LIFESAVING SOCIETY

NEW BRUNSWICK COMPETITION MANUAL

Rules, Standards and Procedures for New Brunswick Championships

2013 Edition

LIFESAVING SOCIETY

The Lifeguarding Experts

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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 1,000,000 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.

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THE ROLE OF LIFESAVING SPORT

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

Lifesaving Sport contributes to the mission of the Society by engaging and inspiring youth in our humanitarian mission; by providing an incentive for skill development and lifeguard training; by encouraging innovation in lifesaving and lifeguarding technique; and by providing unique opportunities for volunteer recruitment, retention and leadership development.

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.

Today, Canadians compete internationally in world and commonwealth championships, nationally in separate pool, surf and emergency response championships, and provincially in the New Brunswick Pool and Waterfront Lifeguard Championships.

The Society organized the first New Brunswick Waterfront Lifeguard Championship in 1987. Past overall winners are:

Year	Names	Team Name
2012	Alexandra Ferguson & James Verreault	Team Dolphin
2011	Roman Soroka & Audrey Prayal-Brown	Globe Trotters
2010	Kyle Gervais & Sebastien Girouard	Delta Doggs – Parlee Beach
2009	Sean Flanagan & Paul Arsenault	Parlee Beach Alumni
2008	Sean Flanagan & Paul Arsenault	Parlee Beach Alumni
2007	Sean Flanagan & Scott Day	Parlee Beach Alumni
2006	Sean Flanagan & Troy Blakney	Parlee Beach Alumni
2005	Paul Arsenault & Dave Vessie	Seasoned Vets
2004	Alain Pelletier & Yves Desroches	Testosterone
2003	Sean Flanagan & Nick Hastie	Parlee Beach Alumni
2002	Luc Desroches & Frederic Paulin	Magic Mountain
2001	Paul Arsenault & Gordon Newman	Parlee Beach
2000	Luc Desroches & Frederic Paulin	Magic Mountain
1999	Troy Blakney & Sean Flanagan	Parlee Beach
1998	Justin Clark & Andrew White	Saint-John
1997	Paul Arsenault & Dave Vessey	Parlee Beach
1996	Paul Arsenault & Dan Bourque	Parlee Beach

Year	Names	Team Name
1995	Peter MacDonald & Derek Desaulniers	NB Dazed & Confused
1994	Shawn Hicks & Serge Melanson	Parlee Beach
1993	Mike Kellock & Peter Hindle	NSLS
1992	Helen Nicholson & Dave LeBlanc	NSLS
1991	Jason Cross & Derek Logan	NSLS -Team Bar
1990	Dave Wilden & Joel Sellers	NSLS - Sandblasters
1989	Mark Webber & Joel Sellers	NSLS - Sandblasters
1988	David Dumont & Doug Trentowsky Shawn Bethune & Roger Dumont	Saint John
1987	David Dumont & Doug Trentowsky Shawn Bethune & Roger Dumont	Saint John

Daniel R. Bourque Award

This award honours the memory of Daniel R. Bourque, M.D. and is presented to the lifeguard who demonstrates sportsmanship and camaraderie throughout the New Brunswick Waterfront Lifeguard Championship.

2012	Jeff Dobbin
2011	Peter Morrison
2010	Kyle Gervais
2009	Scott Keeting
2008	Sulaye Thackar
2007	Scott Day
2006	Troy Blakney
2005	Michel Léger
2004	Sean Flanagan
2003	Tamara Stillman
2002	Yves Desroches
2001	Gordon Newman
2000	Dave Vessie
1999	Paul Arsenault
1998	Rick Caissie

PREFACE TO THE FIRST EDITION

With the decision to adopt the international rules for events in Canadian and New Brunswick championships, it is not necessary that the New Brunswick 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*. New Brunswick Championships adhere to these rules and procedures. It is not necessary that the New Brunswick manual reproduce the event descriptions, rules and procedures already outlined clearly in the widely available *Canadian Competition Manual* (*CCM*).

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

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

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Section 3 New Brunswick Pool Lifeguard Championships

Section 3 – New Brunswick Pool Lifeguard Championships is in development.

SECTION 1 – NEW BRUNSWICK COMPETITION MANUAL

NEW BRUNSWICK CHAMPIONSHIPS

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Section 1
NEW BRUNSWICK CHAMPIONSHIPS

1.1 THE NEW BRUNSWICK CHAMPIONSHIPS

New Brunswick Championships occur under the auspices of the Lifesaving Society New Brunswick which awards the Championships to a Lifesaving Society Affiliate or Club.

