



LIFESAVING SOCIETY®
SOCIÉTÉ DE SAUVETAGE

The Lifeguarding Experts
Les experts en surveillance aquatique

32nd New Brunswick Waterfront Lifeguard Championships Registration and Information Package

DATE Monday August 13th 2018

HOST Parlee Beach Provincial Park Phone: 506-533-3363
45 Parlee Beach Road
Shediac, New Brunswick
E4P 8V5

CHAMPIONSHIPS This competition is sanctioned by the Lifesaving Society New Brunswick. Event rules will be in accordance with this information package and Section 3 and 5 of the 2015-2019 [ILS Competition Rule Book](#). The *ILS Competition Rule Book* may be viewed or downloaded at www.lifesavingnb.ca.

ELIGIBILITY AND THE RIGHT TO PARTICIPATE New Brunswick 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 the purposes of competition. Employers, club management personnel and coaches are the key to preventing such unethical practices and must emphasize "play within the rules" behaviour. The personal conduct of managers and coaches is measured by the ILS code of fair play.

New Brunswick lifeguard championships are open to affiliated clubs or affiliate members in good standing. An affiliate member or individual member is in good standing unless their registered athlete or affiliate status has been revoked by the Lifesaving Society.

To be eligible to compete, competitors shall:

- Hold a current (within 24 months of the date of certification) Bronze Medallion, Bronze Cross or National Lifeguard certification (any option).
- Be a minimum of 14 years of age as of the first day of the championships.
- Be a registered athlete ([download form](#) at www.lifesavingnb.ca).

Competitors must be members of the same affiliated club or employees of the same affiliate member of the Lifesaving Society.

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

Competitors may compete for only one club or affiliate member at a time.

Competitors are allowed to enter each event only once.

DIVISIONS	Under 16 (U16): Competitors must be a minimum of 14 years of age and a maximum of 15 years of age as of the 1st day of the Championships Under 19 (U19): Competitors must be a minimum of 16 years of age and a maximum of 18 years of age as of the 1st day of the Championships. Open: Competitors must be a minimum of 16 years of age as of the first day of the Championships. Competitors may register in only one division and must remain in the selected division throughout the Championships.											
COMPOSITION OF A TEAM	Competitors enter only as a member of a 2-person team. Teams are comprised of 2 males or 2 females. Team composition must remain the same for the Championships. A U19 Division team may have a maximum of one U16 competitor. If a U16 competitor is a member of an U19 Division team, the U16 competitor competes in the U19 Division in both the individual events and team events. An Open Division team may have a maximum of one U19 competitor. If a U19 competitor is a member of an Open Division team, the U19 competitor competes in the open Division in both the individual events and team events.											
PROGRAM OF EVENTS	Open, U19 and U16 Divisions shall be conducted in both male and female categories. U19 and Open Divisions compete in the events listed below: U16 compete in all the events listed below with the exception of Surf Ski Race <table><tr><td>Individual Events</td><td>Team Events</td></tr><tr><td>Beach Flags</td><td>Canadian Ironguard Relay</td></tr><tr><td>Surf Ski Race</td><td>Board Rescue</td></tr><tr><td>90m Beach Sprint</td><td>Board Relay</td></tr><tr><td></td><td>Rescue Tube Rescue</td></tr></table>		Individual Events	Team Events	Beach Flags	Canadian Ironguard Relay	Surf Ski Race	Board Rescue	90m Beach Sprint	Board Relay		Rescue Tube Rescue
Individual Events	Team Events											
Beach Flags	Canadian Ironguard Relay											
Surf Ski Race	Board Rescue											
90m Beach Sprint	Board Relay											
	Rescue Tube Rescue											
ENTRY DEADLINE	Registration must be received by August 8th, 2017. Refunds will not be issued for clubs or competitors who do not show for the championships.											
ENTRY FEES	Team fee (per 2-person team) \$75.00											
REGISTRATION	All individuals and clubs must register prior to the championships in accordance with procedures established. Entry fees must be paid with team registration. Each completed registration must include: • Registration form with payment. • Waiver and release form. • Either the registered athlete number for each athlete or a completed registered athlete application. Send registration form with payment in full. We accept the following forms of payment: Purchase order, Visa, American Express or MasterCard, or cheque payable to the Lifesaving Society. <table><tr><td>Lifesaving Society</td><td>Phone: 506-455-5762</td></tr><tr><td>70 Melissa Streer</td><td>Fax: 506-450-7946</td></tr><tr><td>Fredericton, NB E3A 6W1</td><td>E-mail: info@lifesavingnb.ca</td></tr></table>		Lifesaving Society	Phone: 506-455-5762	70 Melissa Streer	Fax: 506-450-7946	Fredericton, NB E3A 6W1	E-mail: info@lifesavingnb.ca				
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SCORING Competitors in the U16, U19 and Open Divisions shall be allocated points for Surf Ski Race*, 90m Beach Sprint and Beach Flags as follows:

