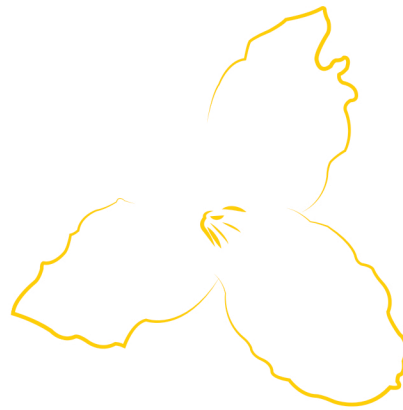


2013 edition

# Ontario Competition Manual

Rules, Standards and Procedures for Ontario Championships





**LIFESAVING SOCIETY**

*The Lifeguarding Experts*

## **ONTARIO COMPETITION MANUAL**

Rules, Standards and Procedures for Ontario Championships

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the address above.

The Lifesaving Society is Canada's lifeguarding expert. The Society  
works to prevent drowning and water-related injury through its training  
programs, Water Smart® public education, drowning research, aquatic  
safety management and lifesaving sport.

Annually, over 800,000 Canadians participate in the Society's swimming,  
lifesaving, lifeguard and leadership training programs. The Society sets  
the standard for aquatic safety in Canada and certifies Canada's National  
Lifeguards.

The Society is an independent, charitable organization educating  
Canadians since awarding its first Lifesaving Society Bronze Medallion in  
1896.

The Society represents Canada internationally as an active member of  
the Commonwealth Royal Life Saving Society and as Canada's Full  
Member in the International Life Saving Federation. The Lifesaving  
Society is the Canadian governing body for lifesaving sport – a sport  
recognized by the International Olympic Committee and the  
Commonwealth Games Federation.

LIFESAVING SOCIETY

# ONTARIO COMPETITION MANUAL

Rules, Standards and Procedures for Ontario Championships



LIFESAVING SOCIETY

*The Lifeguarding Experts*

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## INTRODUCTION

Lifesaving sport is an international athletic activity showcasing skills in lifesaving, swimming, running, throwing and paddling races, and in emergency response competition.

Lifesaving sport is the only sport whose skills are first learned for humanitarian purposes. Indeed, the promotion of competition was part of the Aims of the Lifesaving Society at its formation in 1891.

Through lifesaving sport, the Lifesaving Society seeks to engage and inspire youth in our drowning prevention mission.

In Ontario, lifesaving races were being organized in the 1930s. Local and regional lifeguard competitions were being organized in the 1960s and in 1970, the Society organized the first Ontario Lifeguard Championship hosted by the City of Mississauga. The first Canadian Lifeguard Championship followed in 1977 in Winnipeg.

Today, Canadians compete internationally in world and commonwealth championships, nationally in separate pool, surf and emergency response championships, and provincially in the following Ontario championships:

- Ontario Junior Lifeguard Games – Pool
- Ontario Junior Lifeguard Games – Waterfront
- Ontario Senior Lifesaving Championships – Pool
- Ontario Senior Lifesaving Championships – Waterfront
- Ontario Lifeguard Championships
- Ontario Masters Lifesaving Championships – Pool
- Ontario Masters Lifesaving Championships – Waterfront

In addition, the Society annually organizes the Junior Lifeguard TeleGames.

Details for Ontario championships and TeleGames are posted in “Lifesaving Sport” at [www.lifesavingsociety.com](http://www.lifesavingsociety.com).

## PREFACE TO THE FIRST EDITION

With the decision to adopt the international rules for events in Canadian and Ontario championships, it is not necessary that the Ontario manual reproduce the event descriptions, rules and procedures already outlined clearly in the widely available *ILS Competition Manual*.

The Lifesaving Society Canada's National Sport Commission is the governing body that sets national rules and procedures for events in Canada, which are outlined in the *Canadian Competition Manual*. Ontario Championships adhere to these rules and procedures. It is not necessary that the Ontario manual reproduce the event descriptions, rules and procedures already outlined clearly in the widely available *Canadian Competition Manual (CCM)*.

The *Ontario Competition Manual* presents information that is specific to Ontario championships but otherwise directs readers to the most recent edition of the ILS and CCM manuals.

Going forward, the revision of the Ontario manual will follow the two-year revision cycle of the ILS and CCM manuals.

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SECTION 1 – ONTARIO COMPETITION MANUAL  
**ONTARIO CHAMPIONSHIPS**



## Section 1 ONTARIO CHAMPIONSHIPS

### 1.1 THE ONTARIO CHAMPIONSHIPS

The Lifesaving Society shall authorize the following Ontario championships:

- Ontario Junior Lifeguard Games – Pool
- Ontario Junior Lifeguard Games – Waterfront
- Ontario Senior Lifesaving Championships – Pool
- Ontario Senior Lifesaving Championships – Waterfront
- Ontario Lifeguard Championships
- Ontario Masters Lifesaving Championships – Pool
- Ontario Masters Lifesaving Championships – Waterfront

All Ontario championships occur under the auspices of the Lifesaving Society Ontario which awards the championships to a Lifesaving Society Affiliate or Club.

#### Eligibility

Ontario 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 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.

Championship-specific eligibility requirements are outlined in the *Canadian Competition Manual* or individual Ontario championship sections following.

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

Award currency must be identified in *Find a Member* (at [www.lifesavingsociety.com](http://www.lifesavingsociety.com) or [www.findamember.ca](http://www.findamember.ca)) or by a temporary card.

Competitors from other countries may compete in Ontario championships or sanctioned competitions if endorsed (in writing) to do so by their

national lifesaving organization. These competitors represent their international club. They may become champions in individual, team award, or team events, but they are not eligible for Ontario championship club titles. Clubs composed of any non-Canadian members are deemed to be an international club and ineligible for Ontario championship club titles.

Competitors from other provinces may compete in Ontario championships or sanctioned competitions if endorsed (in writing) to do so by their provincial organization. These competitors represent their provincial club. They may become champions in individual, team award, or team events, but they are not eligible for Ontario championship club titles. Clubs composed of any non-Ontario members are deemed to be a national club and ineligible for Ontario championship club titles.

#### Management committee

For Ontario championships, the Lifesaving Sport Council shall appoint a Management Committee with jurisdiction over all matters not assigned by the rules to the referee or other officials. The Management Committee shall consist of the:

- Lifesaving Society Director (or designate)
- Chair of the host organizing committee (or the chair's appointee)
- Championship Meet Manager
- Championship Chief Referee
- Championship Safety Officer

The Lifesaving Sport Council has the authority to appoint others to the Management Committee as desired.

***Championship venue inspection:*** The Lifesaving Society Sport Council shall appoint a representative to inspect a prospective host venue for Ontario championships prior to awarding the championships. The Lifesaving Sport Council may waive this requirement if the venue was previously inspected.

***Responsibility for equipment:*** The Lifesaving Society in cooperation with the host organizing committee shall be responsible for the provision of all equipment and material required to establish and maintain courses and arenas for all championship events including:

- course markers for pool and surf events
- obstacles for pool events

The Lifesaving Society, in cooperation with the host organizing committee, shall also be responsible for the provision of the following equipment, which ***must be used by competitors***:

- batons for relay and Beach Flags events
- rescue manikins, obstacles, throw lines, targets, lifejackets and weights for pool events
- rescue tubes for pool and open water events

Spineboards and oxygen administration equipment will not be provided in an equipment pool for Ontario Lifeguard Championships. Any items shared with other teams/clubs can be placed in an equipment pool provided the teams/clubs do not mind other teams/clubs using their equipment. This equipment must be provided to event organizers at least thirty minutes prior to lock up to allow teams/clubs to inspect available equipment.

An equipment pool is not required for any other Ontario Championships.

## 1.2 PROGRAM OF EVENTS

The program of events for all Ontario championships shall be established by the Lifesaving Society Sport Council and announced not less than 90 days prior to the championship.

Events for Ontario championships are drawn from the international events outlined in the *ILS Competition Manual* which presents event descriptions, rules and procedures, the *Commonwealth Competition Manual*, and the *Canadian Competition Manual*. The Ontario Lifeguard Championships features events not included in the ILS or CCM manual (see Section 5). The Ontario Junior Lifeguard Games features events based on international events (see Sections 2 and 5).

