

2013 CANADIAN POOL LIFESAVING CHAMPIONSHIPS CHAMPIONNATS CANADIENS DE SAUVETAGE EN PISCINE 2013

Registration Package

DATE	June 1–2, 2013												
HOST	Lifesaving Society, Quebec Branch												
LOCATION	CAPS of Université du Québec à Trois-Rivières												
SANCTIONING	The 2013 Canadian Pool Lifesaving Championships has been sanctioned by the International Life Saving Federation (ILS) and the Royal Life Saving Society Canada. Rules governing this championships will include those from the ILS Competition Manual (2011 edition) and Canadian Competition Manual (2012 Edition).												
FORMAT	Lifesaving Society will be in effect through the championships. All Masters events will be swam as time finals in the morning. Finals will be conducted according to the 2012 Canadian Competition Manual.												
EVENTS	<table><tr><td>100m Tow with Fins</td><td>100m / 200m Obstacle Swim</td><td>4 x 50m Medley Relay</td></tr><tr><td>100m Rescue Medley</td><td>100m / 200m Super Lifesaver</td><td>4 x 25m Manikin Relay</td></tr><tr><td>50m Manikin Carry</td><td>Line Throw</td><td>4 x 50m Obstacle Relay</td></tr><tr><td>100m Carry with Fins</td><td></td><td></td></tr></table>	100m Tow with Fins	100m / 200m Obstacle Swim	4 x 50m Medley Relay	100m Rescue Medley	100m / 200m Super Lifesaver	4 x 25m Manikin Relay	50m Manikin Carry	Line Throw	4 x 50m Obstacle Relay	100m Carry with Fins		
100m Tow with Fins	100m / 200m Obstacle Swim	4 x 50m Medley Relay											
100m Rescue Medley	100m / 200m Super Lifesaver	4 x 25m Manikin Relay											
50m Manikin Carry	Line Throw	4 x 50m Obstacle Relay											
100m Carry with Fins													
POOL SPECS	The swimming pool at the Université du Québec à Trois-Rivières meets ILS requirements for all events. The pool is 1.98m to 3.62m deep along its length of 50m. There are eight lanes of 2.26m.												
EQUIPMENT	<p>The host will supply the Rescue Tubes Kieffer, Canadian Manikins, custom Obstacles and Throw Lines for the use of competitors during competition. All competitors are required to supply their own fins.</p> <p>All equipment will comply with the ILS specifications as specified in the ILS Competition Manual section 10.0</p>												
AWARDS	Awards will be issued in accordance with 2012 Canadian Competition Manual												
ENTRY DEADLINE	<p>Registration and complete entries must be received by Friday, May 17, 2013. Registration and entries are considered to be complete when all of the following have been completed in full and received by the host (Lifesaving Society , Quebec Branch)</p> <ul style="list-style-type: none">• Registration Form (including male and female event entry forms)• Payment in full												

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- Waiver and Release form (originals may be provided at registration)
- Hold a current Lifesaving Society Bronze Medallion or higher
- Be a minimum of 16 years of age at of the first day of the Championships
- Be a Registered Athlete (download form at www.lifesavingsport.ca)

ENTRY FEES

Competitor Fee	\$80 per athlete
Late Fee (after May 18, 2013)	\$100 per athlete

APPEALS

The Competition Appeals Committee will deal with all the protests referred to it by the Referee. The appeals process is detailed in the current ILS Competition Manual. Appeals forms can be obtained from the appointed Competitor Liaison.

The Competition Appeals Committee shall consider the protest or appeal and make a decision. It may uphold or dismiss a protest or appeal. The cost of lodging an appeal is \$100 including GST. If an appeal is upheld the fee shall be returned.

The decision of the competition appeals committee is final and there is no right of appeal against that decision

DRUG POLICY

Royal Life Saving Society Canada supports the Canadian Government, the Canadian Sports Commission, the Canadian Olympic Committee, and the World Anti-Doping Authority (WADA) in their efforts to eradicate the use of drugs in sport. These policies will be adhered to for this event.

Please also be aware that random drug testing could take place during the 2013 Canadian Pool Lifesaving Championships.

ACCOMMODATION AND OPTIONS

The accommodation for the athletes, volunteers and officials is planned in the students' residence of the Université du Québec à Trois-Rivières. The residence is located at 1640 # 1B Père-Marquette street, Trois-Rivières (QC, G8Z 4N6) at about 1 h 30 from Montreal. The residence and swimming pool are within walking distance.

