



LIFESAVING SOCIETY®

The Lifeguarding Experts

Alberta and Northwest Territories Lifeguard Emergency Response Competition Rule Book

2020 Edition

Rules, Standards and Procedures for Alberta and Northwest Territories Sanctioned Lifeguard Emergency Response Competition and Championships.





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The Lifeguarding Experts

ALBERTA AND NORTHWEST TERRITORIES LIFEGUARD EMERGENCY RESPONSE COMPETITION RULE BOOK

RULES STANDARDS AND PROCEDURES FOR ALBERTA AND NORTHWEST TERRITORIES
SANCTIONED LIFEGUARD EMERGENCY RESPONSE COMPETITION AND CHAMPIONSHIPS

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The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning research, aquatic safety management and lifesaving sport.

Annually, over 1,200,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadians since awarding its first Lifesaving Society Bronze Medallion in 1896.

The Society represents Canada internationally as an active member of the Commonwealth Royal Life Saving Society and as Canada's Full Member in the International Life Saving Federation. The Lifesaving Society is the Canadian governing body for lifesaving sport – a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

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PREFACE TO THE 2020 EDITION

The Lifesaving Society Alberta and Northwest Territories is the authority and governing body for Lifeguard Emergency Response competition in Alberta and Northwest Territories. The Lifesaving Society is the standard setter and certifying body for National Lifeguard, the only nationally recognized lifeguard certification in Canada.

The Alberta and Northwest Territories Lifeguard Emergency Response Competition Rule Book is used to identify the rules, standards and procedures for officially recognized Lifeguard Emergency Response competitions in Alberta and Northwest Territories.

Lifeguard Emergency Response competitions and championships will be conducted using the Alberta and Northwest Territories Lifeguard Emergency Response Competition Rule Book as the sole source for rules, standards and procedures.

Canadian Lifeguard Emergency Response Championships (CLERC) held in Alberta and Northwest Territories adhere to the Canadian Competition Manual as the sole source for rules, standards and procedures.

Table of Contents

Section 1.0	Lifeguard Emergency Response Competition	1
1.1	Lifeguard Competition History in Alberta and Northwest Territories	2
1.2	The Lifesaving Society	2
1.3	Sanctioning	2
Section 2.0	Policies and Procedures for Lifeguarding Competition	4
2.1	Sanctioned Competitions	5
	Management Committee	5
	Eligibility and Right to Participate	5
	Team Composition	5
2.2	Program of Events	6
2.3	Code of Conduct	6
2.4	Entries	8
2.5	Seeding	8
2.6	Awards	8
2.7	Officials	8
2.8	Language Interpretation	8
2.9	Disqualification and “Did not Finish” Classifications	8
2.10	Protests	9
2.11	Judging and Scoring	10
2.12	Results	11
2.13	Uniforms	11
2.14	General Conditions for Emergency Response Competition	11
2.15	Security and Lock-up	12
	Communication in Lock-up	12
2.16	Competition Arena and Facility Requirements	13
	Facility Requirements	13
	Competition Arena	13
2.17	Equipment	13
	Competition Equipment Pool	13
	Team Equipment	13
2.18	Emergency Scenarios	14
	Simulated Emergency Scenarios	14
	Victims, Manikins, and Bystanders	14
	Victim Assessment and Treatment	15
2.19	Starts	15

Section 3.0	Alberta and Northwest Territories Lifeguard Emergency Response Championships	16
3.1	The Alberta and Northwest Territories Lifeguard Emergency Response Championships and Games	17
	Management Committee	17
3.2	Program of Events	17
3.3	Entries	18
3.4	Awards	18
3.5	Officials	18
3.6	Language Interpretation	18
3.7	Seeding	18
3.8	Scoring	18
Section 4.0	Alberta and Northwest Territories Lifeguard Emergency Response Events	20
4.1	Priority Assessment	21
4.2	First Aid Competition	22
4.3	Water Rescue Competition	22
Appendix A	Disqualification Codes	24



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Section 1 - Alberta and Northwest Territories Competition Rule Book

Lifeguard Emergency Response Competition



Section 1 - Lifeguard Emergency Response Competition

Lifeguard Emergency Response Competitions provide a positive environment in which National Lifeguards can showcase their knowledge, skills, judgement, and fitness to the public and other National Lifeguards.

1.1 LIFEGUARD COMPETITION HISTORY IN ALBERTA AND NORTHWEST TERRITORIES

Lifeguarding often comes down to a race in the water to rescue a person in distress before the victim drowns. Being prepared (with fitness, skill, knowledge and judgment) to win that race means being prepared to save lives. So, it should be no surprise that the promotion of competition was part of the aims of the Royal Life Saving Society at its formation in 1891.