Events not included in the *ILS Competition Manual*, the *Commonwealth Competition Manual* or the *Canadian Competition Manual* must be approved by the Lifesaving Sport Council at least 90 days prior to the first day of the championship concerned.

See Sections 2 through 6 for the complete program of events for Ontario Championships.

## 1.3 AWARDS

### Ontario Junior Lifeguard Games

The Ontario club with the highest overall point score shall be declared Ontario Junior Lifeguard Games Champions and presented with an award.



**Event winners:** Medals shall be presented to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place male and female event winners in each age group. Ribbons are awarded to those in 4<sup>th</sup> through 6<sup>th</sup> place, male and female in each age group. Event winners are recognized as Ontario Champions.

**Individual overall:** Medals shall be presented to the top 3 female competitors and to the top 3 male competitors with the highest overall individual point scores in each age category. Competitors need not enter all events to qualify.

### Ontario Senior Lifesaving Championships

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

**Event winners:** Individual awards shall be presented to the first three placing male and female event winners 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.

### Ontario Masters Lifesaving Championships

Within each Masters' age category (30–39 years, 40–49 years, 50–59 years, 60 plus years), individual awards shall be presented to the first three placing male and female event winners. Event winners shall be recognized as Ontario Champions.

A Masters club champion is neither declared nor awarded.

### Ontario Lifeguard Championships

Awards shall be presented to the first, second and third place teams in each event. Event winners shall be recognized as Ontario Champions.

Awards shall be presented to the first, second and third place teams in the Team Award.

The Ontario club with the highest overall point score shall be declared the Ontario Lifeguard Champions and presented with an award.

### Ontario Lifesaving Pool Champions

The Ontario club/affiliate with the highest overall point score shall be declared Ontario Lifesaving Pool Champions and presented with an award. Scoring will be weighted 40 % Junior, 50 % Senior/Open, and

10 % Masters 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 Waterfront Champions**

The Ontario club with the highest overall point score shall be declared Ontario Lifesaving Waterfront Champions and presented with an award. Scoring will be weighted 40 % Junior, 50 % Senior/Open, and 10 % Masters where the top three results per club, per gender, per event will score for their designated clubs at all Waterfront Lifesaving Championships during the same year. This award will be announced following the final waterfront championship of the year.

#### **Ontario Lifesaving Club Champions**

The Ontario club/affiliate with the highest overall point score shall be declared Ontario Lifesaving Club Champions and presented with an award. This award will be determined annually by accumulating all of the earned points of Junior, Senior and Masters 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/Lifesaving Championships – Pool and Waterfront). This award will be announced following the final championship of the year.

### **1.4 OFFICIALS**

The Lifesaving Sport Council shall have full control and authority over all aspects of competition for Ontario Championships.

The Lifesaving Sport Council shall appoint the following officials for Ontario Championships:

- Meet Manager
- Chief Referee
- Sectional Referees

The Meet Manager shall appoint all other officials for Ontario championships.

### **1.5 LANGUAGE INTERPRETATION**

French/English language interpreters shall not be provided at Ontario championships.

## 1.6 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.



SECTION 2 – ONTARIO COMPETITION MANUAL  
**ONTARIO JUNIOR LIFEGUARD GAMES – POOL**



**LIFESAVING SOCIETY**

*The Lifeguarding Experts*

## Section 2

### ONTARIO JUNIOR LIFEGUARD GAMES – POOL

With the exceptions specified below, Ontario Junior Lifeguard Games – Pool events are conducted according to the latest published edition of the *ILS Competition Manual* and the *Canadian Competition Manual*. View or download the manuals at [www.lifesavingsociety.com](http://www.lifesavingsociety.com). Printed, bound copies are also available for purchase.

#### 2.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

The Ontario Junior Lifeguard Games is an action-packed competition focused on personal best challenges and some serious fun for youth up to 16 years of age.

To be eligible to compete in the Ontario Junior Lifeguard Games, competitors shall:

- Be Canadian citizens or landed immigrants.
- Hold a Lifesaving Society award *or* be a member of a Lifesaving club *or* be registered in a Lifesaving Society training program.
- Meet the Lifesaving Society's Canadian Swim-to-Survive<sup>®</sup> standard (Roll entry; Tread water 1 minute; Swim 50 m).
- Be at least 7 years of age but less than 17 years of age as of the first day of the Games.

Age-group competitors may enter the Games as individuals or as members of a club. Competitors entered as an age-group club must be members of the same affiliated club or associated with the same Lifesaving Society Affiliate Member.

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

#### Divisions

Division	Age
Age group	16 years
Age group	14 & 15 years
Age group	12 & 13 years
Age group	10 & 11 years
Age group	9 years & under

#### Club composition

A club may consist of a minimum of 1 individual. There is no maximum number of competitors per club.

Clubs must identify a coach who will attend the coaches meeting and speak for the club in all matters related to the competition.

Impersonation or use of ineligible competitors will result in disqualification of the club from the championship.

## 2.2 PROGRAM OF EVENTS

For the Ontario Junior Lifeguard Games – Pool, the following events shall be conducted in both male and female categories:

	Divisions				
Individual Events	9 yr. & under	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.	16 yr.
Obstacle Swim	50 m	50 m	100 m	100 m	100 m
Object Carry	50 m 5 lb. weight	50 m 5 lb. weight	50 m 10 lb. weight	50 m 10 lb. weight	50 m 10 lb. weight
Throwing Accuracy	4 m	4 m	7 m	7 m	10 m
Manikin Tow with Fins	50 m	50 m	100 m	100 m	100 m
Lifesaving Medley	100 m	100 m	100 m	100 m	100 m

	Divisions	
Team Events	44 yr. or less	64 yr. or less
Obstacle Relay	100 m	200 m
Lifesaving Medley Relay	100 m	200 m
Entries are limited to one entry per age group, male and female, per club.		

**Manikin handlers:** A member of the competitor's club assists as manikin handler. With the referee's approval, non-club members may act as handlers, provided they are registered for the championships. Manikin handlers must wear a club cap matching their competitor.

## 2.3 UNIFORMS AND EQUIPMENT

### Swim caps

Club caps are not required to match. The manikin handler shall be wearing a club cap matching their competitor.

## Fins

Competitors must provide their own swim fins. Fins are measured while not worn. Fibreglass racing fins are not permitted. Swim fins used in competition shall comply with the following dimensions.

### **Age group swim fins:**

**Length:** maximum 60 cm, including “shoe” or ankle strap (ankle strap extended)

**Width:** maximum 21 cm at the widest point of the blade

## 2.4 SCORING

### Finals

Finals shall not be conducted in the Ontario Junior Lifeguard Games – Pool. Events will be scored as time-finals.

Clubs are allowed unlimited entries in events; however, only the top 3 placing entries score club points.

### Point allocation

Competitors in the Ontario Junior Lifeguard Games – Pool shall be allocated points as outlined in the following chart:

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

### Time penalty/Disqualification

**13 years and under:** Rule infractions will be allocated a 5 second time penalty. There may be more than one infraction by a competitor in an event. The time penalty/penalties will be recorded on the time card. The final posted time will recognize any time penalties.

**14–16 years:** Competitors who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.



## 2.5 OBSTACLE SWIM (50 m & 100 m)

(Reference: *ILS Competition Manual*, 4.7)

### Event description – 50 m short course

With a dive entry on an acoustic signal, the competitor swims the 50 m course passing 2 times under the immersed obstacles to touch the finish wall of the pool.

### Event description – 100 m short course

With a dive entry on an acoustic signal, the competitor swims the 100 m course passing 4 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 competitor’s head breaks the plane of the surface of the water.

Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

### Equipment

**Obstacles:** See *ILS Competition Manual*, Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Obstacles are 35 cm high and fixed at right angles onto lane ropes in a straight line across all lanes.

**Positioning obstacles in short course pools:** One obstacle is located 12.5 m from the starting edge.

### Time penalty/Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3 in the *ILS Competition Manual*, the following behaviour shall result in time penalty/disqualification:

- i) Passing over an obstacle without immediately returning over or under that obstacle and then passing under it.
- ii) Failure to surface after the dive entry or after a turn.
- iii) Failure to surface after each obstacle.
- iv) Failure to touch the wall during the turn.
- v) Failure to touch the finish wall.
- vi) Failure to complete the event as defined and described.

