

LIFESAVING SOCIETY

LIFESAVING SPORT COMPETITION HANDBOOK FOR CANADIAN CHAMPIONSHIPS

(Canadian Pool Lifesaving Championships and Canadian Surf
Lifesaving Championships)

2025 Edition



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The Lifeguarding Experts



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SECTION 1 –LIFESAVING SPORT COMPETITION HANDBOOK
GENERAL COMPETITIVE CONDITIONS



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Section 1

GENERAL COMPETITIVE CONDITIONS

The purpose of this handbook is to give guidance and information for the Canadian Pool Lifesaving Championships (CPLC) and Canadian Surf Lifesaving Championships (CSLC). This handbook is to be used in conjunction with the *Canadian Lifesaving Sport Competition Rulebook* and the *International Life Saving Federation (ILS) Competition Rule Book*.

Lifesaving Canada has the authority to run the national championships for pool and surf events. The Lifesaving Society Canada is responsible to record and maintain the national records achieved at these national events or ILS sanctioned international events.

Lifesaving Canada holds the ability to sanction events in pool (long course or short course) or surf as applicable. Nationally sanctioned events are eligible to achieve national records where approved.

The safety plan for the CPLC and CSLC is to be referenced with a link in this document as it contains specific information for the championships.

1.1 VENUE SPECIFIC INFORMATION AS AVAILABLE

- [Sanctioning for records - what events are or are not eligible.](#)

1.2 CANADIAN POOL LIFESAVING CHAMPIONSHIPS AND CANADIAN SURF LIFESAVING CHAMPIONSHIPS - KEY OFFICIAL ROLES AND RESPONSIBILITIES

- **Chief Referee:** Is appointed by the Lifesaving Society Selections Committee. The Chief Referee is responsible for being knowledgeable of the current rules and standards used in Lifesaving Sport and is to enforce the standards and rules of competition for the duration of the meet. The Referee is responsible for the safety and well-being of the competitors and volunteers during the meet. The Referee is to report any issues or questions that may arise to the Lifesaving Society's National Representative. The Referee is responsible to complete a summary of the event document as per Chief Referee checklist and submit it to the National Sport Commission within 2 weeks of the competition.
- **Deputy Referee:** Is appointed by the Lifesaving Society Selections Committee. The Deputy Referee is responsible for being knowledgeable of the current rules and standards used in Lifesaving Sport. The Deputy Referee is responsible for supporting and helping enforce the standards and rules of the competitions and will assist with the conduct of the event. The Deputy Referee is responsible for ensuring the safety and well-being

of the competitors and volunteers during the meet. The Deputy Referee will assume the responsibilities of the Chief Referee in their absence.

- **Appeals Convenor:** Is appointed by the Lifesaving Society Selections Committee. The Appeals Convenor is responsible for striking an appeals committee should the need arise.
- **Event Director (pool):** The Event Director is identified by the Management Committee. The Event Director is responsible to the Chief Referee and is responsible for the readying of the race and recording the finish of the event. The readying of the event includes ensuring all the elements of the event are in place and are ready prior to handing the race over to the starter.
- **Sectional Referee (open water or surf):** The Sectional Referee is identified by the Management Committee. The Sectional Referee is responsible to the Chief Referee and is responsible for the readying of the race and recording the finish of the event. The readying of the event includes ensuring all the elements of the event are in place and are ready prior to handing the race over to the starter.
- **Competitor Liaison:** The Competitor Liaison is identified by the Management Committee. The Competitor Liaison is accountable to the Chief Referee and is the go-between the Coaches, competitors or team managers and Referee.
- **Meet Manager:** The Meet Manager is appointed by the Host Representative in conjunction with the Lifesaving Representative. The Meet Manager is responsible for the organizing and set-up of the event. The Meet Manager is responsible for the sanctioning of the event. The Meet Manager will liaise with the facility representative and ensure that all safety needs are met pre-competition. During the competition, the Meet Manager is to be available to help manage or address the logistical needs of the event.
- **Safety Officer:** The Safety Officer is appointed by the Host in conjunction with the National Representative. The Safety Officer is responsible to be familiar with Lifesaving sport events. The Safety Officer is responsible for ensuring the event is held in the safest possible manner. The Safety Officer will support the development of the Safety Plan and in the event of an emergency or should a safety issue arise, the Safety Officer is the first point of contact between the host staff and the event staff. The Safety Officer is responsible for the Safety Marshalls. The Safety Officer is responsible for ensuring all safety infractions are identified and recorded. This information is to be submitted with the Chief Referee report upon conclusion of the event.

