

LIFESAVING SOCIETY

LIFESAVING SPORT COMPETITION HANDBOOK

Canadian Pool Lifesaving Championships
2026



LIFESAVING SOCIETY

The Lifeguarding Experts



LIFESAVING SOCIETY

The Lifeguarding Experts

LIFESAVING SPORT COMPETITION HANDBOOK

Published by the Lifesaving Society Canada
2420 Bank Street, M012, Ottawa, Ontario K1V 8S1
Telephone: 613-746-5694 Fax: 4613-746-9929
Email: experts@lifesaving.ca Web: www.lifesaving.ca

Second Edition, February 2026

Copyright, February 2026 by the Royal Life Saving Society Canada. The contents of this manual are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved.

Commercial uses including publication, broadcast or redistribution in any medium are prohibited, unless authorized in writing by the publisher. Direct enquiries to the Lifesaving Society Canada.

In any discrepancy between the Official English version of the *Lifesaving Sport Competition Handbook* and editions in other languages, the most recent English edition is deemed to be the definitive text.

In any discrepancy between the Official English electronic version of the *Canadian Lifesaving Sport Competition Rulebook* and any print editions, the most recent Official electronic version is deemed to be the definitive text.

® National Lifeguard Service, Water Smart, Swim for Life, Swim to Survive, and Lifesaving Society are registered trademarks of The Royal Life Saving Society Canada. Trademarks other than those owned by the Lifesaving Society used in this document belong to their registered owners.

ACKNOWLEDGEMENTS

We would like to thank the following people for their time and contribution to making this handbook possible; volunteers are integral to the function of this sport, and we are grateful for their expertise and commitment.

The Committee Members:

- Chair: Tara Vanderlinden
- Rebecca Boyd
- Clotilde Anne-Marie Friedmann
- Desiree Janzen
- Lauren Ching
- Oliver Nugent

The National Sport Commission

CONTENTS

Section 1	General Competition Conditions.....	6
	Venue Specific Information	6
	Equipment	7
	Scrutineering Of Equipment	7
	Competition Safety and Security	7
	Eligibility Rules and Right to Compete.....	7
	Entry Procedures	8
	Uniforms	10
	Doping Control	10
	Protests and Appeals.....	11
	Seeding.....	11
	Awards.....	11
	Technical Officials	11
	Accommodations	12
	Schedule of Events	12
	Registration Document or Link for Upload.....	12

SECTION 1 –LIFESAVING SPORT COMPETITION HANDBOOK
GENERAL COMPETITIVE CONDITIONS



LIFESAVING SOCIETY

The Lifeguarding Experts

Section 1

GENERAL COMPETITIVE CONDITIONS

The purpose of this handbook is to give guidance and information for specific Canadian Pool Lifesaving Championships (CPLC), Canadian Surf Lifesaving Championships (CSLC), and Canadian Simulated Emergency Response Championships (SERC). This handbook is to be used in conjunction with the Canadian Lifesaving Sport Competition Rulebook and the International Life Saving Federation (ILS) Competition Rule Book.

The Lifesaving Society Canada has the authority to run the national championships for pool, surf/open water, and SERC events. The Lifesaving Society Canada is responsible to record and maintain the national records achieved at these national events or ILS sanctioned international events.

The Lifesaving Society Canada holds the ability to sanction events in pool (long course or short course), SERC, or surf/open water as applicable. Nationally sanctioned pool events are eligible to achieve national records.

Athletes must be a Registered Athlete by May 1st and must have previously held one or more eligible certificates (Bronze Star, Bronze Medallion, National Lifeguard [any option] or Distinction Award) from the Lifesaving Society.

1.1 VENUE SPECIFIC INFORMATION

Item	Details
Address	2205 Ave Terry-Fox, Laval, Quebec H7T 0S4
Parking Information	
Lock Up Location (if applicable)	In the curtained off trampoline room. Directional signs will be installed to guide you.
Officials Room Location	In the upstairs double room. Directional signs will be installed to guide you.

1.2 EQUIPMENT

Item	Details
Manikin Brand	Lifeguard Depot
Rope Brand	AQUAM
Rescue tupe Brand	Kiefer
Obstacle Type	AQUAM 2m
Timing System Brand	OMEGA

1.3 SCRUTINEERING OF EQUIPMENT

Item	Method/Location
Fins	Fin measuring box
Scrutineering Timing	At Marshalling

1.4 COMPETITION SAFETY AND SECURITY

Item	Details
Venue Access (times, passes, spectator areas, out of bounds areas, etc.)	Will be sent to clubs and officials following the pre-competition meeting
Safety Plan link	Will be sent to clubs and officials following the pre-competition meeting
Contingency Plan link	Will be sent to clubs and officials following the pre-competition meeting
Warm Up Procedures (times, lanes, equipment, etc.)	Will be sent to clubs and officials following the pre-competition meeting
Equipment Pool details	Competition FINA – Wavebreaker Lane Ropes
Branch Concussion Safety and Education Requirements	https://www.quebec.ca/en/sante/problemes-de-sante/az/commotions-cerebrales/about

1.5 ELIGIBILITY RULES AND RIGHT TO COMPETE

1. Age of competitor - as per ILS with the exception of Masters.
2. The age categories will be Youth, Open and Masters.
 3. Youth is defined as 15 - 18 years of age (as of December 31 of the year of the event).
 4. Open is 16 years (as of December 31 of the year of the event) and older.