Eligibility

The New Brunswick Lifeguard Championships are open to any Lifesaving Society Individual Member, Affiliated Club or Affiliate Member in good standing.

To be eligible to compete in the New Brunswick Lifeguard Championships, competitors shall:

- Hold a current (within 24 months of the date of certification) Lifesaving Society Bronze Cross or National Lifeguard certification.
- Be a minimum of 16 years of age as of the first day of the Championships.
- Be a Registered Athlete (download form from www.lifesavingsport.ca)

New Brunswick championships are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving – people who are lifesavers first, competitors second.

The Lifesaving Society considers it unethical to recruit competitors for their high-performance athletic ability whose lifesaving credentials are tenuous or merely convenient for 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.

Competitors from other provinces may compete in New Brunswick championships or sanctioned competitions. These competitors represent their provincial club. They may become champions in individual or team events, but they are not eligible for New Brunswick championship titles. Clubs composed of any non-New Brunswick members are deemed to be a national club and ineligible for New Brunswick championship titles.

Management committee

For New Brunswick championships, the Lifesaving Society 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 representative
- Chair of the host organizing committee
- Championship Meet Manager
- Championship Chief Referee
- Championship Safety Officer

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 for pool events
- rescue tubes for pool and open water events

1.2 PROGRAM OF EVENTS

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

Events for New Brunswick 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 New Brunswick Waterfront Lifeguard Championships features events not included in the ILS or Canadian competition manuals (see Section 2).

See Section 2 for the program of events for New Brunswick Waterfront Lifeguard Championships.

1.3 AWARDS

New Brunswick Waterfront Lifeguard Championships

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

Awards shall also be presented to the first, second and third place teams overall.

The New Brunswick team with the highest overall point score shall be declared the New Brunswick Lifeguard Champions.

SECTION 2 – NEW BRUNSWICK COMPETITION MANUAL

NEW BRUNSWICK WATERFRONT LIFEGUARD CHAMPIONSHIPS

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Section2

NEW BRUNSWICK WATERFRONT LIFEGUARD CHAMPIONSHIPS

With the exceptions specified below, New Brunswick Waterfront 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 in Lifesaving Sport/Rule Books at www.lifesavingsociety.com. Printed, bound copies are also available for purchase.

2.1 ELIGIBILITY AND RIGHT TO PARTICIPATE

See Section 1.

Team Composition

Competitors enter the New Brunswick Waterfront Lifeguard Championship only as members of a team, not as individuals. A team must consist of two competitors. Teams may consist of any combination of males or females. Team composition must remain the same for the Championship.

2.2 PROGRAM OF EVENTS

The following events shall be conducted in the New Brunswick Waterfront Lifeguard Championships:

Individual Event
Beach Flags
Team Events
Board Relay Race
Canadian Ironguard Relay
Rescue Tube Rescue
Board Rescue
Beach Situations

2.3 SCORING

Point allocation

Competitors shall be allocated points for Beach Flags as follows:

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

Competitors shall be allocated points in Board Relay Race, Canadian Ironguard Relay, Rescue Tube Rescue, and Board Rescue as follows:

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

Competitors shall be allocated points in Beach Situations as follows:

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

Disqualification and DNF

Competitors who do not finish (DNF) or who are disqualified (DQ) from an event shall not earn any placing points.

2.4 CANADIAN IRONGUARD RELAY

Event description

Competitors cover a course of approximately 1500 m that includes: a 300 m swim leg, a 500 m beach run, a 600 m board leg and a 50 m beach sprint finish. The sequence of legs shall be: swim–run–board–sprint.

The first team member completes the course and tags the second competitor on the start/changeover line.

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 make every effort to ensure that they and their craft do not impede other competitors (otherwise disqualification may result).

The course

Buoys shall be laid out for the swim, run and board legs as indicated in the diagram.

Buoy distances: Swimming buoys shall be positioned at a minimum of 120 m from knee depth water.

The board leg buoys shall be positioned approximately 250 m from knee depth water. The board leg buoys should be approximately 75 m apart, with an apex buoy 16 m beyond that.

Flag layout: 4 flags located on the beach approximately 20 m from the water's edge are course turning markers. Flag #1 shall be positioned in line with swim buoy #1. Flag #2 shall be positioned in line with the swim buoy #9. Flag #3 shall be positioned 5 m to the right of Flag #2. Flag #4 shall be positioned 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.

