

**2023 ONTARIO LIFEGUARD CHAMPIONSHIPS**  
**Registration Package**

*The Lifesaving Society invites you to the Ontario Lifeguard Championships  
hosted by the University of Waterloo*

DATE February 18, 2023

LOCATION [University of Waterloo - directions and parking](#)

COMPETITION The competition is sanctioned by the Lifesaving Society. Event rules will be in accordance with the 2022 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 2023 Communiqués. Go to [www.lifesavingsociety.com](http://www.lifesavingsociety.com) for details.

PROGRAM OF  
EVENTS

- **Water Rescue**
- **First aid**
- **Priority Assessment**

**4-person:** A team must consist of three or four competitors with any combination of males or females. Team composition must include a minimum of two competitors with current National Lifeguard certification. Team composition must remain the same for heats and finals. Please identify with a letter the group of athletes who are on the same team.

**2-person:** For simulated emergency response events, a team must consist of one or two competitors with any combination of males or females. Team composition must include a minimum of one competitor with current National Lifeguard certification. Team composition must remain the same for heats and finals. Please identify with a letter the group of athletes who are on the same team.

Competitors may compete on a 4-person or 2-person team only.

**Registration must be received by Monday February 6, 2023.** Refunds will not be issued after February 6, nor will they be issued for clubs or competitors who fail to show up for the Championships.

ENTRY FEES **4-person team \$220.00 includes:** Water Rescue, First Aid, and Priority Assessment Events

**2-person team \$110.00 includes:** Water Rescue, First Aid, and Priority Assessment Events

## POOL EVENT DETAILS

- The PAC pool is 25 yards.
- Depth – 1.6 m throughout.
- Event descriptions – *Ontario Competition Manual*
- Parking – Lot M - \$6; Lot R - \$5; Lot N - \$5; Lot X – free. All lots pay-and-display.
- Day use lockers available – please bring a lock. As the building is under renovation, please bring deck shoes to wear in the hallways.
- Please review the [University of Waterloo Notice of Photography policy](#).

## ACCOMMODATIONS

- [Comfort Inn – Waterloo](#), 190 Weber St. N. Waterloo, (519) 747-9400.
- [Inn of Waterloo](#), 475 King St. N. Waterloo, (519) 804-1130 Toll Free 1-866-875-6410.

## ELIGIBILITY AND RIGHT TO PARTICIPATE

To be eligible to compete in the Ontario Lifeguard Championships, the competitors on each team shall:

- Hold a current (within 24 months of the date of certification) Lifesaving Society Bronze Cross or National Lifeguard certification (see Composition of a team below).
- Be a minimum of 15 years of age as of the first day of the Ontario Lifeguard Championships.

Competitors are allowed to enter each event only once. Competitors may compete on 4-person and/or 2-person teams.

**Composition of a team:** Competitors enter the Ontario Lifeguard Championships events only as members of a team, not as individuals.

The team composition for the Ontario Lifeguard Championships must include a minimum of two competitors with current National Lifeguard certification for a 4-person team.

The team composition for the Ontario Lifeguard Championships must include a minimum of one competitor with current National Lifeguard certification for a 2-person team.

For simulated emergency response events:

**4-person:** a team must consist of three or four competitors. Teams may consist of any combination of males or females. Teams may not increase the number of competitors beyond four. A team with fewer than three competitors will not be eligible to compete in heats or finals of any event. Members of teams in each event may change. Team composition must remain the same for heats and finals.

**2-person:** a team must consist of two competitors. Teams may consist of any combination of males or females. Teams may not increase the number of competitors beyond two. A team with fewer than two competitors will not be eligible to compete in heats or finals of any event. Members of teams in each event may change. Team composition must remain the same for heats and finals.

## 2023 ONTARIO LIFEGUARD CHAMPIONSHIPS

### SCHEDULE

#### Saturday February 18

11:00 am	Key Officials Meeting	PAC 2021
11:30 am	Officials Meeting	PAC 2021
	Lock-Up for First Aid	
12:00 pm	Lock-Up for First Aid (bring your lunch)	PAC 1001
12:00 pm	Opening Ceremonies	PAC 1001
12:15 pm – 2:15 pm	First Aid	Squash Courts
2:15 pm – 2:30 pm	Break (verify score sheets ongoing)	PAC 2021
2:30 pm	Lockup for Water Rescue	PAC 1001
2:30 pm – 5:30 pm	Water Rescue	Pool
5:30 pm – 5:45 pm	Break (verify score sheets ongoing)	PAC 2021
5:45 pm	Lockup for Priority Assessment (bring your dinner)	PAC 1001
5:45 pm – 7:45 pm	Priority Assessment	Pool
8:00 pm	Award Presentations	Dance Studio

## 2023 ONTARIO LIFEGUARD CHAMPIONSHIPS

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

Affiliate or Club		
Mailing address		Apt or Suite
City	Province	Postal Code
Coach  Name		(    )  Home/cell Phone
Email (that will be checked regularly in the week preceding the Championships)		(    )  Business Phone
<b>Note:</b> Each completed registration must include the following forms: Registration with payment, Waiver & Release, Event Entries.		
<b>4-person team \$220.00 includes</b> Water Rescue, First Aid,    X number of teams and Priority Assessment Events		
<b>2-person team \$110.00 includes;</b> Water Rescue, First Aid,    X number of teams and Priority Assessment Events		
<b>TOTAL AMOUNT OWING</b>		

<b>Payment</b>	
<input type="checkbox"/> Cheque	<input type="checkbox"/> Money Order
<input type="checkbox"/> Visa	<input type="checkbox"/> Master Card
<input type="checkbox"/> AMEX	<input type="checkbox"/> P.O. #
Credit Card # _____	Expiry Date _____
Card holder name _____	Card holder signature _____

*Mail, fax or email:  
 Lifesaving Society  
 2023 Championships Registration  
 400 Consumers Road  
 Toronto, Ontario M2J 1P8  
 Fax 416 490 8766  
 Email [sport@lifeguarding.com](mailto:sport@lifeguarding.com)*

**2023 ONTARIO LIFEGUARD CHAMPIONSHIPS**

**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**

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_____	_____	_____
COACH:	_____	_____
_____	_____	_____

**2023 ONTARIO LIFEGUARD CHAMPIONSHIPS**  
**Team Event Entry – Simulated Emergency Response**

*Please use one form for each team.*

Affiliate or Club: \_\_\_\_\_

Coach: \_\_\_\_\_

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**PLEASE PRINT CLEARLY.**

<i>Competitor Name &amp; Gender</i>		<i>Registered Athlete Number</i>	<i>Date of Birth (yy/mm/dd) (ensure correct order)</i>	<i>First Aid</i>	<i>Water Rescue</i>	<i>Priority Assessment</i>	<i>Total events</i>
<i>Jane Smith</i>	M F		<i>01/09/25</i>	<i>A</i>	<i>B</i>	<i>A</i>	<i>3</i>
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