

RLSS COMMONWEALTH LIFESAVING CHAMPIONSHIPS



WINDSOR, CANADA
September 2023

SEPTEMBER 13-17

2023



Championships Info Pack

The Lifesaving Society Canada and the Royal Life Saving Society Commonwealth invite you to the 2023 Royal Life Saving Society Commonwealth Lifesaving Championships, September 13–17, 2023 in Windsor, Ontario.

We are delighted to welcome you to beautiful Windsor – the City of Roses – where you can expect a world-class competition and hospitality experience.



LIFESAVING SOCIETY
The Lifeguarding Experts



DATE
September 13–17,
2023

HOST FACILITY
**Windsor International
Aquatic and Training
Centre**

ENTRY DEADLINES 2023
Early – June 6
Normal – July 18
Late – August 1

IMPORTANT DATES
**October 2022 –
Call for officials**

**Early 2023 –
Official website
launch and
registration opens**

EVENT INFORMATION



Sanctioning and rulebooks

This event is conducted under the auspices of the Royal Life Saving Society Commonwealth and sanctioned by the International Life Saving Federation. Event rules are in accordance with the *2022 RLSS Competition Handbook* and the *ILS 2019 Competition Rulebook*.

Eligibility and right to participate

Commonwealth Lifesaving Championships are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving – that is, people who are lifesavers first and competitors second – the Royal Life Saving Society (RLSS) considers it unethical to recruit competitors whose lifesaving credentials are tenuous or merely convenient for the purposes of competition.

Individuals competitors who enter must:

- Be a citizen or subject of an eligible Commonwealth nation.
- Be a qualified lifesaver in good standing with a lifesaving organization and hold an RLSS Bronze Medallion award or equivalent.
- Be a minimum of 16 years of age on, or before, December 31, 2023.

Divisions and team composition

All nations recognized by the Commonwealth Games Federation are eligible to enter. The Championships are open to one National Team and one Development Team per nation – National teams compete against one another, and Development teams compete against one another.

A National or Development team may consist of a minimum of one competitor and a maximum of five female and a maximum of five male competitors (10 in total per team), in addition to any non-competitive management or coaching personnel. It is not mandatory to have both male and female competitors on a team, but teams may not increase the number of male or female competitors beyond five.





COMPETITION EVENTS

- 50 m Manikin Carry
- 100 m Manikin Carry with Fins
- 200 m Super Lifesaver
- 100 m Manikin Tow with Fins
- 200 m Obstacle Swim
- 100 m Rescue Medley
- 4x50 m Obstacle Relay
- 4x25 m Manikin Relay
- 4x50 m Medley Relay
- Line Throw
- Aquatic SERC
- Dry SERC

Registration (prices in CAD)

Competitor Pass

Includes accreditation pass with lanyard, event program, event entry, opening ceremonies, sport development workshop, welcome lunch and banquet dinner.

By June 6	\$330
By July 18	\$350
By August 1	\$370

Function Pass

Includes entry to welcome lunch and banquet dinner.

By August 1	\$100
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Accreditation Pass

Includes accreditation pass with lanyard, event program, and access to pool deck, opening ceremonies and sport development workshop.

By August 1	\$25
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Schedule

September 13

Training

September 14

Training, Sport Development Workshop, Opening Ceremonies, Welcome Lunch

September 15

Championship Events

September 16

Championship Events, Medal Ceremonies

September 17

Championship Events, Medal Ceremonies, Closing Ceremonies, Banquet

WINDSOR INTERNATIONAL AQUATIC AND TRAINING CENTRE

Welcome to the Windsor International Aquatic and Training Centre (WIATC) – a state-of-the-art, world-class facility that lifesavers from across the Commonwealth will call home for five days of intense competition.



FlowRider at Adventure Bay

The Windsor International Aquatic and Training Centre is a flexible and highly customizable facility; it features a pool with two bulkheads, a headwall and a movable floor in the shallow end, allowing it to meet the various layout demands of lifesaving sport events. The 71x25 metre pool will be configured into a 50 m, ten-lane competition pool and a 25 m eight-lane horizontal training pool. Out of the water, athletes, officials and attendees will enjoy access to six multi-purpose rooms, a dedicated stretching zone for athletes and access to the in-house gym.

The facility has hosted numerous national and international aquatics championships since it opened in 2014 including the 2016 FINA Short Course World Championships (training venue) and the 2017 Speedo Can Am Para-Swimming Championships.



After a full day of competition, attendees can have some fun at Windsor's Adventure Bay (connected directly to the WIATC facility), a waterpark with slides, wave pool, lazy river and even a FlowRider for body-boarding and surfing.

We know you will be thrilled to call this facility home for the duration of the 2023 RLSS Commonwealth Lifesaving Championships!



ADDITIONAL VENUES



CLOSING CEREMONIES AND BANQUET

The St. Clair College Centre for the Arts will host the RLSS Commonwealth Lifesaving Championships closing ceremonies and banquet. Just a few minutes on foot from the Windsor International Aquatic and Training Centre, the venue features first-rate chefs and culinary staff and excellent presentation technology – all in a gorgeous space with an extraordinary view of the Detroit River – these are events you won't want to miss!

Accommodations

Upon registration, attendees will be provided group booking links for our three partner hotels:

- [Best Western Plus Waterfront Hotel](#)
- [Towne Place Suites by Marriott Windsor](#)
- [Four Points by Sheraton Windsor Downtown](#)

Booking your accommodation via these links will ensure the best rate possible and room availability for attendees. All three hotels are within a 10-minute walk from the Windsor International Aquatic and Training Centre.



Best Western Plus Waterfront Hotel



ST. CLAIR COLLEGE
CENTRE FOR THE ARTS



PLANNING YOUR TRIP

The City of Windsor, named after the historic town in Berkshire, England, is an incredible community that offers world-class entertainment, fascinating historical and cultural landmarks, and unparalleled waterfront parks and gardens. Visitors will find a city committed to creativity and vibrancy – a destination that inspires artistic expression and celebrates Canadian cultural identity and diversity.



Getting to Windsor

Travelling to Windsor will almost certainly take visitors through the city of Toronto. From Toronto's Pearson International Airport, visitors can connect to Windsor by air (via the Windsor International Airport) or by VIA Rail Canada (via Windsor Train Station).

The Windsor International Airport is a 40-minute bus or a 20-minute taxi to downtown Windsor. Windsor Train Station is a 25-minute bus or a 7-minute taxi to downtown Windsor.

Getting around Windsor

Transit Windsor's extensive bus system can get you anywhere in the city you need to go. Pay with exact fare or purchase a reloadable Smart Ride card and be on your way!

Taxis are also available or use an Uber account in the local currency (contact Uber for details).

For more information on Windsor and planning your trip, visit:

- [City of Windsor](#)
- [Tourism Windsor Essex Pelee Island](#)
- [VIA Rail Canada](#)
- [Windsor International Airport](#)
- [Toronto Pearson International Airport](#)



TOURISM
**WINDSOR
ESSEX
PELEE ISLAND**



CONTACT INFORMATION



Windsor Sculpture Park – a museum without walls

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