## 2.6 OBJECT CARRY (50 m)

(Reference: *ILS Competition Manual*, 4.8)

### Event description

With a dive entry or in-water start on an acoustic signal, the competitor swims 25 m to retrieve an object to the surface within 5 m of the turn wall. The competitor carries the object to touch the finish wall of the pool, for a total distance of 50 m. Competitors may retrieve objects dropped during the carry. Competitors who finish the event without the object shall be designated “Did Not Finish” (DNF).

Competitors need not touch the turn wall of the pool.

Competitors may push off the bottom when surfacing with the object.

### Positioning the object

The object is located at a maximum depth of 2 m. In water deeper than 2 m, the object shall be placed on a platform (or other support) to position it at the required depth.

The object is positioned in contact with the pool bottom touching the pool wall. Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the object 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.

### Surfacing with the object

Competitors may only push off the bottom when surfacing with the object. Walking along the bottom when surfacing with the object is not permitted.

### Carrying the object

Competitors must carry (not push) the object with at least one hand. The object when being carried may not be forward of the competitors head.

“Carrying the Object” judging criteria apply only when the competitor’s head passes the 5 m line.

### Time penalty/Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3 in the *ILS Competition Manual*, the following behaviour shall result in time penalty/disqualification:

- i) Taking assistance from any pool fitting (e.g., lane ropes, steps, drains or underwater hockey fittings) when surfacing with the object – not including the bottom of the pool.

- ii) Walking along the bottom when surfacing with the object.
- iii) Not having the object in the correct carrying position before the top of the competitor's head passes the 5 m line.
- iv) Using an incorrect carrying technique.
- v) Failure to touch the finish wall.
- vi) Failure to complete the event as defined and described.

**Note:** Competitors who finish the event without the object shall be designated “Did Not Finish” (DNF).

## 2.7 THROWING ACCURACY

### Event description

In this timed event, the competitor throws an unweighted line to hit a floating target 3 times within a 2 minute time limit.

**The start:** On the long whistle, competitors step into the throw zone and remain there. On the starter's “Take your marks” command, competitors immediately assume the starting position. When competitors are motionless, the starter gives the acoustic starting signal.

**Starting position:** Competitors stand facing the target, motionless with legs together and arms straight down and beside the body with 1 or 2 hands holding the line.

**On an acoustic starting signal:** Competitors throw and retrieve the line. The line may hit the target directly or be thrown past the target and pulled back to touch it. The event is finished when the competitor's line hits the floating target for the third time or the chief timer signals completion of the event. The competitor remains in the throw zone until the referee signals the completion of the race.

**Throw zone:** Competitors must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool wall until completion of the event. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion.

Competitors must keep at least one foot wholly within the throw zone. Competitors who exit the throw zone (as judged by both feet) prior to the 2 minute completion signal, shall be penalized/disqualified.

On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within the throw zone, any part of the competitor's body may touch or cross the throw zone line

without penalty. Any part of the competitor's feet may cross over the front of the "pool wall" of the throw zone without penalty.

Competitors may reach to retrieve a line dropped outside the throw zone as long as they maintain at least one foot wholly within the throw zone, and that there is not interference with another competitor. Competitors who enter (or fall into) the water shall be penalized/disqualified.

**Time limit:** Competitors must hit the target 3 times within 2 minutes. If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the 2-minute limit. Competitors who fail to hit the target 3 times within the time limit shall be designated as "Did Not Finish" (DNF).

### Equipment

**Throw line:** See *ILS Competition Manual*, Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Competitors 11 years and under shall use a line between 6 m and 7 m in length. Competitors 12 to 15 years shall use a line between 9 m and 10 m in length. Competitors 16 years shall use a line 16.5 m and 17.5 m in length.

Competitors must use the throw lines supplied by organizers.

**Target:** The target shall be a maximum of 50 cm x 50 cm x 50 cm plus or minus 2 cm. For junior competitors 11 years and under, the target is positioned 4 m from the starting end of the pool. For junior competitors 12 to 15 years, the target is positioned 7 m from the starting end of the pool. For junior competitors 16 years, the target is positioned 10 m from the starting end of the pool.

### Time penalty/Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3 in the *ILS Competition Manual*, the following behaviour shall result in time penalty/disqualification:

- i) Exiting the throw zone (as judged by both feet) at any time after the start and before the 2 minute completion signal.
- ii) Failure to complete the event as defined and described.

**Note:** Competitors who fail to hit the target 3 times within the time limit shall be designated as "Did Not Finish" (DNF).

## 2.8 MANIKIN TOW WITH FINS (50 m & 100 m)

(Reference: *ILS Competition Manual*, 4.11)

### Event description – 50 m short course

With a dive start on an acoustic signal, the competitor swims 25 m with fins and rescue tube. After touching the turn 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.

**For 11 yr. & under competitors:** the manikin is empty and fitted with a lifejacket. The competitor clips the loop on the lifejacket and tows the manikin to the finish.

### Event description – 100 m short course

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

**Manikin, fins, rescue tube:** See *ILS Competition Manual*, Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. The manikin is filled with water so that it floats with the top of its transverse line at the surface. For the 11 yr. and under Junior Lifeguard Games competitors, the manikin is empty and fitted with a lifejacket. Competitors must use the manikins and rescue tubes supplied by organizers.

**Positioning the manikin:** Before the start the manikin handler positions the manikin – vertically and facing the turn wall. For the placement of the manikin for the 11 and under Junior Lifeguard Games competitors, the manikin is placed with the base of the manikin against the wall, face up.

The handler releases the manikin immediately after the competitor touches the turn wall. The handler may not push the manikin toward the competitor or the finish wall.

The manikin handler shall be a member of the same club and shall be wearing a club cap matching their competitor.

**Securing the manikin:** After first touching the turn wall, the competitor then secures the manikin correctly with the rescue tube around the body and under both arms of the manikin, and clipped to an O-ring, within the 5 m pick-up zone. For the 11 yr. and under Junior Lifeguard Games competitors, after first touching the turn wall, the competitor secures the

manikin correctly by clipping the loop on the lifejacket, within the 5 m pick-up zone.

**Retrieving lost fins or manikin:** Competitors may retrieve fins or manikins lost after the start and continue without disqualification as long as the rules governing manikins are not violated (see 4.3 *Manikins* in the *ILS Competition Manual*). Competitors are not permitted to start again in another heat.

**Rescue tube defect:** If, in the opinion of the referee, the rescue tube, line and/or harness (belt) present a technical defect during the race, the referee may allow the competitor to repeat the race.

### Time penalty/Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3 in the *ILS Competition Manual*, the following behaviour shall result in time penalty/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 pool bottom.
- ii) Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall.
- iii) Manikin handler pushing the manikin towards the competitor or the finish wall.
- iv) Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall.
- v) Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
- vi) Not touching the pool wall before touching the manikin.
- vii) Incorrect securing of the rescue tube around the manikin (i.e. not around body and under both arms and clipped to an O-ring). For Junior Lifeguard Games competitors, 11 yr. and under, incorrect securing of the rescue tube on the loop on the lifejacket.
- viii) Not securing the rescue tube around the manikin within the 5 m pick-up zone, judged at the top of the manikin's head. For Junior Lifeguard Games competitors, 11 yr. and under, not securing the rescue tube on the loop on the lifejacket within the 5 m pick-up zone, judged at the top of the manikin's head.

- ix) The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.
- x) Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line (unless the competitor has stopped to re-secure the manikin).
- xi) Pushing or carrying, instead of towing, the manikin.
- xii) Not maintaining the manikin's mouth or nose above the surface (see 4.3 *Manikins* in the *ILS Competition Manual*).
- xiii) The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
- xiv) Touching the finish wall without the rescue tube and manikin in place.
- xv) Failure to touch the finish wall.
- xvi) Failure to complete the event as defined and described.

## 2.9 LIFESAVING MEDLEY (100 m)

### Event description – 100 m short course

With a dive entry on an acoustic signal, the competitor swims 25 m each of: front crawl, breaststroke, legs-only lifesaving kick, and back crawl to touch the finish wall of the pool.

