

LIFESAVING SOCIETY



LIFESAVING SPORT

2025 JUNIOR LIFEGUARD TELEGAMES

Download 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 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 – Winter, Spring, Summer, and Fall.

This handbook and any of the forms can be downloaded 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!

Jeff Schultz
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.

2025 "RESULTS DUE" DATES

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

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

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 \$3.75 per competitor per individual event and \$3.75 per team per team events. Competitors must participate in at least one individual event, to participate in the team events.

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

MENU OF EVENTS

	Division	Division	Division	Division	Division	Division
Individual Events	7 yr. & Under	8 & 9 yr.	10 & 11 yr.	12 & 13 yr.	14 & 15 yr.	16 & 17 yr.
Lifesaving Medley	100 m	100 m	100 m	100 m	100 m	100 m
Manikin Carry	NA	50 m Empty Manikin	50 m Empty Manikin	50 m Half-full Manikin	50 m Half-full Manikin	50 m Half-full Manikin
Manikin Tow with Fins	50 m Empty Manikin	50 m Empty Manikin	50 m Empty Manikin	100 m Half-full Manikin	100 m Half-full Manikin	100 m Half-full Manikin
Object Carry	50 m 1 lb. weight	50 m 5 lb. weight	50 m 5 lb. weight	50 m 10 lb. weight	50 m 10 lb. weight	50 m 10 lb. weight
Obstacle Swim	50 m	50 m	50 m	100 m	100 m	100 m
Swim with Fins	50 m	50 m	50 m	50 m	50 m	50 m
Throwing Accuracy (2 min)	4 m Over the line (3X)	4 m Over the line (3X)	4 m Over the line (3X)	7 m Over the line (3X)	7 m Over the line (3X)	10 m Over the line (3X)

	Divisions	Divisions
Team Events	44 years or less	64 years or less
Junior Medley Relay	100 m (4X25) (No victim)	200 m (4X50) (No victim)
Lifesaving Medley Relay	100 m (4X25)	200 m (4X50)
Manikin Relay	100 m (4X25) Empty Manikin	100 m (4X25) Empty Manikin
Obstacle Relay	100 m (4X25)	200 m (4X50)
Swim with Fins Relay	100 m (4X25)	200 m (4X50)

PROGRAM OF EVENTS

Clubs may choose to run one or more of the individual events, as well as one or more of the team events. Selection of events can change for each season (Winter, Spring, Summer, Fall). Competitors must participate in at least one individual event, to participate in the team 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.

Email completed results sheets and fees to: 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

JUNIOR MEDLEY RELAY

- Fins
- Rescue tube

LIFESAVING INDIVIDUAL MEDLEY AND LIFESAVING MEDLEY RELAY

No equipment required.

MANIKIN CARRY

- 11 yr. & under – empty manikin
- 12 yr. & up – half-full manikin

MANIKIN RELAY

- Empty manikin

MANIKIN TOW WITH FINS

- 11 yr. & under – empty manikin
- 12 yr. & up – half-full manikin
- Fins
- Rescue tubes

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.

SWIM WITH FINS AND SWIM WITH FINS RELAY

- Fins

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.

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

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 are measured while not worn. Fibreglass racing fins are not permitted. Swim fins used in competition shall comply with the following dimensions:

Length: maximum 60 cm, including “shoe” or ankle strap (ankle strap extended)

Width: maximum 25 cm at the widest point of the blade

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.
5. A 5-second time penalty will be assigned for each infraction.

EVENT DESCRIPTIONS

All event descriptions can be found in the Ontario Competition Manual.