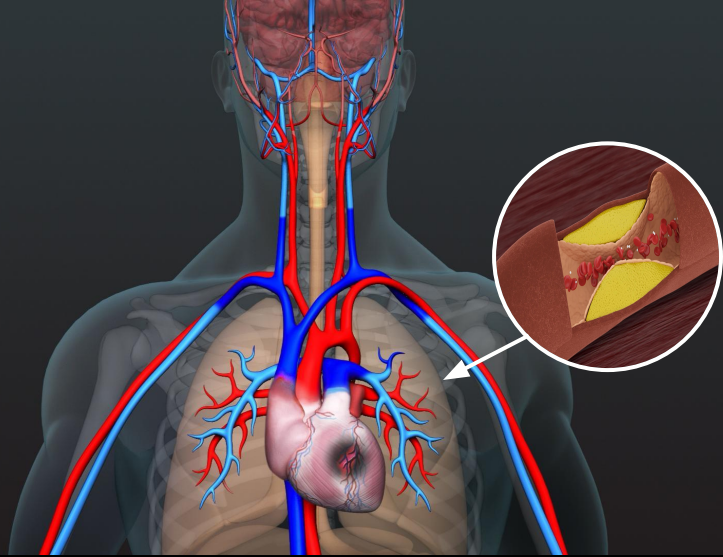
filling.pave.strop

Share

Navigate

Save





Heart Attack - What is happening?

- Issue - blocked artery causing blood and oxygen from reaching a certain part of the heart
- Heart damage occurs to the area of the heart that is not receiving blood and oxygen

First Aid for a Heart Attack

- Call 911
- Put into a semi sitting position
- Loosen tight clothing
- Calm and reassure the person
- For a friend or family member - ask if they are safe to take Aspirin[®] and if safe to do so assist getting them one adult dose (325 mg) of uncoated or 2 - 4 tablets of (81 mg)

[CLICK TO PLAY](#)

First Aid





Heart Attack

- Person is still conscious and breathing
- The heart continues to pump blood
- Signs include:
 - » Pain in chest, shoulders, upper back
 - » Sweating, nausea, indigestion
 - » shortness of breath, trouble breathing, lightheadedness
 - » denial



Sudden Cardiac Arrest

- Person is unresponsive and not breathing normally
- The heart has stopped pumping blood to the body
- Brain damage sets in in 4 minutes
- Permanent, irreversible death after 10 min
- Signs include:
 - » Sudden collapse and unresponsive
 - » Not breathing normally
 - » Agonal breathing (gaspings sounds and/or seizure like activity)

Every Second Matters

- In Canada more than 60,000 people suffer Sudden Cardiac Arrest (SCA) - 90% are fatal
- Without an AED onsite, survival is almost zero
- When an AED is placed on a patient in under 4 minutes, the chance of survival increases to 75%



Brain damage sets in at approximately **4 minutes**
After 10 minutes it is irreversible



AED Options for Cottage Owners

- ❑ Invest in AED for your own personal cottage or home
- ❑ Bring a group together and launch a community program



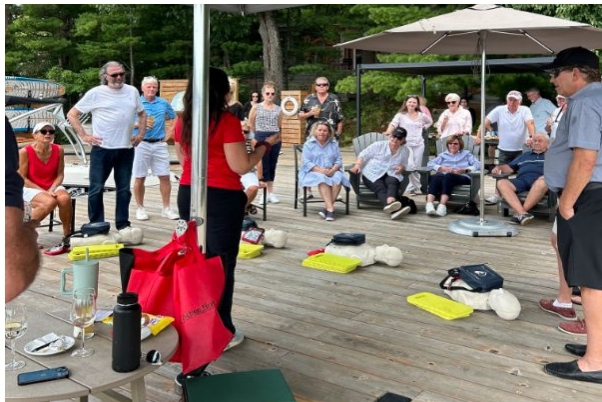
COTTAGE AED PROGRAM



**EMPOWERED
TO ACT**

[Click to watch video](#)

Shock on the Dock!



FOCA CONTEST - \$4000 VALUE

ENTER TO WIN!



