



2018 JUNIOR LIFEGUARD TELEGAMES

(Revised April 1, 2018)

Download additional copies of this handbook at www.lifesavingsociety.com.

Supporting lifesaving leaders right from the start.



Proud sponsor of the Lifesaving Society Junior Lifeguard TeleGames.



Dear Junior Lifeguard Club Coach,

The Lifesaving Society welcomes your participation in the 2018 Junior Lifeguard TeleGames. The TeleGames are happening in pools across Canada – and we hope yours will be one of them too!

Four TeleGames are scheduled for 2018 – Winter, Spring, Summer, and Fall.

If you require additional copies of this handbook or any of the forms, you can download them at www.lifesavingsociety.com. If you're interested in participating, or want more information please contact the Lifesaving Society Office. Suggestions and comments on the Junior Lifeguard TeleGames are always welcome.

Journal Printing is a long-time friend of the Lifesaving Society and its drowning prevention mission. We continue to be grateful for Journal's support.

Thank you all for your continued support and participation. Let the TeleGames begin!

Paula Stevens
Lifesaving Society Ontario
Vice President – Lifesaving Sport

ABOUT THE JUNIOR LIFEGUARD TELEGAMES

The Lifesaving Society's Junior Lifeguard TeleGames are inter-club level competitions held at aquatic facilities throughout the year. In TeleGames, participants have the opportunity to experience lifesaving sport events in a fun and encouraging competitive environment. TeleGames can be delivered during regularly scheduled club meetings, classes or workouts or as an inter-facility or regional competition. Performances are compared with other lifesavers – all without traveling.

Participating affiliates may run one or all of the TeleGames' events at their own facilities. Results of events are forwarded to the scoring centre, where results from all participating affiliates are compiled.

Lifesaving Affiliates are encouraged to create clubs and promote awareness of Lifesaving Sport activities. Through the development of Lifesaving Sport programs and clubs, youth have the opportunity to become active, increase their personal fitness; learn about competing fairly and setting personal goals.

2018 "RESULTS DUE" DATES

Results are due into the scoring centre by the following dates:

- Winter – March 30
- Spring – June 29
- Summer – August 31
- Fall – December 28

ENTRY REQUIREMENTS

Participants must be:

- Less than 18 years of age.
- Hold a Lifesaving Society award, or be registered in a Lifesaving Society course, or be a member of a Lifesaving Club / Affiliate.
- Meet the Canadian Swim to Survive Standard: Roll into deep water; Tread water for 1 minute; and swim 50 metres

AGE GROUPS

Participants compete in one of six age groups determined as of the "Results Due" date:

- | | |
|-----------------|---------------|
| • 7 yr. & under | • 12 & 13 yr. |
| • 8 & 9 yr. | • 14 & 15 yr. |
| • 10 & 11 yr. | • 16 & 17 yr. |

ENTRY FEE

The entry fee is \$2.10 per competitor per event. ***There is no fee for relay entries as long as the competitors participate in one individual event.***

Entry fees cover the costs of registration, awards, scoring and results.

PROGRAM OF EVENTS

TeleGames consist of seven timed events – all timed to 100th of a second.

Individual events

Lifesaving Individual Medley
Object Carry
Obstacle Swim
Throwing Accuracy
Tow with Fins

Team events

Lifesaving Medley Relay
Obstacle Relay

Clubs may run one or all of the individual events.

RESULTS & AWARDS

Each competition site sends the results of each timed event to the scoring centre via fax, mail or e-mail.

- Each participant can participate ONCE per TeleGames.
- Competitors are allowed to enter each event only once.
- Event results from all sites are compiled and ranked in order by time.
- Individual results are based on time.
- Results and awards will be forwarded to each club.

Clubs must identify the contact person (with his/her phone number) who is available to answer questions regarding results.

Send completed results sheets and fees to: Junior Lifeguard TeleGames, 400 Consumers Road, Toronto, Ontario M2J 1P8. Telephone: 416-490-8844. Fax: 416-490-8766. Email: sport@lifeguarding.com.

Pay by cheque (payable to the Lifesaving Society), Visa, MasterCard, or Purchase Order.

Ribbons are awarded to the 1st through 6th place males and females in individual events in each age group; and to 1st through 6th place relay event team members.

