



ONTARIO SENIOR & MASTERS LIFESAVING CHAMPIONSHIPS

Sanctioned by the Lifesaving Society

March 24, 2012 Town of Richmond Hill

This championship will be in accordance with the 2011 Edition of the *ILS Competition Manual* and the 2010 Edition of the *Canadian Competition Manual*. Anything not covered in these two manuals appears in this communiqué.

ELIGIBILITY AND RIGHT TO PARTICIPATE

Affiliate members must have current membership and be in good standing with the Lifesaving Society. Affiliate clubs must be recognized by the affiliate member or the club must be their own affiliate.

Any athlete under the age of 18 must have their parent sign the waiver form.

Award currency must be identified in *Find A Member* or by a temporary card.

Age categories

Masters: Masters age groups are: 30-39, 40-49, 50-59, 60 years and older.

PROGRAM OF EVENTS

For the 2012 Ontario Senior & Masters Lifesaving Championships, the following events shall be conducted in both male and female categories:

| Individual Events | Age Categories | | |
|-----------------------------|----------------|------|---------|
| | 16-19 years | Open | Masters |
| 100 m Obstacle Swim | √ | | √ |
| 200 m Obstacle Swim | | √ | |
| 100 m Manikin Tow with Fins | √ | √ | √ |
| 50 m Manikin Carry | √ | √ | √ |

| | | | |
|-------------------------------|--------------------|-------------|----------------|
| 100 m Super Lifesaver | √ | | √ |
| 200 m Super Lifesaver | | √ | |
| 100 m Manikin Carry with Fins | √ | √ | √ |
| Team Events | 16–19 years | Open | Masters |
| Line Throw | √ | √ | √ |
| 4 X 50 m Obstacle Relay | √ | √ | √ |
| 4 X 50 m Medley Relay | √ | √ | √ |
| 4 X 25 m Manikin Relay | √ | √ | √ |

ENTRY PROCEDURES

Changes in club composition or size prior to the championship

Club check-in for the Ontario Senior & Masters Lifesaving Championships is Saturday March 24th at 10:00 am.

EQUIPMENT

Equipment

The following equipment shall be provided for the championships:

- Lifesaving Society competition manikin
- Lifesaving Society rescue tubes
- Lifesaving Society obstacles
- Lifesaving Society line throw rope

SEEDING

All competitors shall be seeded together for each event based on entry times submitted with registration.

SCORING

Finals

Finals shall not be conducted for the Ontario Senior & Masters Lifesaving Championships. Final placing will be determined by the results in heats.

Point allocation

Competitors in the Ontario Senior & Masters Lifesaving Championships shall be allocated points as outlined in the following chart:

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

PROTESTS

Videotapes may not be used to protest a judge's ruling or score. Protests may be filed by the competitor, captain, team manager or coach.

AWARDS

Ontario Senior Lifesaving Championship

Individual awards shall be presented to the first three places in the final of all events in the 16-19 years and Open age categories. Event winners shall be recognized as Ontario Champions.

Top Point Getter: shall be presented to the top 3 female competitors and to the top 3 male competitors with the highest overall individual point scores. This award shall be presented in the 16-19 years and Open age categories. Competitors need not enter all events to qualify.

The Ontario club with the highest overall point score in the combined 16-19 years and Open categories shall be declared the Ontario Senior Lifesaving Champions and presented with an award.

Ontario Masters Lifesaving Championship

Individual awards shall be presented to the first three places in the final of all events within each master's age category (30-39, 40-49, 50-59, 60 years and older). Event winners shall be recognized as Ontario Champions.

Ontario Lifesaving Pool Championship

The Ontario Club/Affiliate with the highest overall point score shall be awarded the "Ontario Lifesaving Pool Championship". Scoring will be weighted 40% Junior, 50% Senior/Open, and 10% Master where the top

three results per club, per gender, per event will score for their designated clubs at all Pool Lifesaving Championships during the same year. This award will be announced following the final pool championship of the year.

Ontario Lifesaving Sport Club Championship

The Ontario Club/Affiliate with the highest overall point score shall be awarded the “Ontario Lifesaving Club Championship”. This award will be decided annually by accumulating all of the earned points of Junior, Senior and Master Competitors and teams for their designated clubs at all seven “Ontario Lifesaving Championships” during the same year (Ontario Junior Games – Pool and Waterfront, Ontario Lifeguard, Ontario Lifesaving Championships – Pool and Waterfront). This award will be announced following the final championship of the year.

