

LIFESAVING SOCIETY

CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK

2025 Edition



LIFESAVING SOCIETY

The Lifeguarding Experts



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CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK

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LIFESAVING SOCIETY

CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK



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PREAMBLE

The Canadian Lifesaving Sport Competition Rulebook has been designed to be the Canadian authority for Lifesaving Sport in all events and competitions that are sanctioned by Lifesaving Society Canada. It is aligned with the International Lifesaving Federation (ILS) Competition Rule Book and where possible it defers to that manual as the authority. Where further explanation or definitions are required, this Competition Rulebook will provide that clarification or address the identified need or gap.

Competitions that are held where national records are achieved must follow the national rules of events and are not to be modified. Sanctioning for all national events is achieved through the national process as outlined further in this rulebook. Provincial governing bodies are entitled to make further provincial modifications as they deem appropriate or necessary. Sanctioning of those events will lie with the Lifesaving Society of that province.

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The National Sport Commission

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SECTION 1 – CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK
LIFESAVING SPORT



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The Lifeguarding Experts

Section 1

LIFESAVING SPORT

Lifesaving sport features competition at local, regional, provincial, Canadian, Commonwealth and World Championship levels. Lifesaving sport is part of the World Games.

Lifesaving sport is one of the few non-Olympic sports recognized by the International Olympic Committee and the Commonwealth Games Federation. The IOC recognizes the International Life Saving Federation (ILS) as the world governing federation for lifesaving sport.

IOC recognition is significant and brings great benefits to lifesaving, including new tools to attract participants to lifesaving training programs, promotion of the lifesaving mission and attracting the attention of donors and sponsors in support of drowning prevention. Lifesaving sport serves as a significant point of entry for volunteers and staff into the Lifesaving Society.

1.1 THE ROLE OF LIFESAVING SPORT

Lifesaving Sport contributes to the mission of the Society by engaging and inspiring youth in our humanitarian mission; by providing an incentive for lifesaving, skill development and lifeguard training; by encouraging innovation in lifesaving technique; and by providing unique opportunities for volunteer recruitment, retention and leadership development.

Lifesaving sport championships

The Lifesaving World Championships is a biennial competition organized under the auspices and rules of the International Life Saving Federation. The Commonwealth Lifesaving Championships is a biennial competition organized under the auspices of the Royal Life Saving Society. Lifesaving sport is also part of the quadrennial World Games and a multitude of other international events as they are available.

National and provincial championships have been organized in Canada under the auspices of the Lifesaving Society Canada for over 40 years.

Lifesaving sport events

Pool and open water events challenge and showcase the skill, fitness, knowledge and values of age-group, open and masters competitors. Emergency response event demands good judgment, quick decision-making and teamwork.

Athletes competing in Lifesaving Sport are lifesavers first even during competition.

Lifesaving sport features

- A large, multi-dimensional event menu with the scope to meet the needs of all participants.
- Internationally standardized rules and procedures for all events.
- Established development pathways for athletes, coaches and officials. Learning and training is based on the long-term athlete development model.
- Strive to be inclusive, equitable and diverse with the delivery. We are working towards achieving low barrier access to participation in any form commencing at the local level through international competition. The principles of equity, fairness and inclusiveness guide athletes, coaches, officials and administrators who are expected to operate within an established Code of Conduct as per the Lifesaving Society Canada policies and ILS Competition Rulebook.

1.2 LIFESAVING SPORT HISTORY IN CANADA

Lifesaving often comes down to a race in the water to rescue a person in distress before the victim drowns. Being prepared (with fitness, skill, knowledge and judgment) to win that race means being prepared to save lives. So, it should be no surprise that the promotion of competition was part of the aims of the Royal Life Saving Society at its formation in 1891.

In the 1930s, the Lifesaving Society began lifesaving races. In the 1960s, the Society began organizing provincial lifeguard championships.

In 1977, the Society hosted the first Canadian Lifeguard Championship at the Pan-Am pool in Winnipeg which featured emergency response events and race events.

In 1986, the Society hosted the first of the bi-annual international “rescue series” – Rescue '86 which featured World Life Saving's (WLS) World Lifesaving Championships at Kitsilano Beach and the University of British Columbia in Vancouver. Canadians have been participating in international lifesaving competitions ever since.

In 1998, the first Canadian Junior Lifeguard Games for under 16-year-olds were staged at Carleton University pool in Ottawa.

In 2000, the Society sanctioned the first Canadian Surf Lifesaving Championship at Rissers Beach, Nova Scotia. In 2001, a Masters division was included in this annual championship.

In 2001 for the first time, the Canadian Lifeguard Championship in Edmonton included internationally standardized race events in addition to Canada's traditional simulated emergency response events.

In 2002, a Masters division was inaugurated at the Canadian Lifeguard Championship at Toronto's Etobicoke Olympium, and a junior division was introduced at the Canadian Surf Lifesaving Championship.

Thus by 2002, Canadians could compete in age-group, open and Masters divisions of open water and pool Canadian championships.

In 2008, the 16–19 years division was introduced at both Canadian Pool and Surf Lifesaving Championships.

As of 2009, under 16 age group championships became a provincial rather than national responsibility.

In June 2009, the Lifesaving Society hosted the RLSS Commonwealth Lifesaving Championships in Edmonton, Alberta.

In 2023, the Royal Lifesaving Commonwealth games were held in Windsor Ontario.

By 2025 the latest version of the Canadian Lifesaving Sport Competition Rulebook was created and included short course events along with alignment with the ILS standards and included definition of the youth and master age groupings.

National Team

Throughout the 1990s, various teams represented Canada in international competition. In 2000, the Society officially designated a National Lifesaving Team to represent Canada internationally. Canadian lifeguards were invited to participate in a series of training camps and National Team members were selected on the basis of their performance at these camps.

Today, the route to membership on the National Team is through participation in Canadian championships or other events specifically approved by the National Sport Commission as National Team selection events.

On its first international outing at the World Lifesaving Championships (Rescue 2000) in Sydney, Australia, the Canadian National Lifesaving Team qualified for the 2001 Goodwill Games in Brisbane.

The National Team and other members of Canadian lifesaving clubs continue to compete internationally in Commonwealth and ILS World Championships, World Games, and a variety of other competitions including other countries' national championships.