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

Competitors in the U 16, U19 and Open Divisions shall be allocated points in the team events as follows:

Place	Points	Place	Points
1 st	40	9 th	16
2 nd	36	10 th	14
3 rd	32	11 th	12
4 th	28	12 th	10
5 th	26	13 th	8
6 th	24	14 th	6
7 th	22	15 th	4
8 th	20	16 th	2

AWARDS Awards shall be presented to individuals and teams in the first three places of all events. Event winners shall be recognized as New Brunswick Champions.

The male and female 2-person team with the highest point score in the U16 Division, U19 Division and the Open Division shall each be declared New Brunswick Team Champions and receive awards.

The Overall Club banner shall be presented to the New Brunswick Club with the highest total point score from the U16, U19 and Open Divisions.

Clubs from other provinces may compete in New Brunswick Championships if endorsed in writing to do so by their Provincial Lifesaving Society. These competitors may become champions in each event. 2-person teams composed of any non-New Brunswick members are ineligible for the New Brunswick Championship Team title and the Overall Club banner.

LANGUAGE INTERPRETATION Clubs who require French and/or English language interpreters must make this known to organizers when registering for the championships. Clubs are encouraged to provide their own interpreters. These interpreters may be a member of their club.

EVENTS Events at the New Brunswick Waterfront Lifeguard Championships will be conducted according to the rules and event descriptions in this information package. For event descriptions, rules and procedures not contained in this information package, the *ILS Competition Rule Book*, sections 2 and 4 will be followed.

Canadian Ironguard Relay

Event description

Teams of 2 competitors cover a course of approximately 1500 m that includes: a 300 m swim leg, a 500 m beach run, a 600 m board leg and a 50 m beach sprint finish. The sequence of legs shall be: swim–run–board–sprint.

The first competitor shall complete the 300 m swim and the 600 m board legs of the race.

The second competitor shall complete the 500 m run and the 50 m sprint legs of the race.

Conditions of racing each leg are as generally required for relays and for the individual conditions of that discipline.

Handler: A member of the competitor's club assists the competitor with the board. With the referee's approval, a non-club member may act as handler.

Handlers shall remove the board from the competition arena upon completion of the paddle leg, and make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

The course

Buoys shall be laid out for the swim, run and board legs as indicated in the diagram.

Buoy distances: Swimming buoys shall be positioned at a minimum of 120 m from knee depth water.

The board leg buoys shall be positioned approximately 250 m from knee depth water. The board leg buoys should be approximately 75 m apart, with an apex buoy 16 m beyond that.

Flag layout: 4 flags located on the beach approximately 20 m from the water's edge are course turning markers. Flag #1 shall be positioned in line with swim buoy #1. Flag #2 shall be positioned in line with the swim buoy #9. Flag #3 shall be positioned 5 m to the right of Flag #2. Flag #4 shall be positioned 450 m to the right of the Flag #2 (facing the seaward side).

Two Finish Flags (5 m apart) are positioned at right angles to the water's edge and approximately 50 m from Flag #2.

Start and changeover line: The start and changeover line shall be approximately 30 m in length, centered on the swimming buoy #1 approximately 5 m from the water's edge, and marked by a pole at either end.

Swim course: Competitors swim from the start and changeover line, around the swim course buoys, return to the beach between Flag #2 and Flag #3.

Beach run course: From Flag #3, competitors run along the left side of the lane to round (clockwise) Flag #4 and run to round Flag #1 (clockwise) before heading for the start/changeover line.

