



## 37<sup>th</sup> New Brunswick Waterfront Lifesaving Championships Registration and Information Package

DATE Monday August 12<sup>th</sup> 2024  
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 4 of 2023 edition [ILS Competition Rule Book.](#)

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 An affiliate member or individual member is in good standing unless their registered athlete or affiliate status has been revoked by the Lifesaving Society.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 on December 31, 2024.
- Be a registered athlete ([download form](#)).

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 before December 31, 2024 and a maximum of 15 years of age as of the 1<sup>st</sup> day of the Championships

**Under 19 (U19):** Competitors must be a minimum of 15 years of age and a maximum of 18 years of age as of the 1<sup>st</sup> day of the Championships.

**Open:** Competitors must be a minimum of 15 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.

**Team Events:** Competitors in the U16 division may “swim up” as a competition on a U19 or Open team event. U19 competitors may “swim up” as a member of an Open team event. Competitors registered in the “Open” division may not compete as a member of a U16 or U19 team event.

**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:

**Individual Events**

Beach Flags  
Board Race  
90m Beach Sprint  
Surf Swim

**Team Events (2 person)**

Canadian Ironguard Mixed Relay  
Board Rescue  
Rescue Tube rescue

**ENTRY DEADLINE** Registration must be received by August 6th, 2024 at 12 noon. Refunds will not be issued for clubs or competitors who do not show for the championships.

**ENTRY FEES** Competition fee (paid by all competitors) .....\$25.00  
Individual Event entry fee (per competitor per event)..... \$10.00  
Team Event entry fee (per team per event) .....\$10.00

**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.

Lifesaving Society  
70 Melissa Street  
Fredericton, NB E3A 6W1

Phone: 506-455-5762  
E-mail: [info@lifesavingnb.ca](mailto:info@lifesavingnb.ca)

SCORING Individual and team events in the New Brunswick Waterfront Lifesaving Championships shall be allocated points as outlined in the following chart:

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

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

LANGUAGE CLUBS WHO REQUIRE FRENCH AND/OR ENGLISH LANGUAGE INTERPRETERS MUST MAKE THIS INTERPRETATION 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 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*, sections 2 and 4 will be followed.

## CANADIAN IRONGUARD MIXED RELAY

### Event description

Teams of 2 competitors (one male and one female) 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 225m 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.

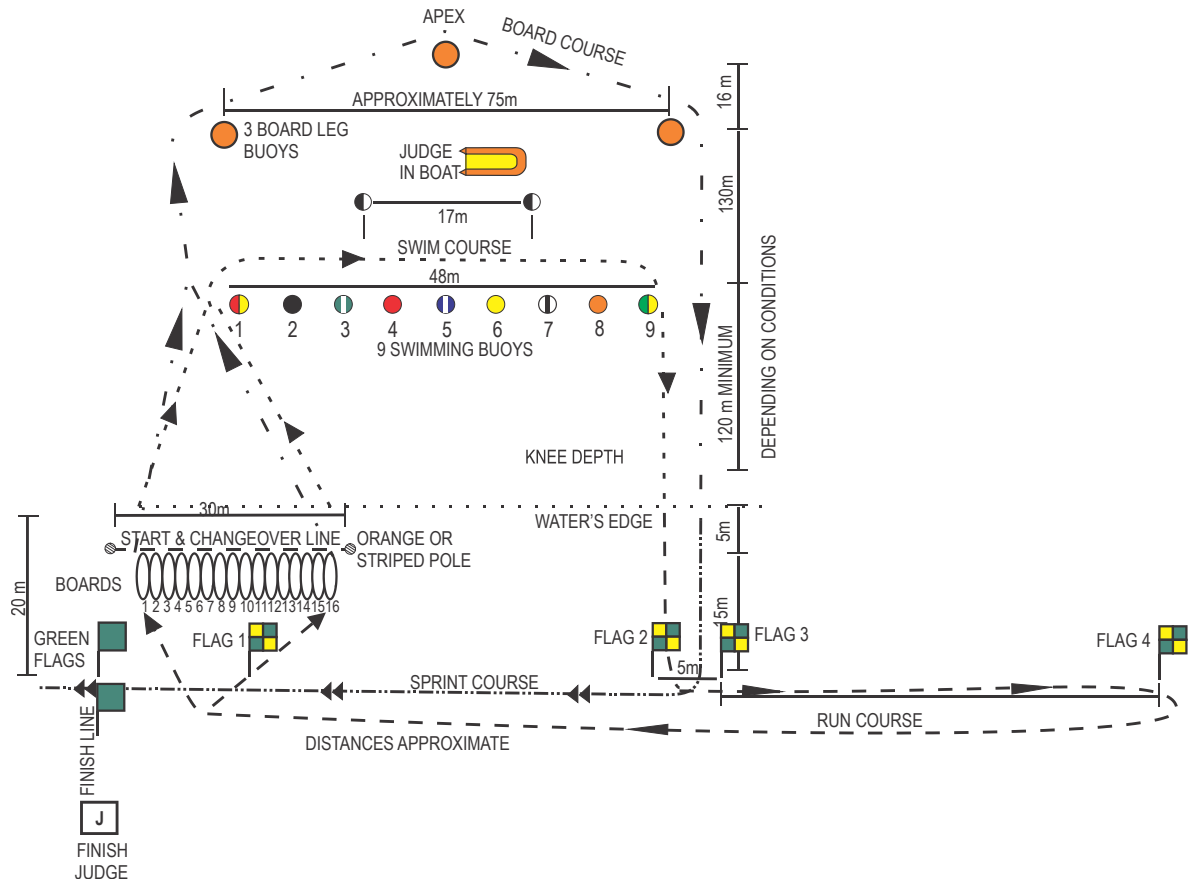
## Disqualification

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 MIXED RELAY**



## **RESCUE TUBE RESCUE (2 person)**

### Event description

Conducted as per *ILS Competition Rule Book* event description and rules with the exceptions below:

Teams will consist of two competitors

The finish will be in water (knee depth) when the rescue tube swimmer crosses the finish line.

## **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.

## **90 M BEACH SPRINT**

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

## **BOARD RACE**

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

## **SURF SWIM**

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

# NEW BRUNSWICK WATERFRONT 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
<b>Note:</b> 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	
<b>TOTAL AMOUNT OWING</b>		

<b>Payment</b>	
<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](mailto: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***

_____	_____	_____
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*(Coach)*







LIFESAVING SOCIETY®  
SOCIÉTÉ DE SAUVETAGE

*The Lifeguarding Experts*  
*Les experts en surveillance aquatique*

## 2024 New Brunswick Waterfront Lifeguard Championships

Monday, August 12<sup>th</sup>

### 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	
Board Race	
Surf Swim	
LUNCH	12:00
Rescue Tube Rescue	13:00
Board Rescue	
Beach flags	
Award Presentations	18:00

## Les championnats de sauvetage sur plage continentale du Nouveau- Brunswick 2024

Lundi, le 12 août

### Horaire des Épreuves

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