

## 2025 Ontario Masters Lifesaving Championships – Waterfront Registration Package

***The Lifesaving Society invites you to the Ontario Masters 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](http://www.lifesavingsociety.com) for details.

### Eligibility

Competitors shall:

- Hold a Bronze Medallion or higher certification (need not be current).
- Be at least 30 years of age by August 11, 2025.
- Complete and submit annual attestation to an affiliated club by February 1<sup>st</sup> confirming review of [Concussion Awareness Resources](#).

**Age groups:** 30-39, 40-49, 50-59, 60 and over.

### Program of Events

Individual Events	Masters Distances
Beach Flags	15m
Beach Run	1000m
Beach Sprint	70m
Board Race	600m
Oceanman/Oceanwoman	300Sw/400B/600Sk
Surf Race	300m
Surf Ski Race	600m
Team Events (Male or Female only)	Masters Distances
Beach Relay X3	3x70m
Board Rescue X2	120m
Ocean Relay X3	300Sw/400B/600Sk

**Entry Deadline:** Registration must be received by Friday, July 25, 2025. Refunds will not be issued after July 25<sup>th</sup>, 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](#). The 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 (paddle not included): \$ 350.00

Paddle - Carbon Fibre/Nylon: \$ 50.00

Senior 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@lifesaving.com](mailto:aidanm@lifesaving.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](mailto: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 age group. Athletes on this page are registering in the following (select ONE only):

☐ 30-39 yrs. ☐ 40-49 yrs. ☐ 50-59 yrs. ☐ 60 yrs. & Over

Clubs may enter unlimited number of competitors in each event. Competitors are allowed to enter each event only once.

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