Canadian Competition Manual

2019 edition

Standards and Procedures for Canadian Championships and Lifesaving Society-sanctioned Competitions

LIFESAVING SOCIETY

The Lifeguarding Experts

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CANADIAN COMPETITION MANUAL

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and Lifesaving Society-sanctioned Competitions

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LIFESAVING SOCIETY

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Standards and Procedures for Canadian Championships and Lifesaving Society-sanctioned Competitions

LIFESAVING SOCIETY

The Lifeguarding Experts

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INTRODUCTION

Lifesaving sport is an international athletic activity showcasing skills in lifesaving, swimming, running, throwing and paddling races, and in emergency response competition.

Lifesaving sport is recognized by the International Olympic Committee and Commonwealth Games Federation.

The International Life Saving Federation (ILS) is the international sport federation for lifesaving sport. ILS National Member Organizations are the governing bodies in their respective countries. The Lifesaving Society is governing body for lifesaving sport in Canada.

As a member of the Commonwealth Royal Life Saving Society, the Lifesaving Society Canada also participates in Commonwealth Lifesaving Championships.

Lifesaving sport is the only sport whose skills are first learned for humanitarian purposes. Indeed, the promotion of competition was part of the Aims of the Lifesaving Society at its formation in 1891.

Through lifesaving sport, the Society seeks to engage and inspire youth in our drowning prevention mission. Towards this end, we established a lifesaving sport system in Canada consistent with world events and managed by a Lifesaving Sport Commission with specific terms of reference defining its roles and responsibilities.

Our lifesaving sport aims are:

- To support the drowning prevention work of the Lifesaving Society and its humanitarian mission.
- To provide athletes, coaches and officials opportunities for participation in lifesaving sport at all levels from developmental to high performance.
- To position the Lifesaving Society internationally as a leader in lifesaving sport.

While lifesaving competition in Canada has changed significantly since the Society's first Canadian Lifeguard Championships in 1977, some things never change. Our humanitarian mission remains the foundation of all of the Society's activities.

PREFACE TO THE FIFTH (2019) EDITION

The *Canadian Competition Manual* was first published in 2003. Since then, lifesaving sport in Canada has evolved tremendously.

With the decision to adopt the international rules for events in Canadian championships, it is not necessary that the Canadian manual reproduce the event descriptions, rules and procedures already outlined clearly in the *ILS Competition Rule Book*. The *Canadian Competition Manual* does present information specific to Canadian championships.

In addition to minor editorial changes, highlights of the revisions in this edition of the *Canadian Competition Manual* include:

Section 2

- Age of Eligibility for Canadian Championships
- Eligibility to register as a lifesaving sport athlete
- Eligibility for selection to National Team
- Removal of 90-day rule
- Divisions
- Official Oaths

Section 3

- Age of Eligibility
- Divisions
- All-Around Athlete award

Section 4

- Age of Eligibility
- Level of certification
- Change in team composition

Section 5

- Age of Eligibility
- Divisions
- All-Around Athlete award

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SECTION 1 – CANADIAN COMPETITION MANUAL

LIFESAVING SPORT

LIFESAVING SOCIETY

The Lifeguarding Experts

Section 1

LIFESAVING SPORT

Lifesaving sport features competition at local, regional, provincial, Canadian, Commonwealth and World Championship levels. Lifesaving sport is part of the World Games.

Lifesaving sport is one of the few non-Olympic sports recognized by the International Olympic Committee and the Commonwealth Games Federation. The IOC recognizes the International Life Saving Federation (ILS) as the world governing federation for lifesaving sport.

IOC recognition is significant and brings great benefits to lifesaving, including new tools to attract participants to lifesaving training programs, promotion of the lifesaving mission and attracting the attention of donors and sponsors in support of drowning prevention. Lifesaving sport serves as a significant point of entry for volunteers and staff into the Lifesaving Society.

1.1 THE ROLE OF LIFESAVING SPORT

Lifesaving Sport contributes to the mission of the Society by engaging and inspiring youth in our humanitarian mission; by providing an incentive for lifesaving, skill development and lifeguard training; by encouraging innovation in lifesaving and lifeguarding technique; and by providing unique opportunities for volunteer recruitment, retention and leadership development.

Lifesaving sport championships

The Lifesaving World Championships is a biennial competition organized under the auspices and rules of the International Life Saving Federation. The Commonwealth Lifesaving Championships is a biennial competition organized under the auspices of the Royal Life Saving Society. Lifesaving sport is also part of the quadrennial World Games.

National and provincial championships have been organized in Canada under the auspices of the Lifesaving Society Canada for over 40 years.

Lifesaving sport events

Pool and open water events challenge and showcase the skill, fitness, knowledge and values of age-group, open and masters competitors. Emergency response competition demands good judgment, quick decision-making and team work.

Athletes are lifesavers first – until they hit the starting blocks or get their toes in the sand on race day.

Lifesaving sport features

- A large, multi-dimensional event menu with the scope to meet the needs of all participants.
- Internationally standardized rules and procedures for all events.
- Established development pathways for athletes, coaches and officials. Learning and training is based on the long-term athlete development model.
- No barriers to participation in any form commencing at the local level through international competition. The principles of equity, fairness and inclusiveness guide athletes, coaches, officials and administrators who are expected to operate within an established Code of Conduct (2.14 in the *ILS Competition Rule Book)*.

1.2 LIFESAVING SPORT HISTORY IN CANADA

Lifesaving 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 the 1930s, the Lifesaving Society began lifesaving races. In the 1960s, the Society began organizing provincial lifeguard championships.

In 1977, the Society hosted the first Canadian Lifeguard Championship at the Pan-Am pool in Winnipeg which featured emergency response events and race events.

In 1986, the Society hosted the first of the bi-annual international “rescue series” – Rescue ’86 which featured World Life Saving’s (WLS) World Lifesaving Championships at Kitsilano Beach and the University of British Columbia in Vancouver. Canadians have been participating in international lifesaving competitions ever since.

In 1998, the first Canadian Junior Lifeguard Games for under 16-year-olds were staged at Carleton University pool in Ottawa.

In 2000, the Society sanctioned the first Canadian Surf Lifesaving Championship at Rissers Beach, Nova Scotia. In 2001, a Masters division was included in this annual championship.

In 2001 for the first time, the Canadian Lifeguard Championship in Edmonton included internationally standardized race events in addition to Canada’s traditional simulated emergency response events.

In 2002, a Masters division was inaugurated at the Canadian Lifeguard Championship at Toronto's Etobicoke Olympium, and a junior division was introduced at the Canadian Surf Lifesaving Championship.

Thus by 2002, Canadians could compete in age-group, open and Masters divisions of open water and pool Canadian championships.

In 2008, the 16–19 years division was introduced at both Canadian Pool and Surf Lifesaving Championships.

As of 2009, under 16 age group championships became a provincial rather than national responsibility.

In June 2009, the Lifesaving Society hosted the RLSS Commonwealth Lifesaving Championships in Edmonton, Alberta.

National Team

Throughout the 1990s, various teams represented Canada in international competition. In 2000, the Society officially designated a National Lifesaving Team to represent Canada internationally. Canadian lifeguards were invited to participate in a series of training camps and National Team members were selected on the basis of their performance at these camps.

