

**ONTARIO SENIOR LIFESAVING CHAMPIONSHIPS – WATERFRONT**  
**Registration Package**

*The Lifesaving Society invites you to the Ontario Senior Lifesaving Championships –Waterfront  
hosted by the City of Toronto*

- DATE** August 12 & 13, 2020
- LOCATION** Bluffer’s Park Beach, Toronto. See [www.lifesavingsociety.com](http://www.lifesavingsociety.com) for map.
- COMPETITION** The competition is sanctioned by the Lifesaving Society. Event rules will be in accordance with the 2019 Edition of the *ILS Competition Rule Book*, the 2019 Edition of the *Canadian Competition Manual*, the 2020 Edition of the *Ontario Competition Manual*, and any 2020 Communiqués. Go to [www.lifesavingsociety.com](http://www.lifesavingsociety.com) for details.
- ELIGIBILITY** All competitors must hold a current Bronze Medallion or higher certification and be a registered athlete. 14-15 years competitors must be at least 14 years of age by August 12, 2020 and not older than 15 years of age on August 12, 2020. 16-19 years competitors must be at least 16 years of age by August 12, 2020 and not older than 19 years of age on August 12, 2020. Open competitors must be at least 16 years of age by August 12, 2020.
- AGE GROUPS** 3 categories: 14-15 years, 16-19 years, Open.

PROGRAM OF EVENTS	Divisions			
	Individual Events	14-15 years	16–19 years	Open
Beach Flags		20m	20m	20m
Beach Run		1500m	2000m	2000m
Beach Sprint		70m	90m	90m
Board Race		400m	600m	600m
Oceanman/woman		200Sw/300B/400Sk	300Sw/400B/600Sk	300Sw/400B/600Sk
Surf Race		300m	400m	400m
Surf Ski Race		400m	700	700
<b>Team Events (2-person)</b>		<b>14-19 years</b>		<b>Open</b>
Board Rescue		120m		120m
<b>Team Events (4-person)</b>		<b>14-19 years</b>		<b>Open</b>
Beach Relay		4x90		4x90
Rescue Tube Rescue		120m		120m
<b>Team Events (4-person Mixed)</b>		<b>14-19 years</b>		<b>Open</b>
Ocean Relay		300Sw/400B/600Sk (x4)		300Sw/400B/600Sk (x4)

\*\* Ocean Relay team composition 2 males and 2 females – any order determined by coach.

**ENTRY DEADLINE** **Registration must be received by Wednesday July 29, 2020.** Refunds will not be issued after July 29<sup>th</sup>, nor will they be issued for clubs or competitors who do not show up for the Championships.

ENTRY FEES	Competitor Fee	Individual Event Entry Fee	Team Event Entry Fee
	\$22.05 per each competitor	\$8.85 per competitor per event	\$11.00 per team per event

**ACCOMMODATION** Days Inn, Toronto East Lakeview, 2151 Kingston Rd, 416-261-8100. Please specify **Lifesaving Society** when booking your room to ensure the group rate of \$95.00 plus tax, per night includes hot continental breakfast, internet and parking. **Booking deadline July 24, 2020.**

**REGISTRATION** Send registration form with method of payment – cheque (payable to the Lifesaving Society), money order, purchase order, VISA, America Express or MasterCard – to:

Lifesaving Society	Phone: 416 490 8844
Attention: 2020 Competition Registration	Fax: 416 490 8766
400 Consumers Road Toronto, ON M2J 1P8	Email: sport@lifeguarding.com

