

LIFESAVING SOCIETY

CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK

2026 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



LIFESAVING SOCIETY

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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 the 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 on the Lifesaving Society Canada Website. Provincial/territorial governing bodies are entitled to make further provincial/territorial modifications as they deem appropriate or necessary. Sanctioning of those events will lie with the Lifesaving Society Branch of that province/territory.

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The National Sport Commission

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SECTION 1 – CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK

LIFESAVING SPORT



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 1

LIFESAVING SPORT

Lifesaving sport features competition at local, regional, provincial/territorial, 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/territorial 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 youth, open and masters competitors. Emergency

response events demand good judgment, quick decision-making and teamwork.

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

Lifesaving sport features

1. A large, multi-dimensional event menu with the scope to meet the needs of all participants.
2. Internationally standardized rules and procedures for all events.
3. Established development pathways for athletes, coaches and officials. Learning and training is based on the long-term athlete development model.
4. 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 youth, 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/territorial 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 youth, open, and masters lifesaving competitions may be regulated and conducted.

The Lifesaving Society alone shall authorize Canadian lifesaving or lifeguard championships in Youth, 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:

1. All competitors must be eligible to compete as defined in *Eligibility and the Right to Participate*.
2. 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.
3. The host organizing committee must have an appropriate safety plan, safety equipment, and a Safety Officer in place.
4. 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:
 - a. date, time and location of the competition
 - b. entry form, program of events
 - c. 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 of all branches 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 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.

Learn 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.

Train 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.

Train 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.

Train 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/territorial 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 is responsible to produce the event-specific *Canadian Lifesaving Sport Competition Handbook* which details specifics about the facility and event.

2.1 LANGUAGE INTERPRETATION

During national championships, all communications between the Competition Management Committee, the officials and the Managers may be done in both official languages. This includes Managers meetings and/or officials meetings. It is the responsibility of the host to provide an interpreter to support and facilitate communication in both languages.

For all other events, organizing committees must comply with the language requirements and practices established by their respective provincial/territorial Lifesaving Society Branch.

2.2 ELIGIBILITY

Events sanctioned by the Lifesaving Society 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:

1. 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.
2. Be a registered athlete with the Lifesaving Society Canada.
3. To participate in any lifesaving sport event, you must be an affiliate/member of your provincial/territorial branch.
4. Must be able to meet Competition Readiness Standards (once published).
5. Agree to abide by the Lifesaving Society Canada Concussion protocols and policies, and policies defined in event-specific handbook.
6. Required awards will be identified in the event-specific handbook.
7. Competitors from other countries may compete in Canadian championships or sanctioned competitions if endorsed (in writing) to do so by their national lifesaving organization. These competitors represent their international club. They may become champions in individual or team events and in the Overall Athlete award, but they are not eligible for Canadian championship club titles. Clubs composed of any non-Canadian members are deemed to be an international club and ineligible for Canadian championship club titles. International Officials may officiate at Canadian championships and sanctioned

events if endorsed in writing by their national lifesaving organization.

2.3 DIVISIONS

1. 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.
2. Open: Competitors must be a minimum of 16 years of age as of December 31st in the year the event is held.
3. Masters: Competitors must be a minimum of 25 years of age by December 31st in the year the event is held.
4. Masters age groups are: 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, 95-99, 100+.

2.4 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.

2.5 SEEDING AND SCORING

2.5.1 SEEDING

In preliminary events

Reference: *ILS Competition Rule Book*.

All preliminary events will be seeded according to time, and will include Youth, Open and Masters athletes.

Master events are direct timed finals only.

In final events

Reference: *ILS Competition Rule Book*

Finals are the top 16 athletes in Youth and top 16 athletes in Open. There is an A and B final for each category and gender, following the procedures in the *ILS Competition Rule Book*. All alternates are required to marshal for the finals programme.