CONTEST ENTRY

INDOOR AED BUNDLE OPTIONS



Philips Onsite - \$1549
MSRP \$1849

Includes AED, AED Response Kit, Online AED Tracking & \$100 CPR/AED Awareness Training Credit



Stryker CR2 Wifi - \$2199
MSRP - \$2395

Includes AED, AED Response Kit, Online AED Tracking & \$100 CPR/AED Awareness Training Credit

PREVIOUSLY OWNED AED OPTIONS



Philips Onsite - \$1,095
MSRP \$1195

Includes AED, AED Response Kit,
Online AED Tracking & \$100
CPR/AED Awareness Training Credit



Stryker CR2 Wifi - \$1,495
MSRP \$1599

Includes AED, AED Response Kit, Online
AED Tracking & \$100 CPR/AED Awareness
Training Credit

OUTDOOR OPTIONS



Protect your Family!

Every Second Counts!

Sudden Cardiac Arrest (SCA) can happen to anyone, anytime. The reality is, without a defibrillator (AED) the chances of survival are almost zero. When SCA strikes the clock starts ticking, an AED needs to be used within 10 minutes for the greatest chance of survival.

This is why it's so important to have an AED that can be quickly accessed - especially when you are in a rural or hard to reach location.

Be Empowered to Take Action!

We want to ensure that everyone who purchases an AED will also have the confidence to use it and perform good effective CPR. This package includes savings towards our popular 'Shock on the Dock' training where our fun and energetic trainers come right to you! Or, try our online awareness training program from the comfort of home - featuring 3D modelling, videos and interactive lessons.

Free AED Tracking

Our system tracks and reminds you when your pad and batteries are due for expiry. We are here to support you in if you ever have to use your AED.

Special Offer for FOCA Members

By placing your AED in an outdoor SaveStation® cabinet you are empowering 24/7 public access to a life-saving device.

- SaveStation Standard Cabinet (SS500VH)
- LifePak CR2 WiFi Defibrillator with Pediatric Button
- Outdoor Signage Bundle
- AED/CPR First Aid Response Kit
- 8 Year Manufacturer Warranty
- \$100 credit towards a group CPR/AED awareness training session
- AED Tracking & Full Customer Support
- Video Training Resources

Special Package Price:

\$3,199

retail value: \$3,700

* Additional discounts on outdoor products available. Contact us for the best solution for your placement.





80%

of all cardiac
arrests happen
at home.

Be prepared.

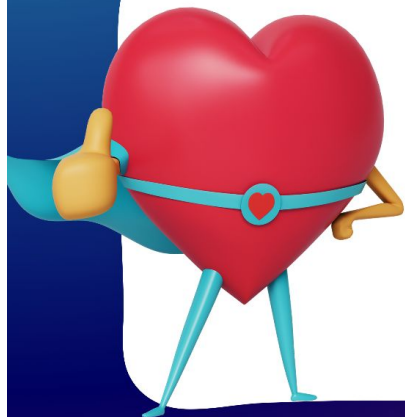
[Click to watch video](#)

On a rainy day!
CPR in 60



LEARN HOW TO SAVE A LIFE IN 1 HOUR.

In this online course, you'll learn how to perform CPR and use an AED - greatly increasing your confidence to step in and take action!

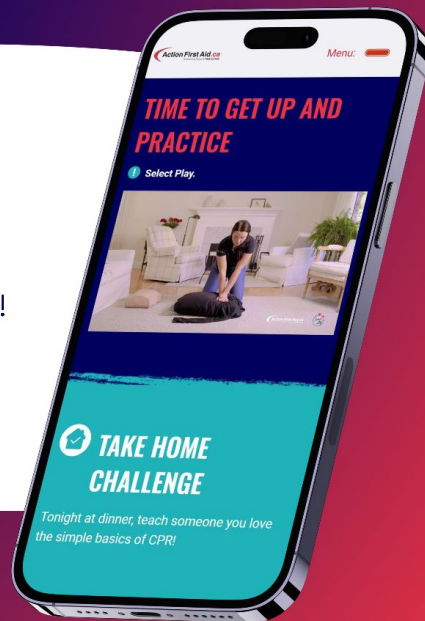


SAVE 50%!

1. Visit actionfirstaid.ca/cpr-in-60/
2. Add 'CPR in 60' to the cart
3. Enter the below promo code in checkout!

TAKE50-HC

LIMITED TIME ONLY
Expires August 31, 2026



Other Important First Aid Items

Other Items to Consider

- First Aid Kits
- Stop the Bleed Kits
- LifeVac (choking rescue device)
- EpiPen® (adult & child)
- Narcan (Naloxone)
- Tick Kit



EMERGENCY PREPAREDNESS BUNDLE

Be ready for the unexpected with our Emergency Preparedness Bundle - essential lifesaving products and training every home should have. **Save \$50 today!**

- Includes:**
- ✓ Deluxe Home & Cottage First Aid Kit
 - ✓ Fire Blanket
 - ✓ Aspirin Pill Fob
 - ✓ Bleed Control Kit
 - ✓ LifeVac Choking Rescue Device
 - ✓ Tick Removal Kit
 - ✓ CPR in 60, a 1 hour online CPR/AED training course

Action First Aid.ca
Empowering People to TAKE ACTION

SPECIAL FOCA PRICE:
Retail: \$325

\$275



Community Initiative - Project 100



click to view



Questions? christine@actionfirstaid.ca

Last Call for Members:

ENTER TO WIN!