- **Host Representative:** The Host Representative is identified in the acceptance of application to host the championships. The hosting venue is responsible for providing information and support for the organizing and sanctioning of the event. The Host Representative in conjunction with the National Representative are responsible for all matters related to sanctioning. The Host Representative is the liaison with the Meet Manager and will work with the Meet Manager to identify equipment or event needs.
- **National Representative:** The National Representative is responsible to represent the Lifesaving Society Canada and define the standards for the event. The National Representative is overall responsible for the integrity of the event and must remain available throughout the championship.

1.3 COMPETITION MANAGEMENT COMMITTEE

Comprised of Host Representative, Chief Referee, Safety Officer, National Representative and Meet Manager. The purpose of the Committee is the overall management of the championships, for example: in absence of rules or provide clarity of rules, provide decisions on contingency planning, disciplinary action or safety issues.

All decisions made by the Competition Management Committee are not eligible for protest or appeal and decisions are final.

1.4 EQUIPMENT

The host venue is to identify the equipment that is being used for the championship. Below is a list to consider identifying.

- Manikins
- Ropes
- Rescue Tubes
- Obstacles
- Timing System
- High Visibility Vest – what colour and how it will be scrutinized

Scrutineering of equipment:

- Fins
- Craft

Host to Identify how equipment is going to be scrutinized and then what is being used to provide visual affirmation of compliance with the process.

1.5 COMPETITION SAFETY AND SECURITY

This information is venue specific information - consider

1. *Venue access- how do athletes and spectators access the venue, parking, passes required, out-of-bounds areas, practice times etc*
2. *Safety plan link*
3. *Contingency plan link (if available)*
4. *Warm-up procedures (times, lane assignments, equipment etc)*
5. *What equipment is provided or required [high vis and colour required for the event]*
6. *Security of craft overnight*

1.6 ELIGIBILITY RULES AND RIGHT TO COMPETE

- Age of competitor - as per ILS, the age categories will be Youth, Open and Masters.
 - Youth is defined as 15 - 18 years of age (as of December 31 of the year of the event).
 - Open is 16 years (as of December 31 of the year of the event) and older.
 - Masters is 18 (as of December 31 of the year of the event) and older, the categories are as per the Canadian Rulebook.
- Government-issued photo identification card is required
- Canadian Registered Athlete
- Bronze Medal Award– the minimum standard is a Bronze Star or higher. The award need not be current. The intent is that the athlete has achieved a Lifesaving certification in the spirit of the sport, but to ensure we are not creating barriers to competition.
- Athletes participating in the CPLC and CSLC are aware of the risk inherent to these events and are assuming all personal risks.
- Athletes are to be in good standing with Lifesaving Canada and their respective provincial lifesaving branch.

- Good standing is defined as being current with registration, not having been suspended or disciplined or amid disciplinary proceedings with Lifesaving Canada and/or the provincial branch the athlete is registered with.
- Verification of good standing shall be provided by the provincial branch the athlete is registered with.

1.7 ENTRY PROCEDURES

- Host to define the process for entry. *Standard form will be provided*
- Cost per event
- Cost per team
- Banquet cost
- Eligibility of athlete verification process

1.8 UNIFORMS AND EQUIPMENT

As we are working to build the visual representation of Lifesaving Sport, all athletes are required to have at minimum a team shirt. This shirt is a part of the minimum and suitable podium attire, which includes shorts or pants (can be generic in colour and style). Athletes are required to wear their team shirt and their shorts or pants to receive any awards earned during the event, except for awards received during a banquet. Athletes attending without the podium attire will forfeit public receipt of the award.

Display of sponsorship banners can be displayed by an individual or team at the venue but are not permitted to be displayed during the official podium awards and photos. Chief Referee reserves the right to vet any sponsorship logo or display to ensure it meets inclusive criteria and does not risk offence or bring discredit to the Lifesaving Society.

During the event, athletes are required to wear matching (identical logo and colour) swim or surf caps. The purpose is to support the safety and identification of athletes during their events. Handlers must have an identical team cap on.