Competitors must swim the 4 legs of the individual medley in the order of strokes specified.

Competitors must swim front crawl, breaststroke, and back crawl as defined in the *Canadian Lifesaving Manual*.

Lifesaving kick is legs only and competitors must use whip kick, eggbeater, or scissor or inverted scissor kick as described in the *Canadian Lifesaving Manual*. Flutter kick is not an acceptable lifesaving kick. Body position is on back or side. Arms may not be used for propulsion, but may be held in the position of the competitor's choice and may be used to turn at the pool wall.

### Time penalty/Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3 in the *ILS Competition Manual*, the following behaviour shall result in time penalty/disqualification:

- i) Incorrect strokes.
- ii) Not surfacing within 12.5 m after the start and each turn.

- iii) Failure to touch the wall during the turn
- iv) Failure to touch the finish wall.
- v) Touching the pool bottom or pulling the lane divider.
- vi) Failure to complete the event as defined and described.

## 2.10 OBSTACLE RELAY (4 x 25 m & 4 x 50 m)

(Reference: *ILS Competition Manual*, 4.15)

### Relay age group 44 years or less

With a dive entry or in-water start on an acoustic signal, the first competitor swims 25 m passing under one obstacle. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn. Competitors starting in the shallow end or into shallow water must use an in-water start.

### Relay age group 64 years or less

With a dive entry or in-water start on an acoustic signal, the first competitor swims 50 m passing under two obstacles. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn. Competitors starting in the shallow end or into shallow water must use an in-water start.

Competitors must surface after the start, before the first obstacle, and after passing under each obstacle. Competitors may push off the pool bottom when surfacing from under the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.

Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first, second and third competitors may not re-enter the water.

### Equipment

**Obstacles:** Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes and extend 35 cm/14 inches below the surface.

**Positioning obstacles for short course (25 m) pools:** One obstacle is located 12.5 m from the starting edge.



### Time penalty/Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3 in the *ILS Competition Manual*, the following behaviour shall result in time penalty/disqualification:

- i) Passing over an obstacle and not immediately returning over or under that obstacle and then passing under it.
- ii) Failure to surface after each dive entry or in-water start or after a turn.
- iii) Failure to surface after each obstacle.
- iv) Failure to touch the wall during the turn.
- v) Leaving the start before the previous competitor has touched the wall.
- vi) Failure to touch the finish wall.
- vii) A competitor re-entering the water after completing his or her leg of the relay.
- viii) One competitor repeating two or more legs of the event.
- ix) Failure to complete the event as defined and described.

## 2.11 LIFESAVING MEDLEY RELAY (4 x 25 m & 4 x 50 m)

### Relay age group 44 years or less

With a dive entry or in-water start on an acoustic signal, the first competitor swims the 25 m front crawl portion of the relay. After the first competitor touches the turn wall the second competitor swims the 25 m breaststroke portion of the relay. After the second competitor touches the turn wall the third competitor swims the 25 m legs-only lifesaving kick portion of the relay. After the third competitor touches the turn wall the fourth competitor swims the 25 m back crawl portion of the relay. The fourth competitor swims to touch the finish wall. Competitors starting in the shallow end or into shallow water must use an in-water start.

### Relay age group 64 years or less

With a dive entry or in-water start on an acoustic signal, the first competitor swims the 50 m front crawl portion of the relay. After the first competitor touches the turn wall the second competitor swims the 50 m breaststroke portion of the relay. After the second competitor touches the turn wall the third competitor swims the 50 m legs-only lifesaving kick portion of the relay. After the third competitor touches the turn wall the fourth competitor swims the 50 m back crawl portion of the relay. The

fourth competitor swims to touch the finish wall.

The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first, second and third competitors may not re-enter the water.

Competitors must swim front crawl, breaststroke, and back crawl as defined in the *Canadian Lifesaving Manual*.

Lifesaving kick is legs-only and competitors must use whip kick, eggbeater, or scissor or inverted scissor kick as described in the *Canadian Lifesaving Manual*. Flutter kick is not an acceptable lifesaving kick. Body position is on back or side. Arms may not be used for propulsion, but may be held in the position of the competitor's choice and may be used to turn at the pool edge.

#### Time penalty/Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 4.1 through 4.3 in the *ILS Competition Manual*, the following behaviour shall result in time penalty/disqualification:

- i) Incorrect strokes.
- ii) Not surfacing within 12.5 m after the start and each turn.
- iii) Failure to touch the wall during the turn
- iv) Failure to touch the finish wall.
- v) Touching the pool bottom or pulling the lane divider.
- vi) Leaving the start before the previous competitor has touched the wall.
- vii) Failure to complete the event as defined and described.

SECTION 3 – ONTARIO COMPETITION MANUAL  
**ONTARIO LIFESAVING CHAMPIONSHIPS – POOL**



### Section 3

## ONTARIO LIFESAVING CHAMPIONSHIPS – POOL

With the exceptions specified below, Ontario Lifesaving Championships – Pool events are conducted according to the latest published edition of the *ILS Competition Manual* and the *Canadian Competition Manual*. View or download the manuals at [www.lifesavingsociety.com](http://www.lifesavingsociety.com). Printed, bound copies are also available for purchase.

### 3.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

#### Divisions

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

### 3.2 PROGRAM OF EVENTS

For the Ontario Lifesaving Championships – Pool, the following events shall be conducted in both male and female categories:

	Divisions		
Individual Events	16-19 years	Open	Masters
100 m Obstacle Swim	√	NA	√
200 m Obstacle Swim	NA	√	NA
50 m Manikin Carry	√	√	√
100 m Manikin Carry with Fins	√	√	√
100 m Manikin Tow with Fins	√	√	√
100 m Super Lifesaver	√	NA	√
200 m Super Lifesaver	NA	√	NA
Team Events	16-19 years	Open	Masters
Line Throw	√	√	√
4 X 25 m Manikin Relay	√	√	√
4 X 50 m Obstacle Relay	√	√	√
4 X 50 m Medley Relay	√	√	√

### Masters

Pool individual events and Line Throw are conducted in age groups. In Line Throw, the two-person team shall compete in the age group of the younger competitor. Pool four-person team events will be conducted in one category with no age groups.

## 3.3 SEEDING

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

## 3.4 SCORING

### Finals

Finals shall not be conducted in the Ontario Lifesaving Championships – Pool. Events will be scored as time-finals.

### Point allocation

Competitors in the Ontario Lifesaving Championships – Pool shall be allocated points as outlined in the following chart:

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

## 3.5 OBSTACLE SWIM (100 m & 200 m)

(Reference: *ILS Competition Manual*, 4.7)

### Equipment

**Obstacles:** See *ILS Competition Manual*, 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 12.5 m from the starting edge.

### 3.6 MANIKIN CARRY (50 m)

(Reference: *ILS Competition Manual*, 4.8)

#### 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.

### 3.7 MANIKIN CARRY WITH FINS (100 m)

(Reference: *ILS Competition Manual*, 4.10)

#### Event description

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

### 3.8 MANIKIN TOW WITH FINS (100 m)

(Reference: *ILS Competition Manual*, 4.11)

#### Event description

With a dive start on an acoustic signal, the competitor swims 75 m 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.

### 3.9 SUPER LIFESAVER (100 m)

(Reference: *ILS Competition Manual*, 4.12; *Canadian Competition Manual*, 3.7)

#### 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.

### 3.10 SUPER LIFESAVER (200 m)

(Reference: *ILS Competition Manual*, 4.12)

#### 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.

## 3.11 LINE THROW

(Reference: *ILS Competition Manual*, 4.13)

### 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.

## 3.12 MANIKIN RELAY (4 x 25 m)

(Reference: *ILS Competition Manual*, 4.14)

### 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) Only the incoming and outgoing competitors may be in the water. Other competitors must exit the water.
- vi) Only the incoming and outgoing competitors may participate in the manikin exchange. The incoming competitors may assist outgoing competitors, but only as long as the manikin's head remains within the changeover zones.
- vii) Competitors may not release the manikin until the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin.)
- 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
- ix) Competitors may push off the pool bottom in the relay changeover zone.
- x) At the start, competitors are not judged on “carrying the manikin” criteria within the start zone. Carrying the manikin criteria do apply within the finish zone at the end of the relay.
- xi) Competitors are not judged on “carrying the manikin” criteria within the changeover zones at 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

### 3.13 OBSTACLE RELAY (4 x 50 m)

(Reference: *ILS Competition Manual*, 4.15)

#### 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 *ILS Competition Manual*, 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 12.5 m from the starting wall.

