



LIFESAVING SOCIETY

*The Lifeguarding Experts*

## 2026 Ontario Senior & Masters Lifesaving Championships - Pool Registration Package

*The Lifesaving Society invites you to the Ontario Senior & Masters Lifesaving Championships – Pool  
hosted by the Town of Bracebridge*

**Date:** March 28 & 29, 2026

**Location:** Bracebridge Sportsplex, 110 Clearbrook Trail, Bracebridge, ON, P1L 0B9. 705-645-3037. [Bracebridge Website](#).

**Competition:** The competition is sanctioned by the Lifesaving Society and will be run as short course. Event rules will be in accordance with the [2025 Edition of the ILS Competition Rule Book](#), the [2025 Edition of the Canadian Lifesaving Sport Competition Rulebook](#), the [2026 Edition of the Ontario Competition Manual](#), and any 2026 Communiqués. Go to [www.lifesavingsociety.com](http://www.lifesavingsociety.com) for details.

**Eligibility:** All competitors in the 14-15, 16-19 and Open divisions must hold a current Bronze Medallion or higher certification and be a [Registered Athlete from March 15-29, 2026, inclusive](#). Masters competitors must hold a Bronze Medallion or higher certification (need not be current) and are not required to be a Registered Athlete. Competitors must meet their division's age criteria on the first day of the Ontario Lifesaving Championships – Pool. Competitors must complete and submit, along with their parents or guardians (for athletes under 18), annual attestation to an affiliated club confirming review of [Concussion Awareness Resources](#).

**Age Groups:** 4 categories; 14 – 15 years, 16 – 19 years, Open, Masters

### Program of Events

Individual Events	14-15 years	16-19 years	Open	Masters
50 m Manikin Carry	√	√	√	√
50 m Manikin Carry with Fins	√	NA	NA	NA
100 m Manikin Carry with Fins	NA	√	√	√
100 m Manikin Tow with Fins	√	√	√	√
100 m Manikin Lifesaver Medley	√	√	NA	√
200 m Super Lifesaver	NA	NA	√	NA
Team Events (2-person)	14-15 years	16-19 years	Open	Masters
Line Throw	10 m	12.5 m	12.5 m	12.5 m
Team Events (4-person)	14-19 years		Open	Masters
4 X 25 m Manikin Relay	√		√	√
4 X 50 m Medley Relay	√		√	√
Team Events (4-person Mixed)	14-19 years		Open	Masters
4 X 50 m Swim with Fins Relay	√		√	√

\*\*4 X 50 m Swim w Fins Relay team composition 2 males and 2 females – any order determined by coach.

**Officials:** Certified lifesaving sport officials can apply for the championships using this link: [Officials' Interest Form](#).

Accommodation deadline: **Tuesday, February 24<sup>th</sup>, 2026**. New this year, all registering clubs with 5-10 competitors will have to provide 1 volunteer for the event. Clubs with 11+ competitors will have to provide 2 volunteers. **Volunteers must fill out the above form** and clubs must name their volunteer(s) on the registration form below.

**Entries (optional):** Create a copy of the [Google Sheets Entry Form](#), rename with your club and share with [sport@lifeguarding.com](mailto:sport@lifeguarding.com) (make sure we're an editor).

**Registration must be received by Sunday, March 15<sup>th</sup>, 2026.** Refunds will not be issued after March 15<sup>th</sup>, nor will they be issued for clubs or competitors who do not show up for the Championships.

### Entry Fees

**Competitor Fee: \$34.50** per competitor

**Individual Event Entry Fee: \$14.00** per competitor per event

**Team Event Entry Fee: \$16.15** per team per event

### Accommodations

We have secured a block of rooms for competitors at the [Tru by Hilton Bracebridge](#). Reserve your room by **February 25, 2026** using this [booking link](#) or enter group code LSOIC. For dates beyond March 27-30, please contact the hotel directly.

### Schedule – Saturday March 28

8:30 am	Warm-up (line throw only)
9:00 am	10/12.5 m Line Throw
10:30 am	Opening Ceremonies
11:00 am	Warm-up (2 X 40 minutes)
11:45 am	Officials Meeting
12:30 pm	Final Events
	50 m Manikin Carry with Fins
	100 m Manikin Carry with Fins
	4 X 50 m Swim with Fins Relay
	50 m Manikin Carry
	4 x 25 m Manikin Relay
4:30 pm	Award Presentations

### Schedule – Sunday March 29

7:00 am	Warm-up (2 X 40 minutes)
7:45 am	Officials Meeting
8:30 am	Final Events
	100 m Manikin Lifesaver Medley
	200 m Super Lifesaver
	100 m Manikin Tow with Fins
	4 x 50 m Medley Relay
12:30 pm	Award Presentations

## Registration Form

Please use one form for each Affiliate or club (Type or BLOCK letters only).  
Each completed registration must include this form along with Event Entries.

### Contact Info

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

### Volunteer Requirement (5-10 competitors = 1 volunteer / 11+ competitors = 2 volunteers)

Volunteer Name:	
Volunteer Name:	

### Registration

Event	Quantity	Price	Total
Competitor Fee		@ \$34.50 per competitor	
Individual Event Entry Fee		@ \$14.00 per competitor per event	
Team Event Entry Fee		@ \$16.15 per team per event	
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:** 2026 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 four 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.*

## Individual Event Entry Form

Clubs may enter unlimited number of competitors in each event. **Event entries must indicate personal best times for seeding purposes – no time (NT) will not be accepted.** Competitors are allowed to enter each event only once. **Please print clearly.** Optional: [Google Sheets Entry Form](#)

Use a separate sheet to register athletes for each division. Athletes on this page are registering in the following division (select **one** only):

☐ 14-15
 ☐ 16-19
 ☐ Open
 ☐ Masters

Competitor Name	Gender (as identifies)	Registered Athlete Number	Birthdate (yy/mm/dd)	Manikin Carry with Fins	Manikin Lifesaver Medley / Super Lifesaver	50 m Manikin Carry	100 m Manikin Tow with Fins	Total Individual events
Jane Smith	F	SMJ 7TX	99/09/25	1:04.82	1:50.32	49.28	1:12.44	4

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## Team Event Entry Form

Clubs may enter unlimited number of competitors in each event. **Event entries must indicate personal best times for seeding purposes – no time (NT) will not be accepted.** Competitors are allowed to enter each event only once. **Please print clearly.** Identify relays by entering a letter (A, B, C, etc.) beside the entry time. Optional: [Google Sheets Entry Form](#)

Use a separate sheet to register competitors for each division. Competitors on this page are registering in the following division (select **one** only):

☐ 14-15    
 ☐ 16-19    
 ☐ 14-19    
 ☐ Open    
 ☐ Masters

Competitor Name	Gender (as identifies)	Registered Athlete Number	Birthdate (yy/mm/dd)	4 x 50 m Swim w Fins Relay (Mixed)	10 m / 12.5 m Line Throw	4 x 25m Manikin Relay	4 x 50 m Medley Relay	Total Team events
Jane Smith	F	SMJ 7TX	99/09/25	B-2:28.33	C-20:62	A-2:01.58	A-2:05.70	4

**Send to:** Lifesaving Society Ontario **Attention:** 2026 Competition Registration **Email:** [sport@lifeguarding.com](mailto:sport@lifeguarding.com)