Today, the route to membership on the National Team is through participation in Canadian championships or other events specifically approved by the National Sport Commission as National Team selection events.

On its first international outing at the World Lifesaving Championships (Rescue 2000) in Sydney, Australia, the Canadian National Lifesaving Team qualified for the 2001 Goodwill Games in Brisbane.

The National Team and other members of Canadian lifesaving clubs continue to compete internationally in Commonwealth and ILS World Championships, World Games, and a variety of other competitions including other countries' national championships.

1.3 THE LIFESAVING SOCIETY

The Lifesaving Society – Canada's lifeguarding expert – 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.

Annually, over 1.2 million 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 professional standard for lifeguarding in Canada.

The Society is an independent, volunteer organization and registered charity that has been saving lives in Canada for over 100 years. The Society is composed of 10 provincial/territorial Branches, tens of thousands of individual members and some 4,000 affiliated swimming pools and waterfronts.

Canadian Lifesaving Sport Authority

The Lifesaving Society represents Canada internationally as an active member of the International Life Saving Federation and the Commonwealth Royal Life Saving Society (RLSS). The Lifesaving Society is the governing body for lifesaving sport in Canada. Canada is a voting member of the ILS Sport Commission and the RLSS Commonwealth.

As the governing body for lifesaving sport in Canada, the Lifesaving Society establishes rules for the purpose of ensuring a safe and fair system, within which age-group, open, and Masters lifesaving competitions may be regulated and conducted.

Race event rules established by the Lifesaving Society follow those established by ILS. Rules for simulated emergency response events reflect the long-standing history and rich Canadian tradition in these events.

The Lifesaving Society alone shall authorize Canadian lifesaving or lifeguard championships in age-group, open or Masters divisions.

The words "National", "Canadian", and "Lifesaving Society" shall not be used in connection with any lifesaving or lifeguard competition without the express consent of the Lifesaving Society.

Sanctioning

The Lifesaving Society alone may sanction lifesaving or lifeguard competitions in Canada. The Lifesaving Society may authorize other event-specific Canadian championships as appropriate.

Lifesaving Society-sanctioned championships must use *Canadian Competition Manual* rules, standards and procedures.

To receive sanction, the following terms must be met:

i) All competitors must be eligible to compete as defined in *Eligibility and the Right to Participate*.

ii) *Canadian Competition Manual* rules, standards and procedures must be used for events which are part of the sanctioned competition. The sanctioned competition may include other events.

iii) The host organizing committee must have appropriate safety plan, safety equipment, and a Safety Officer in place.

iv) No less than one month prior to the date of the competition, the Lifesaving Society must receive the sanction application form signed by the meet manager which identifies:
   - date, time and location of the competition
   - entry form, program of events
   - name of Chief Referee
   - name of the Safety Officer

The Lifesaving Society does not recognize records set in or results of unsanctioned competition. (See 2.7 Results and Records.)

The Lifesaving Society does not insure volunteer officials or competitors in unsanctioned competition.

1.4 LIFESAVING SPORT COMMISSION

In 1998, the Lifesaving Society appointed a Sport Commissioner with a mandate to establish a lifesaving competition system in Canada that was consistent with the newly established world events and that brought all activity related to lifesaving sport in Canada under the control of a single national structure accountable to the Lifesaving Society.

By 2006, the Society had established a formal organizational structure for the management of lifesaving sport in Canada. The Lifesaving Society incorporated Lifesaving/Sauvetage Canada as a not-for-profit National Sport Organization to manage lifesaving sport on behalf of the Society.

In January 2007, a Lifesaving Sport Commission was established.

1.5 ATHLETE DEVELOPMENT AND PARTICIPATION IN CANADIAN CHAMPIONSHIPS

The Canadian Sport for Life initiative identifies seven stages in long-term athlete development which encourages lifelong physical activity and provides an effective route for the pursuit of excellence. Lifesaving sport recognizes and follows these seven stages:

Active Start: Young children are introduced to relatively unstructured play incorporating a variety of body movements in which they learn to move skillfully and learn to enjoy being active.

FUNdamentals: Children participate in a variety of well-structured activities that develop basic skills while focusing on fun.

Learning to Train: Children begin to train in under more formalized methods with an emphasis on general sports skills suitable to a number of activities.

Training to Train: Suitable at the onset and end of the growth spurt, boys and girls are ready to consolidate basic sport specific skills and tactics. While they may play to win and do their best, skill training and physical development takes priority over competition.

Training to Compete: At this stage things “get serious”. Teens and young adults may choose to specialize in a sport and pursue a competitive stream, or to continue participating at a recreational level. High volume and high intensity characterize year round training in the competitive stream.

Training to Win: Elite athletes with identified talent enter a stage where they may pursue intense training with world-class training methods, equipment and facilities.

Active for Life: Athletes may participate in their sport at the recreation level or they may become involved as an official or coach. They might also try new sports and activities.

Canadian championships are designed to meet the needs of competitors in the last three stages.

SECTION 2 – CANADIAN COMPETITION MANUAL

CANADIAN CHAMPIONSHIPS

LIFESAVING SOCIETY

The Lifeguarding Experts

Section 2
CANADIAN CHAMPIONSHIPS

2.1 THE CANADIAN CHAMPIONSHIPS

The Lifesaving Society shall authorise the following Canadian championships:

- Canadian Pool Lifesaving Championships
- Canadian Lifeguard Emergency Response Championships
- Canadian Surf Lifesaving Championships

All Canadian championships occur under the auspices of the Lifesaving Society Canada which awards the championships to a Lifesaving Society provincial/territorial Branch.

Eligibility

Canadian championships are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving – people who are lifesavers first, competitors second.

The Lifesaving Society considers it unethical to recruit competitors for their high-performance athletic ability whose lifesaving credentials are tenuous or merely convenient for purposes of competition.

Employers, club management personnel and coaches are the key to preventing such unethical practices and must emphasise “play within the rules” behaviour. The personal conduct of managers and coaches is measured by the ILS Code of Conduct.

To be eligible to compete in Canadian championships, competitors shall:

- be a minimum of 15 years of age (30 years for Masters) as of the first day of the championship the competitor wishes to enter.
- be a Registered Athlete (download from www.lifesaving.ca).

Additional championship-specific eligibility requirements are outlined in the individual Canadian championship sections following.

Proof of age is official Canadian or Provincial government-issued identification that includes name and date of birth.

To register as a lifesaving sport athlete in Canada, an individual shall:

- be a minimum of 13 years of age, and
- hold a current (within 24 months) Lifesaving Society Canada Bronze Medallion or Bronze Cross or Distinction or National Lifeguard (any option) certification.

Athletes who wish to be considered for the National Team must provide proof of citizenship or permanent residency via a government-issued birth certificate, permanent resident card, or Canadian passport.

To be eligible for selection to the National Team, an individual shall:

- be a registered athlete in good standing both provincially and nationally, and
- be a Canadian citizen or permanent resident, and
- hold a current (earned within 24 months) Lifesaving Society Canada Bronze Medallion or Bronze Cross or Distinction or National Lifeguard (any option) certification valid for the duration of the championships in which they are competing as a member of the National Team.

The Lifesaving Society provincial/territorial Branch shall provide an endorsement declaring that competitors meet the eligibility requirements.