In 1973, the Society hosted the first Alberta and Northwest Territories Lifeguard Championships which featured emergency response and physical events.

In the 2000s the Lifesaving Society integrated new ILS events which include Simulated Emergency Response Competition (SERC) to sport in Alberta and Northwest Territories.

In 2020 the Lifesaving Society created the new Lifeguard Emergency Response Competition Rulebook to define official rules for Lifeguard Emergency Response competition in Alberta and Northwest Territories.

1.2 THE LIFESAVING SOCIETY

The Lifesaving Society – Canada’s lifeguarding experts – works to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning research, aquatic safety management services, and lifesaving sport.

Alberta and Northwest Territories Lifeguard Emergency Response Competition Authority

As the governing body for Lifeguard Emergency Response competition in Alberta and Northwest Territories, the Lifesaving Society establishes rules for the purpose of having a safe and fair system, within which sanctioned competitions may be regulated and conducted.

The Lifesaving Society alone shall authorize Alberta and Northwest Territories Lifeguard Emergency Response competitions and championships.

The words “Provincial”, “Alberta and Northwest Territories”, “AB/NWT” and “Lifesaving Society” shall not be used in connection with any lifesaving or lifeguard competition without the express consent of the Lifesaving Society.

1.3 SANCTIONING

The Lifesaving Society alone may sanction Lifeguard Emergency Response competitions in Alberta and Northwest Territories. The Lifesaving Society may authorize other event-specific championships as appropriate.

To receive sanctioning, the following terms must be met:

All entrants must be eligible to compete as defined in Eligibility and Right to Participate (refer to Section 2.1).

Sanctioned Lifeguard Emergency Response competitions and championships will be conducted using the Alberta and Northwest Territories Lifeguard Emergency Response Competition Rule Book as the sole source for rules, standards and procedures.

The competition management committee must have an appropriate safety plan, and safety equipment.

Affiliates in good standing operating a facility may request sanctioning for a Lifeguard Emergency Response competition. Interested affiliates are encouraged to contact the Lifesaving Society for information on sanctioning requirements.



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Section 2 - Alberta and Northwest Territories Competition Rule Book

Policies and Procedures for Lifeguard Emergency Response Competition



Section 2 - Policies and Procedures for Lifeguard Emergency Response Competition

2.1 SANCTIONED COMPETITIONS

All Sanctioned competitions including Championships must adhere to all rules, standards and procedures in Section 2 and Section 4 of this manual.

Sanctioned Competitions are setup and run at the discretion of the Event Director and should address each item in Section 2 and Section 4 of this manual.

Management Committee

The Event Manager shall appoint a Management Committee with jurisdiction over all matters not assigned by the rules to the Referee or other officials. The management committee shall consist of:

- Lifesaving Society Representative
- Affiliate/Facility Representative
- Event Manager
- Chief Referee

The host affiliate shall be responsible for the provision of equipment and material required to establish and maintain the competition.

A Lifesaving Society representative will be appointed for sanctioned competitions.

Eligibility and Right to Participate

Alberta and Northwest Territories sanctioned Lifeguard Emergency Response Competitions and Championships are intended for National Lifeguards who have demonstrated a commitment to lifeguarding.

To be eligible to compete in Alberta and Northwest Territories sanctioned Lifeguard Emergency Response competition or Championships National Lifeguards must:

- Hold a current (within 24 months of the date of certification) National Lifeguard (any option)
- Complete Lifesaving Society Event Waiver and Release Form

Each team must be registered for competition by an affiliate operating an aquatic facility and each team member must be approved by the affiliate.

Proof of certification required for competition should be sent to event organizer upon registration.

National Lifeguards may only compete for one affiliate at a time.

Team Composition

Teams for Lifeguard Emergency Response Competitions will consist of a minimum of three (3) and a maximum of four (4) National Lifeguards of any gender.

2.2 PROGRAM OF EVENTS

The program of events for a sanctioned Lifeguard Emergency Response competition shall be established by the Event Manager. Teams will refer to the registration package for details.

Events will be conducted according to the information in Section 4 of this manual.

2.3 CODE OF CONDUCT

The Lifesaving Society Alberta and Northwest Territories expects the highest standard of conduct of National Lifeguards, affiliates, officials and members. For the purpose of applying the code of conduct, the definition of a 'affiliate' includes competing National Lifeguards, assistants, spectators, etc.