1.3 THE LIFESAVING SOCIETY

The Lifesaving Society – Canada’s lifeguarding expert – works to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning research, aquatic safety management services, and lifesaving sport.

Annually, over 1.5 million Canadians participate in the Society’s swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada’s National Lifeguards – the professional standard for lifeguarding in Canada.

The Society is an independent, volunteer organization and registered charity that has been saving lives in Canada for over 100 years. The Society is composed of 10 provincial/territorial Branches, tens of thousands of individual members and some 4,000 affiliated swimming pools and waterfronts.

Canadian Lifesaving Sport Authority

The Lifesaving Society represents Canada internationally as an active member of the International Life Saving Federation and the Commonwealth Royal Life Saving Society (RLSS). The Lifesaving Society is the governing body for lifesaving sport in Canada. Canada is a voting member of the ILS Sport Commission and the RLSS Commonwealth.

As the governing body for lifesaving sport in Canada, the Lifesaving Society establishes rules for the purpose of ensuring a safe and fair system, within which age-group, open, and Masters lifesaving competitions may be regulated and conducted.

The Lifesaving Society alone shall authorize Canadian lifesaving or lifeguard championships in age-group, open or Masters divisions.

The words National or Canadian as related to Lifesaving Sport shall not be used in connection with any lifesaving or lifeguard competition without the express consent of the Canadian Lifesaving Society.

Sanctioning

The Lifesaving Society alone may sanction nationally recognized events.

Lifesaving Society Canada sanctioned championships must use the current *Canadian Lifesaving Sport Competition Rulebook* standards, procedures and all applicable safety and hosting materials.

To receive sanction, the following terms must be met:

- i) All competitors must be eligible to compete as defined in *Eligibility and the Right to Participate*.
- ii) *Canadian Lifesaving Sport Competition Rulebook* rules, standards and procedures defined in the handbook or meet package must be used for events which are part of the sanctioned competition. The sanctioned competition may include other events.
- iii) The host organizing committee must have appropriate safety plan, safety equipment, and a Safety Officer in place.
- iv) No less than one month prior to the date of the competition, the Lifesaving Society must receive the sanction application form signed by the meet manager which identifies:
 - date, time and location of the competition
 - entry form, program of events
 - name of Chief Referee and Safety Officer

The Lifesaving Society does not recognize records set in or results of unsanctioned competition. Sanctioning must occur prior to the commencement of the event, meaning it is not eligible to be sanctioned after the event has happened. The Lifesaving Society does not insure volunteer officials or competitors in unsanctioned competition.

1.4 LIFESAVING SPORT COMMISSION

In 1998, the Lifesaving Society appointed a Sport Commissioner with a mandate to establish a lifesaving competition system in Canada that was consistent with the newly established world events and that brought all activity related to lifesaving sport in Canada under the control of a single national structure accountable to the Lifesaving Society.

By 2006, the Society had established a formal organizational structure for the management of lifesaving sport in Canada. The Lifesaving Society incorporated Lifesaving/Sauvetage Canada as a not-for-profit National Sport Organization to manage lifesaving sport on behalf of the Society.

In January 2007, a Lifesaving Sport Commission was established.

Since the establishment of the LSC there have been a number of functions of the commission. In 2022 the Sport Commission restructured to be inclusive all provinces with the goal of building new partnerships and relationships nationally while building accessibility to competition.

1.5 ATHLETE DEVELOPMENT (ALIGNED WITH SPORT FOR LIFE)

The Canadian Sport for Life initiative identifies the long-term athlete development framework which defines the various stages of athlete development. Lifesaving Sport recognizes and values this model and supports aligning with the framework.

Below is a brief summary of the long-term development framework:

Active Start: Young children are introduced to relatively unstructured play incorporating a variety of body movements in which they learn to move skillfully and learn to enjoy being active.

FUNDamentals: Children participate in a variety of well-structured activities that develop basic skills while focusing on fun.

Learning to Train: The athlete has acquired a greater body awareness and general skills they are ready to learn the basic rules and specific skills related to multiple sports.

Training to Train: Suitable at the onset and end of the growth spurt, boys and girls are ready to consolidate basic sport specific skills and tactics.

While they may play to win and do their best, skill training and physical development takes priority over competition.

Training to Compete: At this stage things “get serious”. Teens and young adults may choose to specialize in a sport and pursue a competitive stream, or to continue participating at a recreational level. High volume and high intensity characterize year-round training in the competitive stream.

Training to Win: Elite athletes with identified talent enter a stage where they may pursue intense training with world-class training methods, equipment and facilities.

Active for Life: Athletes may participate in their sport at the recreation level or they may become involved as an official or coach. They might also try new sports and activities.

Canadian championships are designed to meet the needs of competitors in the last three stages. Provincial competitions should align with all levels of the development pathway.

SECTION 2 – CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK
GENERAL RULES AND PROCEDURES



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Section 2

GENERAL RULES AND PROCEDURES

The host facility is responsible to produce a hosting handbook which details specifics about the facility and event. Examples include the entry procedures, safety plans and awards.

2.1 ELIGIBILITY

Events sanctioned by Lifesaving Canada are to be held in accordance with the Canadian Lifesaving Sport Competition Rulebook. Eligibility to participate in these events are as follows:

The member must:

- Any Individual Member, Affiliated Club or Affiliate Member of the Lifesaving Society in good standing. An individual or Affiliate is in good standing unless their Registered Athlete or Affiliate/Member status has been revoked by the Lifesaving Society Canada or a Lifesaving Society Branch using the Certification Review.
- Be a registered athlete with Lifesaving Canada.
- To participate in any lifesaving sport event, you must be an affiliate/member of your provincial branch.
- Must be able to meet Competition Readiness Standards. (effective June 1, 2025)
- Required awards will be identified in the hosting handbook.
- Canadian Records will be acknowledged for the Youth, Open and Master category for long course.
- Canadian Records will be acknowledged for Youth, Open and Master category for short course. The effective date for short course records to be determined.

Records for Masters events can be achieved by swimmers who are swimming in the Open Category.

2.2 DIVISIONS

- Youth: 15–18 years: Competitors must be a minimum of 15 years and a maximum of 18 years of age as of December 31st in the year the event is held.
- Open: Competitors must be a minimum of 16 years of age as of December 31st in the year the event is held.
- Masters: Competitors must be a minimum of 18 years of age by December 31st in the year the event is held.

- Masters age groups are: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-100, 100+.