Competitors from other countries may compete in Canadian championships or sanctioned competitions if endorsed (in writing) to do so by their national lifesaving organization. These competitors represent their international club. They may become champions in individual or team events and in the All-Around Athlete competition / Team Triathlon, but they are not eligible for Canadian championship club titles. Clubs composed of any non-Canadian members are deemed to be an international club and ineligible for Canadian championship club titles.

Management committee

For Canadian championships, the Lifesaving Sport Commission 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 the:

- Lifesaving Society Sport Commissioner (or designate)
- Chair of the host organizing committee (or the chair's appointee)
- Meet Manager
- Chief Referee
- Safety Officer

The Sport Commissioner has the authority to appoint others to the Management Committee as desired.

Championship venue inspection: The Lifesaving Society Sport Commissioner shall appoint a representative to inspect a prospective host venue for Canadian championships prior to awarding the championships. The Sport Commissioner may waive this requirement if the venue was previously inspected.

Responsibility for equipment: The host organizing committee shall be responsible for the provision of all equipment and material required to establish and maintain courses and arenas for all championship events including:

- course markers for pool and surf events
- obstacles for pool events

The host organizing committee shall provide the following equipment, which ***must be used by competitors***:

- batons for Beach Relay and Beach Flags events
- rescue manikins for pool events
- rescue tubes for pool and open water events
- throw lines for pool events

The host organizing committee shall advise all registrants of the type or brand of all provided equipment at least 90 days prior to the championships.

Canadian Lifeguard Emergency Response Championships: The host organizing committee shall provide spineboards and AED trainer equipment in an equipment pool. Use of this equipment by competitors is optional. The host organizing committee shall also advise all registrants of the type or brand of the supplied equipment.

Any other items shared with multi-teams can also be placed in the equipment pool provided the teams do not mind other teams using their equipment. This equipment must be provided to event organizers at least thirty minutes prior to lock up to allow teams to inspect available equipment.

Canadian Surf Lifesaving Championships: The host organizing committee is not required to provide an equipment pool for Canadian Surf Lifesaving Championships.

2.2 COMPETITION SAFETY

The provision of safe competitions is essential and a priority in competition planning.

At all Canadian championships and sanctioned competitions, the host organizing committee is responsible for the provision of adequate resources to ensure the safety of those involved with the competition.

Competition safety plans shall follow the guidelines found in the *ILS Competition Rule Book*, 2.3 Competition Safety.

Canadian championships

No Canadian championship shall be conducted until the Management Committee is satisfied that the competition facilities are safe, and that the appropriate safety plan, equipment, procedures and personnel are in place.

The Management Committee has the authority to cancel, reschedule, or relocate the championships, an event, or event final.

The Chief Referee or the Safety Officer shall assume control of emergencies arising during competition.

Sanctioned **competition**

The host organizing committee must have the appropriate safety plan, equipment, and Safety Officer in place. No sanctioned competition shall be conducted until the appointed Safety Officer is satisfied that the competition facilities are safe.

2.3 PROGRAM OF EVENTS

The program of events for all Canadian championships shall be established by the Lifesaving Society Sport Commission and announced not less than 90 days prior to the championship.

Events for Canadian championships are drawn from the international events outlined in the *ILS Competition Rule Book* which presents event descriptions, rules and procedures, and the *Commonwealth Competition Manual*. The Canadian Lifeguard Emergency Response Championships feature events not included in the *ILS Competition Rule Book*.

Events not included in the *ILS Competition Rule Book* the *Commonwealth Competition Manual* must be approved by the National Lifesaving Sport Commission at least 90 days prior to the first day of the championship concerned.

See Sections 3, 4, and 5 for the complete program of events for Canadian Championships.

2.4 ENTRY PROCEDURES

All clubs must register prior to the championships in accordance with the procedures and deadlines established by the host organizing committee. Entry fees must be paid with team registration. Specific procedures for each Canadian championship are outlined in Sections 3, 4 and 5.

2.5 AWARDS

Canadian Pool Lifesaving Championships

Individual awards shall be presented to the first three places in the final of all events at the Canadian Pool Lifesaving Championship. Event winners shall be recognized as Canadian Champions.

The All-Around Athlete award shall be presented to the female competitor and to the male competitor in both the 15–18 years and open age divisions. (See Section 3 for details.)

The Canadian club with the highest overall point score in the combined 15–18 years and open divisions shall be declared the Canadian Pool Lifesaving Champions and presented with an award.

A Masters Club Champion is neither declared nor awarded.

While no awards are presented, the following club champions will be declared.

- ***Open Champion***: highest combined point score for women and men
- ***15–18 Champion***: highest combined point score for women and men
- ***Women's Open Champion***: highest point score
- ***Men's Open Champion***: highest point score
- ***Women's 15–18 Champion***: highest point score
- ***Men's 15–18 Champion***: highest point score

Canadian Lifeguard Emergency Response Championships

Awards shall be presented to the first, second, and third place teams in each event. Event winners shall be recognized as Canadian Champions.

Awards shall be presented to the first, second and third place teams in the Team Triathlon. See Section 4 for Team Triathlon details.

The Canadian club with the highest overall point score shall be declared the Canadian Lifeguard Emergency Response Champions and presented with an award.

Canadian Surf Lifesaving Championships

Individual awards shall be presented to the first three places in the final of all events at the Canadian Surf Lifesaving Championships. Event winners shall be recognized as Canadian Champions.

The All-Around Athlete award shall be presented to the female competitor and to the male competitor in both the 15–18 years and open age divisions. (See Section 5 for details.)

The Canadian club with the highest overall point score in the combined 15–18 years and open divisions shall be declared the Canadian Surf Lifesaving Champions and presented with an award.

A Masters club champion is neither declared nor awarded.

While no awards are presented, the following club champions will be declared:

- ***Open Champion***: highest combined point score for women and men
- ***15–18 Champion***: highest combined point score for women and men
- ***Women's Open Champion***: highest point score
- ***Men's Open Champion***: highest point score
- ***Women's 15–18 Champion***: highest point score
- ***Men's 15–18 Champion***: highest point score

2.6 OFFICIAL CEREMONIES

Official ceremonies shall be conducted at all Canadian championships. The opening ceremonies shall consist of the following:

- Assembly of teams and officials
- Playing of "O Canada"
- Official welcome
- Administration of the oaths for Competitors, Team Managers/Coaches, and Officials.
- Official opening declaration

Official presentations of awards to event, all-around athlete competition and overall winners shall be conducted at Canadian championships.

All competitors and coaches and team managers are expected to participate in opening and awards ceremonies.

Competitors' oath / Serment des athlètes

"In the name of all competitors, I promise that we shall respect and abide by the rules of this championship, competing with a spirit of sportsmanship and fair play."

« Au nom de tous les athlètes, je promets que nous respecterons et observerons les règlements de ce Championnat et que nous participerons à cette compétition dans un esprit sportif et de franc jeu. »

Officials' oath / Serment des officiels

"In the name of all officials, I promise that we shall officiate in this championship with impartiality, honouring the rules which govern this competition and the spirit of fair play which inspires them."

