



2025 LifeguardDepot.com Canadian Lifeguard Challenge Application Package

The most demanding lifesaving sport event in Canada, the Canadian Lifeguard Challenge is a triple triathlon test of skill and endurance for the TOP 18 Women & Men in Surf Lifesaving.

Date: Sunday, August 3, 2025

Location: Martinique Beach, Halifax County, Nova Scotia

Competition: An invitational only competition to showcase the **top** high-performance surf lifesaving athletes in Canada every two years. Sanctioned by the Lifesaving Society Canada. Event rules in accordance with 2025 Canadian Lifesaving Sport Competition Rulebook & 2023 ILS Competition Rule Book, revised May 2024.

Partners: Co-Hosted by the Lifesaving Society Ontario, Lifesaving Society Nova Scotia, and Nova Scotia Lifeguard Service. Sponsored by LifeguardDepot.com

Program of Events: The Canadian Lifeguard Challenge (CLC) is 3 consecutive M-shaped Oceanwoman/Oceanman rounds. The time between each round is predetermined. See detailed schedule for times.

- Round 1 order of legs is ski – board – swim.
- Round 2 order of legs is swim – ski – board.
- Round 3 order of legs is board – swim – ski.

There will be no handlers on the start of any of the craft legs. All starts will be dry. Males and females compete on the same course. The Oceanman and Oceanwoman rounds shall be run consecutively. See schedule.

Deadline: Complete applications **must be received by June 1st, 2025 at 5:00 p.m. EST** to sport@lifeguarding.com or 400 Consumers Road, Toronto, ON, M2J 1P8 with attention to 2025 CLC Registration.

Selection: Event Coordinators, Brian Miess and Paul Deon, will select athletes from the applicants and send out invitations by June 15th.

Fees: There is no registration fee payable for the LifeguardDepot.com Canadian Lifeguard Challenge.

Media: Event representatives will be taking photos and videos. **No unsanctioned drones will be allowed.**

Eligibility: To be eligible **to apply to compete** in the LifeguardDepot.com Canadian Lifeguard Challenge, competitors shall:

- Hold a current (within 24 months of the date of certification) Lifesaving Society Bronze Medallion, Bronze Cross or National Lifeguard certification (any option) that is valid from **July 1-August 4, 2025**.
- Be a [registered athlete](#) with the Lifesaving Society Canada by **June 1, 2025**.
- Be a member in good standing with Lifesaving Society Canada and your provincial branch.

- Have finished in the top 16 places of the Open Division Oceanwoman/Oceanman event at the 2024 Canadian Surf Lifesaving Championships (CSLC), or
- Have finished in the top 3 places of the Youth Division (15 – 18 years) Oceanwoman/Oceanman event at the 2024 Canadian Surf Lifesaving Championships (CSLC), or
- Have competed as Canada's National Team Entry for Oceanwoman, Oceanman at the 2024 World Lifesaving Championships in either Youth or National Team events, or
- Have competed at the 2023 Canadian Lifeguard Challenge, or
- Have competed on the Canadian National Team at the 2023 International Surf Rescue Challenge (ISRC).
- Be nominated by National Team Head Coach – Pierre Tabah.

All applicants will receive confirmation of their application. Applying does not guarantee selection. Following a review of all applicants by the Selection Committee, eligible athletes who have been selected will receive an invitation to compete in the CLC to be held on August 3, 2025. Decisions by the Selection Committee regarding invitation are final. A maximum of 18 women and 18 men will be selected.

Numbering: Competitors are required to have their competitor number applied to their upper left and right arm and upper left and right thigh, or if wet suits are worn on their right and left hands.

Starting Position: For each round, starting position shall be determined by random draw. Starting positions shall be consecutively numbered from the left (facing the water) starting with the number 1. Competitors must commence craft legs from the correct allotted beach positions. The starting positions are reversed for the board and surf ski legs. For example, in an 18-competitor race in which a competitor has drawn position 1: the competitor commences the initial craft leg from position 1 but commences the second craft leg from position 18. Start positions will be posted and handed out at check in.

Craft Starts: All round and craft starts will be dry. Boards will be placed in their appropriate starting position with adequate space on either side for an athlete to walk. Skis will be placed in their appropriate starting position, paddle beside or on top, with adequate space on either side for an athlete to walk. For events beginning with a craft, athletes may hold their craft in the air or by the handle while standing on the start line.