The Lifesaving Society expects all competing National Lifeguards, officials and members to influence a positive public image at sanctioned competitions. Behaviour likely to cause embarrassment or damage to the image of the Lifesaving Society or Lifeguard Emergency Response competition will be referred to the Event Director, Chief Referee and/or the Lifesaving Society. Violations of this code may result in individual and/or team disqualification or expulsion from the competition.

Fair-play Code for Lifeguard Emergency Response Competitions

It is important that competitions, and championships be conducted in a spirit of goodwill and sportsmanship.

Teams are required to abide by and compete within the rules. Any breach of the rules will be reported to the Chief Referee.

Team members represent their community, their affiliate, and the Lifesaving Society. As such, team members shall at all times conduct themselves in a proper and civil manner during competition, championships and related activities including social functions.

Unbecoming conduct by a team or its supporters is a serious offence and will be dealt with as such.

Any action by an affiliate which attempts to disrupt or interfere with another team is a serious offence and will be dealt with as such.

The general conduct of all participants will be measured by the following code of fair play:

The Lifesaving Society will:

- Promote and encourage fair play through its members.
- Impress upon National Lifeguards, officials and members the need to maintain the highest standards of sportsmanship and good behaviour in Lifeguard Emergency Response competitions.
- Have rules that are fair, clearly understood by teams, officials and members, and properly enforced.
- Make every effort that rules are applied consistently and impartially.
- Treat members equally, regardless of gender, race or physical characteristics.

Officials and volunteers will:

- Abide by the rules and the spirit of the competition.
- Be honest, fair and ethical in dealing with others.

- Be professional in appearance, action and language.
- Resolve conflicts fairly and promptly through established procedures.
- Maintain strict impartiality.
- Maintain a safe environment for others.
- Be respectful and considerate of others.
- Be a positive role model.

Teams will:

- Abide by the rules and the spirit of the competition.
- Accept the decisions of referees and officials without question or complaint.
- Never consider cheating and in particular, not attempt to improve their individual performance by the use of drugs.
- Exercise reasonable self-control at all times.
- Accept success and failure, victory and defeat, with grace and magnanimity.
- Treat their fellow National Lifeguards and team members with respect, both in and outside the competition arena.

Affiliates will:

- Insist that National Lifeguards understand and abide by the principles of fair play.
- Never countenance the use of drugs by National Lifeguards.
- Never employ methods or practices that could involve risks, however slight, to the long-term health or physical development of their National Lifeguards.
- Not attempt to manipulate the rules in order to take advantage of their team or their opponents.
- Respect the regulations and authority of the Lifesaving Society and its affiliates and not attempt to avoid or circumvent these regulations.
- Recognize the special role that they have to play in the Lifesaving Society and set a good example of sportsmanship and good behaviour at all times.
- Respect the rights of other teams and never deliberately act in a manner intended to be to the detriment of another team.
- Respect the rights of competing National Lifeguards, officials and not exploit or deliberately act in a manner detrimental to them.
- Not endeavour to influence the result of a competition by any action not strictly within the rules and regulations or within the fundamental precepts of fair play.

Supporters and spectators will:

- Respect the authority and regulations of the Lifesaving Society and not attempt to avoid or circumvent them.
- Accept the authority of officials.
- Abide by the spirit of the competitions.
- Exercise reasonable self-control and display good behaviour at all times.
- Be respectful and considerate in interactions with others.

- Acknowledge the performance of all involved in the competition with grace and fairness.

2.4 ENTRIES

Entry deadlines and limits shall be established by the Event Manager. Teams will refer to the registration package for meet entries requirements.

2.5 SEEDING

Lifeguard Emergency Response Events shall be seeded randomly if there are no finals. When there are finals, preliminary rounds will be seeded randomly and meet management personnel may choose to seed finals based on preliminary round scores. Meet management personnel are responsible for communicating how finals will be seeded prior the start of the event.

2.6 AWARDS

The Event Manager shall have full control and authority to determine awards to be presented during sanctioned competition. Teams will refer to the registration package for details.

2.7 OFFICIALS

The Event Manager shall have full control and authority over all aspects of sanctioned competition.

Officials shall abide by the code of conduct found in sections 1.3, 1.4 and 2.4 of the Lifesaving Society Alberta and Northwest Territories Policy and Procedures Manual.

The Event Manager shall appoint all officials for sanctioned competition.

The Chief Referee shall have the authority to enforce all applicable competition rules and decisions for the duration of the competition.