GUIDE TO MANAGING JUNIOR LIFEGUARD TELEGAMES

The purpose of Junior Lifeguard Games is to:

- Have some serious fun!
- Ensure a fair and efficient competition.
- Provide the opportunity for Officials to learn how to run a Junior Lifeguard Games.

Keep the tone of the Junior Lifeguard TeleGames informal and low key.
A list of tasks and proposed job descriptions are presented below:

TASKS

1. Prepare a list and register all competitions. Required information is: Name of Club, Name of Competitor, Age, Sex, Events entered, Relay Team Name(s), Names of Relay Team Members.
2. Prepare and print an event program.
3. Welcome all participants and coaches to the Games. Invite adult/parent participation as timers and officials. Distribute the games program.
4. Marshall competitors by event.
5. Set up the equipment and course for each event. N.B. Events can include both sexes within a given age group to save time.
6. Run the events recording the place and time for each competitor on a competitor time card.
7. Fax, mail or email results of each event to the TeleGames Scoring Centre.
8. The Scoring Centre will compile the results and send a copy to the coach of each club.
9. Congratulate all participants. Thank parents and invite everyone back for the next session.

JOB DESCRIPTIONS

Meet Manager

- Responsibilities include:
 - Official Welcome
 - Set up course and equipment for each event
 - Manage parents and other volunteers
 - Thank all participants at the end of Games
- Additional help from volunteers makes in-water set up of equipment easier.

JOB DESCRIPTIONS *(cont'd)*

Marshall

- Responsibilities include:
 - Marshall competitors by heat for all events
 - Distribute time card indicating the event, age group, and competitors' name to each competitor
 - Describe event rules to competitors before each heat
- Additional help makes it easier to match competitors with time cards and get them in the appropriate heat.

Referee

- Responsibilities include:
 - In charge of all participants at the meet
 - Start each event
 - Judge strokes and turns
 - Judge place of finishing for each event

Chief Timer

- Responsibilities include:
 - Trains and monitors timers
 - Time first place finish
 - Collect competed time cards and determine official time

Timers

- Should have two timers per lane
- Volunteers or recruited parents may fill this role
- Responsibilities include:
 - Timing
 - Recording results on time cards

MATERIALS LIST FOR TELEGAMES

ALL EVENTS

- Starter's whistle (*1 required*)
- Stopwatches (*2 per lane*)
- Competitor Time Cards to record time and placing (*1 per swimmer, per event*)
- Clipboards (*1 per lane*)
- Pencils

LIFESAVING INDIVIDUAL MEDLEY AND LIFESAVING MEDLEY RELAY

No equipment required.

OBJECT CARRY

Object – weight varies depending on age group:

- 7 yr. & under – 1 lb. or less (e.g. pucks, rings, etc.)
- 8–11 yr. – 5 lb.
- 12–17 yr. – 10 lb.

OBSTACLE SWIM AND OBSTACLE RELAY

Obstacles for competitors 7 yr. & under consist of a rope fixed in a straight line across all lanes. Rope colour should contrast with the water.

Obstacles for competitors 8 yr. & over are 35 cm high and fixed at right angles onto lane ropes in a straight line across all lanes.

THROWING ACCURACY

- Tape measure (*1 required*)
- Throw line shall be 8 mm or 5/16 inch diameter buoyant polypropylene double braid line. Length varies with age group (see chart below).
- Target shall be a rope or obstacle fixed in a straight line across all lanes. Distance to target varies by age group (see chart below).
- Targets may be secured in place by the use of weighted objects and/or attached to lane ropes.

MATERIALS LIST FOR TELEGAMS *(cont'd)*

THROWING ACCURACY EVENT

Age group	Target distance	Rope length
11 yr. & under	4 m	6–7 m
12–15 yr.	7 m	9–10 m
16 & 17 yr.	10 m	16.5–17.5 m

TOW WITH FINS

Swim fins

Competitors may use their own fins or those provided by the competition organizers. To avoid injury, competitors should only wear fins of a size appropriate to their physical development. Fins must not be longer than 60 cm including shoe or ankle strap; and the fin part itself must not be longer than the length of the foot well. Fins must not be wider than 21 cm at the widest point of the blade. Fiberglass racing fins are not permitted.