Athletes who are successful in achieving a placement in either the A or B finals are expected to attend their event. Should an athlete desire to withdraw from the final, they must notify the Competitor Liaison or the Chief Referee within 30 minutes prior to the start of the designated warm-up time. Should an athlete not withdraw by 30-minutes prior to the start of the designated warm-up, they risk disciplinary action from the Chief Referee. Shorter notice may be approved by the Chief Referee in circumstances of sudden illness or injury. This action will not delay race proceedings.

The disciplinary action can include:

1. A warning from the Chief Referee – this will occur should a replacement be quickly placed to ensure athletes are given the best possible opportunity to race in the final events;
2. An immediate suspension from the athlete's next event;
3. A financial fine being assigned to the team;
4. A team that has one or more athletes who miss more than one event will forfeit all team points. Athletes will still be recognized for their individual achievements.

Disciplinary actions are not eligible for protest or appeal.

2.5.2 SCORING

Point allocation

Competitors shall be allocated points in all individual and team events as follows:

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

2.5.3 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 Canada 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:

1. The Lifesaving Society shall only recognize a Canadian record established by a Canadian athlete.

2. The Lifesaving Society shall only recognize a Canadian record in team or relay 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.
3. All records must be made in competitions held in public and announced publicly by advertisement at least three days before competition. In the case of an individual race against time being sanctioned by the Lifesaving Society Canada as a time trial during a competition, an advertisement at least three days prior shall not be necessary.
4. 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.
5. 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.
6. Upon receipt of the application including documentation from electronic timing, 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.
7. 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.
8. Canadian records will be acknowledged for the Youth, Open and Master categories for long and short course pool events. Individual records for Masters events can be achieved by competitors who are swimming in the Open Category. Records for Open events can be achieved by competitors who are swimming in the Masters Category.

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 Rule Book* or current *Commonwealth Competition Manual*.

AWARDS

Canadian Pool Lifesaving Championships

Individual event and Team/Relay event awards shall be presented to the first three places in the direct final and final of all events in Youth, Open and all Masters age groups at the Canadian Pool Lifesaving Championship. Event winners shall be recognized as Canadian Champions.

The Overall awards shall be presented to the top three individual points achievers in each of the following categories: Youth Female, Youth Male, Open Female, and Open Male.

The Canadian club with the highest overall point score in the combined Youth and Open divisions shall be declared the Canadian Pool Lifesaving Champions and presented with an award.

When the Simulated Emergency Response Competition is held in parallel with the CPLC, points scored in this event shall not be applied to either athletes' or clubs' overall scores.

A Masters Club Champion is neither declared nor awarded.

Canadian Lifeguard Emergency Response Championships

Awards shall be presented to the first, second, and third place teams in each event. Event winners shall be recognized as Canadian Champions.

The Canadian club with the highest overall point score shall be declared the Canadian Lifeguard Emergency Response Champions and presented with an award.

Canadian Surf Lifesaving Championships

Individual and Team/Relay event awards shall be presented to the first three places in the final/direct final of all events at the Canadian Surf Lifesaving Championships. Event winners shall be recognized as Canadian Champions.

The Overall awards shall be presented to the top three individual points achievers in each of the following categories: Youth Female, Youth Male, Open Female, and Open Male.

The Canadian club with the highest overall point score in the combined Youth and Open divisions shall be declared the Canadian Surf Lifesaving Champions and presented with an award.

A Masters Club Champion is neither declared nor awarded.

2.6.1

Ties

Ties in overall point scores for clubs or individuals shall be broken using the following system:

- Most first-place final finishes;
- Most second-place final finishes;
- Most third-place final finishes; and so on.

In finals, if two teams tie for first, each receives first-place points (20). The next placed team is awarded third place and receives 16 points, and so on.

2.7 TEAM UNIFORMS AND EQUIPMENT

Reference: As per the *ILS Competition Rule Book*.

For Canadian championships, all references to caps in the *ILS Competition Rule Book* (team caps, club caps, etc.) refer to the caps worn by competitors as a means of identification. Unless specifically referenced, these caps must match among members of a relay team. Handlers must wear an identified team cap.