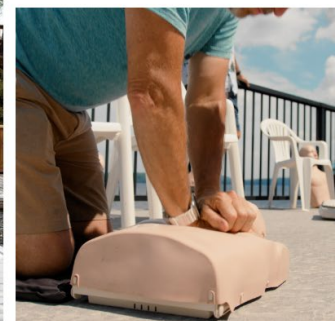
<https://www.actionfirstaid.ca/foca-contest-lakeside-lifesaver-contest/>



Win a **SaveStation® Community Cottage AED Package** to protect your family and cottage neighbours. In a cardiac emergency, every minute matters. Create a Cardiac Emergency Response plan with your neighbours to ensure an AED is accessible within **3 minutes**.

Includes:

- ✓ SaveStation Outdoor Climate Controlled AED Cabinet with AED & Response Kit (SS500)
- ✓ Outdoor AED Signage Bundle
- ✓ Group CPR/AED awareness workshop at your location!



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[Donate](#)

FOCA has hundreds of pages of rural waterfront resources! Search any topic:

Search by keyword...



Publications & Videos

Access digital copies of FOCA's newsletters, reports, brochures and video productions below. Also get up-to-date on current events by reading our monthly e-news, the **FOCA E!ert**. **Please share these resources with others!**

Latest Releases:

2.0 Aquatic Plants of Ontario

This updated checklist lists 107 aquatic plant species that occur in the province of Ontario. It includes descriptions of each species, including photos that show the plants in their natural habitat. The plants in this checklist were chosen based on the author's experience working in aquatic plant communities in their own Ontario. The species listed here are those of the freshwater aquatic plants found in these communities. Species of marine, estuarine, and brackish water plants, as well as those of inland aquatic environments, are not included.

Notes on this list: **Not listed in this list:**

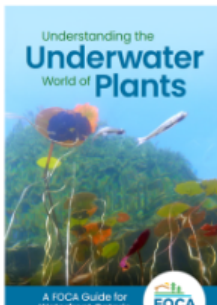
- Species that are native to Ontario but have been found historically within a certain geographic range.
- Species that are native to Ontario but have not been found historically within the range of the list (e.g., those found in the Great Lakes basin, but not in the Great Lakes basin).
- Species that are native to Ontario but have not been found historically within the range of the list (e.g., those found in the Great Lakes basin, but not in the Great Lakes basin).

Species that are listed in this list:

- Species that are native to Ontario and have been found historically within the range of the list.
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- Species that are native to Ontario and have been found historically within the range of the list.



Yellow Pond Lily (Najas spongia)

This plant is a common aquatic plant in the shallow areas of lakes, ponds, and streams. It is a member of the Charophyta division of the plant kingdom. It is a member of the Charophyta division of the plant kingdom. It is a member of the Charophyta division of the plant kingdom.

Key Features:

- It is a member of the Charophyta division of the plant kingdom.
- It is a member of the Charophyta division of the plant kingdom.



FOCA Guide: Understanding Aquatic Plants in Ontario (PDF, 92 pages, 9 MB download) – Do you know what's living in your lake? FOCA is often asked "What's this 'weed' in my water?" This guide was created to help you answer that question on your own Ontario waterfront. It includes chapters on:

- **plant ecology** and their role in the ecosystem
- **plant IDs** including descriptions, photos and illustrations of common aquatic plants in Ontario; we included a section on

Working for waterfront Ontario

Who Supports FOCA?

Cottage/Camp/Lake/Road Associations & individuals like you, who:

- ✓ Treasure family time in cottage country
- ✓ Care about clean and safe lakes
- ✓ Are concerned about affordability

By supporting FOCA, you help us in our work to protect thriving and sustainable waterfronts across Ontario. You also access many **benefits**.



“**Friends of FOCA**” are our valued annual supporters.

Please share your extra support if you are able:

foca.on.ca/friend



Thank you!

INFORM. PROTECT. UNITE.

FOCA