### 3.14 MEDLEY RELAY (4 x 50 m)

(Reference: *ILS Competition Manual*, 4.16)

#### Equipment

- iv) **Towing the victim:** The line of the rescue tube must become fully extended as soon as possible and before the top of the victim's head passes the 10 m line.

#### Disqualification

- vii) The fourth competitor towing the victim with the line of the rescue tube not becoming fully extended before the top of the victim's head passes the 10 m line. Competitors will not be judged on the tube being fully extended during the turn.

SECTION 4 – ONTARIO COMPETITION MANUAL

# ONTARIO LIFEGUARD CHAMPIONSHIPS



LIFESAVING SOCIETY

*The Lifeguarding Experts*

## Section 4

### ONTARIO LIFEGUARD CHAMPIONSHIPS

With the exceptions specified below, Ontario Lifeguard Championships events are conducted according to the latest published edition of the *ILS Competition Manual* and the *Canadian Competition Manual*. View or download the manuals at [www.lifesavingsociety.com](http://www.lifesavingsociety.com). Printed, bound copies are also available for purchase.

#### 4.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

**Composition of a team:** Competitors enter the Ontario Lifeguard Championships events only as members of a team, not as individuals.

For simulated emergency response events, a team must consist of three or four competitors. Teams may consist of any combination of males or females. Teams may not increase the number of competitors beyond four. A team with fewer than three competitors will not be eligible to compete in heats or finals of any event. Members of teams in each event may change. Team composition must remain the same for heats and finals.

For relay events, a team must consist of four competitors, two males and two females. Teams may not increase the number of competitors beyond four. A team with fewer than four competitors will not be eligible to compete in any relay event. Members of teams in each event may change.

#### 4.2 PROGRAM OF EVENTS

The following events will be conducted:

Simulated Emergency Response Events	Relay Events
First Aid	4 x 50 m Obstacle Relay
Water Rescue	4 x 50 m Medley Relay
Priority Assessment	4 x 25 m Manikin Relay
	4 x 12 m Line Throw Relay
	4 x 50 m Lifeguard Skills Relay

**Team Award:** The Team Award is composed of eight events – First Aid, Water Rescue, Priority Assessment, Obstacle Relay, Medley Relay, Manikin Relay, Line Throw Relay and Lifeguard Skills Relay.

The Team Award is completed by the same four competitors who must enter and complete all eight events. Participation by a fifth or additional team member shall result in disqualification of the team from the Team Award. The Team Award team must consist of two males and two females. Disqualification from one event (see Section 3.6 *ILS Competition Manual*) shall not result in disqualification from the Team Award.

### 4.3 ENTRY PROCEDURES

#### Entry times

Times are required to be submitted for relay events. Teams shall be seeded according to the entry times.

### 4.4 SCORING

#### Finals in relay events

Finals need not be conducted for Ontario Championships. Final placing will be determined by the results in heats.

#### Point allocation

Competitors in the Ontario Lifeguard Championships shall be allocated points (see following chart) in the following events: Obstacle Relay, Medley Relay, Manikin Relay and Line Throw Relay.

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

### Point allocation

Competitors in the Ontario Lifeguard Championships shall be allocated points (see following chart) in the following events: First Aid, Water Rescue and Priority Assessment.

Place	Points	Place	Points	Place	Points	Place	Points
1 <sup>st</sup>	80	5 <sup>th</sup>	52	9 <sup>th</sup>	32	13 <sup>th</sup>	16
2 <sup>nd</sup>	72	6 <sup>th</sup>	48	10 <sup>th</sup>	28	14 <sup>th</sup>	12
3 <sup>rd</sup>	64	7 <sup>th</sup>	44	11 <sup>th</sup>	24	15 <sup>th</sup>	8
4 <sup>th</sup>	56	8 <sup>th</sup>	40	12 <sup>th</sup>	20	16 <sup>th</sup>	4

#### 4.5 FIRST AID EVENT

(Reference: *Canadian Competition Manual*, 4.8)

##### Event description

Teams will provide assessments, treatments, scene management and call for the required assistance within a time limit of 4–6 minutes.

##### Team equipment

Teams are responsible for providing their own first aid supplies and equipment.

#### 4.6 WATER RESCUE EVENT

(Reference: *Canadian Competition Manual*, 4.9)

##### Event description

On the acoustic starting signal, teams will lifeguard for 4–6 minutes during which they are required to deal with all incidents.

**Clearing the pool:** There will be no clearing of the pool by teams.

#### 4.7 PRIORITY ASSESSMENT EVENT

(Reference: *ILS Competition Manual*, Section 6)

#### 4.8 OBSTACLE RELAY (4 x 50 m)

(Reference: *ILS Competition Manual*, 4.15)

##### Event description

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

## Equipment

**Obstacles:** See *ILS Competition Manual*, 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 12.5 m from the starting edge.

### 4.9 MANIKIN RELAY (4 x 25 m)

(Reference: *ILS Competition Manual*, 4.14)

#### 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) Only the incoming and outgoing competitors may be in the water. Other competitors must exit the water.
- vi) Only the incoming and outgoing competitors may participate in the manikin exchange. The incoming competitors may assist outgoing competitors, but only as long as the manikin's head remains within the changeover zones.
- vii) Competitors may not release the manikin until the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin.)

- 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
- ix) Competitors may push off the pool bottom in the relay changeover zone.
- x) At the start, competitors are not judged on “carrying the manikin” criteria within the start zone. Carrying the manikin criteria do apply within the finish zone at the end of the relay.
- xi) Competitors are not judged on “carrying the manikin” criteria within the changeover zones at the pool wall.

#### Disqualification

- v) 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

### 4.10 MEDLEY RELAY (4 x 50 m)

(Reference: *ILS Competition Manual*, 4.16)

#### Equipment

- iv) **Towing the victim:** The line of the rescue tube must become fully extended as soon as possible and before the top of the victim’s head passes the 10 m line.

#### Disqualification

- vii) The fourth competitor towing the victim with the line of the rescue tube not becoming fully extended before the top of the victim’s head passes the 10 m line. Competitors will not be judged on the tube being fully extended during the turn.

### 4.11 LINE THROW RELAY

(Reference: *ILS Competition Manual*, 4.13)

#### Event description

**The first competitor.** throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 12 m distance. The first competitor pulls this second competitor “victim”



back to the finish wall of the pool. Once the second competitor has touched the pool wall the first competitor releases the line and enters the water to wait on the far side of the cross bar to act as a “victim” for the fourth competitor.

***The second competitor:*** throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 12 m distance. The second competitor pulls this third competitor “victim” back to the finish wall of the pool. Once the third competitor has touched the pool wall the second competitor may leave the throw zone.

***The third competitor:*** throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 12 m distance. The third competitor pulls this fourth competitor “victim” back to the finish wall of the pool. Once the fourth competitor has touched the pool wall the third competitor may leave the throw zone.

***The fourth competitor:*** throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 12 m distance. The fourth competitor pulls this first competitor “victim” back to the finish wall of the pool.

***The start:*** On the long whistle, the first competitor steps into the throw zone. The first competitor “thrower” holds one end of the throw line. The second competitor “victim” takes the line, enters the water and extends the surplus line over and beyond the crossbar in the allotted lane. The third and fourth competitors position themselves in the water on the far side of the cross bar.

On the starter’s “Take your marks” command, the first competitor “thrower” and second competitor “victim” immediately assumes the starting position. When the first and second competitors are motionless, the starter gives the acoustic starting signal.

***Starting position:*** The first competitor “thrower” stands facing the second competitor “victim”, motionless with legs together and arms straight down and beside the body. The end of the throw line is held in one hand.

The second competitor “victim” is in the centre of the lane on the near side of the rigid cross bar. The second competitor “victim” holds (with one or two hands) both the throw line and the designated spot on the cross bar. The third and fourth competitors position themselves in the water on the far side of the cross bar.