Athletes are required to wear a team shirt and team shorts or pants to receive any awards earned during the event, except for awards received during a banquet - see event-specific handbook for specific banquet requirements. Athletes attending without the podium attire will forfeit public receipt of the award.

2.8 SPONSORS ADVERTISING AT NATIONAL CHAMPIONSHIPS

Sponsor logos or other identifiers may be displayed on athlete's, coach's, and team manager's uniforms (swimwear, shirts, shorts, tracksuits), either team or individual sponsors. A maximum of four advertising markings (in addition to team identification, if applicable) are allowed on swimwear, with each sponsor marking no larger than 40 cm² when worn. On shirts and tracksuit vest, a maximum of two advertising markings (in addition to team identification, if applicable) are allowed on the front, with each marking no larger than 40 cm² and an unlimited number of markings on the back side in an area 20 cm wide and 40 cm high (in addition to team identification, if applicable). Each individual marking in this area should not be larger than 100 cm². Individual sponsor markings must not result in changes to team uniforms beyond the addition of markings to an existing design. A maximum of four advertising markings (in addition to team identification, if applicable) are allowed on shorts and tracksuits pants, with each sponsor markings no larger than 40 cm² when worn. It is the responsibility of the team and/or athlete to ensure that all uniforms comply with these requirements prior to competition.

Competitors' equipment (e.g., paddleboard, surfski, paddle, fins) may display team or individual sponsor markings, provided that such equipment remains compliant with the ILS Equipment Specifications, including size, colour, and other applicable requirements.

Sponsors must be of good taste and align with the values of the Lifesaving

Society Canada. The Chief Referee, Meet Manager, and Lifesaving Society Canada delegates (e.g., CEO, COO, Marketing/Communications Coordinator, Sport Coordinator, etc.) reserve the right to vet any sponsorship markings to ensure they meet inclusive criteria and do not risk causing offence or bringing discredit to the Lifesaving Society. They may require the removal or concealment of a sponsor's marking at any time if it is deemed non-compliant, without right of appeal or compensation.

Television/video interviews may be undertaken at the competition venue with participants. Participants interviewed may be asked to wear championships sponsor apparel. Personal sponsor apparel (e.g., caps) must not be worn during interviews without prior permission of the Lifesaving Society Canada.

At the conclusion of the events, place winners may be offered items of apparel identified with championships or Lifesaving Society sponsors. Competitors will be asked to wear such items during the awards presentation. If the sponsor conflicts with an existing team or individual sponsor or cultural or religious principles, competitors may seek permission from the Lifesaving Society Canada to wear a team or blank vest. Failure to comply with this requirement will result in the competitor forfeiting the right to receive their award in a public awards presentation.

No display of sponsorship banners, signs, flags, or other identification at or within proximity to the competition venue will be allowed at national championships, including during awards presentation.

2.9 CODE OF CONDUCT

Athletes, Team Management, Officials, and spectators shall abide by the Code of Conduct of the Lifesaving Society Canada and as per the *ILS Competition Rule Book*.

2.10 MISCONDUCT

Reference: As per the *ILS Competition Rule Book*.

2.11 DISQUALIFICATIONS AND “DID NOT FINISH” CLASSIFICATIONS

Reference: As per the *ILS Competition Rule Book*.

2.12 PROTESTS AND APPEALS

Reference: As per the *ILS Competition Rule Book* and the Canadian *Lifesaving Sport Competition Handbook*.

2.13 WORLD ANTI-DOPING AUTHORITY (WADA)

Reference: As per the ILS Competition Rule Book and the Lifesaving Society Canada website.

To keep sports fair and clean of performance enhancing drugs, WADA is the leading authority on anti-doping standards and controls. ILS and Lifesaving Society Canada has adopted these standards into practice.

2.14 FACILITY AND EQUIPMENT STANDARDS AND SCRUTINEERING PROCEDURES

Reference: As per the *ILS Competition Rule Book*.

