

For immediate release

February 1, 2007

2007 Manitoba Lifeguard (Pool) Championships

This weekend 17 Wing Canadian Forces Base Winnipeg plays host to the 2007 Manitoba Lifeguard Championships. The event is organized by the Lifesaving Society, *Canada's Lifeguarding Experts*. It's Manitoba's 30th Anniversary of competition and it promises to be an exciting time for the 10 teams of over 40 competitors. Event winners will be recognized with special commemorative gold, silver and bronze medals. Additionally some 60 volunteers have prepared to officiate, act as victims or work in support roles for Friday evening and Saturday's event schedule.

This competition recognizes and promotes excellence amongst lifeguards who train to face the unique challenges presented in an aquatic environment. These events challenge competitors skills in timed speed swims, performing water rescues and being practically tested on their knowledge of first aid and CPR. Several of these events are identical to those used in International Lifesaving competitions which are currently under consideration for inclusion as full Olympic events.

All events are open to the general public and best of all it's free. Media coverage of these events is most welcome with opportunities for great interviews and photos from both the organizers and participants' perspective. The event schedules are as follows:

Friday February 2nd 5:00 p.m. – 10:00 p.m. Timed events: Relays, manikin rescue, speed swim, line throw, and obstacle races.

Saturday February 3rd 9:00 a.m. – 12:00 p.m. First Aid & CPR: Each team will respond to 2 mock incidents and treat the patient and the injury scenarios as presented.

Saturday February 3rd 1:00 p.m. – 5:00 p.m. Water Rescue: Each team will be responsible for supervising the pool and must deal with the different mock incidents.

Saturday February 3rd 8:00 p.m. – 9:30 p.m. Award Presentations: Winning teams will be presented their medals following dinner at the Junior Ranks Mess on the base.

Come and meet some fine young people whose job it is to prevent drowning and injury.
Site: 17 Wing CFB Winnipeg, Recreation & Fitness Centre 680 Whytefold Road

**For further information contact: Carl Shier, Chief Executive Officer
Lifesaving Society – Manitoba # 504-138 Portage Ave. E.
(204) 956-2124 or during the meet on cell (204) 995-6635**