

LIFESAVING SOCIETY

CANADIAN COMPETITION MANUAL

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

2010 Edition



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The Lifeguarding Experts



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LIFESAVING SOCIETY
The Lifeguarding Experts

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INTRODUCTION

The International Olympic Committee (IOC) and the Commonwealth Games Federation recognize the International Life Saving Federation (ILS) as the world governing body for lifesaving sport. The Lifesaving Society, as the Canadian representative in ILS, is the governing body for lifesaving sport in Canada.

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 objectives 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 internationally position the Lifesaving Society 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.

Alain Rabeau
President, Lifesaving Society Canada

PREFACE TO THE SECOND (2010) EDITION

The *Canadian Competition Manual* was first published in 2003. Since then, lifesaving sport in Canada has evolved tremendously. This second edition reflects this evolution.

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 widely available *ILS Competition Manual*. The *Canadian Competition Manual* does present information that is specific to Canadian championships but otherwise directs readers to the most recent edition of the ILS manual.

Effective 2010, the ILS manual introduced some significant changes. See the Preface to the ILS manual for an overview.

We expect Canadian championships to continue to evolve and improve. Each edition of the *Canadian Competition Manual* will benefit from the learning at previous championships. Going forward, the revision of the Canadian manual will follow the two-year revision cycle of the ILS manual.

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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

Competition has proven to be an effective training incentive. Junior Lifeguard Games – designed for “serious fun” – motivate young lifesavers, while provincial and national championships showcase the professionalism of our lifeguards. National Lifesaving Teams represent Canada in international competitions.

Lifesaving sport should not and does not take priority over saving lives. Lifesaving sport contributes to the mission of the Society by providing opportunities to participate in lifesaving sport events in order to: attract volunteers; attract participants to the Society’s training programs; develop lifesaving and lifeguarding techniques; increase public awareness; and reinforce the Society’s position as Canada’s lifeguarding experts.

Lifesaving sport is the only sport whose skills are first learned for humanitarian purposes. It involves:

- Age-group, open and Masters participants in individual and team events in both swimming pool and open water (surf) venues.
- Swimming, lifesaving, running, surf skiing, paddle boarding, and surfing race events where success is determined by a combination of speed, fitness, skill and strategy mixed with elements of chance and unpredictability.
- Emergency response events in which competitors need a winning combination of judgment, skill, knowledge, decision making and team work.

Lifesaving sport features:

- A large, multi-dimensional competition format and event menu which ensures lifesaving sport is flexible and meets many needs.
- Standardized and documented rules, standards and procedures for all events.
- Established pathways for athletes, coaches and officials.
- No barriers to participation in any form commencing at the local level through to international competition. The principles of equity, fairness and inclusiveness guide participants – athletes, coaches, officials and administrators – who are expected to operate within an established Code of Conduct (see 3.4 in *ILS Competition Manual*).

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 June 2009, the Lifesaving 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.

Since then the National Team and other members of Canadian lifesaving clubs have competed internationally in both Commonwealth and ILS World 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, water-incident research, aquatic safety management services, and lifesaving sport.

Annually, well over 700,000 Canadians participate in the Society's swimming, lifesaving, lifeguard, and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards – the 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 Royal Life Saving Society (RLSS). As the Canadian member in ILS, 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 Sport Committee.

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 Competition 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 Head 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. It is composed of volunteers working in the following areas: Athlete Services, High Performance, Event Management, Athletes Council, Leadership, Technical Services, Communications, Support Services, Administrative Services (see page ii-iii).

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 Championship
- Canadian Lifeguard Emergency Response Championship
- Canadian Surf Lifesaving Championship

All Canadian championships occur under the auspices of the Lifesaving Society which awards the championships to a Lifesaving Society Branch or to a Lifesaving Society Affiliate Member with the approval of the Lifesaving Society Branch concerned.

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 fair play.

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

- be a minimum of 16 years of age (30 years for Masters) as of the first day of the championship.
- be a Registered Athlete (download from www.lifesavingsport.ca).

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

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, pentathlon/triathlon or team events, 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 organising committee (or the chair's appointee)
- Championship Meet Manager
- Championship Head Referee
- Championship 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 also be responsible for the provision of the following equipment, which ***must be used by competitors:***

- batons for 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 provide spineboards and oxygen administration equipment in an equipment pool for Canadian Lifeguard Emergency Response Championship. Use of this equipment by competitors is optional.