2.3 MANIKINS

Manikins that have been identified in the current ILS Competition Rule Book as being acceptable standard are suitable for competition. Deviation to this will be identified in the sanctioning process.

2.4 RESULTS AND RECORDS

Canadian records

The Lifesaving Society shall recognise men's and women's individual and team records in pool race events identified in the *Canadian Lifesaving Sport Competition Rulebook* and that have been sanctioned by the Lifesaving Society Canada.

The Lifesaving Society does not maintain records for events occurring in open water due to variable conditions such as surf, tides, currents and beach conditions.

All Canadian Records established during pool events in World Lifesaving Championships, Commonwealth Lifesaving Championships or Canadian championships shall be automatically approved. Canadian Records established at other competitions shall be approved subject to the following conditions:

- i) The Lifesaving Society shall only recognize a Canadian record established by a Canadian athlete.
- ii) The Lifesaving Society shall only recognize a Canadian record in team events when all members of the team are eligible to hold Canadian records, are registered as and competing under the same club, and are eligible to compete for that club.
- iii) All records must be made in competitions held in public and announced publicly by advertisement at least 3 days before competition. In the case of an individual race against time being sanctioned by the Lifesaving Society as a time trial during a competition, an advertisement at least 3 days prior shall not be necessary.
- iv) Times which are equal to 1/100 of a second will be recognised as equal records, and competitors achieving these equal times will be called "Joint Holders." Only the time of the winner of a race may be

submitted for a Canadian record. In the event of a tie in a record-setting race, each competitor who tied shall be considered a winner.

- v) Applications for Canadian records must be made by the responsible authority of the organizing committee of the competition and signed by an authorized representative of the host organization certifying that all regulations have been observed. The application shall be forwarded to the Lifesaving Society Canada within 30 days of the conclusion of the competition.
- vi) Upon receipt of the application, and upon satisfaction that the information contained in the application is accurate, the Lifesaving Society shall declare and publish the Canadian record and provide a Canadian record certificate to the competitor.

With the exception: Canadian records may be considered for acceptance from any competition sanctioned by the International Life Saving Federation. If the Canadian record application is not accepted, it shall be referred to the Lifesaving Sport Commission.

World or Commonwealth records

The International Lifesaving Federation and the Royal Life Saving Society recognize World and Commonwealth records respectively as per the current *ILS Competition Rulebook* or current *Commonwealth Competition Manual*.

2.5 TEAM UNIFORMS AND EQUIPMENT

Reference: As per active rule according to the *ILS Competition Rule Book*. For Canadian Championships, please refer to the *Lifesaving Sport Competition Handbook for Canadian Championships*.

2.6 CODE OF CONDUCT

Athletes shall abide by the Code of Conduct of the Lifesaving Society Canada and as per the active rule according to the *ILS Competition Rule Book*.

2.7 MISCONDUCT

Reference: As per active rule according to the *ILS Competition Rule Book*.

2.8 DISQUALIFICATIONS AND “DID NOT FINISH” CLASSIFICATIONS

Reference: As per active rule according to the *ILS Competition Rule Book*.

2.9 PROTESTS AND APPEALS

Reference: As per active rule according to the *ILS Competition Rule Book* and the *Lifesaving Sport Competition Handbook for Canadian Championships*.

2.10 WORLD ANTI-DOPING AUTHORITY (WADA)

To keep sports fair and clean of performance enhancing drugs, WADA is the leading authority on anti-doping standards and controls. ILS has adopted these standards into practice. Further information about the ILS drug-free competition policy.

Reference: As per active rule according to the *ILS Competition Rule Book* and *Lifesaving Sport Competition Handbook for Canadian Championships*.

2.11 FACILITY AND EQUIPMENT STANDARDS AND SCRUTINEERING PROCEDURES

Reference: As per active rule according to the *ILS Competition Rule Book*.

All scrutineering standards must be abided by, and identification of the process will be provided with the *Lifesaving Sport Competition Handbook for Canadian Championships*.

SECTION 3 – CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK
LONG COURSE POOL EVENTS



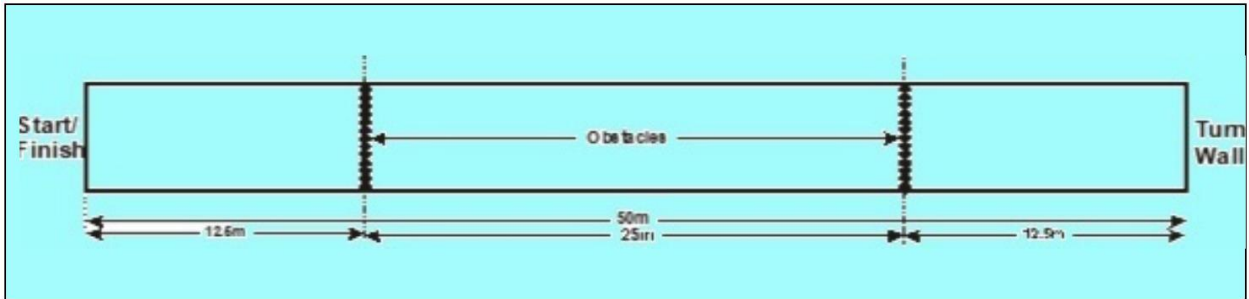
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Section 3
LONG COURSE POOL EVENTS

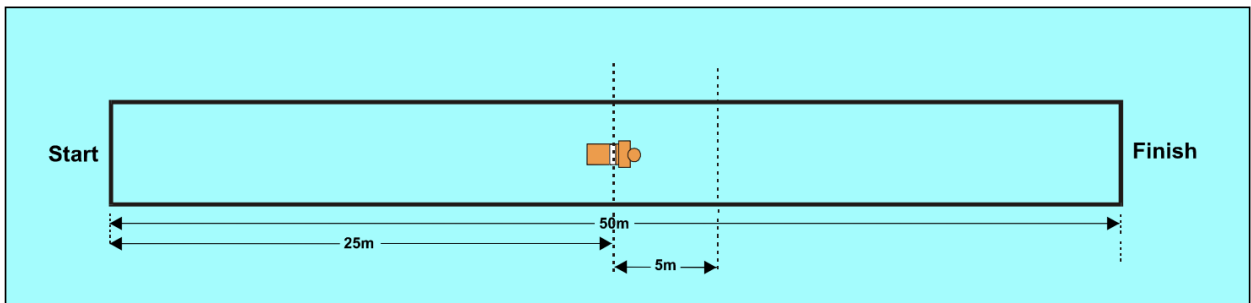
3.1 EVENTS

OBSTACLE SWIM [200M AND 100M]