***On an acoustic starting signal:*** The first competitor “thrower” retrieves the line, throws the line back to the second competitor “victim” and pulls him or her through the water until the second competitor “victim” touches the pool wall.

When the second competitor “victim” releases the rigid cross bar the third competitor “victim” will hold with one hand the designated spot on the near side of the rigid cross bar cross bar.

When the second competitor “victim” touches the pool wall, the first competitor releases the throw line and enters the water, in their designated lane, to wait on the far side of the cross bar to act as a “victim” for the fourth competitor.

When the second competitor “victim” touches the pool wall, he or she will exit the water, within their designated lane and assume the role of the thrower.

The second competitor “thrower” retrieves the line, throws the line back to the third competitor “victim” and pulls him or her through the water until the third competitor “victim” touches the pool wall.

When the third competitor “victim” releases the rigid cross bar the fourth competitor “victim” will hold with one hand the designated spot on the near side of the rigid cross bar cross bar.

When the third competitor “victim” touches the pool wall, the second competitor releases the throw line and may leave throw zone.

When the third competitor “victim” touches the pool wall, he or she will exit the water, within their designated lane and assume the role of the thrower.

The third competitor “thrower” retrieves the line, throws the line back to the fourth competitor “victim” and pulls him or her through the water until the fourth competitor “victim” touches the pool wall.

When the fourth competitor “victim” releases the rigid cross bar the first competitor “victim” will hold with one hand the designated spot on the near side of the rigid cross bar cross bar.

When the fourth competitor “victim” touches the pool wall, the third competitor releases the throw line and may leave throw zone.

When the fourth competitor “victim” touches the pool wall, he or she will exit the water, within their designated lane and assume the role of the thrower.

The fourth competitor “thrower” retrieves the line, throws the line back to the first competitor “victim” and pulls him or her through the water until the first competitor “victim” touches the finish wall.

The first competitor “victim” remains in the water and the fourth competitor “thrower” remains in the throw zone until the referee signals the completion of the event.

There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.

**Fair throw** (Reference: *ILS Competition Manual*, 4.13.1)

**Pull through the water** (Reference: *ILS Competition Manual*, 4.13.1)

**Throw zone:** Competitors performing the role of the “thrower” or “victim” must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool edge. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion.

Competitors performing the role of the “thrower” must keep at least one foot wholly within the throw zone. Competitors performing the role of the “thrower” who exit the throw zone (as judged by both feet) while pulling the victim or prior to the 3 minute completion signal, shall be disqualified.

On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within the throw zone, any part of the competitor’s body may touch or cross the throw zone line without penalty when performing the role of the “thrower”. Any part of the competitor’s feet may cross over the front of the “pool edge” of the throw zone without penalty, when performing the role of the “thrower”.

Competitors performing the role of the “thrower” who enter (or fall into) the water shall be disqualified.

**Time limit:** Competitors must make a fair throw and tow the victim to the finish edge within 3 minutes. If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the 3 minute limit. Competitors who fail to get the victim to the finish edge before the 3 minute completion signal shall be designated as “Did Not Finish” (DNF).

**Equipment** (Reference: *ILS Competition Manual*, 4.13.2)

**Judging** (Reference: *ILS Competition Manual*, 4.13.3)

**Disqualification** (Reference: *ILS Competition Manual*, 4.13.4)

- i) Competitors performing the role of “thrower” exiting the throw zone (as judged by both feet). Fourth competitor when performing the role of the “thrower” exiting the throw zone (as judged by both feet) at any time after the start and before the 3 minute completion signal.
- ii) First competitor when performing the role of “victim” exiting the water before the 3 minute completion signal.

#### 4.12 LIFEGUARD SKILLS RELAY (4 x 50 m)

##### Event description

With an in-water start on an acoustic signal, the first competitor submerges and swims underwater past an obstacle located 15 m from the starting wall. After passing under the obstacle, the competitor immediately surfaces and swims to the turn wall and back to the obstacle. After passing under the obstacle for the second time the first competitor uses a head-up approach to the second competitor who is located past the 5 m mark from the starting wall, treading water. The first competitor carries the second competitor back to the starting wall using any carry that maintains the second competitor's head out of the water.

The competitor to be carried may enter the water after the previous competitor has passed the 5 m mark in the start zone.

Once the first competitor touches the wall, the second competitor submerges and swims underwater past an obstacle located 15 m from the starting wall. The first competitor exits the water and the third competitor enters the water to get into position past the 5 m mark from the starting wall.

This process is repeated with the third competitor carrying the fourth competitor, and the race is finished with the fourth competitor carrying the first competitor.

Competitors must surface after passing under the obstacle and after a turn prior to passing under an obstacle.

##### Carrying the competitor

Where a competitor is carried, the competitor (as victim) is presumed to be breathing. Competitors must carry the victim while maintaining their head out of the water. The victim's head must be in an upright position and the jawline and back of head is out of the water.

In judging, officials should focus on the head of the victim. The head must be maintained above the water.

Victims must be in position before the competitor has passed under the obstacle for the second time.

The victim is to be carried in water deep enough that the competitor is not touching the pool bottom.

At no time during the carry, may the victim assist by kicking and/or sculling.

## Equipment

**Obstacles:** Obstacles are fixed at right angles on lane ropes in a straight line across all lanes. The obstacle is positioned 15 m from the starting wall (10 m from the turning wall).

## Disqualification

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

- i) Surfacing between the starting wall and the obstacle.
- ii) Failure to surface immediately after passing underneath the obstacle and before the turn wall.
- iii) Failure to touch the wall during the turn.
- iv) Failure to surface after the turn wall and before the obstacle.
- v) Failure to surface after the obstacle and before the victim.
- vi) Failure to swim a recognizable head-up approach.
- vii) Failure of the victim to remain at least 5 m away from the starting wall during the competitors approach.
- viii) Failure to maintain the victim's head out of the water for the duration of the carry.
- ix) Releasing the victim before touching the wall.
- x) The victim assisting the rescuer during the carry and in maintaining their head out of the water.
- xi) Leaving the start before the previous competitor has touched the wall.
- xii) One competitor repeating two or more legs of the event.



SECTION 5 – ONTARIO COMPETITION MANUAL

# ONTARIO JUNIOR LIFEGUARD GAMES – WATERFRONT



LIFESAVING SOCIETY

*The Lifeguarding Experts*

## Section 5

### ONTARIO JUNIOR LIFEGUARD GAMES – WATERFRONT

With the exceptions specified below, Ontario Junior Lifeguard Games – Waterfront Lifesaving Championships events are conducted according to the latest published edition of the *ILS Competition Manual* and the *Canadian Competition Manual*. View or download the manuals at [www.lifesavingsociety.com](http://www.lifesavingsociety.com). Printed, bound copies are also available for purchase.

#### 5.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

The Ontario Junior Lifeguard Games is an action-packed competition focused on personal best challenges and some serious fun for youth up to 16 years of age.

To be eligible to compete in the Ontario Junior Lifeguard Games, competitors shall:

- Be Canadian citizens or landed immigrants.
- Hold a Lifesaving Society award or be a member of a Lifesaving Club or be registered in a Lifesaving Society training program.
- Meet the Lifesaving Society's Canadian Swim-to-Survive® standard (Roll entry; Tread water 1 minute; Swim 50 m).
- Be at least 7 years of age but less than 17 years of age as of the first day of the Games.

Age-group competitors may enter the Games as individuals or as members of a club. Competitors entered as an age-group club must be members of the same affiliated club or associated with the same Lifesaving Society Affiliate Member.

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

#### Divisions

Division	Age
Age group	16 years
Age group	14 & 15 years
Age group	12 & 13 years
Age group	10 & 11 years
Age group	9 years & under



### Club composition

A club may consist of a minimum of 1 individual. There is no maximum number of competitors per club.

Clubs must identify a coach who will attend the coaches meeting and speak for the club in all matters related to the competition.

Impersonation or use of ineligible competitors will result in disqualification of the club from the championship.

