



LIFESAVING SOCIETY®
SOCIÉTÉ DE SAUVETAGE

The Lifeguarding Experts
Les experts en surveillance aquatique

39th New Brunswick Waterfront Lifesaving Championships

Registration and Information Package

DATE

Monday, August 10th, 2026

HOST

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

CHAMPIONSHIPS

This competition is sanctioned by the Lifesaving Society New Brunswick. Event rules will be in accordance with this information package and Sections 4 of the *ILS Competition Rule Book (Rev. 2023)* [ILS Competition Rule Book](#) and the *Canadian Lifesaving Sport Competition Rulebook 2025*.

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 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 An affiliate member or individual member is in good standing unless their registered athlete or affiliate status has been revoked by the Lifesaving Society.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 Bronze Medal Award– the minimum standard is a Bronze Star or higher. The award need not be current.
- Be a minimum of 15 years of age as of December 31st, 2026.
- Be a registered athlete (download form at <http://www.lifesavingsport.ca> or from <http://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

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

- **Youth -Under 16 (U16):** Competitors must be a minimum of 15 years of age as of December 31st, 2026.
- **Youth -Under 19 (U19):** Competitors must be a minimum of 16 years of age and a maximum of 18 years of age as of December 31st, 2026.
- **Open:** Competitors must be a minimum of 15 years of age as of December 31st, 2026.
- **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.

PROGRAM OF EVENTS

Open and Youth divisions shall be conducted in both male and female categories. Youth and Open divisions compete in events listed below.

Individual Events

- Beach Flags
- Board Race
- 90 m Beach Sprint
- Surf Swim

Team Events

- Board rescue
- Rescue Tube Rescue
- Canadian Ironguard Mixed Relay

ENTRY DEADLINE

Registration must be received by noon Tuesday, August 4th, 2026. Refunds will not be issued for clubs or competitors who do not show for the championships.

ENTRY FEES

The Competition fee (paid by all competitors) is \$75.00 plus tax.

REGISTRATION

All individuals and clubs must register prior to the championships in accordance with procedures established. Entry fees must be paid with team registration.

Clubs may enter unlimited number of competitors in each individual event.

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

Each completed registration must include the following:

- 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
Email: info@lifesavingnb.ca

SCORING

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

PLACE	POINTS
1 st Place	20
2 nd Place	18
3 rd Place	16
4 th Place	14
5 th Place	13
6 th Place	12
7 th Place	11
8 th Place	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 combined 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*. A copy of the *ILS Competition Rule Book* may be viewed or downloaded from [the Lifesaving Society New Brunswick website](#).

Beach Flags

See *ILS Competition Rule Book* Section 4.10.

Board Race

See *ILS Competition Rule Book* Section 4.17.

90 m Beach Sprint

See *ILS Competition Rule Book* Section 4.11.

Surf Swim

See *ILS Competition Rule Book* Section 4.5.

Board Rescue

See *ILS Competition Rule Book* Section 4.19.

Rescue Tube Rescue (2 person)

See *ILS Competition Rule Book* Section 4.7 with the exceptions bellow:

Teams will consist of two competitors.

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

Canadian Ironguard Mixed relay

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 Section 4 in the ILS Competition Rule Book, the following behaviour shall result in disqualification:

- 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.

EQUIPMENT AND HANDLERS

In the events requiring a handler, handlers must be identified as being from the same club of the athlete by wearing the same beanie as the competitor.

The following equipment must be provided by athletes or teams:

- Club beanies (handlers must also be wearing one)
- Pabbleboard
- Fins
- Club uniform for award presentations (recommended)

The competition host will provide the following equipment:

- Rescue tubes

NEW BRUNSWICK WATERFRONT LIFESAVING CHAMPIONSHIPS
SCHEDULE

Monday, August 11th 2025

TIME	ACTIVITY
8:00 a.m.	Officials and Competitors check-in
8:15 a.m.	Officials meeting and Coaches or Managers Meeting
8:30 a.m.	Opening Ceremony
8:45 a.m.	Marshalling
9:00 a.m.	90 m Beach Sprint Canadian Ironguard Mixed Relay Board Rescue Surf Swim
12:00 p.m.	Lunch
1:00 p.m.	Rescue Tube rescue Board Race Beach Flags
6:00 p.m.	Award Presentations

NEW BRUNSWICK POOL LIFESAVING 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 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
<i>(Coach)</i>		

Registration Form

Please use one form for each Affiliate or club (Type or BLOCK letters only).
Each completed registration must include this form along with Event Entries.

Contact Info

Club or Affiliate:	Coach Name:
Mailing Address:	City:
Province:	Postal Code:
Phone #:	Email:

Registration

Competitors	Price	Total
	@ \$86.25 (taxes included) per Competitor	

When submitting your registration form, please include a list of "team names," names (first and last), dates of birth, and member IDs of the competitors on those teams.

Payment Info

Payment: <input type="checkbox"/> Cheque <input type="checkbox"/> Affiliate Invoice	<input type="checkbox"/> Visa <input type="checkbox"/> Debit <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX
Affiliate number:	Credit Card #:
Expiry date:	CVV:
Cardholder's name:	Cardholder's signature:

Send to: Lifesaving Society New Brunswick **Attention:** 2026 Competition Registration

Email: info@lifesavingnb.ca