Apartment 6 ½ (4 pers) 45 \$ / person / night (included linen, towel and Internet)

For information or reservation :

Phone: (819) 378-0385

Fax: (819) 378-8751

Website: <http://www.campusuqtr.net>

Mail: info@campusuqtr.net

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Friday May 31, 2013

12:00 p.m. – 5:00 p.m.	Athletes & Officials Check-In	CAPS Université du Québec à Trois-Rivières
4:00 p.m. – 6:00 p.m.	Key Officials Meeting	

Saturday, June 1, 2013

7:00 am – 7:45 am	Warm-Up	CAPS Université du Québec à Trois-Rivières
7:00 am – 7:30 am	Coaches Meeting	
7:30 am – 8:30 am	Officials Meeting	
8:00 am	Marshalling Session 1	
8:15 am	Opening Ceremonies	
8:30 am – 12:30 pm	Start of Session 1 - Preliminaries 100m Obstacle (Master only) 200m Obstacle 4 x 50 Obstacle Relay Line Throw 100m Carry with Fins 4x 25m Manikin Relay	

BREAK

3:00 pm – 3:45 pm	Warm-Up	CAPS Université du Québec à Trois-Rivières
3:00 pm – 3:30 pm	Coaches Meeting	
3:30 pm	Officials Meeting	
4:00 pm	Marshalling Session 2	
4:30 pm – 6:30 pm	Finals Start of Session 2 200m Obstacle 4 x 50 Obstacle Relay Line Throw 100m Carry with Fins 4x 25m Manikin Relay Awards Ceremony	

Sunday, June 2, 2013

7:00 am - 7:45 am	Warm-Up	CAPS Université du Québec à Trois-Rivières
7:00 am – 7:30 am	Coaches Meeting	
7:30 am – 8:00 am	Officials Meeting	
8:00 am	Marshalling Session 3	
8:30 am – 12:30 pm	Start of Session 3 - Preliminaries 100m Super Lifesaver (Master only) 200m Super Lifesaver 50m Manikin Carry 100m Tow with Fins 100m Rescue Medley 4x 50m Medley Relay	

BREAK

3:00 pm – 3:45 pm	Warm-Up	CAPS Université du Québec à Trois-Rivières
3:00 pm – 3:30 pm	Coaches Meeting	
3:30 pm	Officials Meeting	
4:00 pm	Marshalling Session 4	
4:30 pm – 6:30 pm	Marshalling Session 4 Finals Start of Session 4 200m Super Lifesaver 50m Manikin Carry 100m Tow with Fins 100m Rescue Medley 4x 50m Medley Relay	
8:00 p.m.	Closing Reception/Awards	

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Program of Events

For the 2013 Canadian Pool Lifesaving Championships, the following events shall be conducted in both male and female categories:

Age Categories	Individual Events	100m Obstacles	200m Obstacles	50m Manikin Carry	100m Rescue Medley	100m Tow w Fins	100m Carry w Fins	100m Super Lifesaver	200m Super Lifesaver	Lifesaving Penthalon	Team Events	Line Throw	4x 25m Manikin Relay	4x50m Obstacles Relay	4x 50m Medley Relay		
16-19 yrs		-	✓	✓	✓	✓	✓	-	✓	✓		✓	✓	✓	✓	✓	✓
Open (16 yrs & Over)		-	✓	✓	✓	✓	✓	-	✓	✓		✓	✓	✓	✓	✓	✓
Masters (30-34 yrs)		✓	-	✓	✓	✓	✓	✓	-	-		-	✓	✓	✓	✓	✓
Masters (35-39 yrs)		✓	-	✓	✓	✓	✓	✓	-	-		-	✓	✓	✓	✓	✓
Masters (40-44 yrs)		✓	-	✓	✓	✓	✓	✓	-	-		-	✓	✓	✓	✓	✓
Masters (45-49 yrs)		✓	-	✓	✓	✓	✓	✓	-	-		-	✓	✓	✓	✓	✓
Masters (50-54 yrs)		✓	-	✓	✓	✓	✓	✓	-	-		-	✓	✓	✓	✓	✓
Masters (55-59 yrs)		✓	-	✓	✓	✓	✓	✓	-	-		-	✓	✓	✓	✓	✓
Masters (60-64 yrs)		✓	-	✓	✓	✓	✓	✓	-	-		-	✓	✓	✓	✓	✓
Masters (65 & Over)	✓	-	✓	✓	✓	✓	✓	-	-	-	✓	✓	✓	✓	✓		

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Championship Registration Form

Contact information/Coordonnées pour rejoindre l'équipe

<input type="checkbox"/> Club or Affiliate/Nom du Club ou Affilié:		<input type="checkbox"/> Unattached/ Autonome:	
Name/ Nom:			
Coach/Entraîneur or/ou Manager/Gérant		Mailing Address/Adresse postale:	
Phone/Téléphone:	Fax/Télécopieur:		
Email/Courriel:	City/Ville	Province	Postal Code/Code postal

Entries will be confirmed by Email/Votre inscription vous sera confirmée par courriel. Please print clearly Écrivez lisiblement s.v.p.