Board course: From the start/changeover line, competitors paddle their boards around the board course buoys, return to the beach between Flag #2 and Flag #3.

Sprint/Finish: Competitors round Flag #2 and race to finish between the 2 finish flags.

Equipment

Boards: See *ILS Competition Rule Book*, Section 9 – *Facility and Equipment Standards and Scrutineering Procedures*.

Club members shall place gear adjacent to the respective starting areas for the craft.

Equipment removal: To assist with the safe conduct of the event, club members and/or handlers may remove damaged or abandoned equipment from the course during the event provided the progress of other competitors is not obstructed. Club members and/or handlers shall be permitted to assist in replacing the damaged craft, but only to the extent of placing other craft at the start and changeover line.

Judging

The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

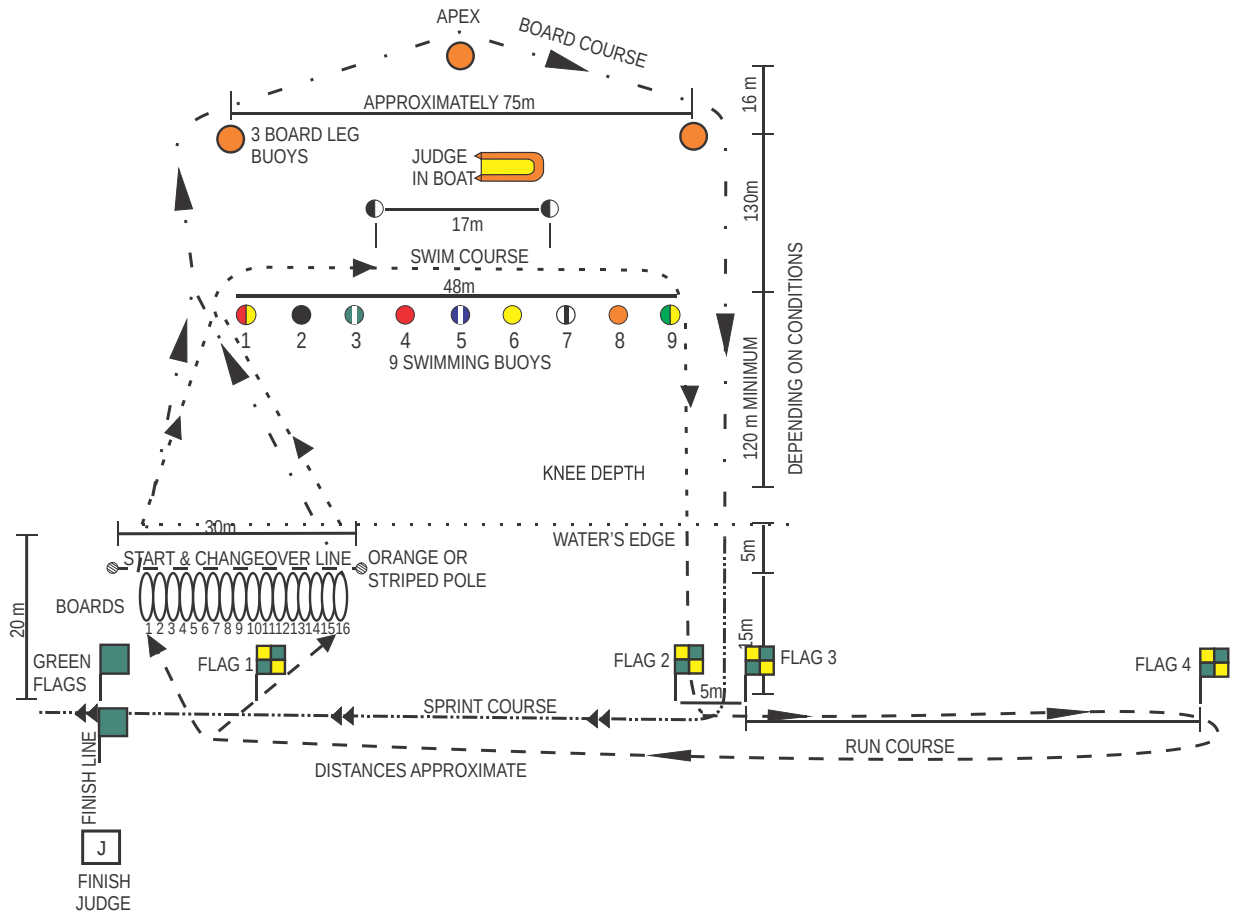
Disqualification

In addition to the *General Rules* in Section 2 and those outlined in 4.1 through 4.3 in the *ILS Competition Rule Book*, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

Control of craft: Competitors must be in control of the board up to and including the last board course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided they regain the craft and round the last turning buoy in control of the craft and complete the course.