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

The host organizing committee shall advise all registrants of the contents of any equipment pool established and under what terms and conditions such equipment is available to competitors.

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 Manual*, 2.2 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 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 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.

The program of events for Canadian championships is drawn from the international events outlined in the *ILS Competition Manual* which presents event descriptions, rules and procedures. The Canadian Lifeguard Emergency Response Championship features events not included in the ILS manual (see Section 4).

Events not included in the *ILS 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. (In Line Throw, both thrower and catcher shall receive awards). Event winners shall be recognized as Canadian Champions.

A Lifesaving Pentathlon award shall be presented to the female competitor and to the male competitor in both the 16–19 years and open age divisions. (See Section 3 for details.)

The Canadian club with the highest overall point score in the combined 16–19 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
- **16–19 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 16–19 Champion:** highest point score
- **Men's 16–19 Champion:** highest point score

Canadian Lifeguard Emergency Response Championship

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.

A Lifesaving Pentathlon award shall be presented to the female competitor and to the male competitor in both the 16–19 years and open age divisions. (See Section 5 for details.)

The Canadian club with the highest overall point score in the combined 16–19 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
- **16–19 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 16–19 Champion:** highest point score
- **Men’s 16–19 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 Competitors and Officials Oaths
- Official opening declaration

Official presentations of awards to event, pentathlon 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.

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.

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 Manual*. 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.

Members of the Canadian National Lifesaving Team may only set Canadian National Team records.

Canadian records may be established at Canadian, World or Commonwealth championships and at any other championship or competition conducted according to the *ILS Competition Manual* and sanctioned by ILS or the National Lifesaving Sport Commission.

Canadian records shall not be recognised without a negative doping test certificate unless the record was achieved at Canadian championships, or other championships – where there is in place a system of targeted and random tests in accordance with the ILS anti-doping rules.

Any competitor establishing or equalling a Canadian record shall submit to “doping control” following the race. When a relay team breaks or equals a Canadian record, all competitors swimming the relay shall be tested.

If no doping control is conducted at the competition, the competitor(s) shall submit to doping control no later than 24 hours after the race.

Masters Canadian records shall be recognised without a negative doping test certificate.

All Canadian Records established during pool events in World Lifesaving Championships, Commonwealth Lifesaving Championships or Canadian championships shall be automatically approved. Others records 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) 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.
- 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 Manual, 2.7, 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:

- Referee
- Deputy Referees
- Area/Sectional Referees or Event Directors (as required)
- Appeals Committee Convenor
- Appeals Committee Members

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

The full nomination and appointment process is detailed in the Lifesaving Society *Meet Manager Manual*.

The host organising committee shall nominate the meet manager for Canadian championships. The appointment for this position will be made by the Lifesaving Sport Commission.

Officials code of conduct

Officials shall abide by the code of conduct found in the *ILS Competition Manual, 3.4 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 16–19 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 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 Section 3 of the *ILS Competition Manual* are followed at Canadian championships:

Team uniforms and equipment

See *ILS Competition Manual*, 3.3

Code of conduct

See *ILS Competition Manual*, 3.4

Misconduct

See *ILS Competition Manual*, 3.5

Disqualifications and “Did Not Finish” classifications

See *ILS Competition Manual*, 3.6

Protests and appeals

See *ILS Competition Manual*, 3.7

Doping control

See *ILS Competition Manual*, 3.8

Equipment and facility standards

See *ILS Competition Manual*, Section 10

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 Manual*. Event rules are found in Section 4. View or download the manual at www.lifesavingsport.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.

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 16 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.lifesavingsport.ca).

A club may consist of any number of competitors, in addition to any non-competitive management or 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

16–19 years: Competitors must be a minimum of 16 years of age and a maximum of 19 years of age as of the first day of the Canadian Pool Lifesaving Championships.

Open: Competitors must be a minimum of 16 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: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 years and older.

Competitors may register in only one division and must remain in the selected division throughout the championships.

