

2025 Ontario Senior Lifesaving Championships – Waterfront Registration Package

**The Lifesaving Society invites you to the Ontario Senior Lifesaving Championships –Waterfront
hosted by the Saugeen Shores Lifesaving Club and the Town of Saugeen Shores**

Date: August 11 & 12, 2025

Location: Port Elgin Main Beach, 100 Green Street, Port Elgin **and** Southhampton Beach, 49 High Street, Southhampton.

Competition: The competition is sanctioned by the Lifesaving Society. Event rules will be in accordance with the 2023 Edition of the *ILS Competition Rule Book*, the *Canadian Lifesaving Sport Competition Rulebook 2025*, the 2024 Edition of the *Ontario Competition Manual*, and any 2025 Communiqués. Go to www.lifesavingsociety.com for details.

Eligibility

Competitors shall:

- Hold a current Bronze Medallion or higher certification and be a registered athlete.
- Meet their division's age criteria by August 11, 2025
- Complete and submit, along with their parents or guardians (for athletes under 18), annual attestation to an affiliated club by February 1st confirming review of [Concussion Awareness Resources](#).

Age Groups: 14-15 years, 16-19 years, Open.

Program of Events

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	700m	700m

Team Events (2-person)	14-19 years	Open
Board Rescue	120m	120m
Team Events (4-person Mixed)	14-19 years	Open
Beach Relay	4x90m	4x90m
Ocean Relay	300Sw/400B/600Sk/Sprint	300Sw/400B/600Sk/Sprint

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

Entry Deadline: Registration must be received by **Friday, July 25, 2025**. Refunds will not be issued after July 25th, nor will they be issued for clubs or competitors who do not show up for the Championships.

Entry Fees

Competitor Fee: \$85.00 per competitor

Officials: Officials and volunteers can apply here: [Officials' Interest Form](#). Hotel deadline is July 24, 2025.

Nearby Accommodations (no event rate)

[Quality Inn](#), 100 North Rankin Street, Southampton, 519-483-3333.

[Travelodge](#), 235 Goderich St, Port Elgin, 519-832-2021.

[Staybridge Suites](#), 1208 Goderich St, Port Elgin, 519-832-2800.

[Holiday Inn Express & Suites](#), 1208 Goderich St, Port Elgin, 519-832-2227.

Equipment: 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): \$ 350.00

Paddle - Carbon Fibre/Nylon: \$ 50.00

Racing Boards: \$ 250.00

Small (up to 145 lb. / 65 kg), Medium (up to 165 lb. / 75 kg), Large (up to 200 lb. / 90 kg)

To arrange your rental, contact Aidan Miess at aidanm@lifeguarding.com. Equipment is rented on a first come, first serve basis and applicable taxes will apply.

Event Schedule

Event order is subject to change. Changes will be announced at the start of each day.

Monday, August 11, 2025 – Port Elgin Beach – Senior/Masters/Juniors

7:15 am Officials Meeting 7:45 am Opening Ceremonies

Events start at 8:00 am (2 water courses)

Junior

Junior Iron Guard (P-F)
Board Race (P-F)
Surf Race (P-F)
Board Relay (P-F)

Senior/Masters

Oceanman/woman (P-F) (ski, board, swim)**
Mixed Ocean Relay (P-F)
Surf Ski Race (P-F)
Board Race (P-F)
Surf Race (P-F)
Board Rescue (P-F)

**Awards will be presented at the mid-day lunch break and end of day*

***Ocean race order has been pre-determined to speed up events*

Tuesday, August 12, 2025 – Southampton Beach – Senior/Masters/Juniors

7:15 am Officials Meeting

Events start at 8:00 am

Junior/Masters

Beach Run (P-F)
Beach Flags (P-F)
Beach Sprint (P-F)
Mixed Beach Relay (P-F)

Seniors

Beach Run - (P-F)
Beach Sprint (P-F)
Mixed Beach Relay (P-F)
Beach Flags (P-F)

**Awards will be presented at the mid-day lunch break and end of day*

Club Registration Form

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

Contact Info

Club or Affiliate:	Coach Name:
Mailing Address:	City:
Province:	Postal Code:
Phone #:	Email:

Registration

Event	Quantity	Price	Total
Competitor Fee		@ \$85 per competitor	
Grand Total			

Payment Info

Payment: <input type="checkbox"/> Cheque <input type="checkbox"/> Affiliate Invoice	<input type="checkbox"/> Visa <input type="checkbox"/> Debit <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX
Affiliate number:	Credit Card #:
Expiry date:	CVV:
Cardholder's name:	Cardholder's signature:

Rowan's Law (Concussion Safety)

I, _____ (name) confirm that my club is 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 my club is 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). I further confirm that any member of my club that has been removed-from-sport is in compliance with the Lifesaving Society's *Return to Sport Protocols*.

Signature:

Date:

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

Statement of Release

Please read carefully

1. Conduct

By participating, all 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

All participants 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. All participants agree they have prepared themselves for the competition and know of no factor or condition which should be disclosed to the organizers or which would make it unsafe for them to compete. All participants 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 an application as an individual or as a part of a team being accepted, all participants hereby waive their 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. All participants further agree to indemnify and hold harmless all of the above, from any claim made on their behalf or as a result of injury to their person or property. All participants recognize they are responsible for their own medical coverage.

4. Model Release

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

5. Rowan's Law Compliance

All participants acknowledge that they must be in compliance with Ontario's [Rowan's Law](#) and that they, and any required parties associated with them, have reviewed a [Concussion Awareness Resource](#) within the last year.

By participating, all participants admit to have carefully read and understood the five conditions of entry and in consideration for being allowed to compete, they have executed them voluntarily intending to be bound thereby and intending these conditions to be binding of their heirs, personal representatives and assigns.

Competitor Registration Form

Use a separate sheet for each division. Athletes on this page are registering in the following division (select ONE only):

☐ 14-15 ☐ 16-19 ☐ Open

Clubs may enter unlimited number of competitors in each event. Competitors are allowed to enter each event only once.
Event entries will be done onsite through marshalling.

Competitor Name	Birthdate (yy/mm/dd)	Gender (as identifies)