Canadian Ironguard Relay



RESCUE TUBE RESCUE – 2 PERSON

Event description

Two competitors from each team participate in this event: a “victim” and one rescue tube swimmer. The victim swims approximately 120 m to a designated buoy, signals, and waits to be rescued by the rescue tube swimmer. The event finishes when the rescuer crosses the finish line while in contact with the victim.

The start: Competitors assemble at their team’s allotted position at the start line. Prior to the start signal, the rescue tube swimmer and equipment must be on the shoreward side of the start line. The rescue tube swimmer may hold or wear the rescue tube, and may hold the swim fins in his or her hands. Fins may not be worn prior to crossing the start line.

On the starting signal, the victim enters the water, swims to touch the allotted buoy, signalling arrival by raising the other arm to a vertical position while in contact with the buoy. The victim then waits in the water on the seaward side of the buoy.

The referee may determine an acceptable alternative method of clearly signalling the victim has touched the buoy.

Competitors must start from the correct allotted position. Competitors swimming to and signalling from the wrong buoy shall be disqualified.

Rescue tube swimmer: On the victim's arrival signal, the rescue tube swimmer crosses the start line, dons the equipment at his or her discretion, and swims past the left side (viewed from the beach) of the designated buoy to the victim waiting on the seaward side of the buoy. The rescuer secures the rescue tube correctly around the victim's body and under both arms and clipped to an O-ring. The victim may assist with the securing and clipping of the rescue tube. With the victim clipped into the rescue tube, competitors continue (clockwise) around the buoy towing the victim to the finish. The victim must be towed, dragged or carried to the finish.

The finish is judged on the head of the rescuer crossing the finish line while still in contact with the victim or the tube or the leash or the lanyard. The victim need not cross the finish line.

Notes

- i) Rescue tube swimmers who have previously crossed over the start line (for whatever reason), will not be disqualified provided they return to the shoreward side of the start line prior to beginning their leg of the race.
- ii) At the start, rescue tube swimmers may place the rescue tubes and fins on the shoreward side of the start line or may hold their fins and rescue tubes in their hands. The rescue tube lanyard may be worn.
- iii) Rescue tubes must be worn with the loop across or over one shoulder.
- iv) The victim may assist the rescue tube swimmer in securing the rescue tube. Either may clip-in the rescue tube, but the victim must be clipped into the tube behind the buoy line.
- v) Rescuers must tow the victim with the tube secured around the body and under both arms and clipped in an O-ring.
- vi) The victim must not be towed on the stomach.
- vii) During the tow, the victim may assist by kicking and sculling with the arms under the surface, but must not swim with an out-of-water arm recovery.
- viii) At no time, may the victim assist by walking or running.
- ix) Only the rescue tube swimmer may use the swim fins.
- x) At the finish, the rescuer must be in contact with the victim or the rescue tube or the leash or the lanyard.

The course

As shown in the following diagram, the course shall be approximately 240 m. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

The start line: a brightly coloured cord stretched between two poles carrying flags, approximately 48 m apart shall be located at the water's edge. Alignment of the start line to the buoys may be altered at the discretion of the referee, depending on prevailing sea conditions. This line will be removed once competitors are in line and prior to the start to ensure the tube cannot catch it.

The finish line: the finish line shall be between two poles or suitable markers in knee depth water.

The swimming buoys shall be placed as for the Surf Race, so that all competitors have an equal chance with regard to sandbanks and rips, etc.

Equipment

Rescue tube, swim fins: See ILS Competition Rule Book, Section 8 – Facility and Equipment Standards and Scrutineering Procedures. Competitors must use rescue tubes provided by organisers.