Judging

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

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

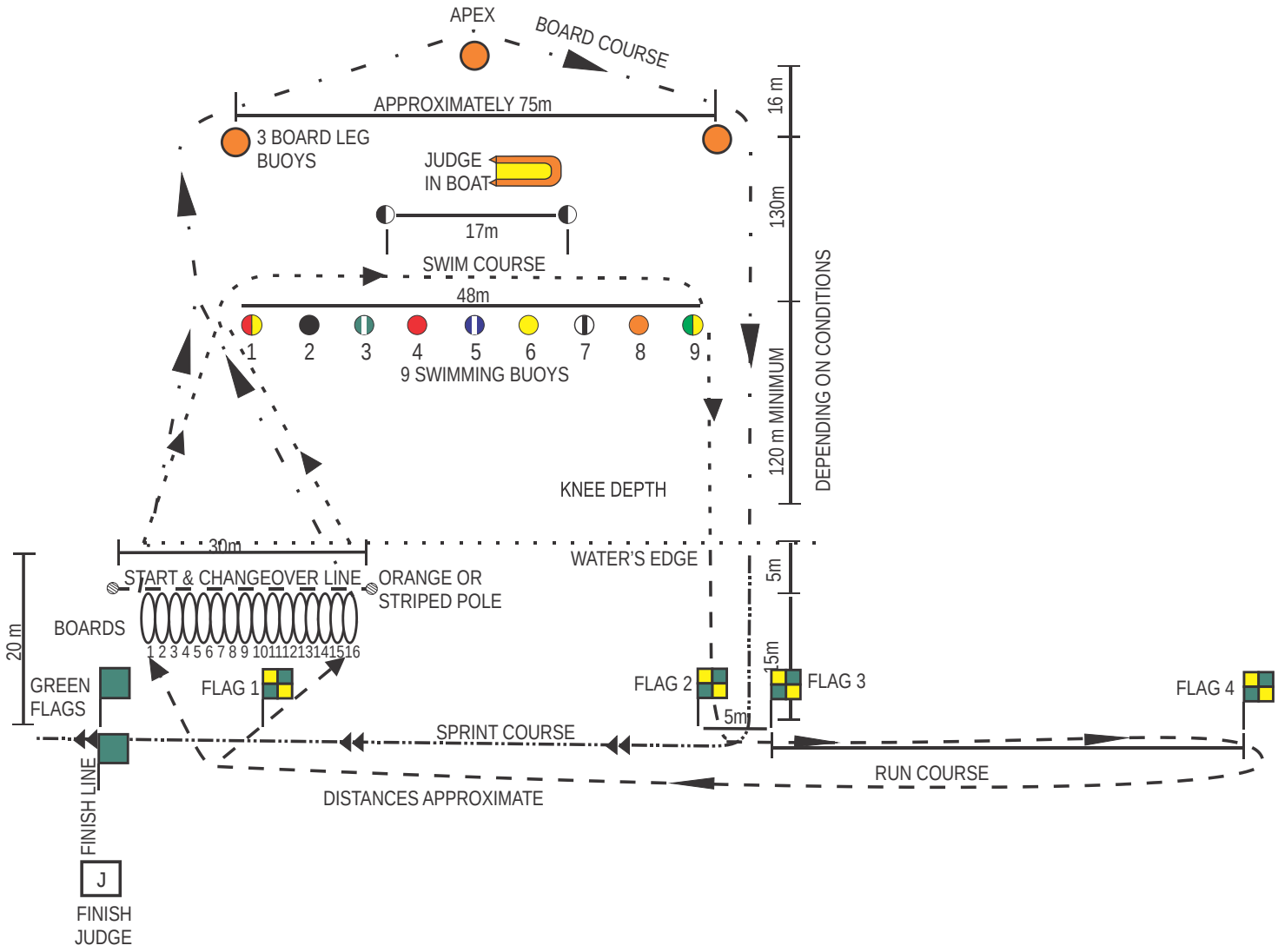
Disqualification

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

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

Control of craft: Competitors must be in control of the board up to and including the last board course buoy. Competitors shall not be disqualified if they lose control of the craft on the return journey from the buoys. Competitors may lose control on the way out without penalty provided

they regain the craft and round the last turning buoy in control of the craft and complete the course.