Manikins

For 11 yr. & under competitors: the manikin is empty and a loop is attached to the top of the manikin's head or the back of the neck.

For 12 yr. & over competitors: the manikin is filled with water so that it floats with the top of its transverse line at the surface.

Note: Many manikins no longer have a clip at the top of the head. Clubs will need to develop new strategies for manikin clipping for competitors 11 yr. & under. A simple suggestion from the Richmond Hill Lifesaving Club is to fit the manikin with a 60–90 lb. lifejacket. The competitor can clip the loop on the lifejacket and tow the manikin this way. Please share other techniques your club develops.

Construction: Manikins must meet Lifesaving Society requirements and specifications (i.e., Lifesaving Society training and competition manikins, DLRG manikins, Australia manikins).

Rescue tubes

Construction: Rescue tubes must meet Lifesaving Society requirements and specifications (i.e., Lifesaving Society Canada rescue tubes, Australia rescue tubes).

GENERAL CONDITIONS FOR TELEGAMES

STARTS

Dive start procedure

The one-start rule shall be used.

1. On the long whistle, competitors step onto the starting platform and remain there.
2. On the starter's "**Take your marks**" command, competitors immediately assume a starting position with at least one foot at the front of the starting platform.
3. When competitors are stationary, the starter gives the acoustic starting signal.

Competitors may start on the starting platform, or on the pool deck, or in the water with one hand in contact with the starting wall.

Competitors starting in the shallow end or into shallow water *must* use an in-water start.

PENALTIES

Infraction of the General Conditions for TeleGames:

1. Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g. handwebs, armbands).
2. Competitors shall not take assistance from the pool bottom except where specifically allowed.
3. Taking assistance from any pool fittings (e.g., lane ropes, steps, drains or underwater hockey fittings) is not permitted.
4. A competitor who interferes with another competitor during a race shall be assigned a 60 second time penalty.

EVENT DESCRIPTIONS

LIFESAVING INDIVIDUAL MEDLEY

With a dive or in-water start 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.

Age group	Total distance	Front crawl	Breaststroke	Legs-only lifesaving kick	Back crawl
All ages	100 m	25 m	25 m	25 m	25 m

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

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, 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.

Note: Judging criteria for strokes apply only when the top of the competitors head has broken the surface. "Surface" means the horizontal plane of the surface of a still water pool. Competitors must surface within 12.5 m after the start and each turn.

Penalties

A 5 second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for TeleGames.
2. Infraction occurring during the start.
3. Incorrect strokes.
4. Not surfacing within 12.5 m after the start and each turn.
5. Failure to touch the wall during the turn.
6. Failure to touch the finish wall.
7. Not completing the event in accordance with the event description.

OBJECT CARRY

With a dive or in-water start on an acoustic signal, the competitor swims 25 m front crawl 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 need not touch the turn wall of the pool.

Competitors may push off the bottom when surfacing or retrieving 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.

Competitors must carry the object while on their back or side.

Competitors may not carry the object while on their front.

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

Penalties

A 5 second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for TeleGames.
2. Infraction occurring during the start.
3. Taking assistance from any pool fitting, (e.g., lane rope or steps) when surfacing with the object – not including the bottom of the pool.
4. Walking along the bottom when surfacing with the object
5. Using an incorrect carrying technique.

6. Failure to touch the finish wall.
7. Not completing the event in accordance with the event description.

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

OBSTACLE SWIM

With a dive or in-water start on an acoustic signal, the competitor swims the course passing 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.

Age group	Distance
11 yr. & under	50 m
12 yr. & over	100 m

Position of obstacles

One obstacle is located 12.5 m from starting wall.

Penalties

A 5 second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for TeleGames.
2. Infraction occurring during the start.
3. Passing over an obstacle without immediately returning over that obstacle and then passing under it.
4. Failure to surface after the start or after a turn.
5. Failure to surface after each obstacle.
6. Failure to touch the wall during the turn.
7. Failure to touch the finish wall.
8. Not completing the event in accordance with the event description.

THROWING ACCURACY

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

The start: On the long whistle, competitors step into the throw zone. 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 event is finished when the competitor's line hits the 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.