2.8 LANGUAGE INTERPRETATION

Language interpreters may be provided at the discretion of the Event Manager.

2.9 DISQUALIFICATION AND “DID NOT FINISH” CLASSIFICATIONS

Teams may be disqualified from an event or from the entire competition. Where a team is disqualified for any reason, in a heat or a final, the place they would have held shall be awarded to the team who finished next and all lower placing teams shall be advanced one place.

Where a team is disqualified for any reason, the final event results shall not include a place or time for the team.

Teams may protest or appeal any disqualification (see 2.11 for details).

- Did not finish (DNF):** Where a team does not finish an event for any reason, in a heat or a final, the event results shall not include a place or time for the team. Examples of “Did not Finish” results may include:

- Team does not complete event due to injury or illness

b. Disqualification from competition: Examples of behaviour which may result in disqualification of individuals or teams from the competition, include:

- Refusing to fulfil the conditions of entry.
- Breach of the code of conduct or rules.
- The impersonation or use of unauthorized team members.
- Activities resulting in wilful damage to the venue sites, accommodation sites or the property of others.
- Abuse of technical officials.

c. Disqualification from events: Examples of behaviour, which may result in disqualification of individuals or teams from an event, include:

- Being absent at the start of an event.
- Infraction of the "General conditions" for events or infraction of event rules.

Teams shall be notified of their disqualification from an event by the Chief Referee or appropriate Judge, at the completion of their heat. Teams shall not leave the competition area until dismissed by the Chief Referee or appropriate technical official.

If an error by a Technical Official causes a fault by a team, the fault by the team may be expunged at the Chief Referee's discretion.

Disqualification (DQ) codes are listed at the end of the relevant sections of the Alberta and Northwest Territories Lifeguard Emergency Response Competition Rule Book.

2.10 PROTESTS

The Competition Management Committee reserves the rights to delete, alter or otherwise vary any rule, competition criteria, timetable or other matter as it deems necessary. Every effort will be made to notify each team of such changes. Protests resulting from Competition Management Committee decision will not be entertained.

The purpose of the inquiry and protest is to provide an opportunity for inquiry and clarification when it comes to the rules, standards, and procedures for sanctioned competition.

Only teams, and affiliate representatives may lodge a protest.

Inquiry and Process Procedure

- Inquiry to the Event Manager within 15 minutes of notification of DQ or results posted
- Clarification and fact gathering
- If issue not resolved Protest Form completed and provided to the referee
- Referee fact gathering
- Final decision

Notes:

- Protests resulting from management team decisions will not be accepted
- Protests made regarding the conditions under which the event is to be conducted will not be accepted

- Video tape may not be used to protest a judge's ruling or score
- Protests which challenge judge assigned scores will not be accepted

2.11 JUDGING AND SCORING

Lifeguard Emergency Response Events require a minimum of one (1) Judge per victim/group of victims (including manikins), one (1) Overall Judge, one (1) Telephone Judge (Water Rescue and First Aid only), and one (1) Chief Judge. One (1) Judge per victim is recommended.

The Overall Judge shall use the Overall Score Sheet and Victim Judges will be provided the scoring sheet specific to their assigned victim(s). When required the Telephone Judge shall use the Telephone Scoring Sheet. The Chief Referee shall assign Judges for the duration of the competition.

Before the competition start, Judges shall be briefed on the situation scenarios, scoring procedure and marking priorities.

Scoring system

The marking system used in Lifeguard Emergency Response Competitions allows Judges to use their skill in assigning marks. Scoring is based on standards of care and response principles rather than specified techniques.

Specific aspects of the scenario may be weighted to provide higher scores for a rescue performance requiring a greater degree of skill and judgement.

NOTE: Refer to the Lifeguard Emergency Response Competitions Score Sheet Package for official score sheets.

Scoring – Communication with Officials

During simulation, judges will observe teams as they recognize and respond to incidents. Teams will be evaluated on how they react to simulated emergencies and incidents.

NOTE: With the exception of the Telephone Judge officials will generally be observers only and not directly interact with teams.

Teams are responsible for making their actions and intentions clear to the judges.

Score sheet verification

Immediately after competing, each team is responsible for sending one team member to the score sheet verification area to check the addition of the score sheets and then sign them. Any other aspect of score sheets may not be protested.

Preliminary Rounds

Inclusion of preliminary rounds of competition is at the discretion of the Event Manager and the meet management committee. The event package will clearly outline if there will be preliminary rounds.

Point allocation

Teams in each event in the sanctioned competition and Championships shall be allocated points as outlined in the following chart:

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Scoring disqualifications or DNFs

Teams who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.