Equipment and Handlers: Athletes **must provide their own craft** (board, ski and paddle). Craft must meet ILS specifications. Competitors must have an equipment handler who is knowledgeable in the event rules and their role as an equipment handler. **Equipment handlers must wear a Lifesaving Ocean Competition Cap matching that of their athlete (please bring 3-4 caps each). Handlers will be provided a vest.** Athletes are required to have their craft ready in the designated position prior to the start of the race. The start of each round shall not be delayed if athlete's equipment is not available or not in position. Each round shall start at the predetermined, designated time. Equipment handlers can be provided if checked off on the registration form. It will be the responsibility of the athlete to coordinate with their assigned handler.

Craft Rental: Rental availability is **not guaranteed**. Please reach out to laurenc@lifesavingns.ca upon receiving your invitation if you're in need of rental craft.

Attire:

Swim Caps

- Lifesaving Ocean Competition Caps, securely fastened under the chin, must be worn on the competitors' heads at the start of each round.
- Rubber or silicone caps may be worn under ocean competition caps.

Vests

- Canadian Lifeguard Challenge vests must be worn by athletes. These vests must be worn over the top of swimwear, PFDs, protective clothing and/or wet suits.
- Vests will be provided to all athletes at check in and become the property of the athlete at the end of the competition.

Wetsuits

- Wetsuits are permitted only in water temperatures of 16°C or less.
- Wetsuits must be worn in water temperatures 13°C or less.
- **Chief Referee may permit wet suits at any time due to conditions.**

Scoring and Awards: Competitors shall be allocated the following points in each round. Final rankings shall be determined by the total points accumulated from each of the 3 rounds. Awards shall be presented at a reception following the competition. Male and female awards shall be presented to the first 16 places in the Canadian Lifeguard Challenge. Ties in overall point score shall be broken by: most 1st place finishes, most 2nd place finishes, and so on.

Round Place	Points	Final Ranking	Award
1 st place	20 points	1 st place	\$3000
2 nd place	18 points	2 nd place	\$1500
3 rd place	16 points	3 rd place	\$1150
4 th place	14 points	4 th place	\$950
5 th place	13 points	5 th place	\$750
6 th place	12 points	6 th place	\$550
7 th place	11 points	7 th place	\$400
8 th place	10 points	8 th place	\$350
9 th place	8 points	9 th place	\$225
10 th place	7 points	10 th place	\$200
11 th place	6 points	11 th place	\$175
12 th place	5 points	12 th place	\$150
13 th place	4 points	13 th place	\$125
14 th place	3 points	14 th place	\$100
15 th place	2 points	15 th place	\$75
16 th place	1 point	16 th place	\$50

Reception: A banquet/reception that includes a light meal will be held following the event. Each competitor plus 1 guest will receive a free entry. Additional persons will be required to pay \$40 each.

Schedule (all times are ADT):

Sunday, August 3, 2025. Martinique Beach, Halifax County, Nova Scotia.

Competitor check-in: 8:30 a.m.

Competitors' briefing: 9:00 a.m.

Officials briefing: 9:30 a.m.

Start times are estimates and may be altered based on tide schedule and surf conditions. The previous race's last athlete must have turned the last buoy for the next race to commence.

Oceanwoman Round 1 will start at 11:00 am

Oceanman Round 1 will start at 11:20 a.m. or later

Oceanwoman Round 2 will start at 11:40 a.m. or later

Oceanman Round 2 will start at 12:00 p.m. or later

Oceanwoman Round 3 will start at 12:20 p.m. or later

Oceanman Round 3 will start at 12:40 p.m. or later

Rounds and event completed at approximately 1:00 p.m.

Awards and reception time and location details TBD.

Accommodation: Athletes are responsible for finding their own accommodation.

Meals: Competitors/handlers are responsible for their own food and hydration. Each athlete will receive 2 tickets for reception meals Sunday.

Contact info: Aidan Miess – Sport Manager / Phone: 437-826-9067 / Email: aidanm@lifeguarding.com

Kathleen Finn – Senior Officer / Phone: 416-490-8844 / Email: kathleenf@lifeguarding.com

Application Form – Due June 1 @ 5 p.m. EST

Contact Info

Club or Affiliate	
Athlete name	
Full Mailing Address	
Phone number	
Email address	

Application

Birth Date (YY/MM/DD)		Registered Athlete ID	
Gender (as identifies)		Lifesaving Qualification	
Athlete Eligibility (A-F)		Handler Requested (Y/N)	
Vest Size (XS, S, M, L, XL)		# of Extra Banquet Tickets	