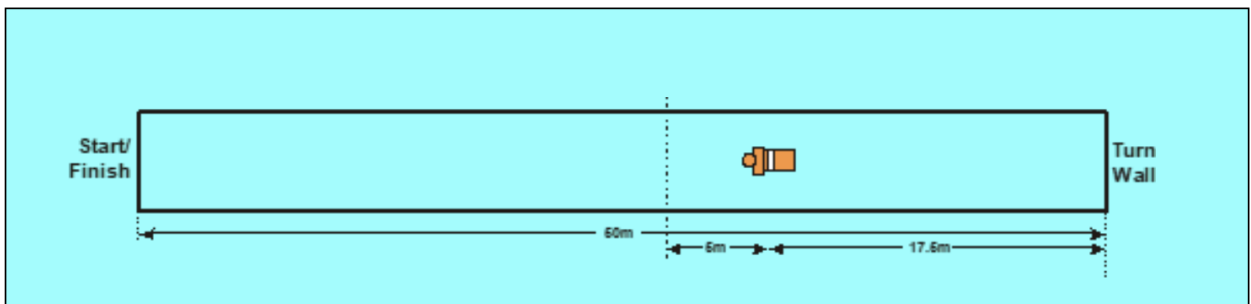
Reference: As per active rule according to the *ILS Competition Rule Book*

MANIKIN CARRY [50M]



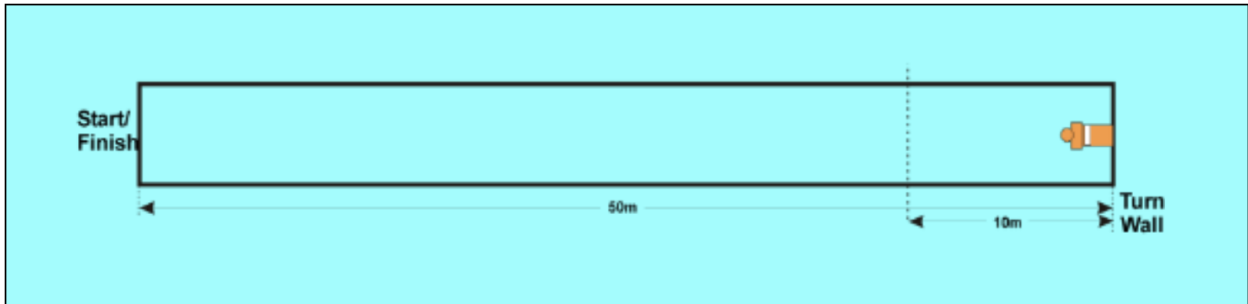
Reference: As per active rule according to the *ILS Competition Rule Book*

RESCUE MEDLEY [100M]



Reference: As per active rule according to the *ILS Competition Rule Book*

MANIKIN CARRY WITH FINS [100M]



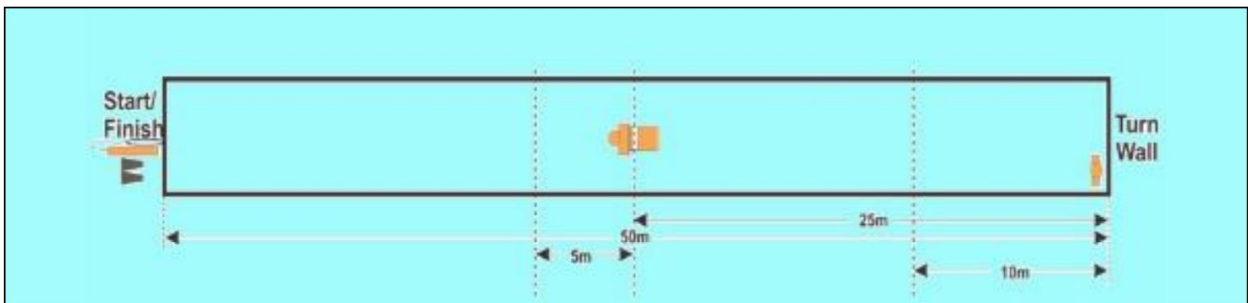
Reference: As per active rule according to the *ILS Competition Rule Book*

MANIKIN TOW WITH FINS [100M]



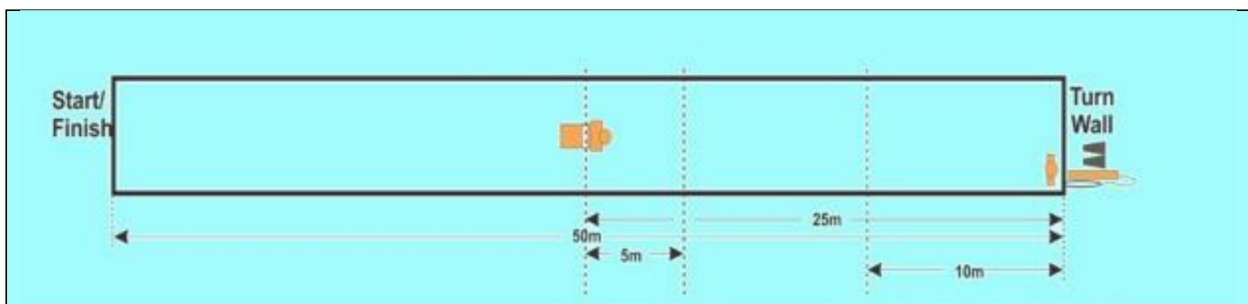
Reference: As per active rule according to the *ILS Competition Rule Book*

SUPER LIFESAVER [200M]