2.12 RESULTS

The Lifesaving Society publishes the official results electronically following the conclusion of the sanctioned competition and Championships.

Records will not be maintained for Lifeguard Emergency Response Competition events.

2.13 UNIFORMS

Each team shall have a uniform suitable for official ceremonies and award presentations. Affiliate representatives will be encouraged to take part in the ceremonies and shall wear a uniform that complements that of the club.

Swim caps

Team members shall wear identical club swim caps in each event. The use of such caps assists in identification of teams and in event judging.

The chin-tied caps or rubber or silicone caps must be worn on the head of each team member at the start of each event.

A team shall not be disqualified if a team members cap is lost after the start of an event provided that officials can identify that the team correctly completed the event.

2.14 GENERAL CONDITIONS FOR LIFEGUARD EMERGENCY RESPONSE COMPETITION

- a. Teams are responsible for being familiar with the competition schedule, and with the rules and procedures governing the competition.
- b. Teams may not be permitted to commence in events if they are late reporting to the lock-up area. To assist the organizers in determining how many heats may be required, events may be marshalled the day before or at the start of the day the event is scheduled.
- c. The Chief Referee shall decide whether the competition shall be conducted in heats, semi-finals, or finals.
- d. The order of teams shall be determined in a method approved by the Chief Referee.

e. Any written instructions provided in lock-up, and which are required for the management of the simulated emergency, shall be provided in English. Teams may bring a translator into lock-up to translate the English instructions. The translator remains in lock-up with the team.

Note: Organizers should allow sufficient time for translation of verbal or written instructions.

- f. Teams shall report promptly to the lock-up area at the designated time before the start of the competition. A team that is absent from lock-up at the start of the competition shall be disqualified (DQ 3).
- g. Teams shall treat and handle victims with care: verbal and physical abuse is unnecessary and inappropriate and may result in penalty or disqualification (DQ 12).
- h. National Lifeguards may wear corrective eyewear such as glasses and contact lens. Loss of such eyewear shall not be grounds for protest or appeal. Corrective goggles or masks are not permitted.
- i. Team members must wear their team cap. A National Lifeguard shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the team correctly completed the event.
- j. No other personal belongings are permitted in the competition arena (e.g., watches, phones or any other communication device, goggles, masks, fins). Team members may be required to remove jewellery which might cause harm to the rescuer or victim.
- k. Judges' scores are not subject to protest.

2.15 SECURITY AND LOCK-UP

Before the start and throughout the competition, teams are isolated in a secure lock-up area out of sight and sound of the competition arena. The scenario, actors, and any equipment used in the scenario shall be secret until teams are locked up.

After competing, a team may observe subsequent teams compete.

Teams in lock-up are not permitted to see or speak to anyone, excluding event officials, who are not in lock-up. Teams are required to alert an official immediately of any breach of security, intentional or unintentional. Assisting personnel should take particular note of this security issue as they are equally bound by this rule.

Security breaches may result in disqualification from the event and/or competition, at the discretion of the referee. Once lock-up has been closed, only officials will be allowed to enter. Teams will be marshalled from lock-up just prior to competing.

Communication in lock-up

Teams will not be allowed communication devices in lock-ups. Teams will be allowed electronic communication devices (e.g., VHF radios) for use during competition when allowed by event rules (Refer to Section 4).

If teams wish to use electronic communication devices they must leave them with lock-up officials to hold. They will be returned just prior to competing.

Teams using any electronic two-way communication device (e.g. walkie talkies) will need to provide a unit for use by one of the officials.

Telecommunication devices such as cellular phones and pagers will not be permitted during competition or in lock-up.

2.16 COMPETITION ARENA AND FACILITY REQUIREMENTS

Facility Requirements

Lifeguard Emergency Response Competitions may be held in a variety of indoor and outdoor aquatic environments.

The facility identified for a Lifeguard Emergency Response Competition shall be approved by the Lifesaving Society as part of the sanctioning process.

Competition Arena

The competition arena shall be clearly defined to all teams in advance. There shall be a clear indication of the location of both entry and exit points from the scenario area (e.g. which pool sides can be used).

A clock must be visible to teams, victims and officials within the competition area.

Teams shall be advised in advance if there are pool steps in the entry or exit area which may be removed or used.

Unless otherwise advised, teams shall assume that the conditions in the competition arena are "as found".