Instructions

- List your eligible Lifesaving Society qualification in the form above
- Choose one of the applicable eligibility criteria and enter it in the form above:
 - A. Finished in the top 16 places of the Open Division Oceanwoman/Oceanman event at the 2024 Canadian Surf Lifesaving Championship (CSLC), or
 - B. Finished in the top 3 places of the Youth Division (15 – 18 years) Oceanwoman/Oceanman event at the 2024 Canadian Surf Lifesaving Championship (CSLC), or
 - C. Participated as Canada's National Team Entry for Oceanwoman, Oceanman at the 2024 World Lifesaving Championships in either Youth or National Team events, or
 - D. Competed at the 2023 Canadian Lifeguard Challenge, or
 - E. Competed on the Canadian National Team at the 2023 International Surf Rescue Challenge (ISRC), or
 - F. Nominated by National Team Head Coach – Pierre Tabah.
- All applicants will receive notice of invitation or rejection via email by June 15th, 2025.
- Vests will be provided. Please note you will want these to be tight yet fit over a wet suit.
- Each athlete will receive 2 tickets for the banquet. Please order additional tickets (\$40/ticket) now if you know you need them. We will ask again upon confirmation of your attendance.
- Each athlete is required to have an equipment handler. Please indicate by marking YES if you need us to provide one for you. If you are bringing your own handler please mark NO.

Rowan's Law

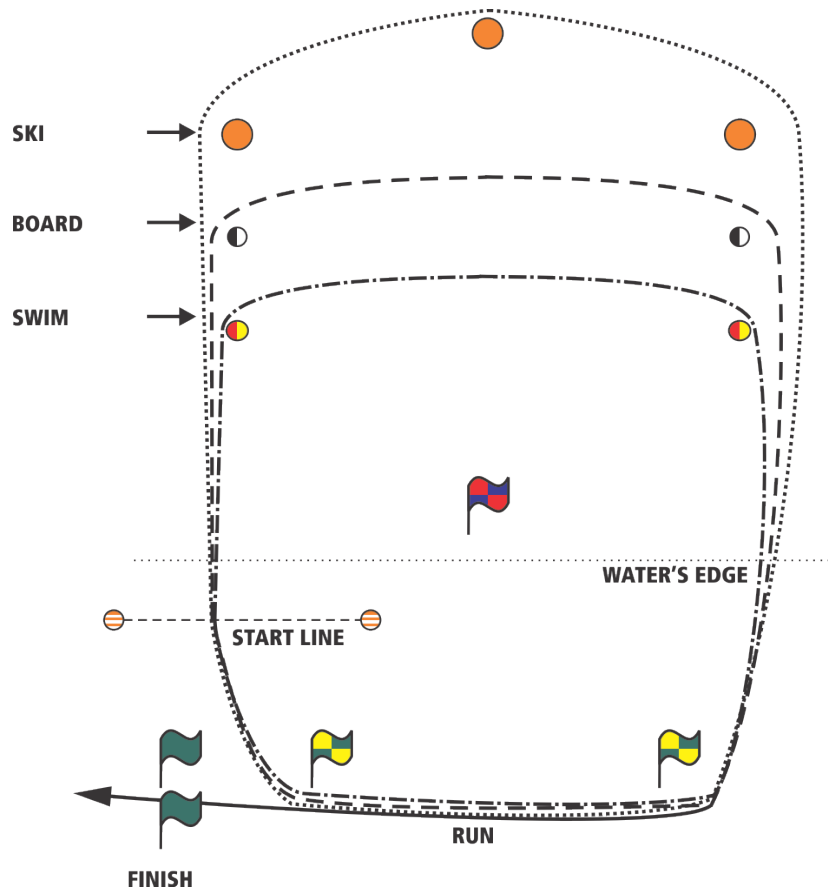
I, _____ (name) confirm that I am in compliance with [Rowan's Law](#) (Concussion Safety), 2018, that the appropriate parties have reviewed an approved [Concussion Awareness Resource](#) within the last year and that I am in compliance with the Lifesaving Society Canada's [Concussion Protocol \(2022\)](#), and [Lifesaving Society Ontario Branch's Concussion Safety Protocols: Removal from Sport, Return to Sport, and Designated Person \(2024\)](#).

Signature:

Date:

Send to: Lifesaving Society Ontario **Attention:** 2025 CLC Registration **Email:** sport@lifeguarding.com

Traditional Course



M-Course

The M-Course center turn flag will be at **water's edge**.

