



LIFESAVING SOCIETY®
SOCIÉTÉ DE SAUVETAGE

The Lifeguarding Experts

Les experts en surveillance aquatique

Lifesaving Society® Manitoba
Manitoba Lifeguard Championships
Communiqué #1 (January 2010)

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Except where otherwise modified in this document, the 2010 Manitoba Lifeguard Championships will be run according to the standards and procedures outlined in the *Canadian Competition Manual*, 2003 Edition or the most current edition of the same manual if it is updated in the interim.

Copies of the *Canadian Competition Manual* may be downloaded from:
<http://www.lifesaving.mb.ca/2010mlc.asp>

If you have any difficulty in downloading the manual please contact the Lifesaving Society® Manitoba office.

This competition will not be considered sanctioned for the purpose of setting Canadian or International lifesaving competition records.

1. COMPETITOR ELIGIBILITY & RIGHT TO PARTICIPATE

- 1.01 The Manitoba Lifeguard Championship is an open competition. The Lifesaving Society® Manitoba invites all interested individuals and teams to enter and compete.
- 1.02 All competitors must be 16 years of age or older by the start of the competition.
- 1.03 Eligibility requirements are set out in full in the competition registration package. Proof of certification or equivalent experience must be submitted at time of registration.
- 1.04 The Manitoba Lifeguard Championships are intended for bona fide lifesavers and lifeguards 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.

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 Society’s code of fair play.

2. TEAM COMPOSITION

- 2.01 Teams shall be composed of a maximum of 6 members (male or female).
- 2.02 Teams need not enter competitors in all events. For those events in which a team registers no competitors, scores of zero (0) will be assessed for that team in that event.
- 2.03 Competitors are allowed to enter each event only once.
- 2.04 Each team may designate a maximum of two alternates for use if a competing team member should fall ill or become injured. Substitution of competitors shall follow the procedures set out in Sections 3.2 and 3.4 of the *Canadian Competition Manual*.

3. GENERAL RULES

- 3.01 Except as otherwise noted in this document, the entirety of Section 3 of the *Canadian Competition Manual* will be in force for the duration of the competition.
- 3.02 Competitors are reminded to review the sections on team uniforms, swim caps and swimwear in Section 3.3 of the *Canadian Competition Manual*. There will be no Opening or Closing Ceremonies in the Manitoba Lifeguard Championships, so teams will not be required to wear uniforms for any ceremonies.
- 3.03 Competitors are reminded that victim safety is a priority. Teams are instructed not to use painful stimuli or techniques. Teams who endanger or injure victims will receive a score of 0 for that victim and/or event depending on the incident.
- 3.04 Teams wishing to use specialized equipment must notify the Lifesaving Society prior to the competition. Specialized equipment includes all equipment not taught in a standard first aid course.
- 3.05 Diving is not permitted in shallow water (2.5 Metres or less). Competitors diving into shallow water during Water Rescue shall receive a penalty of 200 points, to be subtracted from the team's total points earned for the situation. This penalty will be subtracted for each incident.
- 3.06 Real emergencies can occur at any time or at any place. As a Lifesaving Society delegate you are expected to respond to and render aid in all accidents you happen upon. In the water or away from the competition site, all accidents must be dealt with to the best of your ability. Integration with the on-site host guards *MUST* occur promptly and in a professional courteous manner. The MLC Chair must be informed of any accidents or injuries that occur during the competition. If you respond to a real emergency during Water Rescue, the host staff will take over treatment at the earliest possible moment.

3.07 Protests are a mechanism for a team captain to review, examine, and/or challenge some aspect of the championship (i.e. events). Competitors are cautioned to submit a protest only as a last resort recognizing the prior efforts of the Lifesaving Society to provide fair competition conditions. All protests must be made in writing and submitted to the MLC chair within 30 minutes of the completion of an event. The results of the protest will be disseminated to all competitors and will be based on discussions between the team, MLC chair and their designates. Judging score sheets are not a basis for a protest. Any protests related to the rules or rule book must be completed no later than 1 week prior to the start of the competition.