All scrutineering standards must be abided by, and identification of the process will be provided with the event-specific *Lifesaving Sport Competition Handbook*.

2.15 RELAYS

2.15.1 Mixed Relays

All three- and four-person relay events in the pool and open water can be conducted as same or mixed gender relays. Four-person mixed relays are composed of equal numbers of registered male competitors and registered female competitors in the event. Events with an odd number of competitors shall be any mixed composition.

2.15.2 “Swimming Up/Down”

Youth - Youth competitors may swim up in the Open category in relay. Youth competing in an Open relay may not compete in the same event in the Youth category.

Open - Open competitors may swim only in Open category relays. Not more than half of the relay athletes can be registered Youth competitors.

Masters - Masters competitors may only swim in Masters category relays.

2.15.3 Masters Relay Age Groups

Masters must compete in their relay teams accumulated age group.

Masters Relay age groups are the following:

- 100-139 years
- 140-169 years
- 170-199 years
- 200-229 years

Section 2 – General Rules and Procedures

- 230-259 years
- 260+ years

SECTION 3 – CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK

LONG COURSE POOL EVENTS



Section 3

LONG COURSE POOL EVENTS

3.1 INDIVIDUAL EVENTS

OBSTACLE SWIM [200M AND 100M]

Reference: As per the *ILS Competition Rule Book*.

MANIKIN CARRY [50M]

Reference: As per the *ILS Competition Rule Book*.

RESCUE MEDLEY [100M]

Reference: As per the *ILS Competition Rule Book*.

MANIKIN CARRY WITH FINS [100M]

Reference: As per the *ILS Competition Rule Book*.

MANIKIN TOW WITH FINS [100M]

Reference: As per the *ILS Competition Rule Book*.

SUPER LIFESAVER [200M]

Reference: As per the *ILS Competition Rule Book*.

100M MANIKIN LIFESAVING MEDLEY

Reference: As per the *ILS Competition Rule Book*.

3.2 TEAM EVENT

LINE THROW

Reference: As per the *ILS Competition Rule Book*.

3.3 RELAY EVENTS

MANIKIN RELAY [4X25M]

Reference: As per the *ILS Competition Rule Book*.

OBSTACLE RELAY [4X50M]

Reference: As per the *ILS Competition Rule Book*.

MEDLEY RELAY [4X50M]

Reference: As per the *ILS Competition Rule Book*.

POOL LIFESAVER RELAY [4X50M]

Reference: As per the *ILS Competition Rule Book*.

3.4 DISQUALIFICATION CODES

Reference: As per the *ILS Competition Rule Book*.

SECTION 4 – CANADIAN LIFESAVING SPORT COMPETITION RULEBOOK

SHORT COURSE POOL EVENTS



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 4

SHORT COURSE POOL EVENTS

4.1 GENERAL RULES

The ILS Short Course events are designed to be similar events completed in a short course pool. This rulebook follows the current *ILS Competition Rule Book Short Course Pool Events*. In case of discrepancy between the *ILS Competition Rule Book Short Course Pool Events* and the *Canadian Lifesaving Sport Competition Rulebook*, the *ILS Competition Rule Book Short Course Pool Events* has precedence.

4.2 INDIVIDUAL EVENTS

OBSTACLE SWIM [200M AND 100M]

Reference: As per the *ILS Competition Rule Book Short Course Pool Events*.

MANIKIN CARRY [50M]

Reference: As per the *ILS Competition Rule Book Short Course Pool Events*.

RESCUE MEDLEY [100M]

Reference: As per the *ILS Competition Rule Book Short Course Pool Events*.

MANIKIN CARRY WITH FINS [100M]

Reference: As per the *ILS Competition Rule Book Short Course Pool Events*.

MANIKIN TOW WITH FINS [100M]

Reference: As per the *ILS Competition Rule Book Short Course Pool Events*.

