



LIFESAVING SOCIETY®
SOCIÉTÉ DE SAUVETAGE

The Lifeguarding Experts
Les experts en surveillance aquatique

New Brunswick Pool Lifesaving Championships Registration and Information Package

DATE Saturday, March 9, 2024
HOST Saint John Canada Games Centre Phone 506 658 4715
50 Union Street
Saint John, New Brunswick

CHAMPIONSHIPS This competition is sanctioned by the Lifesaving Society New Brunswick. Event rules will be in accordance with this information package and Sections 2 and 3 of the *ILS Competition Rule Book (Rev. 2023)*, Section 5 of the *ILS Short Course Pool Events Addendum* and the *Canadian Competition Manual (2019 edition)*. The *ILS Competition Rule Book (Rev. 2019)* may be viewed or downloaded the [ILS website](#).

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 or 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 Pool Lifesaving Championships are open to individual members, 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 An affiliate member or individual member is in good standing unless their registered athlete or affiliate status has been revoked by the Lifesaving Society.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.
- Be a minimum of 14 years of age as of the first day of the championships.
- Be a registered athlete (download form at www.lifesavingsport.ca or from 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	<p>Competitors may register in only one division and must remain in the selected division throughout the championships.</p> <p>Youth -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</p> <p>Youth -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.</p> <p>Open: Competitors must be a minimum of 14 years of age as of the first day of the championships.</p> <p>Team events: Competitors are eligible to compete as a member of a team event in divisions of a higher age category. Competitors are not eligible to compete as a member of a team in younger age category. Competitors may only swim an event once.</p>																		
PROGRAM OF EVENTS	<p>Open and Youth divisions shall be conducted in both male and female categories. Youth and Open divisions compete in events listed below.</p> <table> <tr> <th><u>Youth Division</u></th><th><u>Open Division</u></th></tr> <tr> <td>Individual events</td><td>Individual events</td></tr> <tr> <td>100 m Obstacle Swim</td><td>100 m Obstacle Swim</td></tr> <tr> <td>100 m Manikin Carry with Fins</td><td>100 m Manikin Carry with Fins</td></tr> <tr> <td>100 m Manikin Tow with Fins</td><td>100 m Manikin Tow with Fins</td></tr> <tr> <td>100 m Super Lifesaver</td><td>100 m Super Lifesaver</td></tr> <tr> <td>Team events</td><td>Team events</td></tr> <tr> <td>12.5 m Line Throw</td><td>12.5 m Line Throw</td></tr> <tr> <td>4x50 m Medley Relay (mixed)</td><td>4x50 m Medley Relay (mixed)</td></tr> </table>	<u>Youth Division</u>	<u>Open Division</u>	Individual events	Individual events	100 m Obstacle Swim	100 m Obstacle Swim	100 m Manikin Carry with Fins	100 m Manikin Carry with Fins	100 m Manikin Tow with Fins	100 m Manikin Tow with Fins	100 m Super Lifesaver	100 m Super Lifesaver	Team events	Team events	12.5 m Line Throw	12.5 m Line Throw	4x50 m Medley Relay (mixed)	4x50 m Medley Relay (mixed)
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ENTRY DEADLINE	Registration must be received by Wednesday, March 6, 2024. Refunds will not be issued for clubs or competitors who do not show for the championships.																		
ENTRY FEES	<p>Competition fee (paid by all competitors)\$25.00</p> <p>Individual Event entry fee (per competitor per event).....\$10.00</p> <p>Team Event entry fee (per team per event).....\$10.00</p>																		
REGISTRATION	<p>All individuals and clubs must register prior to the championships in accordance with procedures established. Entry fees must be paid with team registration.</p> <p>Clubs may enter unlimited number of competitors in each individual event.</p> <p>Clubs may enter unlimited number of teams in each team event.</p> <p>Times should be submitted for both individual and team events. Competitors and teams shall be seeded according to entry times. See Seeding in this information package.</p> <p>Each completed registration must include the following:</p> <ul style="list-style-type: none"> • Registration form with payment. • Waiver and release form. • Event entry form. • Either the registered athlete number for each athlete or a completed registered athlete application. 																		

Send registration form with payment in full - purchase order, cheque payable to the Lifesaving Society, Visa, American Express or MasterCard to:

Lifesaving Society
70 Melissa Street
Fredericton, NB E3A 6W1

Phone: 506-455-5762
E-mail: info@lifesavingnb.ca

- SEEDING** Seeding shall be used in the New Brunswick 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 the 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. Male competitors and female competitors may be seeded together for each event based on entry times submitted with registration.

Finals:

In New Brunswick Pool Lifesaving Championships, finals shall not be conducted. All pool events shall be conducted as time-finals. That is, each competitor swims the event only once. The competitor's final placing shall be determined on the basis of his or her time.

Note: New Brunswick championships are small competitions. Combined heats result in better races for athletes and spectators and more efficient scheduling of facility time.

- SCORING** Individual and team events in the New Brunswick Pool Lifesaving Championships shall be allocated points as outlined in the following chart.

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

Clubs are allowed multiple entries in events. Point score blocking is not used.

- AWARDS** Awards shall be presented to individuals and teams in the first 3 places of all events.

The New Brunswick club with the highest overall point score in the Youth and Open divisions shall be declared the Club Champions and presented with an award.

Competitors from other provinces may compete in New Brunswick Championships if endorsed to do so by their Provincial Lifesaving organization. These competitors represent their provincial clubs. They may become champions in individual or team events, but are not eligible for New Brunswick Championship club title.