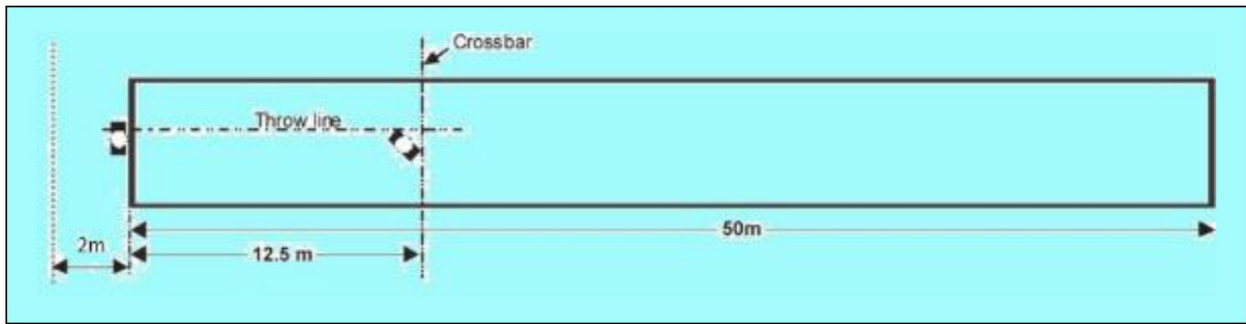
Reference: As per active rule according to the *ILS Competition Rule Book*

100M MANIKIN LIFESAVING MEDLEY



Reference: As per active rule according to the *ILS Competition Rule Book*

LINE THROW

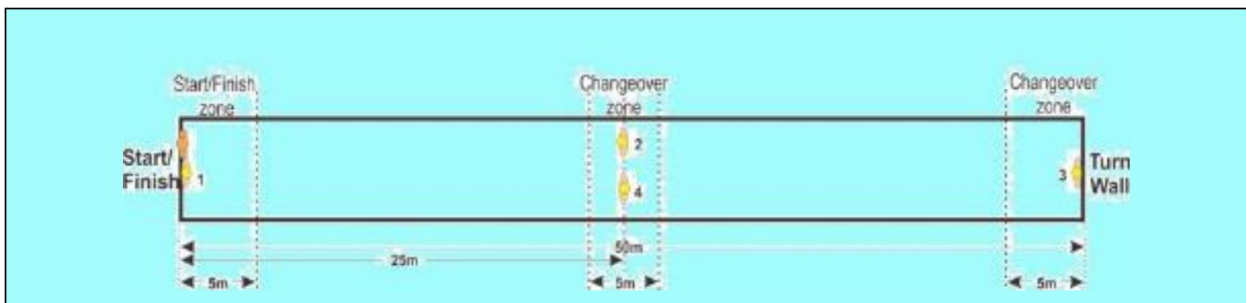


Reference: As per active rule according to the *ILS Competition Rule Book*

Note for clarification: The end of the rope must be in the palmar surface of the thrower's hand and follow directly, meaning it cannot be shortened or wrapped, toward the victim.

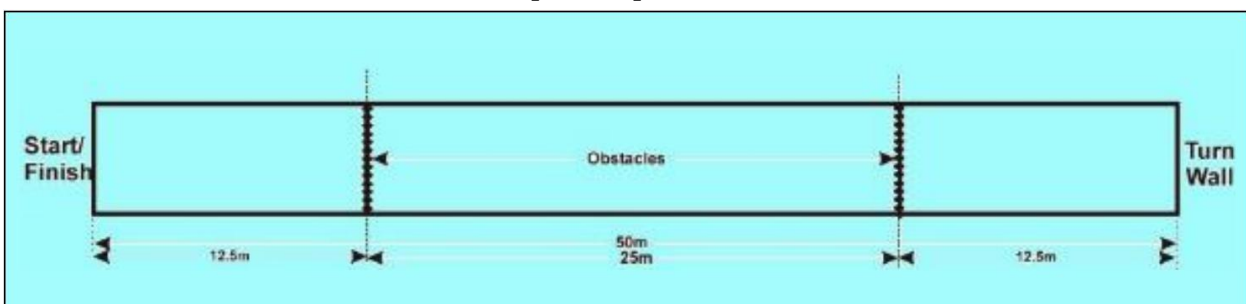
Note for clarification: The ILS Competition Rule Book allows for a 2m, physical (tape or a rope, etc....) backline, for purposes of Canadian competition, it is required.

MANIKIN RELAY [4X25M]



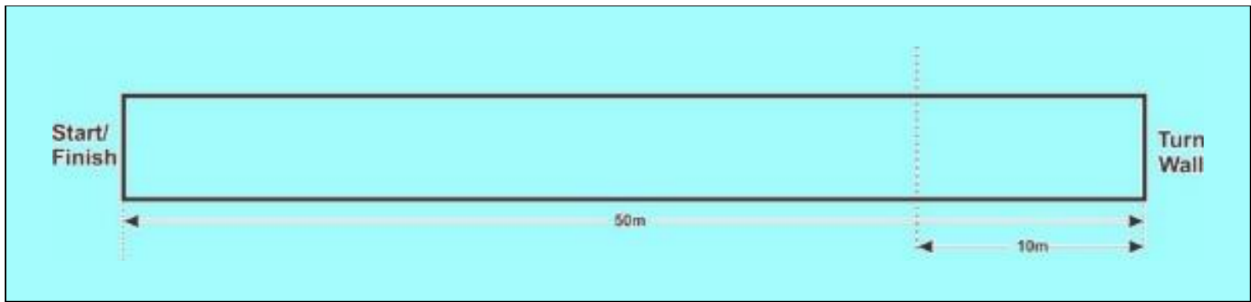
Reference: As per active rule according to the *ILS Competition Rule Book*

OBSTACLE RELAY [4X50M]



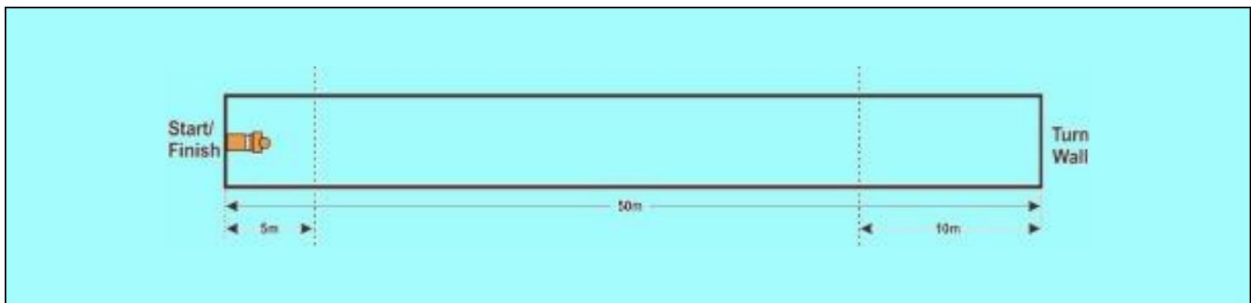
Reference: As per active rule according to the *ILS Competition Rule Book*

MEDLEY RELAY [4X50M]



Reference: As per active rule according to the *ILS Competition Rule Book*

POOL LIFESAVER RELAY [4X50M]



Reference: As per active rule according to the *ILS Competition Rule Book*

3.2 DISQUALIFICATION CODES

Reference: As per active rule according to the *ILS Competition Rule Book*.