As per ILS standard, modesty Swimwear must be approved by the chief ref prior to comp – it is permitted provided it is not providing buoyancy and is at the discretion of the Chief Referee. For the standards refer to ILS. For suits covering greater than what is defined in ILS, the Chief

Referee will determine if it is permissible to ensure safety of the athlete while respecting their needs.

Taping must be approved and signed off by the Chief Referee prior to warm-up of the session. Approval of the taping is only for scrutiny on the basis of competitive advantage and does not represent any opinion or statement about the viability or type of support the tape offers as the Chief Referee does not hold any medical authority. The sign-off of the taping is to identify that the tape has been approved to not provide competitive advantage. The taping standards are as per the *ILS Competition Rule Book*.

The host is to define the accepted uniform for the officials, including the colour of the shirts to be worn for specific roles and if the host is to provide the attire or if officials are to provide their own uniform.

1.9 DOPING CONTROL

The host is to define when and how doping control measures will be implemented (when and where). Include in this the Therapeutic Exemption form. Host specific – how and where will it be.

1.10 PROTESTS AND APPEALS

The process for protest and appeal is outlined in the current *ILS Competition Rule Book*. For CPLC or CSLC the cost for an appeal is \$100 CAD, in cash (bills). The intent and process of an appeal is outlined in the *ILS Competition Rule Book*.

1.11 LANGUAGE INTERPRETATION

All communications between the Competition Management Committee, the officials, coaches and athletes may be done in both official languages. This includes coaches/captain's meeting and or official's meetings. It is the responsibility of the host to provide an interpreter to support and facilitate communication in both languages.

1.12 PROGRAMME OF EVENTS

- *Suggested event plan [can change as needed to suit the venue]*
- *For pool championships held over two days, consider balancing the distances (450m and 425m) and balancing events between fin and manikin work.*

- *Consider removal of obstacles and replace with Pool Lifesaver.*
- *Consider running direct to final events on the Friday afternoon prior to SERC – example obstacles masters (direct to finals) line throw (direct to finals) and obstacles relay (direct to finals)*

1.13 SEEDING

In preliminary events

Seeding for the preliminary events are outlined in the ILS Competition Rule Book. All preliminary events will be seeded according to time, it will include Youth, Open and Masters athletes.

Master events are timed finals only.

In final events

Finals are the top 16 athlete in youth and top 16 athlete in open. There is an A and B final for each category and gender, following the procedures in the ILS Competition Rule Book.

Athletes who are successful in achieving a placement in either the A or B finals are expected to attend their event. Should an athlete desire to withdraw from the final, they must notify the Competitor Liaison or the Chief Referee within 30 minutes of the start of the designated warm-up time.

Should an athlete not withdraw by the 30 minutes of the start of the designated warm-up, they risk disciplinary action from the Chief Referee. Shorter notice may be approved by the Chief Referee in circumstances of sudden illness or injury. This action will not delay race proceedings.

The disciplinary action can include:

- A warning from the Chief Referee – this will occur should a replacement be quickly placed to ensure athletes are given the best possible opportunity to race in the final events;
- An immediate suspension from the athlete's next event;
- A fine being assigned to the team of \$100 CAD (bills);
- A team that has one or more athlete who miss more than one event will forfeit all team points. Athletes will still be recognized for their individual achievements.

Disciplinary actions are not eligible for protest or appeal.

1.14 SCORING

Point allocation

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

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

1.15 AWARDS

What will each athlete receive for individual or team awards (medals) and may include trophies or banners.

1.16 TECHNICAL OFFICIALS

For the host to identify the following:

- *Link to volunteer*
- *What is included for officials – rooms food etc. Banquet too*
- *Approved by PSO or good standing with National*
- *Courses? Certifications must be current for officials in capacity - [timer level 1 or community official, judge level 2 or pool official etc..] Lifesaving sport certifications – meet manager or referee course, open water surf events, emergency response official*

1.17 ACCOMMODATIONS

For the host to identify.

- *Group booking for teams or officials*

1.18 SCHEDULE OF EVENTS

For the host to provide, please use a separate page.

1.8 REGISTRATION DOCUMENT OR LINK FOR UPLOAD

For the host to provide.

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