## 5.2 PROGRAM OF EVENTS

For the Ontario Junior Lifeguard Games – Waterfront, the following events shall be conducted in both male and female categories:

	Divisions				
Individual Events	9 yr. & under	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.	16 yr.
Beach Flags	20 m	20 m	20 m	20 m	20 m
Beach Run	500 m	500 m	1500 m	1500 m	1500 m
Board Race	200 m	200 m	400 m	400 m	400 m
Junior Iron Guard	100 m 400 m 200 m	100 m 400 m 200 m	200 m 800 m 400 m	200 m 800 m 400 m	200 m 800 m 400 m
Surf Race	100 m	100 m	200 m	200 m	200 m

Team Events	44 years or less	64 years or less
Junior Iron Guard Relay	100 m – 400 m – 200 m – 50 m	200 m – 800 m – 400 m – 50 m
Entries are limited to one entry per age group, male and female, per club.		

## 5.3 UNIFORMS AND EQUIPMENT

### Swim caps

Competitors shall wear swim caps in each event. The use of such caps assists in identification of competitors and in event judging. Club caps are not required to match.

## 5.4 SCORING

### Finals

Finals need not be conducted for Ontario championships. Final placing will be determined by the results in heats.

Clubs are allowed unlimited entries in events; however, only the top 3 placing entries score club points.

### Point allocation

Competitors in the Ontario Junior Lifeguard Games shall be allocated points as outlined in the following chart:

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

### Placing penalty/Disqualification

**9 years and under:** A warning shall be given to any rule infraction by a competitor.

**10–13 years:** Rule infractions will be allocated a placing penalty. There may be more than one infraction by a competitor in an event. The placing penalty will be recorded. The final posting will recognise any placing penalties.

**14–16 years:** Competitors who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.

## 5.5 BEACH RUN

(Reference: *ILS Competition Manual*, 5.12)

### Event description – 500 m

Competitors 11 years of age and under, race 500 m on the beach in one 500 m leg as follows:

On the starting signal, competitors race 500 m to cross the finish line.

### Event description – 1500 m

Competitors 12–16 years of age, race 1500 m on the beach in three 500 m legs as follows:

On the starting signal competitors race along the left side of the lane to round (clockwise or right hand in) the turning pole 500 m distant, and return 500 m toward the starting pole.

Competitors round this pole (clockwise or right hand in) and then race back 500 m to cross the finish line.

**Note:** The leg distances may vary due to environmental conditions.

### Placing penalty/Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3 in the *ILS Competition Manual*, the following behaviour shall result in penalty/disqualification.

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

## 5.6 BOARD RACE

(Reference: *ILS Competition Manual*, 5.16)

### The course

The course layout shall be as detailed in the Board Race diagram (next page).

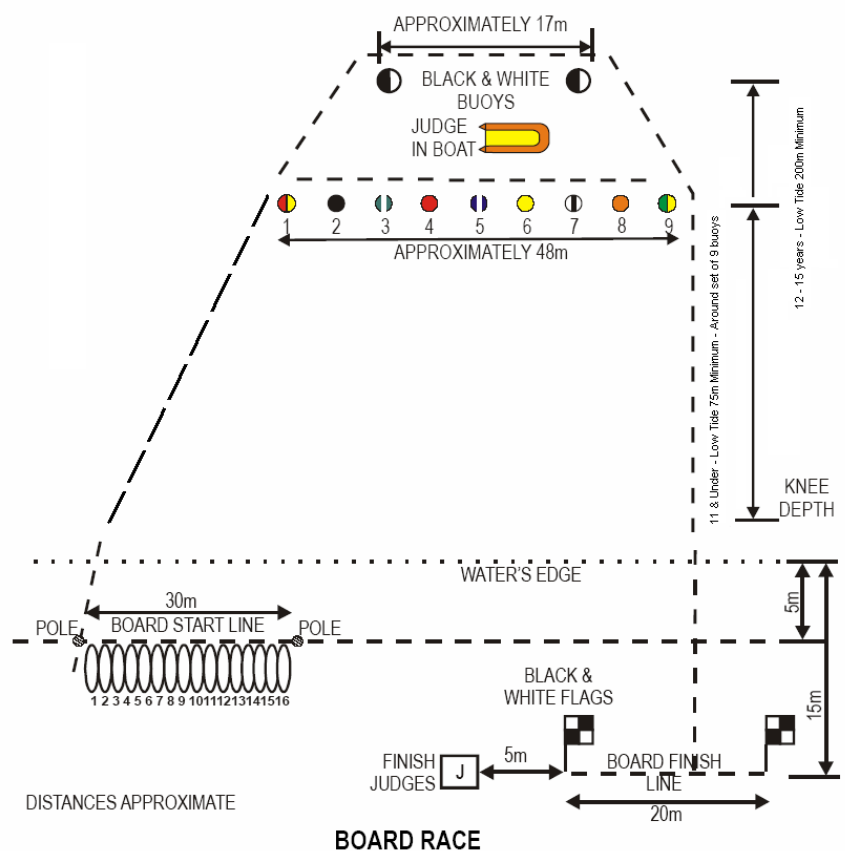
**Buoys:** Course shall be marked by buoys (as indicated on the diagram) the furthest situated approximately 75 m beyond knee-deep water for competitors 11 years of age and under.

Two buoys of the same colour(s) and equal size to a 50-litre drum shall be used: Two “turning buoys” shall be placed approximately 17 m apart, minimum 200 m distance for competitors 12–15 years of age from knee-depth water at low tide mark. Competitors shall remain on the outside of the set of nine buoys.

### Placing penalty/Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3 in the *ILS Competition Manual*, the following behaviour shall result in penalty/disqualification.

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



## 5.7 JUNIOR IRON GUARD

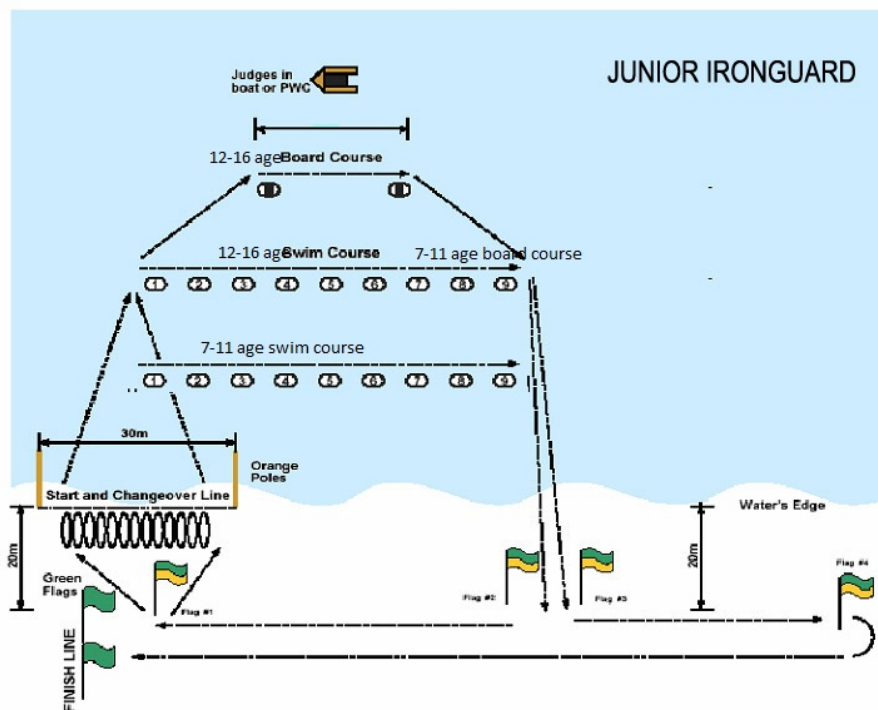
### Event description

**Competitors 11 years of age or under:** Competitors cover a course of approximately 700 m that includes: a 100 m swim leg, a 400 m beach run, a 200 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

**Competitors 12–16 years of age:** Competitors cover a course of approximately 1400 m that includes: a 200 m swim leg, an 800 m beach run, a 400 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

### The course

Buoys shall be laid out for the swim, run, and board legs as indicated in the distances for each age group.



### Placing penalty/Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3 in the *ILS Competition Manual*, the following behaviour shall result in penalty/disqualification.

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

## 5.8 JUNIOR IRON GUARD RELAY

### Event description

Teams of four competitors (one swimmer, one runner, one board paddler, and one sprinter) cover the course in the following sequence of swim, run, board and sprint.