SECTION 4 – CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK
SHORT COURSE POOL EVENTS



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Section 4

SHORT COURSE POOL EVENTS**4.1 GENERAL RULES**

The International Life Saving Federation (ILS) last released a short course rulebook in 2021. The rules in that rulebook have not been updated to align with the changes in the *ILS Competition Rule Book* that defines long course events. The ILS Short Course events are designed to be similar events, just completed in a short course pool. This rulebook is using the events in which the ILS has defined them but has updated the rules to align with the *ILS Competition Rule Book*. In case of discrepancy between the ILS Competition Rule Book and the Canadian Competition Rulebook, the former as precedence.

4.2 EVENTS**OBSTACLE SWIM [200M AND 100M]**

Reference: As per active rule according to the *ILS Competition Rule Book*

Event Description

With a dive start on an acoustic signal, the competitor swims the course passing under the immersed obstacle to touch the finish wall/edge of the pool.

1. Competitors must surface after the dive entry and before the obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.
2. Competitors may push off the pool bottom when surfacing from under each of the obstacles.
3. Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

Equipment

Obstacles: As per active rule according to the *ILS Competition Rule Book – Facility and Equipment*.

The obstacle is located 12.5m from the start wall/edge and is in the middle of the pool. The shorter (35cm) obstacles may be used in circumstances where the depth of the pool does not permit the use of the larger (70cm) obstacles.

MANIKIN CARRY [50M]

Reference: As per active rule according to the *ILS Competition Rule Book*

Event Description

With a dive start on an acoustic signal, the competitor swims 25m and recovers a submerged manikin positioned at the wall. The competitors then surface within 5m of the pick-up line and swims the manikin 25m to the finish wall/edge of the pool.

1. The competitor must surface before diving down to recover the manikin.
2. The competitor has 5m to pick-up and have the manikin in the correct carrying position.
3. The competitor is not required to touch the turn wall/edge of the pool when recovering the manikin.

Equipment

Positioning the manikin: The manikin is positioned on its back in contact with the head in the direction of the finish.

In a facility where the design does not provide a vertical wall that joins the bottom of the pool at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

Disqualification

Reference: As per active rule according to the *ILS Competition Rule Book*

RESCUE MEDLEY [100M]

Reference: As per active rule according to the *ILS Competition Rule Book*

Event Description

With a dive start on an acoustic signal, the competitor swims 75m freestyle to turn, dive and swim underwater to a submerged manikin located 12.5m from the turn wall/edge.

The competitor surfaces the manikin within the 5m pick-up line and then carries it the remaining distance to touch the finish wall/edge.

1. The competitor may breathe during the turn, but not after their feet leave the last turn wall/edge until they surface with the manikin.
2. At the 75m mark, competitors must touch the wall during turning, and prior to submerging and retrieving the manikin. Once a competitor has touched the wall, when they leave the wall, they must be fully submerged until they recover the manikin at the 12.5m point.

3. The athlete is not permitted to take assistance by holding on to the wall or any pool fitting.

Equipment

Positioning the manikin: The manikin is positioned on its back in contact with the pool bottom, with its head in the direction of the finish.

Note for Clarification: At the 75m turning wall, after the competitor touches the wall, they must remain in contact with the wall and when their feet leave the wall, they must be fully submerged and remain submerged until they retrieve the manikin as per the event description.

MANIKIN CARRY WITH FINS [100M]

Reference: As per active rule according to the *ILS Competition Rule Book*

Event Description

With a dive start on an acoustic signal, the competitor swims 50m freestyle wearing fins and then recovers a submerged manikin to the surface within 10m of the turn wall/edge. The competitor carries the manikin 50m (two 25m laps) to the finish. After the turn at the 75m mark competitors must have the manikin in the correct carrying position within 5m of the turning wall/edge. The event is complete when the competitor touches the finish wall/edge of the pool.

1. Competitors need not touch the wall when recovering the manikin.
2. Competitors may push off the pool bottom when surfacing with the manikin.
3. Competitors must touch the turning wall/edge with any part of the body at the 75m mark.
4. At the turn at the 75m mark, competitors may push off the turning wall/edge with their feet.
5. All other event conditions are as per the ILS Competition Rule Book.

Note for clarification: As per the *ILS Competition Rulebook* the carrying of the manikin rules apply, including that once a manikin has been recovered, the competitor must remain in contact with the manikin at all times until the race is completed.

Equipment

Positioning the manikin: The manikin is positioned on its back in contact with the pool bottom, with its head in the direction of the finish.

Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

MANIKIN TOW WITH FINS [100M]

Reference: As per active rule according to the *ILS Competition Rule Book*

Event Description

With a dive start on an acoustic signal, the competitor swims 50m freestyle with fins and rescue tube. After touching the turn wall/edge and within the 10m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it 50m (two 25m laps) to the finish. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10m line. The event is complete when the competitor touches the finish wall/edge of the pool.

1. Competitors must touch the turning wall/edge with any part of the body at the 75m mark.
2. During the turn at the 75m mark the manikins face must remain above the surface of the water.
3. During the turn at the 75m mark, competitors will not be disqualified if the line of the rescue tube is not fully extended.
4. After the turn at the 75m mark the line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10m line.
5. All other conditions are as per the ILS Competition Rule Book.

SUPER LIFESAVER [200M AND 100M]

Reference: As per active rule according to the *ILS Competition Rule Book*

Event Description [100m]

With a dive entry on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the turn wall. After touching the wall, the competitor releases the manikin.

In the water the competitor dons fins and rescue tube and swims 25m freestyle. After touching the wall/edge, and within the 10m pick-up-zone, the competitor fixes the rescue tube correctly around the floating manikin and tows it to the finish. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10m line.

The event is complete when the competitor touches the finish wall of the pool.