### **ONTARIO SENIOR LIFESAVING CHAMPIONSHIP – WATERFRONT SCHEDULE**

<b>Wednesday August 12, 2020 – Bluffer’s Beach</b>	
7:45 am Officials Meeting	8:15 am Opening Ceremonies
<b>Events start at 8:30 am</b>	
<b>Male Event</b>	<b>Female Event</b>
Beach Sprint (P – F)	Canadian Iron Guard (P – F)
Beach Relay (P – F)	Rescue Tube Rescue (P – F)
Surf Ski Race (P – F)	Beach Sprint (P – F)
Oceanman Relay (P – F)	Beach Relay (P – F)
Surf Race (P – F)	Surf Race (P – F)
Canadian Iron Guard (P – F)	Surf Ski Race (P – F)
Rescue Tube Rescue (P – F)	Oceanwoman Relay (P – F)
<i>** Awards will be presented at the mid-day lunch break and end of day</i>	
<b>Thursday August 13, 2020 – Bluffer’s Beach</b>	
7:45 am Officials Meeting	8:00 am Awards Presentation
<b>Events start at 9:00 am</b>	
<b>Male Event</b>	<b>Female Event</b>
Beach Run - 2km (P – F)	Beach Run - 2km (P – F)
Board Race (P – F)	Oceanwoman (P – F)
Beach Flags (P – F)	Board Rescue (P – F)
Oceanman (P – F)	Board Race (P – F)
Board Rescue (P – F)	Beach Flags (P – F)
<i>** Awards will be presented at the mid-day lunch break and end of day</i>	

**PLEASE NOTE:** An equipment pool will not be provided for competitors. Athletes are encouraged to make arrangements prior to the competition. Boards and skis are available to rent from the Lifesaving Society.

Rental of equipment can be arranged in advance for the competition, shipping to and from beach will be included.

Racing Skis	Adjustable seat (paddle not included)	\$300.00
Paddle	Carbon Fibre/Nylon	\$ 50.00
Racing Boards	Small (up to 145 lb. / 65 kg)	\$200.00
	Medium (up to 165 lb. / 75 kg)	
	Large (up to 200 lb. / 90 kg)	

To arrange your rental, contact Renata Jaciw-Zurakowsky at [renataj@lifeguarding.com](mailto:renataj@lifeguarding.com). Equipment is rented on a first come, first serve basis and applicable taxes will apply.



## ONTARIO SENIOR LIFESAVING CHAMPIONSHIP – WATERFRONT

*Please use one form for each club (Type or print BLOCK letters only).*

Club or Affiliate		
Mailing address	Apt or Suite	
City	Prov	Postal Code
Coach  Name	(      )  Home/cell phone	
Email (that will be checked regularly in the week preceding the championship)	(      )  Business Phone	
Note: Each completed registration must include the following forms: Registration with payment, Waiver & Release and Event Entries.		
Competitor fee	@ \$22.05 / per person =	
Individual Event Entry fee (per competitor per event)	@ \$8.85 / event =	
Team Event Entry fee (per team per event)	@ \$11.00 / relay =	
<b>TOTAL AMOUNT OWING</b>		
<b>Payment</b>		
<input type="checkbox"/> Cheque	<input type="checkbox"/> Money order	<input type="checkbox"/> Visa
<input type="checkbox"/> MasterCard	<input type="checkbox"/> AMEX	<input type="checkbox"/> P.O. #
Credit Card # _____	Expiry Date _____	
Card holder name	Card holder signature	

*Mail, fax or email to:*  
*Lifesaving Society*  
*Attention: 2020 Competition Registration*  
*400 Consumers Road*  
*Toronto, Ontario M2J 1P8*  
*Fax 416 490 8766*  
*Email: sport@lifeguarding.com*

**ONTARIO LIFESAVING CHAMPIONSHIP – SENIOR WATERFRONT**

**Waiver & Release Form**

*Please read carefully before signing*

**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 ideals of 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 of 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 a 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 host, the facility operator, 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 or running of the competition, events or 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. I recognize that competitors are responsible for their own medical coverage.

**4. Model Release**

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

*I have carefully read and understood 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 representatives and assigns.*

**Print name**

**Signature (Parent if under 18)**

**Date**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
<b>COACH :</b>	_____	_____