EVENTS Events at the New Brunswick Pool Lifesaving 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* will be followed. A copy of the *ILS Competition Rule Book* may be viewed or downloaded from the Lifesaving Society New Brunswick website at www.lifesavingnb.ca.

Obstacle Swim (100 m)

With a dive start on an acoustic signal, the competitor swims the 100 m course passing four times under the immersed obstacles to touch the finish wall of the pool.

- Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.
- Competitors may push off the pool bottom when surfacing from under each of the obstacles. "Surfacing" means the competitors head breaks the plane of the surface of the water.
- Swimming into or otherwise bumping an obstacle is not a behavior that results in disqualification

See *ILS Competition Rule Book* Section 3.7.

Manikin Carry with Fins (100 m)

With a dive start on an acoustic signal, the competitor swims 75 m freestyle and then dives to recover a submerged manikin to the surface within 10 m of the turn wall. The competitor then carries the manikin to touch the finish wall of the pool. Competitors may push off the pool bottom when surfacing the manikin.

See *ILS Competition Rule Book* Section 3.8.

Manikin Tow with Fins (100 m)

With the dive start on an acoustic signal, the competitor swims 75 m freestyle with fins and rescue tube. After touching the turn wall, and within the 5 m pickup zone, the competitor fixes the rescue tube correctly around the manikin and tows it 25 m to the finish. The event is complete when the competitor touches the finish wall of the pool.

See *ILS Competition Rule Book* Section 3.11.

Super Lifesaver (100 m)

With a dive start on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pickup zone and carries it to the turn wall. After touching the wall, the competitor releases the manikin.

In the water and within the 5 m pickup zone, the competitor dons fins and rescue tube, and fixes the rescue tube correctly around the manikin and tows it to the finish. The event is complete when the competitor touches the finish wall of the pool.

See *Canadian Competition Manual* Section 3.7

Note: In the 100 m Super Lifesaver event, the manikin handler immediately releases the manikin when the competitor touches the manikin (not the wall).

Event and disqualifications as per the *ILS Competition Rule Book*.

Line Throw (12.5 m)

In this timed event, the competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid crossbar located 12.5 m distant. The competitor pulls this "victim" back to the finish wall of the pool.

See *ILS Competition Rule Book* Section 3.13.

Time Limit: Throwers must make a fair throw and tow the victim to the finish wall within 60 seconds.

Medley Relay - mixed (4 x 50 m)

With a dive start on an acoustic signal, the first competitor swims 50m freestyle without fins.

With a dive start after the first competitor touches the wall/edge, the second competitor swims 50m freestyle with fins.

With a dive start after the second competitor touches the wall/edge, the third competitor swims 50m freestyle without fins towing a rescue tube. The third competitor touches the turn wall/edge.

The fourth competitor, in the water wearing fins with at least one hand on the turn wall/edge or starting block, dons the harness. The fourth competitor is not permitted to touch any part of the rescue tube harness, line or any part of the rescue tube, until the third competitor has touched the turning wall/edge. The third competitor, playing the role of "victim", holds the rescue tube and/or clip with both hands while being towed 50m by the fourth competitor to the finish.

See *ILS Competition Rule Book* Section 3.16.

NEW BRUNSWICK POOL LIFESAVING CHAMPIONSHIPS

SCHEDULE

Saturday, March 9th 2024

- 3:45 p.m. Officials Meeting
- 4:00 p.m. Coaches / Managers Meeting
- 4:15 p.m. Competitor Warm-Up
- 4:45 p.m. Time-finals
- 100 m Obstacle Swim
 - Line Throw
 - 100 m Carry with Fins
 - 100 m Tow with Fins
 - 4x50 Medley Relay (mixed)
 - 100 m Super Lifesaver
- 8:45 p.m. Award Presentations

NEW BRUNSWICK POOL LIFESAVING CHAMPIONSHIPS

Registration Form

Please use one form for each club (Type or BLOCK letters only).

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, Event Entry form, and either Registered Athlete number or completed application form with attachments.		
Competitor entry fee		@ \$25.00 / per person =
Individual event entry fee (per competitor per event)		@ \$10.00 / event =
Team event entry fee (per team per event)		@ \$10.00 / event
TOTAL AMOUNT OWING		

Payment		
<input type="checkbox"/> Cheque	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard
<input type="checkbox"/> AMEX	<input type="checkbox"/> Invoice to affiliate	P.O. #
Credit Card #	Expiry Date	

Card holder name	Card holder signature	

Note: If submitting this form by e-mail, save the form first, then complete and then send. We do not recommend sending credit card information by e-mail. Please call the office with the credit card details.

Mail, fax or email:

Lifesaving Society
70 Melissa Street
Fredericton, New Brunswick E3A 6W1
Email info@lifesavingnb.ca

NEW BRUNSWICK
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 or lifesaving 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.

Print name

Signature (Parent if under 19)

Date

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

(Coach)

NEW BRUNSWICK POOL LIFESAVING CHAMPIONSHIPS

Team and Individual Entry

Please use one form for each Division.

- ☐ Youth Under 16, **OR** Under 19
- ☐ Open

Affiliate: _____

Coach: _____

Event entries must indicate personal best times for seeding purposes. Entries with no times will be considered to have the slowest times. Competitors are allowed to enter each event only once. For Line Throw, please indicate Thrower (T) and Catcher (C). If more than one Line Throw entry, indicate which Thrower will compete with which Catcher (e.g., T1, C1, T2, C2). If there is more than one team in the same division, please indicate which competitors are on which team (e.g., #1, #2, #3, etc.).

[illegible]