Registration Fees/Frais d'inscription

How many? Combien?	Description	Price each/ Coût de l'unité	Line total/ Total de cette ligne
	Competitor Fee Frais de concurrent	\$80.00	
	Late Competitor Fee L'Entrée d'événement	\$100.00	
Total			\$XX.XX

Payment/Paiement

Payment method/ Mode de paiement	<input type="checkbox"/> Cheque / Chèque <input type="checkbox"/> Money Order / Mandat <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> Invoice		
Credit card number/ Numéro de la carte de crédit			Expiry date/date d'expiration
Credit card holder/Nom du titulaire de la carte de crédit			
Signature of credit card holder/ Signature du titulaire de la carte			
Phone/Email (if different than above)/Téléphone/courriel (s'il est différent de celui ci-dessus)			

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CHAMPIONNATS CANADIENS DE SAUVETAGE EN PISCINE 2013

2013 Canadian Pool Lifesaving Championships – Championnats canadiens de sauvetage en piscine 2013

Event Entry Form / Formulaire d'inscription pour les épreuves

Event entries must indicate personal best times for seeding purposes. Competitors for whom no times are submitted will be considered to have the slowest times. Competitors are allowed to enter each event only once.

L'inscription aux épreuves doit inclure les meilleurs temps à des fins de pondération. Les athlètes qui ne fournissent pas de temps se verront attribués les temps les plus bas. Les athlètes peuvent participer une seule fois à chaque épreuve.

PLEASE PRINT CLEARLY. ÉCRIREZ LISIBLEMENT S.V.P.

<input type="checkbox"/> Club or Affiliate / Le Club ou Affilie OR/OU <input type="checkbox"/> Unattached / Sans attaches		
Coach/Entraîneur or/ou Manager / Gérant	Email / Courriel	Phone/Téléphone:

Note: Line Throw: indicate team and thrower. Lancer de la corde : indiquez les sous équipes par numéro et lanceur / lanceuse

Competitor Name/ Nom de l'athlète	Gender / Sexe	16-19 OR Senior OR Masters Jeunes sauveleur OU les séniors OU les maîtres	Registered Athlete's Numbe Nombre athlète	100m/ 200 m Obstacle Swim Nage avec obstacles sur 100m/200 m	100 m Carry with Fins Portage avec palmes sur 100 m	100 / 200 m Super Lifesaver Sauveleur d'acier sur 100 m/ 200 m	50 m Manikin Carry Portage d'un mannequin sur 50 m	100 m Rescue Medley Sauvetage 4 nages sur 100 m	100 m Tow with Fins Remorquage avec palmes sur 100 m	Lifesaving Penthalon Pentathlon en sauvetage	Indicate team / Indiquez les sous équipes par numéro			
											Line Throw Lancer de la corde	4 x 50 m Obstacle Relay Relais obstacle 4 x 50 m	4 x 50 m Medley Relay Relais 4 nages 4 x 50 m	4 x 25m Manikin Relay Relais mannequin 4 x 25 m
Brown, John	M	S	BRO224	3:10.70	1:20:00	3:10.70	59.70	3:10.70	1:10.70	✓	20.00	3:10.70	2:19.23	3:10.70
Last name, First name Nom de famille, prénom	M F													
Last name, First name Nom de famille, prénom	M F													
Last name, First name Nom de famille, prénom	M F													
Last name, First name Nom de famille, prénom	M F													
Last name, First name Nom de famille, prénom	M F													
Last name, First name Nom de famille, prénom	M F													

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Waiver and Release Form

Please read carefully before signing

Each competitor must sign this form and the entry form to be eligible to compete. Participants 18 years and under must have the form signed by their parent or guardian.

1. Conduct

I agree to abide by the rules, regulations, and code of conduct of the championship, and further to behave in a manner consistent with good sportsmanship.