« Au nom de tous les officiels, je promets que nous jugerons ce Championnat en toute impartialité en respectant les règlements qui régissent cette compétition et dans l'esprit de franc jeu qui les inspirent. »

Team managers' and Coaches' oath / Serment des gérants et entraîneurs des équipes

"In the name of all team mangers and coaches, I promise that we shall commit to exemplary leadership consistent with the ILS code of conduct and its guiding principles."

« Au nom de tous les gérants et entraîneurs, je m'engage à ce que nous fassions preuve d'un leadership exemplaire se conformant au code de conduite de l'ILS ainsi qu'à ses principes directeurs. »

Official opening declaration / Mot de bienvenue officiel

"On behalf of the Lifesaving Society – Canada's lifeguarding experts – I declare these championships officially open."

« Au nom de la Société de sauvetage; les experts canadiens en surveillance aquatique, je déclare ces championnats officiellement ouverts. »

2.7 RESULTS AND RECORDS

The Lifesaving Society publishes electronically the official results of all Canadian championships as soon as possible following the conclusion of the competition at www.lifesaving.ca.

Canadian records

The Lifesaving Society shall recognise men's and women's individual and team Canadian records in pool race events identified in the *ILS Competition Rule Book*. Such events must be conducted in a 50 m swimming pool and using equipment which comply with ILS standards.

The Lifesaving Society does not maintain records for events occurring in open water due to variable conditions such as surf, tides, currents and beach conditions.

National Team members may set Canadian records in individual events when they are representing Canada on the National Team. Members of the Canadian National Lifesaving Team may only set Canadian National

Team records. The Lifesaving Society shall recognize a Canadian National Team relay record established by a team all of whom are members of the Canadian National Lifesaving Team.

The Lifesaving Society reserves the right to submit athletes to doping control when a record is broken or tied.

All Canadian Records established during pool events in World Lifesaving Championships, Commonwealth Lifesaving Championships or Canadian championships shall be automatically approved. Canadian Records established at other competitions shall be approved subject to the following conditions:

i) The Lifesaving Society shall only recognize a Canadian record established by a Canadian citizen or Landed Immigrant who satisfies the membership requirement of the Society.

ii) The Lifesaving Society shall only recognize a Canadian record in team events when all members of the team are eligible to hold Canadian records, are registered with the same club, and are eligible to compete for that club.

iii) With the exception of records set at Canadian championships, Canadian records shall not be recognized without a negative doping certificate.

iv) All records must be made in competitions held in public and announced publicly by advertisement at least 3 days before competition. In the case of an individual race against time being sanctioned by the Lifesaving Society as a time trial during a competition, an advertisement at least 3 days prior shall not be necessary.

v) The facility (including event-specific) standards and equipment specifications must be certified by a surveyor or other qualified official appointed or approved by the Lifesaving Society Management Committee (for Canadian championships).

vi) The Lifesaving Society will accept Canadian records only when times are reported by automatic officiating equipment or by three certified timekeepers.

vii) Times which are equal to 1/100 of a second will be recognised as equal records, and competitors achieving these equal times will be called “Joint Holders.” Only the time of the winner of a race may be submitted for a Canadian record. In the event of a tie in a record-setting race, each competitor who tied shall be considered a winner.

viii) Canadian records may be considered for acceptance from any competition sanctioned by the International Life Saving Federation.

ix) Applications for Canadian records must be made by the responsible authority of the organizing committee of the competition and signed by an authorized representative of the Lifesaving Society certifying that all regulations have been observed. The application shall be forwarded to the Lifesaving Society Sport Commissioner within 30 days of the conclusion of the competition.

x) Upon receipt of the application, and upon satisfaction that the information contained in the application is accurate, the Lifesaving Society shall declare and publish the Canadian record, and provide a Canadian record certificate to the competitor.

If the Canadian record application is not accepted, it shall be referred to the Lifesaving Sport Commission.

World or Commonwealth records

The International Lifesaving Federation and the Royal Life Saving Society recognize World and Commonwealth records respectively. See the *ILS Competition Rule Book*, 2.5, World Records and the *RLSS Commonwealth Competition Manual* for details.

2.8 OFFICIALS

The Lifesaving Sport Commission shall have full control and authority over all aspects of competition for Canadian Championships.

The Lifesaving Sport Commission shall appoint the following officials (where required) for Canadian Championships:

- Chief Referee
- Appeals Committee Convenor

The host organizing committee shall appoint the Meet Manager and all other officials for Canadian championships. The host organizing committee is encouraged to appoint officials who are certified in the Canadian Lifesaving Sport Officials program.

Lifesaving Society-sanctioned pool competitions without automatic timing equipment must have a chief timekeeper and two timekeepers per lane.

Officials code of conduct

Officials shall abide by the code of conduct found in the *ILS Competition Rule Book*, 2.14 Code of Conduct.

No individual who is acting as team coach, team manager or in a similar capacity is eligible to be appointed to an officials position with the authority to affect the outcome of an event, e.g., Starter, Judge, Timer, Referee, Scorer.

Masters events are not awarded points. Therefore Masters competitors shall be eligible to officiate the 15–18 years and open divisions.

Officials may not 'coach' or similarly assist any team in competition. An official found to be in violation of this rule shall be declared ineligible to further act as an official.

Meetings: Referees and judges are required to attend the appropriate briefings to review judging sheets and event procedures, etc.

Dress: Officials shall wear a white or blue top with white or blue shorts, pants, or skirts. Hats should be white. Protective clothing such as raincoats or parkas may be worn as appropriate.

2.9 LANGUAGE INTERPRETATION

French / English language interpreters shall be provided by the host organizing committee at Canadian championships.

Teams who require interpretation service must make this known to organizers when registering for the championship.

Teams are encouraged to provide their own interpreters. These interpreters may not be a member of the team.

2.10 GENERAL RULES AND PROCEDURES

The international procedures and protocols outlined in the *ILS Competition Rule Book* and the *ILS Lifesaving World Championships Handbook* are followed at Canadian championships:

Team uniforms and equipment

See *ILS Lifesaving World Championships Handbook*, 5.1.

Code of conduct

See *ILS Competition Rule Book*, 2.14.

Misconduct

See *ILS Competition Rule Book*, 2.15.

Disqualifications and "Did Not Finish" classifications

See *ILS Competition Rule Book,* 2.16.

Protests and appeals

See *ILS Competition Rule Book*, 2.17.

Doping control

See *ILS Competition Rule Book*, 2.13.

Facility and equipment standards and scrutineering procedures

See *ILS Competition Rule Book*, Section 8.

SECTION 3 – CANADIAN COMPETITION MANUAL

CANADIAN POOL LIFESAVING CHAMPIONSHIPS

LIFESAVING SOCIETY

The Lifeguarding Experts

Section 3

CANADIAN POOL LIFESAVING CHAMPIONSHIPS

Canadian Pool Lifesaving Championships events are conducted according to the latest published edition of the *ILS Competition Rule Book*. Event rules are found in Section 3. View or download the manual at www.lifesaving.ca.

3.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

The Canadian Pool Lifesaving Championships are open to any Individual Member, Affiliated Club or Affiliate Member of the Lifesaving Society in good standing. An individual or Affiliate is in good standing unless their Registered Athlete or Affiliate status has been revoked by the Lifesaving Society Canada or a Lifesaving Society Branch using the Certification Review Process.