CANADIAN IRONGUARD RELAY

2.5 RESCUE TUBE RESCUE – 2 PERSON

Event description

Two competitors from each team participate in this event: a “victim” and one rescue tube swimmer. The victim swims approximately 120 m to a designated buoy, signals, and waits to be rescued by the rescue tube swimmer. The event finishes when the rescuer crosses the finish line while in contact with the victim.

The start: Competitors assemble at their team’s allotted position at the start line. Prior to the start signal, the rescue tube swimmer and equipment must be on the shoreward side of the start line. The rescue tube swimmer may hold or wear the rescue tube, and may hold the swim fins in his or her hands. Fins may not be worn prior to crossing the start line.

On the starting signal, the victim enters the water, swims to touch the allotted buoy, signalling arrival by raising the other arm to a vertical position while in contact with the buoy. The victim then waits in the water on the seaward side of the buoy.

The referee may determine an acceptable alternative method of clearly signalling the victim has touched the buoy.

Competitors must start from the correct allotted position. Competitors swimming to and signalling from the wrong buoy shall be disqualified.

Rescue tube swimmer: On the victim’s arrival signal, the rescue tube swimmer crosses the start line, dons the equipment at his or her discretion, and swims past the left side (viewed from the beach) of the designated buoy to the victim waiting on the seaward side of the buoy. The rescuer secures the rescue tube correctly around the victim’s body and under both arms and clipped to an O-ring. The victim may assist with the securing and clipping of the rescue tube. With the victim clipped into the rescue tube, competitors continue (clockwise) around the buoy towing the victim to the finish. The victim must be towed, dragged or carried to the finish.

The finish is judged on the chest of the rescuer crossing the finish line on his or her feet in an upright position while still in contact with the victim (the rescue tube need not be attached).

Notes

i) Rescue tube swimmers who have previously crossed over the start line (for whatever reason), will not be disqualified provided they return to the shoreward side of the start line prior to beginning their leg of the race.

ii) At the start, rescue tube swimmers may place the rescue tubes and fins on the shoreward side of the start line or may hold their fins and rescue tubes in their hands. The rescue tube lanyard may be worn.

iii) Rescue tubes must be worn with the loop across or over one shoulder.

iv) The victim may assist the rescue tube swimmer in securing the rescue tube. Either may clip-in the rescue tube, but the victim must be clipped into the tube behind the buoy line.

v) Rescuers must tow the victim with the tube secured around the body and under both arms and clipped in an O-ring.

vi) The victim must not be towed on the stomach.

vii) During the tow, the victim may assist by kicking and sculling with the arms under the surface, but must not swim with an out-of-water arm recovery.

viii) At no time, may the victim assist by walking or running.

ix) Only the rescue tube swimmer may use the swim fins.

The course

As shown in the following diagram, the course shall be approximately 240 m. To ensure fair starts and finishes, alignment of the start line and finish line to the buoys may be altered at the discretion of the referee, depending on the prevailing sea conditions.

The start line: a brightly coloured cord stretched between two poles carrying flags, approximately 48 m apart shall be located at the water's edge. Alignment of the start line to the buoys may be altered at the discretion of the referee, depending on prevailing sea conditions. This line will be removed once competitors are in line and prior to the start to ensure the tube cannot catch it.

The finish line: the finish line shall be between two poles or suitable markers in knee depth water.

The swimming buoys shall be placed as for the Surf Race, so that all competitors have an equal chance with regard to sandbanks and rips, etc.

Equipment

Rescue tube, swim fins: See *ILS Competition Manual*, Section 10 – *Facility and Equipment Standards and Scrutineering Procedures*. Competitors must use rescue tubes provided by organisers.

