



LIFESAVING SOCIETY

The Lifeguarding Experts

2026 Ontario Lifeguard Championships Registration Package

*The Lifesaving Society invites you to the Ontario Lifeguard Championships
hosted by McMaster University and the City of Hamilton*

Date: February 14-15, 2026

Location: David Braley Athletic Centre, McMaster University, 1280 Main St W, Hamilton **and** Hill Park Recreation Centre, 305 South Bend Rd E, Hamilton.

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

Program of events: Water Rescue – First Aid – Wet Simulated Emergency Response Competition (SERC)

Eligibility: All competitors must hold a current Lifesaving Society Bronze Cross or National Lifeguard certification (**from January 30-February 15, 2026, inclusive**) and be a minimum of 15 years of age by February 14, 2026. 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](#).

4-person: A team must consist of three or four competitors with any combination of males or females. Team composition must include a minimum of two competitors with current National Lifeguard certification. Team composition must remain the same for the duration of the championships.

2-person: A team must consist of one or two competitors with any combination of males or females. Team composition must include a minimum of one competitor with current National Lifeguard certification. Team composition must remain the same for the duration of the championships.

Competitors may compete on a 4-person or 2-person team only.

Registration must be received by Friday, January 30, 2026. Refunds will not be issued after January 30th, nor will they be issued for clubs or competitors who fail to show up for the Championships.

Officials: Certified lifesaving sport officials and NL/SFA/Bronze Instructors/Examiners can apply for the championships using this link: [Officials' Interest Form](#). 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.

Entry fees

4-person team \$240.00 includes: Water Rescue, First Aid, and SERC Events

2-person team \$135.00 includes: Water Rescue, First Aid, and SERC Events

Scoring: Score sheets for all events will be collected, scored and verified by the scoring team. Once complete, final scores and results will be posted onsite. Teams are not required nor permitted to verify score sheets. All score sheets will be made available for teams post-event.

Awards: Awards shall be presented to the first, second and third place teams in each event. Event winners shall be recognized as Ontario Champions. The Ontario four-person and two-person teams with the highest overall point score shall be declared Ontario Lifeguard Champions and presented with an award. No overall club award is presented at these championships.

Schedule – Saturday February 14 – David Braley Athletic Centre, McMaster University

Time	Event	Location
10:30 am	Key Officials Last Minute Meet/Set Up	Fitzhenry Studios
11:00 am	Officials Meeting	Fitzhenry Studios
11:00 am	Coaches Meeting	Mindfulness Centre
11:30 am	Opening Ceremonies	Mindfulness Centre
12:00 pm	Lock Up Closes First Aid	Mindfulness Centre
12:00 pm	First Aid Set up	Fitzhenry Studios
12:30 pm-3:30 pm	First Aid	Fitzhenry Studios
3:30 pm	Break	
4:30 pm	Lock Up Closes Water Rescue	Mindfulness Centre
4:30 pm	Water Rescue Set up	Ivor Wynne Centre Pool
5:00 pm – 8:00 pm	Water Rescue	Ivor Wynne Centre Pool

Schedule – Sunday February 15 – Hill Park Recreation Centre

Time	Event	Location
7:15 am	Officials Meeting	Pool Deck
7:30 am	Coaches Meeting (if necessary)	Community Room #1
8:00 am	Lock Up Closes Wet SERC	Community Room #1
8:00 am	Wet SERC Set up	Pool
8:30 am -10:45 am	Wet SERC	Pool
11:30 am	Awards	Community Room #1

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
4-person team; includes all events		@ \$240 per team	
2-person team; includes all events		@ \$135 per team	
			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

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.

Team Event Entry – Simulated Emergency Response

Affiliate or Club: _____

Coach: _____

4-person: A team must consist of three or four competitors with any combination of males or females. Team composition must include a minimum of two competitors with current National Lifeguard certification. Team composition must remain the same for the duration of the championships. Please identify each team with an **appropriate** name.

2-person: A team must consist of one or two competitors with any combination of males or females. Team composition must include a minimum of one competitor with current National Lifeguard certification. Team composition must remain the same for the duration of the championships. Please identify each team with an **appropriate** name.

Please print clearly.

Competitor Name	Lifesaving Society ID Number	Date of Birth (yy/mm/dd) (ensure correct order)	Team Name
Jane Smith	SMJ 125	01/09/25	Society Serpents

Send to: Lifesaving Society Ontario Attention: 2026 Competition Registration Email: sport@lifeguarding.com