To be eligible to compete in the Canadian Pool Lifesaving Championships, competitors shall:

- hold a current (within 24 months of date of certification) Lifesaving Society Bronze Medallion or higher certification (defined as Lifesaving Society national mandatory and endorsed awards for which Bronze Medallion is a prerequisite).
- be a minimum of 15 years of age (30 years for Masters) as of the first day of the Canadian Pool Lifesaving Championships.
- be a Registered Athlete (download form at www.lifesaving.ca).

A club may consist of any number of competitors, in addition to any non-competitive management and coaching personnel.

Competitors must be members of the same Affiliated Club or employees of the same Affiliate Member of the Lifesaving Society.

Competitors may compete for only one club or Affiliate Member at a time.

Competitors are allowed to enter each event only once.

Divisions

15–18 years: Competitors must be a minimum of 15 years of age and a maximum of 18 years of age as of the first day of the Canadian Pool Lifesaving Championships.

Open: Competitors must be a minimum of 15 years of age as of the first day of the Canadian Pool Lifesaving Championships.

Masters: Competitors must be a minimum of 30 years of age as of the first day of Canadian Pool Lifesaving Championships. Masters age groups are: 30-39, 40-49, 50-59, 60+.

Competitors may register in only one division and must remain in that division throughout the championships with the exception outlined in *Team events* on page 23.

3.2 PROGRAM OF EVENTS

For the Canadian Pool Lifesaving Championships, the following events shall be conducted in both male and female categories:

	Divisions		
Individual Events	*15–18 years*	*Open*	*Masters*
200 m Obstacle Swim	√	√	√
50 m Manikin Carry	√	√	√
100 m Rescue Medley	√	√	n/a
100 m Manikin Carry with Fins	√	√	√
100 m Manikin Tow with Fins	√	√	√
200 m Super Lifesaver	√	√	√
Team Events	*15–18 years*	*Open*	*Masters*
Line Throw	√	√	√
4 X 25 m Manikin Relay	√	√	√
4 X 50 m Obstacle Relay	√	√	√
4 X 50 m Medley Relay	√	√	√

All-Around Athlete: The All-Around Athlete competition is comprised of the following five events: 200 m Obstacle Swim, 50 m Manikin Carry, 100 m Manikin Carry with Fins, 100 m Tow with Fins, and 200 m Super Lifesaver. Competitors must enter one or more events to qualify. No club points will be awarded for the All-Around Athlete award.

Line Throw: The two competitors must be from the same club and of the same gender. In the Masters Line Throw event, the two-person team shall compete in the age group of the younger competitor.

Team events: Competitors in the 15–18 years division are eligible to compete as a member of a team in the open division. Competitors in the open division are not eligible to compete as a member of a team in the 15–18 years division. Competitors may only swim a team event once.

Masters total-age groups for relays are 120 years+, 140 years+, 170 years+.

3.3 ENTRY PROCEDURES

Championships registration

All clubs must register prior to the championships in accordance with the procedures and deadlines established by the host organizing committee.

Number of entries

Clubs may enter unlimited number of competitors in each event. For Line Throw – an unlimited number of teams of two competitors; for relays – an unlimited number of teams of four competitors.

Exhibition entries

Exhibition entries (i.e., competitors and/or teams who do not meet event eligibility requirements) are not permitted at Canadian championships.

Entry times

Times are required to be submitted for both individual and team events. Competitors and teams shall be seeded according to the entry times.

Entry fees

Entry fees must be paid with the club registration.

Changes in club composition or size prior to the championships

Only the manager or coach may advise a change of club composition or size to the appropriate official of the host organizing committee, no later than check-in the day before the competition. After that time, there shall be no further alteration of the club composition. Competitors who subsequently withdraw due to injury or other reason may not be replaced.

The manager or coach shall notify the championships organizers of the change in club composition in writing indicating:

- Date and time
- Name of the club
- Name of the member(s) to be withdrawn
- Name(s) and surname(s) of the competitor(s) being added

Notification must be accompanied by documentation from the club which duplicates all declarations with respect to bona fide membership, etc., contained on the original club entry and for original club members.

If club member numbers increase, all applicable entry fees must accompany the written notice.

In addition, the new competitor(s) or club management shall complete any registration documentation that the organizers may require. New competitors and club management are responsible for acquainting themselves with matters that may have previously been dealt with at club briefings, etc.

Substitutions in individual events during championships

Only the manager or coach may substitute club members in individual events with another member from the same club. Managers or coaches must notify the appropriate officials of substitution no later than 30 minutes prior to the start of the event or prior to the commencement of marshalling – whichever comes first.

Competitors who have been replaced in an event may not be resubstituted into that same event, but they may contest other events in the competition.

Substitutions are not permitted after the first round of an individual event has been conducted.

Substitutions in team events during championships

Substitutions are permitted in any round of team events.

Only the manager or coach may substitute members in a team event with other members of the same club. Managers or coaches must notify the appropriate officials of the substitution(s) no later than 30 minutes prior to the start of the first round of the team event or 30 minutes prior to the commencement of marshalling in subsequent rounds whichever occurs first.

3.4 UNIFORMS

Uniform

Each club shall have a uniform suitable for official ceremonies and award presentations. Managers, coaches, and assistants will be encouraged to take part in the ceremonies and shall wear a uniform that complements that of the club.

Swim caps

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

The chin-tied caps or rubber or silicone caps must be worn on the competitors' heads at the start of each event.

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

Footwear

Competitors shall not wear footwear in competition events unless otherwise specified in the event description.

Manikin handlers may wear footwear in pool events.

3.5 SEEDING

Seeding shall be used in the Canadian Pool Lifesaving Championships. In pool events, seeding shall be based on the times submitted for the specific events with registrations. Competitors' best times in the 12 months prior to the entry deadline of the championships shall be submitted on entry forms. Competitors will be ranked according to the entry times. Competitors for whom no times are submitted shall be considered to have the slowest times.

Placement of competitors with identical times shall be determined by draw.

In heats: In heats, 15–18 years competitors, open competitors and Masters competitors shall be seeded together for each event based on entry times submitted with registration. Masters events are conducted as time finals.

In finals: In finals, 15–18 years competitors and open competitors are seeded separately based on times recorded in heats.

Where one or more competitors do not marshall for or withdraw from an A-final, alternate competitors shall be called forward from the B-final, and the A-final shall be re-seeded.

Where one or more competitors do not marshall for or withdraw from a B-final, alternate competitors shall be called forward according to times recorded in the heats, and the B-final shall be re-seeded.

Alternates shall marshall for all finals.

3.6 SCORING

Finals in Canadian championships

Finals shall be conducted in the Canadian Pool Lifesaving Championships in both 15–18 years and open divisions.

The fastest 16 competitors based on heats are assigned in an A- and B-final of eight competitors each.

Winners of each A-final shall be declared Canadian champions.

There must be two or more entries registered in an event to run a final.

If 9 entries register in an event, heats shall be conducted, following which, only an A-final shall be conducted.

If 10 or more entries register in an event, heats shall be conducted, following which both an A- and B-final shall be conducted.

Masters

Finals shall not be conducted in the Canadian Pool Lifesaving Championships for Masters competitors. Masters events will be scored as time-finals.