Luck of Prevailing Conditions

- a. Teams acknowledge and accept that Water Rescue competitions can be affected by conditions beyond the control of organizers (e.g. number of bathers or a facility emergency situation) and that teams are subject to luck of the prevailing conditions.
- b. No protest or appeal will be entertained related to the prevailing conditions.

2.17 EQUIPMENT

Competition Equipment Pool

The host facility or organizing committee will provide spine boards and an AED trainer for use by all teams for First Aid and Water Rescue Events.

When electronic timing is available, it must be used as a countdown clock for teams and spectators.

Team Equipment

Priority Assessment

Teams may not bring any equipment into the competition.

First Aid

Teams are responsible for providing their own first aid supplies and equipment beyond that available in the equipment pool.

Water Rescue

Teams may bring any equipment they wish into this event, and teams are responsible for providing their own specialized rescue equipment beyond that available in the equipment pool.

2.18 EMERGENCY SCENARIOS

Simulated Emergency Scenarios

Simulated emergency scenarios, secret until the start of the competition, shall be designed using one or more of the following approaches:

- A mixture of single or multiple-person situations which are related.
- A group of people involved in a number of situations which relate to a common theme, such as a pool party or an upturned crowded boat.
- A number of groups of people in a number of multiple themes.

Simulated emergencies shall be staged as realistically (and as safely) as possible, and not test the imagination of teams. For example, a situation in which an actor complains of burned hands should be staged with simulated evidence of a fire, or electrical wire, or chemicals. (Real fire, live wires, or actual chemicals shall not be used.)

Victims, Manikins, and Bystanders

Victims shall be role-played by actors who present different problems necessitating different types of aid. In addition, teams may be confronted by resuscitation manikins in the role of "victim" as well as by bystanders and swimmers.

NOTE: Chosen actors must be able to act out the scenario with consistency throughout the competition. Actors for Water Rescue and Priority Assessment should be strong swimmers and able to tread water for the duration of the event.

Scenarios may require acting out an evolving situation (e.g. a conscious victim becomes unconscious). Scoring will reflect the evolution of the victim. Scenarios which include an evolving situation must be acted out with consistency for the duration of the competition. All teams must experience the same evolving situation and victim responses. This requires consistency in:

- When the situation evolves which may be triggered by:
 - Time passed
 - Rescuer action(s)
 - Pre-determined condition (e.g. location, action of another victim, having a victim be located)
- How the situation evolves

NOTE: In the event an actor accidentally causes a change to the written scenario while the first team is completing a scenario that change shall be carried through the competition and scoring adjusted as required.

Teams shall be notified before the start if victim type is to be signified by a symbol (e.g., a red/black cross on forehead indicating unconsciousness). Teams shall treat manikins as non-breathing, pulseless victims. When manikins are used as victims, teams will be expected to fully demonstrate ventilations and compressions as required for their victim.

Safety

National Lifeguards shall simulate ventilations and compressions when victims are not manikins. When manikins are used as victims, teams will be expected to fully demonstrate ventilations and compressions as required for their victim.

Victim safety is a priority. Teams are instructed not to use painful stimuli or techniques. A quality simulation with a verbal explanation will suffice to replace these techniques.

Extreme care is to be taken when moving victims. Judges are instructed to intervene if they feel victims are at risk of injury. Teams who endanger or injure victims will be scored accordingly.

Victim Assessment and Treatment

Teams are to assume all conditions, victim simulations and signs and symptoms are as they find them. Should no changes in victim condition be required the judge may indicate "As you find it". If the judge is silent, teams should assume that all conditions are "as they find it".

Protective equipment

The use of protective equipment will be evaluated on score sheets. If lifeguards can reasonably assume that they may come in contact with bodily fluids, the use of protective equipment is required. Teams shall not enter the event wearing protective equipment. Teams may don protective equipment when the simulated situation requires it.

2.19 STARTS

Prior to the start of each race, the Chief Referee or designated official shall:

- a. Check that all technical officials are in position.
- b. Check that all equipment is in a safe and correct position.
- c. Check that victims are ready and in correct positions.
- d. Notify next team to get ready to compete.
- e. Check that National Lifeguards on next team are properly attired and escort from lock-up to the staging area.

When the next team to compete and technical officials are ready for a legal start, a designated official shall:

- a. Signal the Starter (that the teams is under the Starter's control) with an outstretched arm in the direction of the course.

Notes: Start decisions by the Starter, or Chief Referee (or Chief Referee's designate) are not subject to protest or appeal.