3.2 PROGRAM OF EVENTS

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

Individual Events	Divisions		
	16–19 years	Open	Masters
200 m Obstacle Swim	√	√	√
50 m Manikin Carry	√	√	√
100 m Rescue Medley	√	√	√
100 m Manikin Carry with Fins	√	√	√
100 m Manikin Tow with Fins	√	√	√
200 m Super Lifesaver	√	√	√
Lifesaving Pentathlon	√	√	n/a
Team Events	16–19 years	Open	Masters
Line Throw	√	√	√
4 X 25 m Manikin Relay	√	√	√
4 X 50 m Obstacle Relay	√	√	√
4 X 50 m Medley Relay	√	√	√

The Lifesaving Pentathlon: The Lifesaving Pentathlon is comprised of the following five events: 200 m Obstacle Swim, 50 m Manikin Carry, 100 m Tow with Fins, 200 m Super Lifesaver and Line Throw (Line Throw points accrue to the thrower, not the catcher). Competitors must enter and complete all five events. Club points will be awarded for the Lifesaving Pentathlon.

Line Throw: The thrower and catcher 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 16–19 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 16–19 years division.

Masters total-age groups for relays are 120 years+, 140 years+, 170 years+, 200 years+.

Competitors may only swim a team event once.

3.3 ENTRY PROCEDURES

Championship registration

All clubs (and Masters competitors) must register prior to the championships in accordance with the procedures and deadlines established by the host organising 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.

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 team 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 to the appropriate official of the host organising 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 organisers 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 organisers 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 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. Competitors who have competed in the preliminary round of an event may not be substituted in the final of the same event.

3.4 UNIFORMS AND EQUIPMENT

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.

Masters competitors shall be seeded together for each event based on entry times submitted with registration. Masters events are conducted as time finals.

In heats: In heats, 16–19 years competitors and open competitors and shall be seeded together for each event based on entry times submitted with registration. This allows for more competitive races in heats and for appropriate point allocations in finals.

In finals: In finals, 16–19 years competitors and open competitors are seeded separately based on times recorded in heats.

Where one or more competitors do not marshal 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 marshal 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 marshal for all finals.

3.6 SCORING

Finals in Canadian championships

Finals shall be conducted in the Canadian Pool Lifesaving Championships. 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.

Finals will be conducted in 16–19 years and open divisions.

- There must be two or more entries registered in an event to run a final.
- If nine entries register in an event, heats shall be conducted, but only an A-final shall be conducted.
- If 10 or more entries register in an event, heats shall be conducted, but 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 shall be allocated points as outlined in the following chart (Line Throw points accrue to the thrower, not the catcher):

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

Club points

Clubs are allowed multiple entries in events. The top three placing entries per club in both the 16–19 years and open divisions score club points. Point score blocking is possible.

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 club point scores 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.

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.

SECTION 4 – CANADIAN COMPETITION MANUAL
CANADIAN LIFEGUARD
EMERGENCY RESPONSE CHAMPIONSHIP



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 4

CANADIAN LIFEGUARD EMERGENCY RESPONSE CHAMPIONSHIP

The Emergency Response Championship 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 Championship (CLERC) is open to any Affiliated Club or Affiliate Member of the Lifesaving Society in good standing.

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

- hold a current (within 24 months of the date of certification) Lifesaving Society National Lifeguard certification.
- be a minimum 16 years of age as of the first day of the CLERC Championship.
- be a Registered Athlete (download form from www.lifesavingsport.ca).

A club may consist of any number of competitors, in addition to any non-competitive management or 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 Championship events only as members of a team, not as individuals.

A team must consist 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 four 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.

The registration capacity for the Canadian Lifeguard Emergency Response Championship is 64 teams.

4.2 PROGRAM OF EVENTS

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

Events
First Aid
Water Rescue
Priority Assessment

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 result in disqualification of the team from all three events. The Triathlon team may consist of any combination of males and/or females. Disqualification from one event (see Section 3.6 *ILS Competition Manual*) shall not result in disqualification from the other two events, but will result in a Did Not Finish (DNF) status for the Team Triathlon.

4.3 ENTRY PROCEDURES

Championship registration

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

Number of entries

Clubs may enter unlimited number of teams of four in each event.