Point allocation

Competitors in the Canadian Pool Lifesaving Championships (15-18 years and open divisions) shall be allocated points in all individual and team events as follows:

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

Club points

Clubs are allowed multiple entries in events. The top three placing entries per club in both the 15–18 years and open divisions score club points. Point score blocking is used.

Disqualification and DNF

Competitors who do not finish (DNF) or are disqualified (DQ) from an event (whether in heats or finals) shall not earn any placing points for a club.

Event cancellation

No points shall be credited to any team if an event is cancelled – even if some heats have been run.

If all heats have been completed and the finals are not able to be conducted, the event placings shall be decided by rank ordering the times and awarding place medals to the competitors with the three fastest times from heats.

Ties

Ties in overall point scores for clubs or individuals shall be broken using the following system:

- Most first-place final finishes;
- Most second-place final finishes;
- Most third-place final finishes;…and so on.

All-Around Athlete award ties shall be broken using the same system, but on All-Around Athlete award qualifying events only. No club points will be awarded for the All-Around Athlete award.

Ties (dead heats) in finals shall be declared as such and the points divided equally among the clubs involved. For example, in a two-way tie for first place, 19 points shall be allocated to each club.

In pool events, when competitors in heats have equal times registered to 1/100 of a second for either the eighth place or sixteenth place, there shall be a swim-off to determine which swimmer shall advance to the appropriate final.

3.7 SUPER LIFESAVER (100 m)

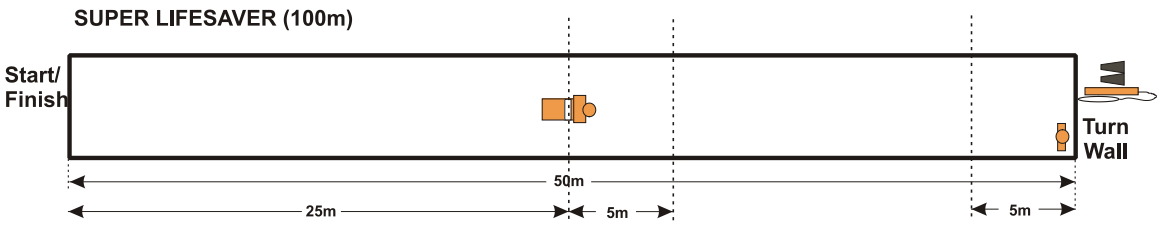
Event description

With a dive entry on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the turn wall. After touching the wall, the competitor releases the manikin.

In the water and within the 5 m pick-up zone, the competitor dons fins and rescue tube and fixes the rescue tube correctly around the floating manikin and tows it to the finish. The event is complete when the competitor touches the finish wall of the pool.

Note: In the 100 m Super Lifesaver event, the manikin handler immediately releases the manikin when the competitor touches the manikin (not the wall).

Equipment and disqualification as per the description in the *ILS Competition Rule Book*.



SECTION 4 – CANADIAN COMPETITION MANUAL

CANADIAN LIFEGUARD EMERGENCY RESPONSE CHAMPIONSHIPS

LIFESAVING SOCIETY

The Lifeguarding Experts

Section 4

CANADIAN LIFEGUARD EMERGENCY RESPONSE CHAMPIONSHIPS

The Emergency Response Championships tests the judgment, skill, knowledge, and teamwork of four lifeguards who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start.

4.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

The Canadian Lifeguard Emergency Response Championships (CLERC) is open to any Individual Member, Affiliated Club or Affiliate Member of the Lifesaving Society in good standing. An individual or Affiliate is in good standing unless their Registered Athlete or Affiliate status has been revoked by the Lifesaving Society Canada or a Lifesaving Society Branch using the Certification Review Process.

To be eligible to compete in the Canadian Lifeguard Emergency Response Championships, the competitors on each team shall:

- hold a current (within 24 months of the date of certification) Lifesaving Society Bronze Cross or National Lifeguard certification (see *Composition of a team* below).
- be a minimum 15 years of age as of the first day of the CLERC Championships.
- be a Registered Athlete (download form at www.lifesaving.ca).

A club may consist of any number of competitors, in addition to any non-competitive management and coaching personnel.

Competitors must be members of the same Affiliated Club or employees of the same Affiliate Member of the Lifesaving Society.

Competitors may compete for only one club or Affiliate Member at a time.

Competitors are allowed to enter each event only once.

Composition of a team: Competitors enter the Canadian Lifeguard Emergency Response Championships' events only as members of a team, not as individuals.

The team composition for the Canadian Lifeguard Emergency Response Championships must include a minimum of two competitors with current National Lifeguard certification.

A team must consist of a minimum of three and maximum of four competitors. Teams may consist of any combination of males or females.

Teams may not increase the number of competitors beyond four. A team with fewer than three competitors will not be eligible to compete in heats or finals of any event. Members of teams in each event may change.

Team composition must remain the same for heats and finals. If a member of a four-person team withdraws prior to a final, the remaining three team members may still compete in the final of that event. (Teams may not compete in finals with a team member who was not on the team in heats.)

4.2 PROGRAM OF EVENTS

For the Canadian Lifeguard Emergency Response Championships the following events shall be conducted:

Events
First Aid
Water Rescue
Priority Assessment
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 the same four competitors 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. The Triathlon team may consist of any combination of males and/or females.

Team Triathlon is a non-point score championship event. No points accrue to the club, but awards are presented to the first, second and third place teams.

4.3 ENTRY PROCEDURES

Championships registration

All clubs must register their teams prior to the championships in accordance with the procedures and deadlines established by the host organizing committee.

Number of entries

Clubs may enter unlimited number of teams in each event.

Exhibition entries

Exhibition entries (i.e., competitors and/or teams who do not meet event eligibility requirements) are not permitted at Canadian championships.

Entry fees

Entry fees must be paid with the club registration.

Changes in club composition or size prior to the championship

Only the manager or coach may advise a change of club composition or size, or number of teams or team composition, to the appropriate official of the host organizing committee, no later than check-in the day before the competition. After that time, there shall be no further alteration of club composition. Competitors who subsequently withdraw due to injury or other reason may not be replaced.

The manager or coach shall notify the championship organizers of the change in club composition in writing indicating:

- Date and time
- Name of the club
- Name of the member(s) to be withdrawn
- Name(s) and surname(s) of the competitor(s) being added

Notification must be accompanied by documentation from the club which duplicates all declarations with respect to bona fide membership, etc., contained on the original club entry and for original club members.

If club member numbers increase, all applicable entry fees must accompany the written notice.

In addition, the new competitor(s) or club management shall complete any registration documentation that the organizers may require. New competitors and club management are responsible for acquainting themselves with matters that may have previously been dealt with at club briefings, etc.

Substitutions in team events during championships

Only the manager or coach may substitute members in a team event with other members of the same club. Managers or coaches must notify the appropriate officials of the substitution(s) no later than 30 minutes prior to the commencement of marshalling in the preliminary round of the team event.

4.4 UNIFORMS

Uniform

Each club shall have a uniform suitable for official ceremonies and award presentations. Managers, coaches, and assistants will be encouraged to take part in the ceremonies and shall wear a uniform that complements that of the club.

Team members competing in the Canadian Lifeguard Emergency Response Championships shall wear uniforms which are appropriate and which identify them as a team.