Fair throw: The lane marker is not "within the lane".

Throw zone: Competitors must remain on the deck and in their allotted lanes, 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 assigned a time penalty of 5 sec.

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 competitors' 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 no interference with another competitor. Competitors who enter (or fall into) the water shall be assigned a time penalty of 5 sec.

Time limit: Competitors must hit the target 3 times within 2 min. 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 min. limit. Competitors who fail to hit the target 3 times within the time limit will be assigned a time of 2 min.

Penalties

A 5 second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for TeleGames.
2. Infraction occurring during the start.
3. Exiting the throw zone (as judged by both feet) at any time after the start and before the 2-minute completion signal.
4. Not completing the event in accordance with the event description.

TOW WITH FINS

With a dive or in-water start on an acoustic signal, the competitor swims front crawl with fins and rescue tube. After touching the turn wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube to a manikin and tows it to the finish. The event is complete when the competitor touches the finish wall of the pool.

Note: Competitors must tow, not carry, the manikin with the line of the rescue tube fully extended.

Age group	Front crawl swim distance	Tow distance
7 & under	25 m	25 m
8 & 9 yr.	25 m	25 m
10 & 11 yr.	25 m	25 m
12 & 13 yr.	75 m	25 m
14 & 15 yr.	75 m	25 m
16 & 17 yr.	75 m	25 m

Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without penalization.

Securing the manikin: For competitors 11 years & under: After first touching the turn wall, the competitor secures the manikin correctly with the rescue tube by clipping the loop on the lifejacket, within the 5 m pick-up zone. Competitors must complete the 25 m front crawl swim by touching the pool wall before touching the manikin.

Securing the manikin: For competitors 12 years & over: After first touching the turn wall, the competitor 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. Competitors must complete the 75 m front crawl swim by touching the pool wall before touching the manikin.

Note: Many manikins no longer have a clip at the top of the head. Clubs will need to develop new strategies for manikin clipping for competitors 11 years & under. One simple suggestion from the Richmond Hill Lifesaving Club is to fit the manikin with a 60–90 lb. lifejacket. The competitor can clip the loop on the lifejacket and tow the manikin this way. Please share other techniques your club develops.

Towing the manikin: Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin maintaining the manikin’s mouth or nose above the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin’s head passes the 10 m line. Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

Competitors shall be penalized if the rescue tube and manikin become separated. Competitors shall not be penalized if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was “secured correctly” originally, and the mouth or nose of the manikin is maintained above the surface.

As long as the manikin has not become separated from the rescue tube, and the mouth or nose remain above the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without penalization.

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

Penalties

A 5-second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for TeleGames.
2. Infraction occurring during the start.
3. Taking assistance from any pool fitting, (e.g., lane rope or steps) when fixing the rescue tube around the manikin – not including the pool bottom.
4. Not touching the pool wall before touching manikin.
5. Incorrect securing of the rescue tube:

- a. *11 yr. & under*: incorrect securing of the rescue tube to the loop on the lifejacket.
 - b. *12 yr. & over*: around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
6. Not securing the rescue tube to the manikin:
 - a. *11 yr. & under*: not securing the rescue tube to the loop on the lifejacket within the 5 m pick-up zone, judged at the top of the manikin's head.
 - b. *12 yr. & over*: not securing the rescue tube around the manikin within the 5 m pick-up zone, judged at the top of the manikin's head.
7. The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.
8. Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line.
9. Pushing or carrying, instead of towing, the manikin
10. Towing the manikin face down.
11. The rescue tube and manikin become separated after the rescue tube has been secured correctly around or to the manikin.
12. Touching the finish wall without the rescue tube and manikin in place.
13. Failure to touch the wall during the turn.
14. Failure to touch the finish wall.
15. Not completing the event in accordance with the event description.

LIFESAVING MEDLEY RELAY

Relay teams are composed of males or females or both, whose total age determines their relay age group.

Relay age group 44 years or less

With a dive 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 45 years to 68 years

With a dive 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 only one leg of the 4 legs of the lifesaving medley relay in the order of strokes specified. Competitors starting in the shallow end or into shallow water must use an in-water start.

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, 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.

Note: Judging criteria for strokes apply only when the top of the competitors head has broken the surface. "Surface" means the horizontal plane of the surface of a still water pool. Competitors must surface within 12.5 m after the start and each turn.