Judging

Finish judges shall be positioned at each end of the finishing line at least 5 m from the flagpole and in line with each flagpole. An in-boat course judge shall be positioned in line with the buoys as shown in the diagram.

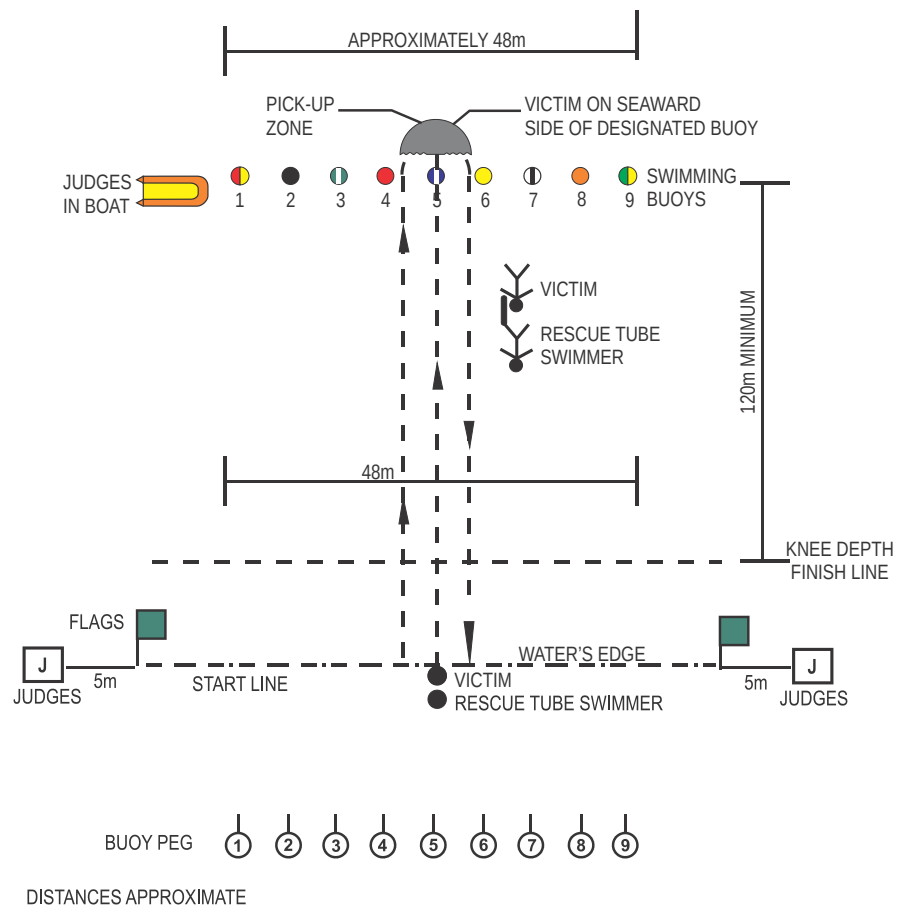
Infringements recorded during the event observed by any of the judges shall be reported to the referee who shall adjudicate on the infringement with the judges concerned. An in-boat judge observing an infringement shall report to the referee as soon as practical and prior to the race result being declared.

Disqualification

In addition to the *General Rules* in Section 3 of the *ILS Competition Rule Book* and those outlined in 4.1 through 4.3, the following behaviour shall result in disqualification:

- i) Failure to complete the course as defined and described.

Rescue Tube Rescue – 2 Person



BOARD RELAY

Conducted as a two-person relay as per the *ILS Competition Rule Book* event description and rules.

BOARD RESCUE

Conducted as per *ILS Competition Rule Book* event description and rules.

BEACH FLAGS

Conducted as per *ILS Competition Rule Book* event description and rules.

SURF SKI RACE

Conducted as per *ILS Competition Rule Book* event description and rules.

90 m BEACH SPRINT

Conducted as per *ILS Competition Rule Book* event description and rules.

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NEW BRUNSWICK WATERFRONT LIFEGUARD CHAMPIONSHIPS

Registration Form

BLOCK letters only please.

Club or Affiliate		
Mailing address		Apt or Suite
City	Province	Postal Code
Coach Name		() Home Phone
Email		() Business Phone

Note: Each registration must include completed: Registration form with payment, waiver and release, and either Registered Athlete number or completed application form with attachments.