Conditions of racing of each leg are as generally required for the individual conditions of that disciplines: surf race, beach run, board race, beach sprints.

**Swim leg:** From a beach start, swimmers enter the water, swim around the swimming course buoys, return to the beach, run up the beach to a set of flags to tag the runners who are waiting at the changeover line.

**Run leg:** After being tagged, runners will complete the beach run course and return to the start line to tag the board paddlers who are waiting with their boards, feet on, or on the shoreward side of, the start line.

**Board leg:** After being tagged, board paddlers enter the water with their boards; pass swim buoy 1 on the outside; round the two board course buoys; return to the beach passing swim buoy 9 on the outside to tag the sprinter.

The location of the tag is at the discretion of the team provided it occurs after the last swim course buoy and before the first turning flag/changeover line.

**Sprint leg:** After being tagged, sprinters then round one turning flag and continue to finish between the two finish flags

### Relay age group 44 years or less

Competitors cover a course of approximately 700 m that includes: a 100 m swim leg, a 400 m beach run, a 200 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

### Relay age group 64 years or less

Competitors cover a course of approximately 1400 m that includes: a 200 m swim leg, an 800 m beach run, a 400 m board leg and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

### Equipment

**Paddleboard:** Reference *ILS Competition Manual* (2011), Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Each team shall provide at least one board.

**Equipment removal:** To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the race provided the progress of other competitors is not obstructed.

### Judging

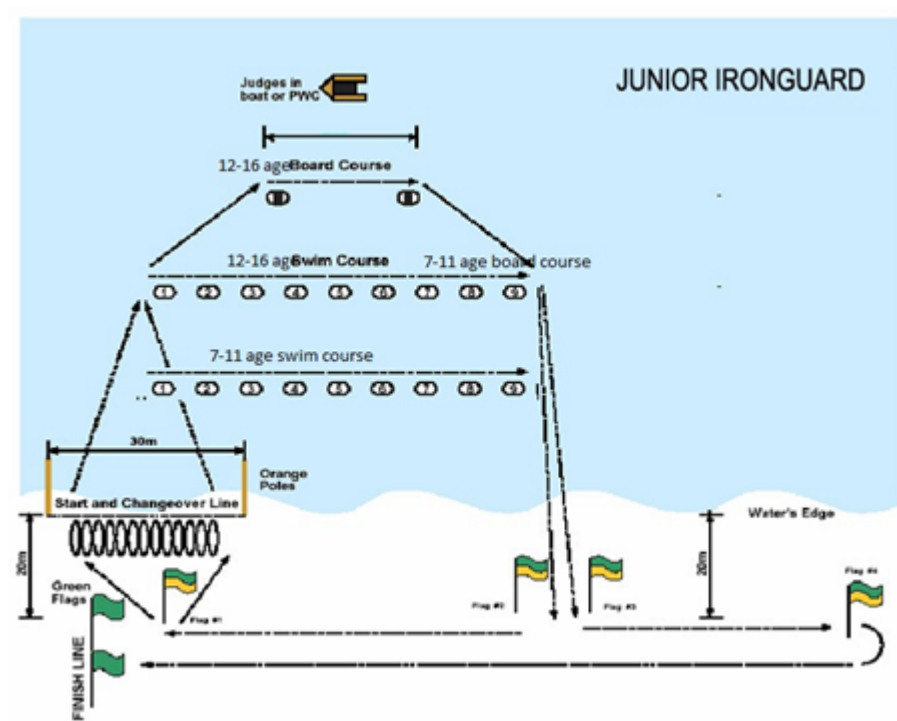
Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

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

### Placing penalty/Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3 in the *ILS Competition Manual*, the following behaviour shall result in penalty/disqualification.

- i) Failure to complete the course as defined and described.
- ii) One competitor repeating two or more legs of the event.



## 5.9 SURF RACE

(Reference: *ILS Competition Manual*, 5.5)

### Event description

With a running start in to the surf from the start line on the beach, competitors 11 years and under swim around the 100 m course; competitors 12–16 years of age swim around the 200 m course designated buoys, returning to shore to finish between the finish flags on the beach.

### The course

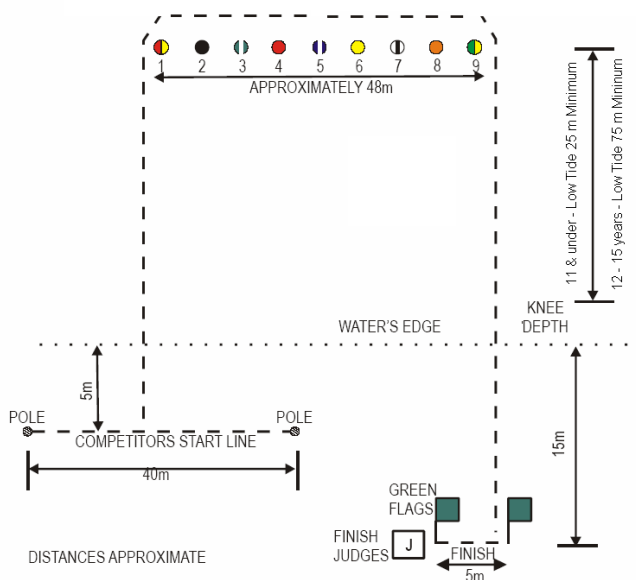
As shown in the following diagram, the course, from start to finish, shall be approximately 100 m for competitors 11 years and under and 200 m for competitors 12–16 years of age.

**The swimming course** shall be marked by buoys (as indicated on the diagram) the furthest situated approximately 25 m beyond knee-deep water for competitors 11 years and under and approximately 75 m beyond knee-deep water for competitors 12–16 years of age.

### Placing penalty/Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3 in the *ILS Competition Manual*, the following behaviour shall result in penalty/disqualification.

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



**SURF RACE**

AGE GROUP	APPROXIMATE DISTANCE
11 & under	25 m to furthest buoy
12 - 15 years	75 m to furthest buoy



SECTION 6 – ONTARIO COMPETITION MANUAL

# ONTARIO LIFESAVING CHAMPIONSHIPS – WATERFRONT



LIFESAVING SOCIETY

*The Lifeguarding Experts*

## Section 6

### ONTARIO LIFESAVING CHAMPIONSHIPS – WATERFRONT

With the exceptions specified below, Ontario Lifesaving Championships – Waterfront events are conducted according to the latest published edition of the *ILS Competition Manual* and the *Canadian Competition Manual*. View or download the manuals at [www.lifesavingsociety.com](http://www.lifesavingsociety.com). Printed, bound copies are also available for purchase.

#### 6.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

##### Divisions

**Masters:** Masters age groups are: 30–39 years, 40–49 years, 50–59 years, 60 plus years.

#### 6.2 PROGRAM OF EVENTS

For the Ontario Lifesaving Championships – Waterfront, the following events shall be conducted in both male and female categories:

Individual Events	16–19 years	Open	Masters
Beach Flags	√	√	√
Beach Sprint	√	√	NA
Beach Run (2 km)	√	√	√
Board Race	√	√	√
Canadian Iron Guard	√	√	√
Surf Ski Race	√	√	√
Surf Race	√	√	√
Oceanman/Oceanwoman	√	√	NA
Team Events	16–19 years	Open	
Rescue Tube Rescue	√	√	NA
Oceanman/Oceanwoman Relay	√	√	NA
Board Rescue	√	√	NA
Beach Relay	√	√	NA

## 6.3 SCORING

### Finals

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

## 6.4 SURF RACE (Senior & Masters)

(Reference: *ILS Competition Manual*, 5.5)

### Event description

With a running start into the surf from the start line on the beach, competitors swim around the 400 m course designated by buoys, returning to shore to finish between the finish flags on the beach.

## 6.5 BEACH RUN

**Note:** The leg distances may vary due to environmental conditions.

## 6.6 CANADIAN IRON GUARD

### Event description

Competitors cover a course of approximately 2000 m that includes: a 300 m swim leg, a 1000 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.

Conditions of racing each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: board races, surf races, beach runs.

**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:

- wear a cap identical to that of the competitor.
- 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 (page 57).

**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 Manual*, Section 10 – *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.