Competitor uniforms must be distinct from the host lifeguard uniforms.

Swim caps

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

The chin-tied caps or rubber or silicone caps must be worn on the competitors' heads at the start of each event.

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

Footwear

Footwear is not permitted in the Water Rescue or Priority Assessment events. Footwear is permitted in the First Aid event.

4.5 SEEDING

Simulated emergency response events are conducted in two rounds – heats and finals.

Heats: Teams are placed in heats based on a draw. The initial draw for heats and position within heats shall be conducted by the head scorer and supplied to teams. Entries from the same club will be seeded in different heats, where possible. A maximum of 16 entries are allowed in a heat.

Finals: Based on their performance in heats, the entries from each heat will advance to the final. If there are four heats, the top four from each heat will advance to finals. If there are two heats, the top eight from each heat will advance. If there are less than 16 teams, there will be no heats and the event will be run as a final. No alternates will be permitted from heats to finals.

Draws for position within finals shall be made by the Head Scorer and supplied to teams.

4.6 SCORING

Finals in Canadian championships

Only an A-final will take place. The top 16 teams will compete based upon placing in heats as described above.

Point allocation

Teams in the Canadian Lifeguard Emergency Response Championships shall be allocated points as outlined in the chart below:

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

Club points

Clubs are allowed multiple team entries in events. The top three placing teams per club in each event score club points. Point score blocking is used.

Disqualification and DNF

Competitors who do not finish (DNF) or are disqualified (DQ) from an event (whether in heats or finals) shall not earn any placing points for a club.

Event cancellation

No points shall be credited to any team if an event is cancelled – even if some heats have been run.

If all heats have been completed and the finals are not able to be conducted, the event placings shall be decided by rank ordering the preliminary scores and awarding place medals to the first place team in each heat.

Ties

Ties in overall point scores for clubs shall be broken using the following system:

- Most first-place final finishes;
- Most second-place final finishes;
- Most third-place final finishes;…and so on.

Team Triathlon ties shall be broken using the same system.

Ties (dead heats) in finals shall be declared as such and the points divided equally among the clubs involved. For example, in a two-way tie for first place, 19 points shall be allocated to each club.

When teams in heats have equal scores, both shall advance to the appropriate final.

4.7 EVENTS

Simulated emergency response events test the judgment, knowledge, skills and teamwork of four lifeguards who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. These events are judged within time limits.

General conditions

i) Team management and competitors are responsible for being familiar with the competition rules and procedures governing the simulated emergency response events.

ii) The competition order shall be determined by draw in a method approved by the referee.

iii) A team that is absent from an event at the time the team was scheduled to compete or, a team that arrives after the lock-up is closed, shall be disqualified from any events affected by that lock-up and receive a score of zero. The team may compete in the remaining events.

iv) An acoustic signal from the referee, or delegate, will indicate the start and end of the event. The team will have an allotted time to deal with the situation.

v) Competitors may use all material and equipment available within the defined competition arena, unless otherwise specified.

vi) Competitors shall clearly show their intentions and actions to the judges.

vii) Competitors may wear corrective eyewear. Loss of such eyewear shall not be grounds for protest or appeal. Neither goggles (including prescriptive goggles) nor masks are permitted.

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 shall be secret until competitors 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. Competitors are required to alert an official immediately of any breach of security, intentional or unintentional. Coaches and 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 championship, 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.

Coaches may *either* watch other teams compete *or* travel with their team into lock-up. If they choose to travel with their team they must stay with their team as if they were competing and meet lock-up schedules before they close. If coaches leave lock-up at any time, they will not be permitted re-entry into lock-up.

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.

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 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.

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, competitors should assume that all conditions are “as they find it”.

Protective equipment

The use of protective equipment will be evaluated on score sheets. If competitors 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.

Safety – simulated treatment

Competitors shall simulate ventilations and compressions when victims are not manikins. When manikins are used as victims, competitors 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.

Scoring – communication with officials

During simulation, judges will observe competitors as they recognize and respond to incidents. Depending on the event, competitors will be evaluated on how they react to simulated emergencies and incidents. In emergency response events, competitors 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 club 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 is not protestable.

4.8 FIRST AID EVENT

Event description

The simulated emergency will consist of multiple victims within a designated competition area. Teams will provide assessments, treatments, scene management and call for the required assistance within a specified time limit.

Score sheets

The Canadian Lifeguard Emergency Response Championships' score sheets posted at www.lifesaving.ca shall be used for scoring and judging. The final version of the score sheets will be posted a minimum of 90 days prior to the start of the championships.

Team equipment

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

Disqualification

Teams may be subject to disqualification by a referee if they receive any "outside assistance" by word or other signal which is deemed to assist them in the assessment.

4.9 WATER RESCUE EVENT

Event description

The simulated emergency at a pool will consist of multiple victims within a designated competition area. Competitors will act as a team of National Lifeguard award holders to provide assessments, treatments, scene management and call for the required assistance within a specified time limit.

From the first long whistle, teams will have no more than 60 seconds to set up on the pool deck. No situations will occur during this set-up time.

On the acoustic starting signal, teams will lifeguard for the specified time during which they are required to deal with all incidents.

Teams are not responsible for recognizing what they cannot see from the pool deck. Teams will be alerted to "off deck" emergencies.

The "public" will not actually be cleared from the pool or pool area during simulated emergency response events at Canadian championships. Teams may not clear the pool to prevent a simulated emergency.

Score sheets

The Canadian Lifeguard Emergency Response Championships' score sheets posted at www.lifesaving.ca shall be used for scoring and judging. The final version of the score sheets will be posted a minimum of 90 days prior to the start of the championships.

Team equipment

Teams may bring any equipment they wish into this event, and teams are responsible for providing their own specialized rescue equipment.

Disqualification

Teams may be subject to disqualification by a referee if they receive any "outside assistance" by word or other signal which is deemed to assist them in the assessment.

In the event that teams perform dangerous activities such as diving into shallow water or endangering themselves or others, the referee may disqualify them from the event and / or championship.

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.

4.10 PRIORITY ASSESSMENT EVENT

Please refer to Section 5 of the *ILS Competition Rule Book*.

Score sheets

The Canadian Lifeguard Emergency Response Championships' score sheets posted at www.lifesaving.ca shall be used for scoring and judging. The final version of the score sheets will be posted a minimum of 90 days prior to the start of the championships.

SECTION 5 – CANADIAN COMPETITION MANUAL

CANADIAN SURF LIFESAVING CHAMPIONSHIPS

LIFESAVING SOCIETY

The Lifeguarding Experts

Section 5

CANADIAN SURF LIFESAVING CHAMPIONSHIPS

The Canadian Surf Lifesaving Championships events are conducted according to the latest published edition of the *ILS Competition Rule Book*. Event rules are found in Section 4. View or download the manual at www.lifesaving.ca.

5.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

The Canadian Surf Lifesaving Championships are open to any Individual Member, Affiliated Club or Affiliate Member of the Lifesaving Society in good standing. An individual or Affiliate is in good standing unless their Registered Athlete or Affiliate status has been revoked by the Lifesaving Society Canada or a Lifesaving Society Branch using the Certification Review Process.