Event Description [200m]

With a dive or in-water start on an acoustic signal, the competitor swims 75 m freestyle and then dives to recover a submerged manikin. The

competitor surfaces the manikin within the 5 m pick-up zone and carries it 25 m to the turn wall/edge. After touching the wall/edge, the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube and swims 50 m freestyle. After touching the wall/edge, and within the 10 pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it 50 m (two 25 m laps) to the finish. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.

The event is complete when the competitor touches the finish wall/edge of the pool.

1. Competitors need not touch the 75m turn wall/edge of the pool when recovering the submerged manikin.
2. Competitors must touch the turning wall/edge with any part of the body at the 175m mark.
3. During the turn at the 175m mark the manikin's face must remain above the surface of the water.
4. During the turn at the 175m mark competitors will not be disqualified if the line of the rescue tube is not fully extended.
5. After the turn at the 175m mark the line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10m line.
6. All other event conditions are as per the ILS Competition Rule Book.

Equipment

Positioning the manikin: The manikin is positioned on its back in contact with the pool bottom, with its head in the direction of the finish.

Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the manikin must be positioned as close as possible to the wall, but no further than 30 cm from the wall as measured at the water surface.

LINE THROW

Reference: As per active rule according to the *ILS Competition Rule Book*

Note for clarification: The end of the rope must be in the palmar surface of the thrower's hand and follow directly, meaning it cannot be shortened or wrapped, toward the victim.

Note for clarification: The ILS Competition Rule Book allows for a 2m, physical (tape or a rope, etc....) backline, for purposes of Canadian competition, it is required.

Disqualification

Reference: As per active rule according to the *ILS Competition Rule Book*

MANIKIN RELAY [4X25M]

Reference: As per active rule according to the *ILS Competition Rule Book*

Event Description

Four competitors in turn carry a manikin approximately 25 m each.

1. The first competitor starts in the water holding a manikin with one hand and the start wall/edge or starting block with the other hand. On an acoustic signal, the competitor carries the manikin 25 m to touch the turn wall/edge and passes the manikin to the second competitor, who is in contact with the turn wall/edge or starting block with at least one hand. The second competitor may touch the manikin prior to the first competitor touching the wall, but the first competitor must not release the manikin prior to touching the wall. The second competitor must remain in contact with the wall with their hand until the first competitor touches the wall.
2. The second competitor carries the manikin 25 m to touch the turn wall/edge and passes the manikin to the third competitor who is in contact with the turn wall/edge or starting block with at least one hand. The third competitor may touch the manikin prior to the second competitor touching the wall, but the second competitor must not release the manikin prior to touching the wall. The third competitor must remain in contact with the wall with their hand until the second competitor touches the wall.
3. The third competitor carries the manikin 25 m to touch the turn wall/edge and passes the manikin to the fourth competitor, who is in contact with the turn wall/edge or starting block with at least one hand. The fourth competitor may touch the manikin prior to the third competitor touching the wall, but the third competitor must not release the manikin prior to touching the wall. The fourth competitor must remain in contact with the wall with their hand until the third competitor touches the wall.
4. The fourth competitor completes the event by carrying the manikin 25 m to touch the finish wall/edge with any part of the competitor's body.

Note for clarification: The exchange of the manikin between competitors happens within a 5m changeover zone and the outgoing competitor must be carrying the manikin in a correct carrying position at the 5m marked as judged by the top of the manikin's head.

Note for clarification: The incoming swimmer may assist the outgoing swimmer by pushing the manikin, provided the incoming swimmer has released the manikin prior to the 5m mark as judged by the top of the manikin's head.

OBSTACLE RELAY [4X50M]

Reference: As per active rule according to the *ILS Competition Rule Book*

Event Description

With a dive start or in-water start on an acoustic signal, the first competitor swims 50 m freestyle passing under an obstacle on each lap. After the first competitor touches the turn wall/edge the second, third, and fourth competitors repeat the procedure in turn.

1. Competitors must surface after the dive start entry or in-water start before the obstacle and after passing under each obstacle. "Surfacing," means the competitor's head breaks the plane of the surface of the water.
2. Competitors may push off the pool bottom when surfacing from under the obstacles.
3. Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.
4. The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first, second and third competitors may not re-enter the water.

Note 1: Once the first, second and third competitors have completed their leg of the race, they are to immediately exit the pool and not interfere with competing teams.

Note 2: All other event conditions are as per the *ILS Competition Rule Book*.

Equipment

Obstacles: See Section 8 – Facility and Equipment standards and Scrutineering Procedures of the *ILS Competition Rule Book*.

The obstacle is located 12.5m from the start wall/edge and is in the middle of the pool. The shorter (35cm) obstacles may be used in circumstances where the depth of the pool does not permit the use of the larger (70cm) obstacles.

MEDLEY RELAY [4X50M]

Reference: As per active rule according to the *ILS Competition Rule Book*

Event Description

The first competitor: With a dive start or in-water start on an acoustic signal, the first competitor swims 50 m freestyle without fins.

The second competitor: With a dive start or in-water start after the first competitor touches the 50m wall/edge, the second competitor swims 50 m freestyle with fins.

The third competitor: With a dive start or in-water start after the second competitor touches the 100m wall/edge, the third competitor swims 50 m freestyle without fins towing a rescue tube. The third competitor touches the start/finish wall/edge.

The fourth competitor: The fourth competitor, in the water wearing fins with at least one hand on the wall/edge or starting block, dons the harness. The fourth competitor is permitted to touch any part of the rescue tube harness but must remain in contact with the wall/edge with one hand until the third competitor has touched the 150m wall/edge. The third competitor, playing the role of “victim”, holds the rescue tube and/or clip with both hands while being towed 50 m by the fourth competitor to the finish.

Note 1: Rescuers (no. 4) must touch the turning wall/edge with any part of the body at the 175 m mark.

Note 2: At the turn at the 175 m mark the victim (No.3) is not permitted to push off the turning wall/edge with their feet.

Note 3: During the turn at the 175 m mark teams will not be disqualified if the line of the rescue tube is not fully extended.

Note 4: After the turn at the 175 m mark the line of the rescue tube must become fully extended as soon as possible and before the top of the victim’s head passes the 10 m line.

Note 5: Once the first, second and third competitors have completed their leg of the race, they are to immediately exit the pool and not interfere with competing teams.

Note 6: All other event conditions are as per the ILS Competition Rule book.