2. Voluntary Assumption of Risk

As a competitor in a lifeguard competition, I recognize that there are certain risks inherent in the activity as a result of factors including but not limited to: stress, number of people, water temperature and conditions. I have prepared myself for the competition and know of no factor or condition which should be disclosed to the organizers or which would make it unsafe for me to compete. I voluntarily assume all risks, both physical and legal including but not restricted to loss or damage to property, and personal injury including permanent disability or death.

3. Waiver of Liability

As a condition of entry and in consideration of my application as an individual or as part of a team being accepted, I hereby waive my right to make any claim, whether for negligence or otherwise against the Lifesaving Society, The town of Trois-Rivières, the Universté du Québec à Trois-Rivières, the owner or occupier, the sponsors, the organizing committee or any of the servants, agents, affiliates, volunteers, judges, officials, or other persons involved in the organization of and the running of the competition, events or sanctioned associated activities. I further agree to indemnify and hold harmless all of the above, from any claim made on my behalf or as a result of injury to my person or property.

4. Model Release

I transfer to the Lifesaving Society all rights whatsoever which I have in photographs and/or videos that photographers may have taken. I consent to the use of the photographs/videos and my name for all purposes whatsoever, including without limitation, television, publications, and any trade or advertising purposes.

I have carefully read and understand the four conditions of entry and in consideration for being allowed to compete, I have executed them voluntarily intending to be bound thereby and intending these conditions to be binding of my heirs, personal representative and assigns.

Print Name	Signature	Date
Coach	_____	_____
Manager	_____	_____
Captain	_____	_____
#2	_____	_____
#3	_____	_____
#4	_____	_____
#5	_____	_____
#6	_____	_____
#7	_____	_____
#8	_____	_____

Photocopy this page if you need to included additonal athletes.

CHAMPIONNATS CANADIENS DE SAUVETAGE EN PISCINE 2013

Formulaire de dispense et d'exonération

Veillez lire attentivement avant de le signer

Veillez lire attentivement ce document avant de le signer. Les athlètes mineurs (moins que 18 ans) doivent compléter le formulaire avec la signature d'un parent ou du tuteur.

1. Comportement

J'accepte de me conformer aux règlements et au code d'éthique du championnat et de me conduire d'une façon qui va en concordance avec les idéaux d'un bon esprit sportif.

2. Consentement aux risques encourus

En tant qu'athlète participant à la compétition, je reconnais qu'il y a certains risques inhérents à celle-ci. Les risques sont reliés aux facteurs suivants, mais ne se limitant pas à ceux-ci : le stress, le nombre de personnes, les conditions et la température de l'eau. De plus, il n'y a aucun facteur ou condition que je devrais dévoiler aux organisateurs qui rendrait dangereuse ma participation à cette compétition. J'accepte de mon plein gré tous les risques physiques autant que légaux reliés à ma participation, incluant mais ne se limitant pas à : perte ou dommage à la propriété, blessure personnelle incluant un handicap permanent ou la mort.

3. Exonération de responsabilité

Comme condition à mon inscription en tant qu'individu et membre d'une équipe, je renonce à tous mes droits d'intenter une poursuite que ce soit pour négligence ou autre envers la Société de Sauvetage, la Ville de Trois-Rivières, l'université du Québec à Trois-Rivières, les opérateurs, les propriétaires ou occupants de l'installation, les commanditaires, le comité organisateur, les agents, les affiliés, les bénévoles, les juges et officiels ou tout autre personne impliquée dans l'organisation ou la tenue de la compétition, des épreuves et des activités connexes. J'accepte de plus d'indemniser et de ne pas tenir responsable toutes les personnes nommées ci-dessus, de toute réclamation faite en mon nom ou suite à une blessure à ma personne ou ma propriété.

4. Dispense du participant

J'accorde à la Société de sauvetage tous les droits quels qu'ils soient pour ce qui est des photographies et/ou des vidéos qui auront été pris lors de la compétition. Je consens à ce que les photographies et les vidéos et mon nom soient utilisés pour n'importe quels médias, sans limite, soit la télévision, les revues et dans tout but d'échange ou de promotion.

J'ai lu attentivement et je comprends clairement les quatre conditions de mon inscription et de ma participation à cette compétition. J'y consens de plein gré et j'ai l'intention que mes héritiers, mes représentants personnels et ayants droits les respectent eux aussi.

Nom en lettres moulées	Signature	Date
Entraîneur	_____	_____
Manager	_____	_____
Captain	_____	_____
#2	_____	_____
#3	_____	_____
#4	_____	_____
#5	_____	_____
#6	_____	_____
#7	_____	_____
#8	_____	_____

Photocopiez ce formulaire si vous avez un plus grand nombre d'athlètes.