SUPER LIFESAVER [200M AND 100M]

Reference: As per the *ILS Competition Rule Book Short Course Pool Events*.

4.3 TEAM EVENT

LINE THROW

Reference: As per the *ILS Competition Rule Book Short Course Events*.

4.4 RELAY EVENTS

MANIKIN RELAY [4X25M]

Reference: As per the *ILS Competition Rule Book Short Course Pool Events*

OBSTACLE RELAY [4X50M]

Reference: As per the *ILS Competition Rule Book Short Course Pool Events*

MEDLEY RELAY [4X50M]

Reference: As per the *ILS Competition Rule Book Short Course Pool Events*

POOL LIFESAVER RELAY [4X50M]

Reference: As per the *ILS Competition Rule Book Short Course Pool Events*

4.5 DISQUALIFICATION CODES

Reference: As per the *ILS Competition Rule Book Short Course Pool Events*.

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 greater than knee deep must be in the approved high visibility Lycra and team cap. For the bodies of water in Canada the following high visibility colours are permissible: orange, pink, green, or yellow. It will be the responsibility of the competition host to determine the best colour from those listed above, suited for the body of water where the competition will be held. The competition host may mandate the use of the competition-issued high visibility Lycra vest for athletes and handlers.

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 all volunteers who are in water greater than knee deep.

The event-specific 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 INDIVIDUAL EVENTS

SURF RACE

Reference: As per the *ILS Competition Rule Book*

RESCUE TUBE RACE

Reference: As per the *ILS Competition Rule Book*

RUN-SWIM-RUN

Reference: As per the *ILS Competition Rule Book*

BEACH FLAG

Reference: As per the *ILS Competition Rule Book*

BEACH SPRINT [70m and 90m]

Reference: As per the *ILS Competition Rule Book*

BEACH RUN [2km and 1km]

Reference: As per the *ILS Competition Rule Book*

SURF SKI RACE

Reference: As per the *ILS Competition Rule Book*

BOARD RACE

Reference: As per the *ILS Competition Rule Book*

OCEANMAN/OCEANWOMAN

Reference: As per the *ILS Competition Rule Book*

OCEAN M

Reference: As per the *ILS Competition Rule Book*

5.3 TEAM EVENTS

BOARD RESCUE

Reference: As per the *ILS Competition Rule Book*

5.4 RELAY EVENTS

SURF TEAMS RACE

Reference: As per the *ILS Competition Rule Book*

RESCUE TUBE RESCUE

Reference: As per the *ILS Competition Rule Book*

BEACH RELAY

Reference: As per the *ILS Competition Rule Book*

BEACH RUN RELAY [3x 1km]

Reference: As per the *ILS Competition Rule Book*

SURF SKI RELAY

Reference: As per the *ILS Competition Rule Book*

BOARD RELAY

Reference: As per the *ILS Competition Rule Book*

OCEANMAN/OCEANWOMAN RELAY

Reference: As per the *ILS Competition Rule Book*

OCEAN M LIFESAVER RELAY

Reference: As per the *ILS Competition Rule Book*

5.5 DISQUALIFICATION CODES

Reference: As per 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 Competitions (SERC) are events that are designed to test the initiative, judgement, knowledge, teamwork and abilities of a team of lifesavers in wet and/or dry environments. A team consists of a minimum of three competitors and a maximum of four. As a team this group will work to address a complex situation with multiple victims. These are timed events that will put all participants under physical and mental stressors. They are judged using score sheets from the ILS Competition Rule Book, 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 Competitions shall be conducted without male and female categories. Teams may consist of any combination of registered male competitors and/or registered female competitors.

Any written instructions provided in lock-up, which are required for the management of the simulated emergency, shall be provided in English and French. No additional person shall be permitted into lock up with the team.

Competitors with assistive devices must bring them to the attention of the Chief Referee before the opening of lock up for approval and accommodation.

SERC are team events and there are no substitutions or additions between preliminaries and finals.

Reference: As per the *ILS Competition Rule Book*

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