POOL LIFESAVER RELAY [4X50M]

Reference: As per active rule according to the *ILS Competition Rule Book*

Event Description

The first competitor: With a dive start or in-water start on an acoustic signal, the first competitor swims 50 m freestyle without fins.

The second competitor: With a dive start or in-water start after the first competitor touches the 50m wall/edge, the second competitor swims 50 m with fins and dives to retrieve a submerged manikin. The second

competitor does not need to touch the 100m wall/edge before passing the manikin to the third competitor.

Note: The Second swimmer is permitted to swim the whole distance underwater before surfacing with manikin or may surface one or more times after the start and before diving to retrieve the manikin.

The third competitor: The third competitor is waiting in the water (without fins) in contact with the wall/edge or starting block with at least one hand. The third competitor may touch (but cannot grasp) the manikin before it surfaces. After the manikin's head breaks the surface of the water the competitor may then take control of the manikin and release their hold on the 100m wall/edge or starting block. The third competitor then carries the manikin 50 m and touches the 150m wall/edge before passing the manikin to the fourth competitor.

The fourth competitor: The fourth competitor (with fins) is holding the wall/edge or starting block with at least one hand until taking the manikin. The fourth competitor may touch the manikin prior to the third competitor touching the wall, but the third competitor must not release the manikin prior to touching the wall. The fourth competitor must remain in contact with the 150m wall/edge with their hand until the third competitor touches the wall. The fourth competitor then carries the manikin 50 m to touch the finish wall/edge with any part of the competitor's body.

Note 1: Competitors must touch the turning wall/edge with any part of the body at the 25, 75, 125 and 175 m turning marks.

Note 2: At the turns competitors may push off the turning wall/edge with their feet.

Note 3: Once the first, second and third competitors have completed their leg of the race, they are to immediately exit the pool and not interfere with competing teams.

Note 4: All other event conditions are as per the ILS Competition Rule Book.

4.3 DISQUALIFICATION CODES

Reference: As per active rule according to the *ILS Competition Rule Book*.

SECTION 5 – CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK
SURF LIFESAVING COMPETITIONS



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 5

SURF LIFESAVING COMPETITIONS**5.1 GENERAL CONDITIONS FOR BEACH AND OCEAN COMPETITIONS**

The general conditions for beach and ocean events are outlined in the *ILS Competition Rule Book*.

For Canadian competitions it is mandatory that all participants of surf events will wear a high visibility Lycra vest for safety purposes during training and competition. Athletes and handlers entering the water over ankle deep must be in the approved high visibility Lycra and team cap. For the bodies of water in Canada the following colours are permissible: **(high visibility only) orange, pink, green, or yellow**. It will be the responsibility of the competition host to determine the best colour suited for the body of water where the competition will be held. The Safety Officer is responsible to scrutinize all competitors and handlers for their high visibility garment, to ensure the colour is steadfast and still visible in the water. Any competitor or handler not wearing or not having appropriate visibility in the water will not be permitted to compete as it is a safety standard. This standard is applicable to volunteers as determined by the conditions of the event and the Safety Officer.

The Competition Handbook will outline the various nuances and details about the location for the event. Included will be a comprehensive Safety Plan that includes appropriate safe work practices to reduce risk to volunteers and competitors alike. A daily briefing of safety standards will be provided by the Safety Officer prior to the commencement of the event.

5.2 EVENTS***SURF RACE***

Reference: As per active rule according to the *ILS Competition Rule Book*

SUF TEAMS RACE

Reference: As per active rule according to the *ILS Competition Rule Book*

RESCUE TUBE RESCUE

Reference: As per active rule according to the *ILS Competition Rule Book*

RESCUE TUBE RACE

Reference: As per active rule according to the *ILS Competition Rule Book*

RUN-SWIM-RUN

Reference: As per active rule according to the *ILS Competition Rule Book*

BEACH FLAG

Reference: As per active rule according to the *ILS Competition Rule Book*

BEACH SPRINT [70m and 90m]

Reference: As per active rule according to the *ILS Competition Rule Book*

BEACH RELAY

Reference: As per active rule according to the *ILS Competition Rule Book*

BEACH RUN [2km and 1km]

Reference: As per active rule according to the *ILS Competition Rule Book*

BEACH RUN RELAY [3x 1km]

Reference: As per active rule according to the *ILS Competition Rule Book*

SURF SKI RACE

Reference: As per active rule according to the *ILS Competition Rule Book*

SURF SKI RELAY

Reference: As per active rule according to the *ILS Competition Rule Book*

BOARD RACE

Reference: As per active rule according to the *ILS Competition Rule Book*

BOARD RELAY

Reference: As per active rule according to the *ILS Competition Rule Book*

BOARD RESCUE

Reference: As per active rule according to the *ILS Competition Rule Book*

OCEANMAN/OCEANWOMAN

Reference: As per active rule according to the *ILS Competition Rule Book*

OCEAN M

Reference: As per active rule according to the *ILS Competition Rule Book*

OCEANMAN/OCEANWOMAN RELAY

Reference: As per active rule according to the *ILS Competition Rule Book*

OCEAN M LIFESAVER RELAY

Reference: As per active rule according to the *ILS Competition Rule Book*

5.3 DISQUALIFICATION CODES

Reference: As per active rule according to the *ILS Competition Rule Book*.

SECTION 6 – CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK
**SIMULATED EMERGENCY RESPONSE
COMPETITIONS (SERC)**



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 6

SIMULATED EMERGENCY RESPONSE COMPETITION (SERC)

The Simulated Emergency Response Competition (SERC) is an event that is designed to test the initiative, judgement, knowledge, teamwork and abilities of a team of lifesavers. A team is a minimum of 3 lifesavers in a four-person team. As a team this group will work to address a complex situation with multiple victims. This is a timed event that will put all participants under physical and mental stressors. It is judged using the ILS Guide created for the specifically designed scenario. All efforts will be made to ensure each team is exposed to the same scenario – actors will act in the same manner each time and judges will judge using the same discretions and decisions each time. The Simulated Emergency Response Competition shall be conducted without male and female categories. Teams may consist of any combination of males or females.

Note for Clarification: SERC is a team event and there are no substitutions or additions between prelims and finals.

Reference: As per the ILS Competition Rulebook and the ILS SERC Coaches, Competitors, and Officials Guide.

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