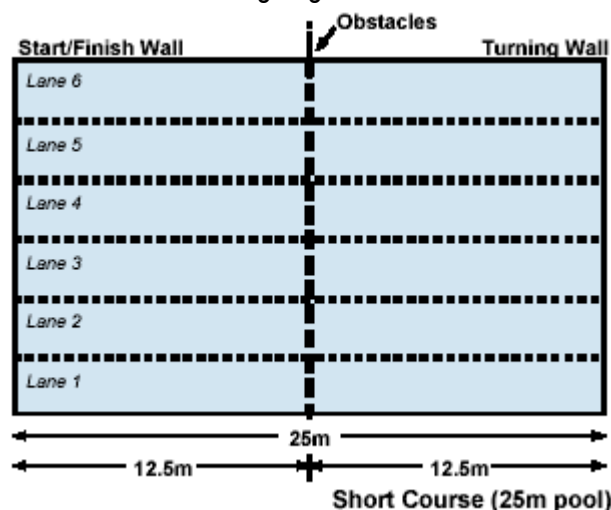
EVENTS

With the exceptions specified below, Ontario Senior & Masters Lifesaving Championships events are conducted according to the event rules found in Section 4 of the 2011 edition of the *International Life Saving Federation Competition Manual*. View or download the *ILS Competition Manual* at www.lifesavingsociety.com. Printed, bound copies are also available for purchase.

100 m and 200 m Obstacle Swim (Reference Event 4.7, ILS, pg. 58-59)

Equipment

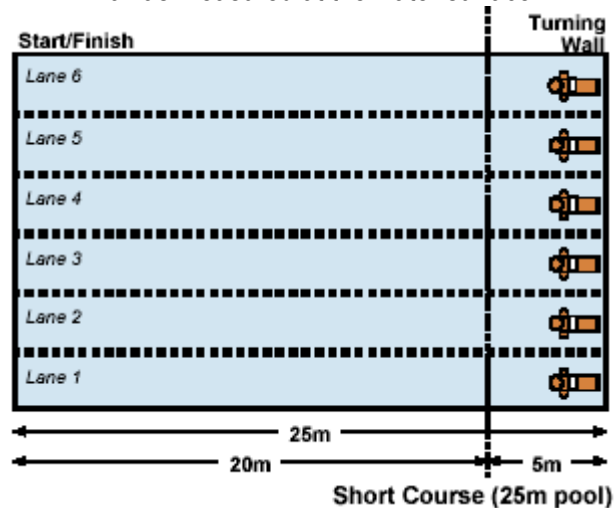
Obstacles: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The only obstacle is located 12.5m from the starting edge.



50 m Manikin Carry (Reference Event 4.8, ILS, pg. 60-61)

Equipment

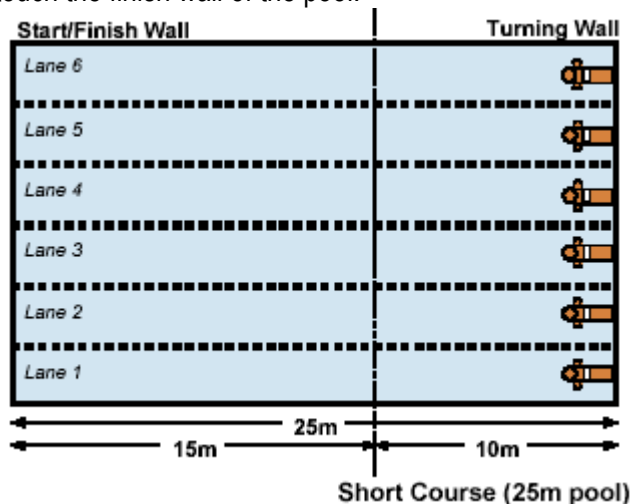
- ii) **Positioning the manikin (second paragraph):** The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.
- Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.



100 m Manikin Carry with Fins (Reference Event 4.10, ILS, pg. 64-65)

Event description

With a dive start on an acoustic signal, the competitor swims 75m freestyle wearing fins and then recovers a submerged manikin to the surface within 10m of the turn wall. The competitor carries the manikin to touch the finish wall of the pool.