Team A	☐ Female	☐ Male	☐ Under 16	☐ Under 19	☐ Open
Lifeguard 1			Lifeguard 2		
Name			Name		
Email			Email		
Award & date		Reg. Athlete No.		Award & date	
Reg. Athlete No.		Award & date		Reg. Athlete No.	
Team B	☐ Female	☐ Male	☐ Under 16	☐ Under 19	☐ Open
Lifeguard 1			Lifeguard 2		
Name			Name		
Email			Email		
Award & date		Reg. Athlete No.		Award & date	
Reg. Athlete No.		Award & date		Reg. Athlete No.	

Event	Entry fee	# teams	Total
2-Person team entry fee	\$75.00		

Payment			
☐ Cheque	☐ Money Order	☐ Visa	☐ MasterCard
☐ AMEX	☐ P.O. #		
Credit Card #	Expiry Date		
_____		_____	
Card holder name		Card holder signature	

Mail, fax or email:

*Lifesaving Society
70 Melissa Street
Fredericton, New Brunswick E3A 6W1*

*Phone 506-455-5762
Fax 506-450-7946
Email info@lifesavingnb.ca*

NEW BRUNSWICK LIFEGUARD CHAMPIONSHIPS

Waiver & Release Form

Please read carefully before signing.

Conduct

I agree to abide by the rules, regulations and code of conduct of the championships, and further to behave in a manner consistent with ideals of good sportsmanship.

Voluntary Assumption of Risk

As a competitor in a lifeguard competition, I recognize that there are certain risks inherent in the activity as a result of factors including but not limited to, stress, number of people, water temperature and conditions. I have prepared myself for the competition and know of no factor or condition which should be disclosed to the organizers or which would make it unsafe for me to compete. I voluntarily assume all risks, both physical and legal including but not restricted to, loss of or damage to property, and personal injury including permanent disability or death.

Waiver of Liability

As a condition of entry and in consideration of my application as an individual or as a part of a team being accepted, I hereby waive my right to make any claim, whether for negligence or otherwise against the Lifesaving Society, the host, the facility operator, owner or occupier, the sponsors, the organizing committee or any of the servants, agents, affiliates, volunteers, judges, officials or other persons involved in the organization or running of the competition, events or associated activities. I further agree to indemnify and hold harmless all of the above, from any claim made on my behalf or as a result of injury to my person or property. I recognize that competitors are responsible for their own medical coverage.

Model Release

I transfer to the Lifesaving Society all rights whatsoever which I have in photographs and/or videos which photographers may have taken. I consent to the use of the photographs/videos for all purposes whatsoever, including without limitation, television, publications, and any trade or advertising purposes.

I have carefully read and understood the four conditions of entry and in consideration for being allowed to compete, I have executed them voluntarily intending to be bound thereby and intending these conditions to be binding of my heirs, personal representatives and assigns.

<i>Print name</i>	<i>Signature (Parent if under 19)</i>	<i>Date</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
(Coach)	_____	_____



LIFESAVING SOCIETY®
SOCIÉTÉ DE SAUVETAGE

The Lifeguarding Experts
Les experts en surveillance aquatique

2018 New Brunswick Waterfront Lifeguard Championships

Monday, August 13th

Schedule of Events

Officials and Competitors check-in	08:00
Officials meeting	08:15
Managers & coaches Meeting	
Marshaling	08:45
90m Beach Sprint	09:00
Canadian Ironguard Relay	
Surf Ski Race	
LUNCH	12:00
Board Rescue	13:00
Rescue Tube Rescue	
Board Relay	
Beach flags	
Award Presentations	18:00

Les championnats de sauvetage sur plage continentale du Nouveau-Brunswick 2018

Lundi, le 13 août

Horaire des Épreuves

08 h 00	Enregistrement des officiels et athlètes
08 h 15	Réunion des officiels Réunion des les gestionnaires et les entraîneurs
08 h 45	Rassemblement
09 h 00	Sprint sur la plage 90m Relais canadien Ironguard Course avec surf-ski
12 h 00	DÉJEUNER
13 h 00	Sauvetage avec aquaplane Sauvetage avec tube de sauvetage Relais avec aquaplane Drapeaux sur la plage
18 h 00	Remise des prix