Entry fees

Entry fees must be paid with the team 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 organising 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 organisers 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 organisers 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 AND EQUIPMENT

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 Championship shall wear uniforms which are appropriate and which identify them as a team.

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.

Equipment pool

Spineboards and oxygen administration equipment will be provided in an equipment pool. 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.

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 Championship shall be allocated points as outlined in the chart below:

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

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 possible.

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 club point scores 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.

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, 76 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 to 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. Team members are encouraged to verbally report to the judge, signs and symptoms as they discover them. For example, a simulated victim's pulse will likely be quite healthy. Team members are to report this, as they find it, and allow the judge to modify the findings to suit the simulated situation. In this case, the judge may instruct the team that the pulse is weak and rapid. 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.

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

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.

Clearing the pool: The “public” will not actually be cleared from the pool or pool area during simulated emergency response events at Canadian championships. When a team signals “clear the pool,” the designated official shall acknowledge when the pool is deemed to have been cleared by raising a flag.

Teams may not clear the pool to prevent a simulated emergency.

Team equipment

Teams may bring any equipment they wish into this event, and teams are responsible for providing their own specialized rescue equipment. Teams are encouraged to use their own innovative 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 6 of the *ILS Competition Manual*.

SECTION 5 – CANADIAN COMPETITION MANUAL
CANADIAN SURF LIFESAVING CHAMPIONSHIPS



Section 5

CANADIAN SURF LIFESAVING CHAMPIONSHIPS

The Canadian Surf Lifesaving Championships events are conducted according to the latest published edition of the *ILS Competition Manual*. Event rules are found in Section 5. View or download the manual at www.lifesavingsport.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.

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 16 years of age (30 years for Masters) as of the first day of the Canadian Surf Lifesaving Championships.
- be a Registered Athlete (download form from www.lifesavingsport.ca).

A club may consist of any number of competitors, in addition to any non-competitive management or 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

16–19 years: Competitors must be a minimum of 16 years of age and a maximum of 19 years of age as of the first day of the Canadian Surf Lifesaving Championships.

Open: Competitors must be a minimum of 16 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: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 years and older.

Competitors may register in only one division and must remain in the selected division throughout the championships.

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	16–19 years	Open	Masters
Beach Flags	√	√	√
Beach Sprint	√	√	√
Beach Run (2 km)	√	√	√
Board Race	√	√	√
Surf Ski Race	√	√	√
Surf Race	√	√	√
Oceanman / Oceanwoman	√	√	√
Lifesaving Pentathlon	√	√	n/a
Team Events	16–19 years	Open	Masters
Rescue Tube Rescue	√	√	√
Oceanman / Oceanwoman Relay	√	√	√
Board Rescue	√	√	√
Beach Relay	√	√	√

Lifesaving pentathlon: A Lifesaving Pentathlon award shall be presented to the female competitor and to the male competitor in both the 16–19 years and open division. The Lifesaving Pentathlon is comprised of the following five events: Surf Race, Board Race, Surf Ski Race, Beach Sprint, Oceanman / Oceanwoman. Competitors must enter and complete all five events. Club points will be awarded for the Lifesaving Pentathlon.

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 16–19 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 16–19 years division.

Masters total-age groups for relays (Rescue Tube Rescue, Oceanman/Oceanwoman, Beach Relay) are 120 years+, 140 years+, 170 years+, 200 years+.

Competitors may only swim a team event once.

5.3 ENTRY PROCEDURES

Championship 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.

Entry fees

Entry fees must be paid with the team 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 organising 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 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. Competitors who have competed in the preliminary round of an event may not be substituted in the final of the same event.

5.4 UNIFORMS AND EQUIPMENT

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.

Equipment pool

The host organizing committee is not required to provide an equipment pool. Any offer of equipment on a complimentary or rental basis shall be detailed in the host information package.

5.5 SEEDING

Seeding shall be used in the Canadian Surf Lifesaving Championships. In surf events, seeding shall be random in all preliminaries.

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

5.6 SCORING

Point allocation

Competitors in the Canadian Surf Lifesaving Championships 16–19 years 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

Club points

Clubs are allowed multiple entries in events. The top three placing entries per club in both the 16–19 years and open divisions score club points. Point score blocking is possible.

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 club point scores 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.

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.