100 m Manikin Tow with Fins (Reference Event 4.11, ILS, pg. 66-68)

Event description

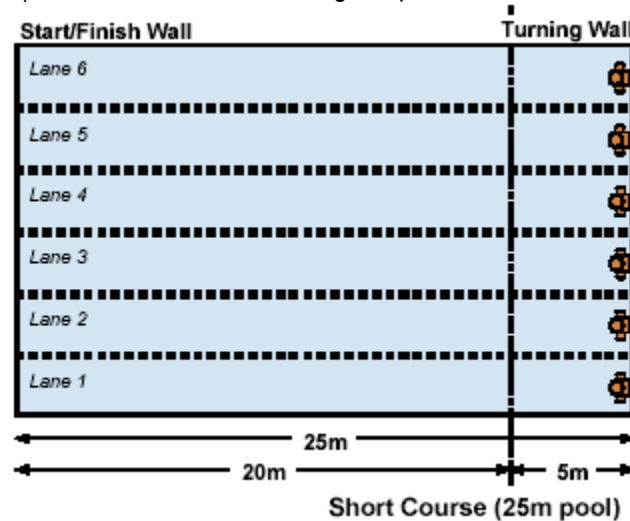
With a dive start on an acoustic signal, the competitor swims 75m freestyle with fins and rescue tube.

Equipment

- v) **Securing the manikin (second paragraph):** Competitors must complete the 75 m freestyle swim by touching the pool edge before touching the manikin.

Disqualification

- i) Taking assistance from any pool fitting (e.g. lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin – not including the bottom of the pool.
- vi) At 75 m, not touching the pool wall before touching the manikin.



100 m Super Lifesaver (Reference Event 4.12, ILS, pg. 69-72 and Commonwealth 2010, pg. 32)

Event Description

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 pick-up zone and carries it to the turn wall. After touching the wall, the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube and swims 25 m freestyle. After touching the wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish.

The event is complete when the competitor touches the finish wall of the pool.

Equipment

iii) ***Positioning the manikin for the carry (second paragraph):***

The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.

Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

vi) ***Donning tube and fins (second sentence):*** In the water, the competitor dons fins and rescue tube and swims 25 m freestyle.

Disqualification

- i) Taking assistance from any pool fitting (e.g. lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin – not including the bottom of the pool when surfacing the manikin and when securing the rescue tube around the manikin.
- x) At 75 m, not touching the pool wall before touching the manikin.

200 m Super Lifesaver (Reference Event 4.12, ILS, pg. 69-72)

Event Description (second paragraph)

In the water, the competitor dons fins and rescue tube and swims 75 m freestyle.

Equipment

iii) ***Positioning the manikin for the carry (second paragraph):***

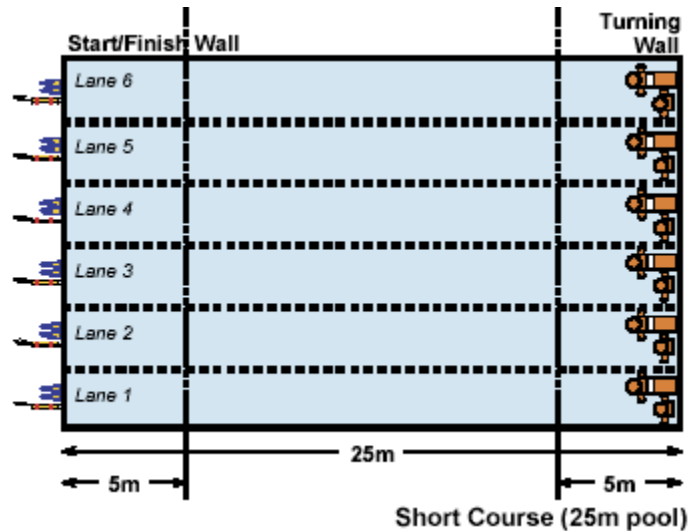
The manikin is positioned on its back in contact with the pool bottom and its base touching the pool wall, with its head in the direction of the finish.

Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

vi) ***Donning tube and fins (second sentence):*** In the water, the competitor dons fins and rescue tube and swims 25 m freestyle.

Disqualification

- i) Taking assistance from any pool fitting (e.g. lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin – not including the bottom of the pool when surfacing the manikin and when securing the rescue tube around the manikin.
- x) At 175 m, not touching the pool wall before touching the manikin.



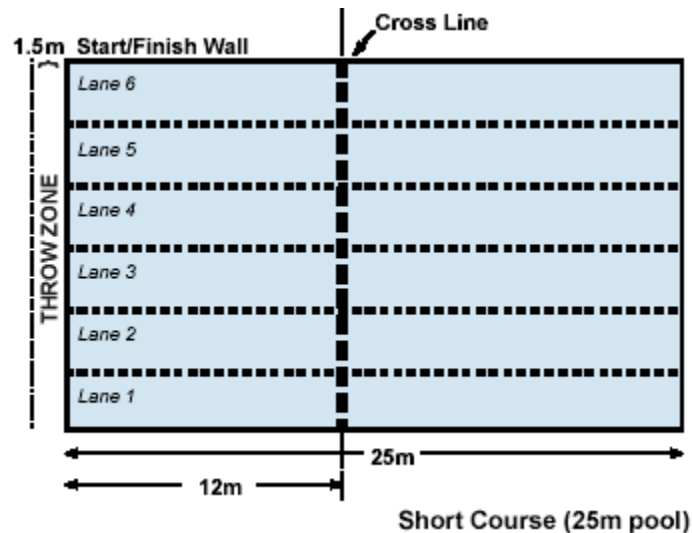
Line Throw (Reference Event 4.13, ILS, pg. 73-75)