To be eligible to compete in the Canadian Surf Lifesaving Championships, competitors shall:

- hold a current (within 24 months of the date of certification) Lifesaving Society Bronze Medallion or higher certification (defined as Lifesaving Society national mandatory and endorsed awards for which Bronze Medallion is a prerequisite).
- be a minimum of 15 years of age (30 years for Masters) as of the first day of the Canadian Surf Lifesaving Championships.
- be a Registered Athlete (download form at www.lifesaving.ca).

A club may consist of any number of competitors, in addition to any non-competitive management and coaching personnel.

Competitors must be members of the same Affiliated Club or employees of the same Affiliate Member of the Lifesaving Society.

Competitors may compete for only one club or Affiliate Member at a time.

Competitors are allowed to enter each event only once.

Divisions

15–18 years: Competitors must be a minimum of 15 years of age and a maximum of 18 years of age as of the first day of the Canadian Surf Lifesaving Championships.

Open: Competitors must be a minimum of 15 years of age as of the first day of the Canadian Surf Lifesaving Championships.

Masters: Competitors must be a minimum of 30 years of age as of the first day of Canadian Surf Lifesaving Championships. Masters age groups are: 30-39, 40-49, 50-59, 60+.

Competitors may register in only one division and must remain in that division throughout the championships with the exception outlined in *Team events* (below).

5.2 PROGRAM OF EVENTS

For the Canadian Surf Lifesaving Championships, the following events shall be conducted in both male and female categories:

Individual Events	*15–18 years*	*Open*	*Masters*
Beach Flags	√	√	√
Beach Sprint	√	√	√
Beach Run (2 km)	√	√	√
Board Race	√	√	√
Surf Ski Race	√	√	√
Surf Race	√	√	√
Oceanman / Oceanwoman	√	√	√
Team Events	***15–18 years***	***Open***	***Masters***
Rescue Tube Rescue Relay	√	√	√
Oceanman / Oceanwoman Relay	√	√	√
Board Rescue	√	√	√
Beach Relay	√	√	√

All-Around Athlete: The All-Around Athlete competition is comprised of the following five events: Beach Sprint, Board Race, Surf Ski Race, Surf Race, Oceanman / Oceanwoman. Competitors must enter one or more events to qualify. No club points will be awarded for the All-Around Athlete award.

Board Rescue: The two competitors must be from the same club and of the same gender. In the Masters Board Rescue event, the two-person team shall compete in the age group of the younger competitor.

Team events: Competitors in the 15–18 years division are eligible to compete as a member of a team in the open division. Competitors in the open division are not eligible to compete as a member of a team in the 15–18 years division. Competitors may only swim a team event once.

Masters total-age groups for relays are 120 years+, 140 years+, 170 years+.

5.3 ENTRY PROCEDURES

Championships registration

All clubs must register prior to the championships in accordance with the procedures and deadlines established by the host organizing committee.

Number of entries

Clubs may enter unlimited number of competitors in each event. For Board Rescue – an unlimited number of teams of two competitors; for relays – an unlimited number of teams of four competitors.

Exhibition entries

Exhibition entries (i.e., competitors and/or teams who do not meet event eligibility requirements) are not permitted at Canadian championships.

Entry fees

Entry fees must be paid with the club registration.

Changes in club composition or size prior to the championships

Only the manager or coach may advise a change of club composition or size to the appropriate official of the host organizing committee, no later than check-in the day before the competition. After that time, there shall be no further alteration of the club composition. Competitors who subsequently withdraw due to injury or other reason may not be replaced.

The manager or coach shall notify the championship organizers of the change in club composition in writing indicating:

- Date and time
- Name of the club
- Name of the member(s) to be withdrawn
- Name(s) and surname(s) of the competitor(s) being added

Notification must be accompanied by documentation from the club which duplicates all declarations with respect to bona fide membership, etc., contained on the original club entry and for original club members.

If club member numbers increase, all applicable entry fees must accompany the written notice.

In addition, the new competitor(s) or club management shall complete any registration documentation that the organizers may require. New

competitors and club management are responsible for acquainting themselves with matters that may have previously been dealt with at club briefings, etc.

Substitutions in individual events during championships

Only the manager or coach may substitute club members in individual events with another member from the same club. Managers or coaches must notify the appropriate officials of substitution no later than 30 minutes prior to the start of the event or prior to the commencement of marshalling – whichever comes first.

Competitors who have been replaced in an event may not be resubstituted into that same event, but they may contest other events in the competition.

Substitutions are not permitted after the first round of an individual event has been conducted.

Substitutions in team events during championships

Substitutions are permitted in any round of team events.

Only the manager or coach may substitute members in a team event with other members of the same club. Managers or coaches must notify the appropriate officials of the substitution(s) no later than 30 minutes prior to the start of the first round of the team event or 30 minutes prior to the commencement of marshalling in subsequent rounds whichever occurs first.

5.4 UNIFORMS

Uniform

Each club shall have a uniform suitable for official ceremonies and award presentations. Managers, coaches, and assistants will be encouraged to take part in the ceremonies and shall wear a uniform that complements that of the club.

Swim caps

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

Chin-tied caps must be worn on the competitors' heads at the start of each event.

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

Footwear

Competitors shall not wear footwear in competition events unless otherwise specified in the event description or approved by the referee for safety reasons.

5.5 SEEDING

Seeding shall be used in the Canadian Surf Lifesaving Championships. In surf events, seeding for heats shall be based on random draw.

In finals: When one or more competitors withdraw from a final, alternates shall not be called forward.

5.6 SCORING

Finals in Canadian championships

Finals shall be conducted in the Canadian Surf Lifesaving Championships in both 15–18 years and open divisions.

The fastest 16 competitors based on heats shall be assigned to a final which, depending on the event, will be conducted either as a final of 16 competitors or as A- and B-finals of 8 competitors each.

Winners of each final or A-final shall be declared Canadian champions.

There must be two or more entries registered in an event to run a final.

If 9 entries register in an event with A- and B-finals, heats shall be conducted following which only an A-final shall be conducted.

If 10 or more entries register in an event with A- and B-finals, heats shall be conducted following which both an A- and B-final shall be conducted.

Masters

Finals shall not be conducted in the Canadian Surf Lifesaving Championships for Masters competitors. Masters events will be scored as place finals.

Point allocation

Competitors in the Canadian Surf Lifesaving Championships (15–18 years and open divisions) shall be allocated points in all individual and team events as follows:

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

Club points

Clubs are allowed multiple entries in events. The top three placing entries per club in both the 15–18 years and open divisions score club points. Point score blocking is used.

Disqualification and DNF

Competitors who do not finish (DNF) or are disqualified (DQ) from an event (whether in heats or finals) shall not earn any placing points for a club.

Event cancellation

No points shall be credited to any team if an event is cancelled – even if some heats have been run.

If finals are not able to be conducted, no winners shall be declared.

Ties

Ties in overall point scores for clubs and individuals shall be broken using the following system:

- Most first-place final finishes;
- Most second-place final finishes;
- Most third-place final finishes;…and so on.

All-Around Athlete award ties shall be broken using the same system, but on All-Around Athlete award qualifying events only. No club points will be awarded for the All-Around Athlete award.

Ties (dead heats) in finals shall be declared as such and the points divided equally among the clubs involved. For example, in a two-way tie for first place, 19 points shall be allocated to each club.

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