Penalties

A 5 second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for TeleGames.
2. Infraction occurring during the start.
3. Incorrect strokes.
4. Not surfacing within 12.5 m after the start and each turn.
5. Failure to touch the wall during the turn.

6. Failure to touch the finish wall.
7. Leaving the start before the previous competitor has touched the wall.
8. Not completing the event in accordance with the event description.

OBSTACLE RELAY

Relay teams are composed of males or females or both, whose total age determines their relay age group.

Relay age group 44 years or less

With a dive or in-water start on an acoustic signal, the first competitor swims 25 m front crawl passing under one obstacle. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn.

Relay age group 45 years to 68 years

With a dive or in-water start on an acoustic signal, the first competitor swims 50 m front crawl passing under two obstacles. After the first competitor touches the turning wall, the second, third and fourth competitors repeat the procedure in turn.

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 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 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.

Position of obstacles

One obstacle is located 12.5 m from the starting wall.

Penalties

A 5 second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for TeleGames.
2. Infraction occurring during the start.

3. Passing over an obstacle without immediately returning over that obstacle and then passing under it.
4. Failure to surface after the start or after a turn.
5. Failure to surface between obstacles.
6. Failure to touch the wall during the turn.
7. Failure to touch the finish wall.
8. Leaving the start before the previous competitor has touched the wall.
9. Not completing the event in accordance with the event description.

Junior Lifeguard TeleGames Order Form

Invoice to name:			Ship to:		
Mailing address:			Street address (please do not use post office box)		
City	Prov.	Postal code	City	Prov.	Postal code
Ordered by:			Attention:		
Phone:			Phone:		
Date ordered:		Date required:	Email:		
Payment: Cheque <input type="checkbox"/>	Money order <input type="checkbox"/>	Purchase order # <input type="checkbox"/>	VISA <input type="checkbox"/>	Debit <input type="checkbox"/>	MasterCard <input type="checkbox"/>
			AMEX <input type="checkbox"/>		
Credit Card #		Expiry date	Cardholder's name		Cardholder's signature

QUANTITY	CODE	ITEM	PRICE	TOTAL
	26.1330.10	<i>Lifesaving Sport Fundamentals Award Guide</i>	\$19.05	
	42.7150.01	<i>Junior Obstacles</i>	\$109.45	
	42.7160.00	<i>Throwing Line / metre</i>	\$1.93	
	42.8307.00	<i>Dive Ring (6" individual rings)</i>	\$11.24	
	42.1202.00	<i>Easy-Grip Brick – 5 lb. (Orange)</i>	\$42.46	
	42.1200.01	<i>Easy-Grip Brick – 10 lb. (Blue)</i>	\$61.60	
	42.1201.01	<i>Easy-Grip Brick – 20 lb. (Yellow)</i>	\$109.95	
	44.1101.91	<i>Fox 40 Classic Whistle with Lanyard</i>	\$6.73	
	42.7490.00	<i>Kiefer Meet Timer (Stopwatch)</i>	\$21.86	
	42.7491.40	<i>Accusplit Stop Watch</i>	\$26.75	
	42.7105.01/.02/.03/ .04/.05/.06/.07/.08	<i>Kiefer Colour Fins (Sizes: 1-3, 3-5, 5-7, 7-9, 9-11, 11-13, 14-15, 15-17) Available in different colours.</i>	\$32.64	
	42.1183.00	<i>Lifesaving Society Competition Manikin</i>	\$315.88	
	42.1185.00	<i>Lifesaving Society Training Manikin</i>	\$189.00	
	42.7400.00	<i>Lifesaving Rescue Tube</i>	\$82.37	

Free Standard shipping within Canada. Taxes extra. Express delivery extra.

PRICES EFFECTIVE UNTIL DECEMBER 31, 2018*

*Prices are subject to change without notice

SUB TOTAL

SHIPPING

TAX

TOTAL

400 Consumers Road, Toronto, ON M2J 1P8
Phone: 416 490 8844 Fax: 416 490 8766
E-mail experts@lifeguarding.com
Web: www.lifesavingsociety.com
On-Line Store: www.lifeguarddepot.com