3.08 All decisions of the MLC Chair are final.

4. SCORING INFORMATION

4.01 All events will be run as final events. There will be no preliminary rounds used in the MLC.

4.02 Points will be allocated per event as outlined in section 2.10 of the *Canadian Competition Manual*.

4.03 The team with the highest total score at the conclusion of the competition is the Championship winner.

5. EVENT DESCRIPTIONS

5.01 First Aid I & II Events

- ♦ These events will be run under the conditions outlined in Section 6 of the *Canadian Competition Manual*. Judging sheets for these events are posted on the Lifesaving Society - Manitoba Branch website. Please note the following additional information:
- ♦ Teams or individual first aiders will have between five (5) and eight (8) minutes to deal with a number of victims within a designated area.

5.02 Water Rescue Event

- ♦ This event will be run under the conditions outlined in Section 6 of the *Canadian Competition Manual*. Judging sheets for this event are posted on the Lifesaving Society - Manitoba Branch website. Please note the following additional information:
- ♦ Teams will lifeguard the pool for eight (8) to twelve (12) minutes and will be responsible for dealing with all incidents that occur during this time.

5.04 Medley Relay

- ♦ This event will be run under the conditions outlined in Section 4 of the *Canadian Competition Manual*. Please note the following changes:
 - This event will be run as a timed final event. There will be no preliminary rounds used in the MLC.
 - Manual timing will be used for this competition. The competition organizers will endeavour to provide three (3) timekeepers per lane, but reserve the right to run with only a single (1) or pair (2) of timekeepers per lane.

5.05 Manikin Relay

- ♦ This event will be run under the conditions outlined in Section 4 of the *Canadian Competition Manual*. Please note the following changes:
 - This event will be run as a timed final event. There will be no preliminary rounds used in the MLC.
 - Manual timing will be used for this competition. The competition organizers will endeavour to provide three (3) timekeepers per lane, but reserve the right to run with only a single (1) or pair (2) of timekeepers per lane.

5.06 Obstacle Relay

- ♦ This event will be run under the conditions outlined in Section 4 of the *Canadian Competition Manual*. Please note the following changes:
 - This event will be run as a timed final event. There will be no preliminary rounds used in the MLC.
 - Manual timing will be used for this competition. The competition organizers will endeavour to provide three (3) timekeepers per lane, but reserve the right to run with only a single (1) or pair (2) of timekeepers per lane.

5.07 Line Throw

- ♦ This event will be run under the conditions outlined in Section 4 of the *Canadian Competition Manual*. Please note the following changes:
 - This event will be run as a timed final event. There will be no preliminary rounds used in the MLC.
 - The time limit for this event will be increased to **45 seconds** from the 30 seconds outlined in the manual.
 - Up to four members of a lifeguard team (any combination of male or female) may enter this event, and all team scores will be tabulated for team ranking purposes.
 - Manual timing will be used for this competition. The competition organizers will endeavour to provide three (3) timekeepers per lane, but reserve the right to run with only a single (1) or pair (2) of timekeepers per lane.

5.08 100 Metre Obstacle Swim

- ♦ This event will be run under the conditions outlined in Section 4 of the *Canadian Competition Manual*. Please note the following changes:
 - This event will be run as a timed final event. There will be no preliminary rounds used in the MLC.
 - Up to four members of a lifeguard team (any combination of male or female) may enter this event, and all team scores will be tabulated for team ranking purposes.
 - Manual timing will be used for this competition. The competition organizers will endeavour to provide three (3) timekeepers per lane, but reserve the right to run with only a single (1) or pair (2) of timekeepers per lane.

5.09 100 Metre Tow with Fins

- ♦ This event will be run under the conditions outlined in Section 4 of the *Canadian Competition Manual*. Please note the following changes:
 - This event will be run as a timed final event. There will be no preliminary rounds used in the MLC.
 - Up to four members of a lifeguard team (any combination of male or female) may enter this event, and all team scores will be tabulated for team ranking purposes.
 - Manual timing will be used for this competition. The competition organizers will endeavour to provide three (3) timekeepers per lane, but reserve the right to run with only a single (1) or pair (2) of timekeepers per lane.



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