Event Description

- ii) **Starting position (Second Paragraph):** The victim is in the centre of the lane on the near side of the rigid crossbar.
- vii) **Time limit:** Throwers must make a fair throw and tow the victim to the finish edge within **60** seconds.

Disqualification

- vi) Thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 60-second completion signal.
- vii) Victim exiting the water before the 60-second completion signal.



4 x 25 m Manikin Relay (Reference Event 4.14, ILS, pg. 76-78)

Event description

- i) **The first competitor** starts in the water holding a manikin with one hand (its mouth or nose above the surface) and the start wall or starting block with the other hand. On an acoustic signal, the competitor carries the manikin 25 m to touch the turn wall and passes the manikin to the second competitor who is in contact with the turn wall or starting block with at least one hand. The second competitor may touch the manikin only after the first competitor has touched the turn wall.
- ii) **The second competitor** carries the manikin 25 m to touch the turn wall and passes the manikin to the third competitor who is in contact with the turn wall or starting block with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the turn wall.
- iii) **The third competitor** carries the manikin 25 m to touch the turn wall and passes the manikin to the fourth competitor who is in contact with the turn wall or starting block with at least one hand. The fourth competitor may touch the manikin only after the third competitor has touched the turn wall.
- iv) **The fourth competitor**: completes the event by carrying the manikin 25 m to touch the finish wall with any part of the competitor's body.
- v) The first competitor must exit the water and remain in their lanes until the referee signals the completion of the event. All other competitors must remain in the water in their lanes until the

referee signals the completion of the event.

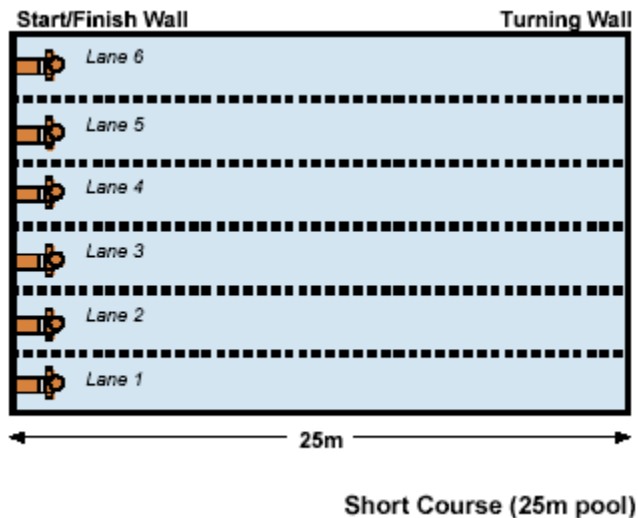
viii) The start zone and relay changeover zones shall be indicated by flags:

- At the start – 5 m from the pool wall
- At the turn wall – 5 m from the pool wall

Disqualification

iv) The manikin changing hands:

- Before or beyond the designated changeover zone
- Before the first, second or third competitor touches the pool wall
- Without the second, third or fourth competitor in touch with the pool wall



4 x 50 m Obstacle Relay (Reference Event 4.15, ILS, pg. 79-80)

Event description

With a dive entry on an acoustic signal, the first competitor swims 50 m freestyle passing under the obstacle twice.

Equipment

Obstacles: See Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. The only obstacle is located 12.5m from the starting wall.

4 x 50 m Medley Relay (Reference Event 4.16, ILS, pg. 81-83)

Disqualification

- vii) In addition, during the turn the competitor will not be judged on the rescue tube fully extended within the 5 m turning zone.

FOR MORE INFORMATION

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2012 CALENDAR

Ontario Senior Masters Lifesaving Championships – Pool
March 24, Richmond Hill

Ontario Junior Lifeguard Games – Pool
June 16, Tillsonburg

Ontario Lifeguard Championship – Senior Pool
August 4 & 5, Town of Markham

Ontario Junior Lifeguard Games – Waterfront
August 12, Toronto

Ontario Masters Lifesaving Championship –Waterfront
August 12, Toronto

Ontario Senior Lifesaving Championship –Waterfront
August 13 & 14, Toronto