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Section 3 - Alberta and Northwest Territories Competition Rule Book

Alberta and Northwest Territories Lifeguard Emergency Response Championships



Section 3 - Alberta and Northwest Territories Lifeguard Emergency Response Championships

3.1 THE ALBERTA AND NORTHWEST TERRITORIES LIFEGUARD EMERGENCY RESPONSE CHAMPIONSHIPS

The Lifesaving Society shall authorize the following championships:

- Alberta and Northwest Territories Lifeguard Emergency Response Championships

All Alberta and Northwest Territories Championships occur under the auspices of the Lifesaving Society – Alberta and Northwest Territories.

Management Committee

For Alberta and Northwest Territories Lifeguard Emergency Response Championships, the Lifesaving Society shall appoint a Management Committee with jurisdiction over all matters not assigned by the rules to the Referee or other officials. The management committee shall consist of:

- Lifesaving Society Representative
- Facility Liaison (if applicable)
- Event Manager
- Chief Referee

The Lifesaving Society in cooperation with the host affiliate shall be responsible for the provision of equipment and material required to establish and maintain the championships.

A Lifesaving Society representative will be appointed for Championships.

3.2 PROGRAM OF EVENTS

The program of events for Alberta and Northwest Territories Lifeguard Emergency Response Championships shall be established by the Lifesaving Society.

Events will be conducted according to the information in Section 4 of this manual.

Emergency Response Events
Priority Assessment
Water Rescue
First Aid
Team Triathlon

Team Triathlon

The Team Triathlon is composed of the First Aid, Water Rescue and Priority Assessment events.

The Team Triathlon is completed by a team eligible to compete consisting of the same four National Lifeguards who must enter and complete all three events. Participation by a fifth or additional team member shall make the team ineligible for the Team Triathlon event.

Team Triathlon is a non-point score championship event. No points accrue to the affiliate. Awards may be presented to the first, second and third place teams.

3.3 ENTRIES

Entry deadlines will be established by the Championships Management Committee.

Teams will refer to the registration package for championships entries requirements.

3.4 OFFICIALS

The Lifesaving Society shall have full control and authority over all aspects of competition for Alberta and Northwest Territories Lifeguard Emergency Response Championships.

The Lifesaving Society shall appoint the following Key Officials for Alberta and Northwest Territories Lifeguard Emergency Response Championships:

- Event Manager
- Scenario Designer
- Chief Referee

The Event Manager shall appoint all other officials for Alberta and Northwest Territories Lifeguard Emergency Response Championships.

3.5 LANGUAGE INTERPRETATION

Language interpreters shall not be provided at Alberta and Northwest Territories Lifeguard Emergency Response Championships.

3.6 SEEDING

Lifeguard Emergency Response Events shall be seeded randomly. When finals follow one or more preliminary round teams will compete in ascending order based on scores earned for each teams performance in preliminary rounds.

3.7 SCORING

Finals

Finals may not be conducted in the Alberta and Northwest Territories Lifeguard Emergency Response Championships. Scoring will be based on team scores in completed rounds if there are no finals.

Point allocation

Teams in each event in the Alberta and Northwest Territories Lifeguard Emergency Response Championships shall be allocated points as outlined in the following chart:

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Scoring disqualifications or DNFs

Teams who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.



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Section 4 - Alberta and Northwest Territories Competition Rule Book

Alberta and Northwest Territories Lifeguard Emergency Response Events



Section 4 - ALBERTA AND NORTHWEST TERRITORIES LIFEGUARD EMERGENCY RESPONSE EVENTS

4.1 PRIORITY ASSESSMENT

Event Description

The simulated emergency at an unsupervised aquatic environment will consist of multiple victims within a designated competition arena. Teams will apply knowledge, judgement, and lifesaving skills to identify victims and provide a rescue response. The simulated emergency situation will be unknown to teams prior the start signal.

On an acoustic signal teams will have two (2) minutes to respond to the emergency situation unfolding before them. At the end of the two (2) minutes an acoustic signal will sound and no further points shall be awarded.

The competition arena will be setup identically for each team.

Equipment

Teams may use all material and equipment available within the competition arena. Teams may not bring their own equipment into the competition arena.

Disqualification

Disqualification codes may be found in Appendix A of the competition manual.

Competition start

One at a time, teams are escorted from lock-up to the pool where, following an acoustic signal, they are confronted with "victims" in various locations who need various types of assistance.

Actors will begin their victim simulations immediately prior to the acoustic starting signal, and as the team enters the competition area. At the acoustic signal teams respond to the victims in any manner they wish within the time limit.

Victim Types

Victim types may include simulated non-swimmers, weak swimmers, injured swimmers, and unconscious victims.