Judging

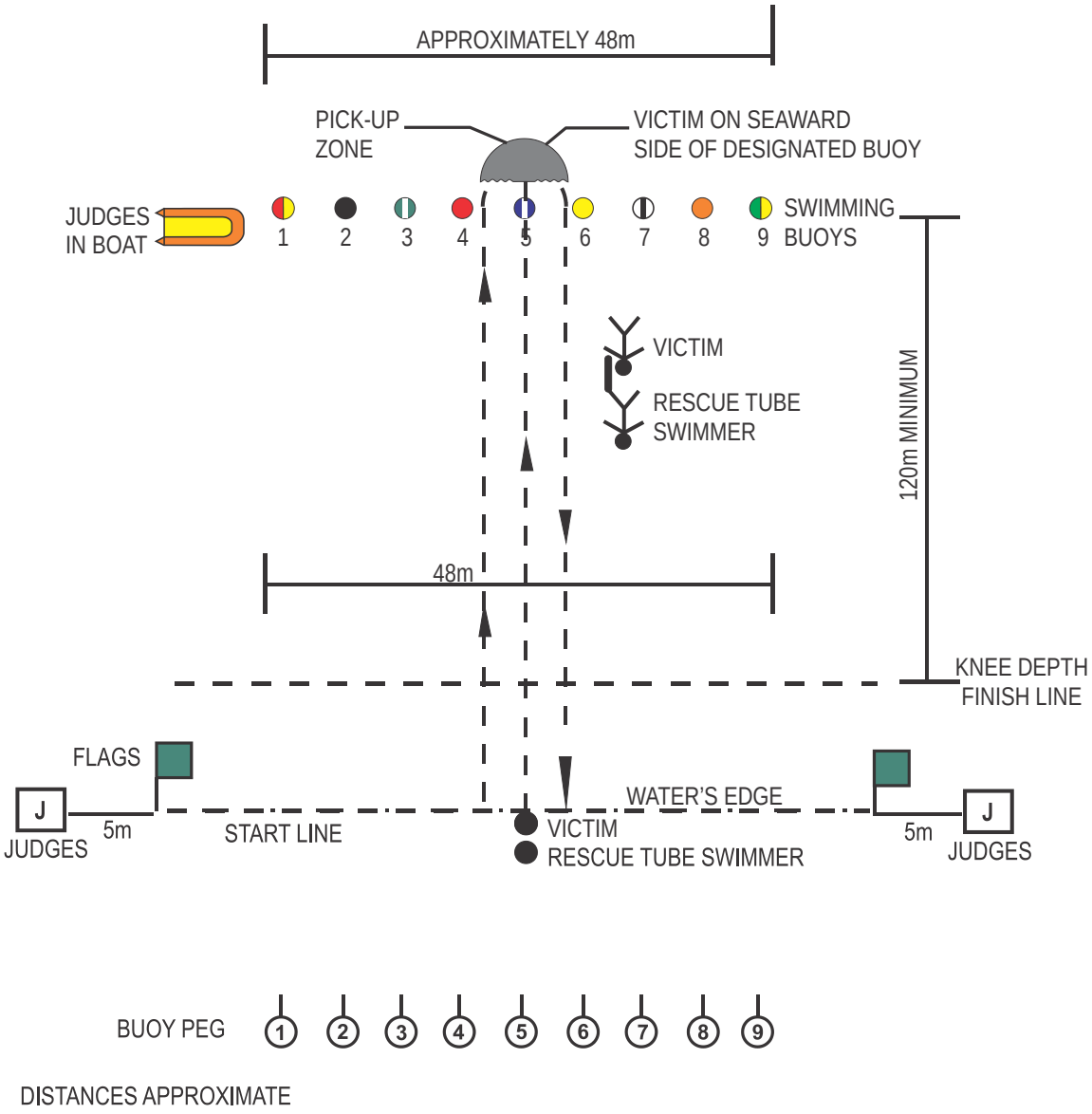
Finish judges shall be positioned at each end of the finishing line at least 5 m from the flagpole and in line with each flagpole. An in-boat course judge shall be positioned in line with the buoys as shown in the diagram.

Infringements recorded during the event observed by any of the judges shall be reported to the referee who shall adjudicate on the infringement with the judges concerned. An in-boat judge observing an infringement shall report to the referee as soon as practical and prior to the race result being declared.

Disqualification

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

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



RESCUE TUBE RESCUE – 2 PERSON

2.6 BOARD RELAY

Conducted as a two-person relay as per the *ILS Competition Manual* event description and rules.

2.7 BOARD RESCUE

Conducted as per *ILS Competition Manual* event description and rules.

2.8 BEACH FLAGS

Conducted as per *ILS Competition Manual* event description and rules.

2.9 BEACH SITUATIONS

This event tests judgment, knowledge and ability of two lifeguards who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them at the start.

Prior to the event, teams will be locked up and subsequently escorted to the beach to begin their situation. Teams will have 60 seconds to set up on the beach. No situations will occur during this set up time. Teams will be responsible for any situation from the sound of the whistle.

Teams will guard for 12–15 minutes and will be required to deal with all incidents during this time. Incidents may include: public relations situations, first aid, near-drowning and searches. Teams may bring any equipment they wish into this event. A spineboard, paddleboard, two rescue tubes and a first aid kit will be provided.

The public will not be cleared from the beach during situations.