Principles of Care

Teams are expected to respond as a group of individual lifesavers acting as a coordinated team under the direction of a team leader.

Unlike lifeguards, who often work as part of well-trained teams in controlled aquatic environments, lifesavers must be prepared to respond appropriately in unexpected emergencies without the benefit of specialised equipment, back-up, or established procedures and communications systems. In such circumstances, the personal safety of the lifesaver is paramount at all times and is reflected in the marking sheets.

4.2 FIRST AID COMPETITION

Event Description

The simulated emergency will consist of multiple victims within a designated competition arena. Teams will use their knowledge, judgement, and skills to assess and treat victims, manage the emergency scene, and call for required assistance within the time limit.

On an acoustic signal teams will have five (5) minutes to respond to the emergency situation unfolding before them. At the end of the five (5) minutes an acoustic signal will sound and no further points shall be awarded.

The competition arena will be setup identically for each team.

Equipment

Teams may use all material and equipment available within the competition arena. Teams may bring first aid supplies and equipment into the competition arena.

Disqualification

Disqualification codes may be found in Appendix A of the competition manual.

Competition Start

One at a time, teams are escorted from lock-up to the event where, following an acoustic signal, the team enters the competition area and will respond to an emerging dynamic situation in which "victims" within the competition arena will need various types of assistance.

Actors within the scenario act out their assigned victim at their designated start time which may be at any point following the acoustic signal and within the five (5) minute team response time.

Victim Types

Refer to the Lifeguard Emergency Response Competitions Score Sheet Package for allowed victim types.

Principles of Care

Teams are expected to respond as a coordinated team of first aiders.

Teams apply the principles and standards of care of a first aider.

4.3 WATER RESCUE COMPETITION

Event Description

The simulated emergency at a pool will consist of multiple victims within a designated competition arena. Teams will use their knowledge, judgement, and skills to assess and treat victims, manage the emergency scene, and call for required assistance within the time limit.

On an acoustic signal teams will have five (5) minutes to respond to the emergency situation unfolding before them. At the end of the five (5) minutes an acoustic signal will sound and no further points shall be awarded.

The competition arena will be setup identically for each team.

Event Notes

The “public” will not be cleared from the pool or pool area during simulated emergency response or to prevent a simulated emergency.

Real emergency

In the event of a real emergency, the referee shall intervene and advise teams that this is not part of the competition. Host lifeguards shall assume responsibility for the victim.

Equipment

Teams may use all material and equipment available within the competition arena. Teams may bring any equipment they wish into the competition arena.

NOTE: Teams are not permitted to use telecommunications devices such as cell phones as a component of their specialized equipment.

Disqualification

Disqualification codes may be found in Appendix A of the competition manual.

Competition Start

One at a time, teams are escorted from lock-up to the event where, following an acoustic signal they will enter the competition arena and have 30 seconds to setup. Following a second acoustic signal they will lifeguard the competition arena and respond to all emergency situations which arise.

Actors within the scenario act out their assigned victim at their designated start time which may be at any point following the second acoustic signal and within the five (5) minute team response time.

Victim Types

Refer to the Lifeguard Emergency Response Competitions Score Sheet Package for allowed victim types.

Principles of Care

Competitors are expected to respond as a coordinated lifeguard team.

Competitors apply the duty of care and standard of care of a certified National Lifeguard.



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Appendix A - Alberta and Northwest Territories Competition Rule Book

Disqualification Codes



Appendix A - Disqualification Codes

Appendix A contains a master list of all disqualification codes to be used in Alberta and Northwest Territories Sanctioned Competitions.

Code	Disqualification
1	Not completing the event in accordance with the event description or general rules.
2	Competing unfairly (individual or team). Examples of "competing unfairly" include: <ul style="list-style-type: none"> • Committing a doping or doping-related infraction • Impersonating another team • Attempting to defeat the ballot or draw for events or positions • Competing twice in the same event • Competing twice in the same event in different teams • Purposely interfering with a course to gain advantage
3	Teams is late reporting to lock-up.
4	Team is absent from the start of an event.
5	Willful damage to the venue sites, accommodation sites or the property of others.
6	Abuse of officials.
8	Leaving the competition arena after an event before permission is given by the official.
9	Entering the competition arena before the acoustic signal.
10	Receiving outside assistance, direction, or advice.
11	Taking any telecommunication device into the security area.
12	Competitors who verbally or physically abuse a victim may be assigned a penalty or disqualified.
13	Using any equipment not provided as part of the competition. - PRIORITY ASSESSMENT ONLY -



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