5. Masters is 25 (as of December 31 of the year of the event) and older, the categories are in 5 year increments as per the Canadian Rulebook.
6. A government-issued photo identification card is required for the athlete registration process, and to pick up credentials at the beginning of championships.
7. Athletes are required to present at marshalling with their competition credentials.
8. [Canadian Registered Athlete – For enquiry regarding Registered Athlete Status, contact the Lifesaving Society Canada Sport Coordinator.](#)
9. The minimum standard is a Lifesaving Society Bronze Star or higher. The award need not be current. Athletes participating in the CPLC, CSLC, SERC are aware of the risk inherent to these events and are assuming all personal risks.
10. Athletes are to be in good standing with the Lifesaving Society Canada and their respective provincial/territorial Lifesaving Society Branch(es).
 11. Good standing is defined as being current with registration, not having been suspended or disciplined or amid disciplinary proceedings with the Lifesaving Society Canada and/or the provincial/territorial branch(es) the athlete is registered with.
 12. Verification of good standing shall be provided by the provincial/territorial branch(es) the athlete is registered with.
13. 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.

1.6 ENTRY PROCEDURES

Item	Details
Registration submission procedures	Fill out and pay directly through the Eventbrite link: https://www.eventbrite.ca/e/inscription-championnats-canadiens-sauvetage-piscine-2026-cplc-registration-tickets-1981763624348?aff=oddtcreator
Registration deadline, including deadline to be a registered national athlete	April 19 th , 2026 for championships registration May 1 st , 2026 to be a registered national athlete
Cost – General fee per Athlete	N/A
Cost – Per individual event	17\$ + service fees and taxes
Cost – Per team or relay event	17\$ + service fees and taxes
Banquet Costs	75\$ + service fees and taxes
Eligibility of athlete – Verification Process	Each branch will be provided with a list of registered participants and they will inform Quebec Branch if they are or aren't in good standing.

1.7 UNIFORMS

Caps: Reference *Canadian Lifesaving Sport Competition Rulebook*

Modesty Attire: Reference *ILS Competition Rule Book*

Taping: Reference *ILS Competition Rule Book*

Athletes' Attire - Required minimum attire

Item	Description
Podium Attire – Pool Side	Athletes are required to wear their team shirt and team shorts or pants to receive any awards earned during the event. Athletes attending without the podium attire will forfeit public receipt of the award.
Podium Attire at Banquet – Award recipients	Banquet attire is smart casual to semi-formal: a collared shirt/blouse with dress pants/skirt or a dress; a blazer or jacket is optional. Please avoid athletic wear, jeans, shorts, flip-flops, and hats.
Banquet – Minimum attire	Banquet attire is smart casual to semi-formal: a collared shirt/blouse with dress pants/skirt or a dress; a blazer or jacket is optional. Please avoid athletic wear, jeans, shorts, flip-flops, and hats.

Officials' Attire

Item	Description
Shirt - colour, provided/own, etc	White official shirts, provided by Quebec branch. One official shirt will be provided for CPLC 2026-2027 In Quebec, volunteers obtain the status of official and, with it, an official's shirt, once they are accredited with the Quebec branch and have completed official training (level 1 - community and 2 - pool).
Bottoms - colour, etc	Black or blue
Footwear - Type/colour if applicable	Functional

1.8 DOPING CONTROL

Item	Description
Doping Control – method	Urine testing
Therapeutic Exemption Form Link	Anti-Doping Policies https://lifesaving.ca/lifesaving-sport/rules-policies/

1.9 PROTESTS AND APPEALS

The process for protest and appeal is outlined in the current *ILS Competition Rule Book*. For CPLC, CSLC, and SERC, the cost for an appeal is \$100 CAD, in cash (bills).

1.10 SEEDING

In preliminary events

References: *ILS Competition Rule Book*

Reference: *Canadian Lifesaving Sport Competition Rulebook*

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

References: *ILS Competition Rule Book*

Reference: *Canadian Lifesaving Sport Competition Rulebook*

- A fine being assigned to the team is \$100 CAD cash (bills).

1.11 AWARDS

Reference: *Canadian Lifesaving Sport Competition Rulebook*

1.12 TECHNICAL OFFICIALS

Officials are to be in good standing with Lifesaving Society Canada and their respective provincial/territorial lifesaving branch.

Item	Description
Application Form link	https://www.eventbrite.ca/e/inscription-championnats-canadiens-sauvetage-piscine-2026-cplc-registration-tickets-1981763624348?aff=oddtcreator
Included Items (accommodations, meals, banquet, uniform, etc.)	Lunches will be provided for all officials throughout CPLC. Officials who volunteer for all 3 days of competition will receive 1 banquet ticket. The host organizing committee will confirm which officials are required for all 3 days. The Quebec branch will provide one white official shirt for CPLC 2026-2027.
Other	All individuals registered as officials will receive an email from the organizing committee at the end of April, to proceed with the selection and assignment of roles.

1.13 ACCOMMODATIONS

Group booking for teams or officials

Name of facility(ies)	Booking Reference Number	Distance to Venue
Sheraton Laval	See Registration Form link	
Cosmodôme	See Registration Form link	
Other (parking, breakfast, etc.) See Registration Form link		

1.14 SCHEDULE OF EVENTS

CPLC schedule is available online: <https://lifesaving.ca/wp-content/uploads/2026/02/CPLC2026-Championships-Schedule.pdf>

1.15 REGISTRATION DOCUMENT OR LINK FOR UPLOAD

<https://www.eventbrite.ca/e/inscription-championnats-canadiens-sauvetage-piscine-2026-cplc-registration-tickets-1981763624348?aff=oddtcreator>

Contact Us

Québec

Maison du loisir et du sport
7665 boul. Lacordaire
Saint-Léonard, Quebec H1S 2A7
Tel: 514.252.3100 or 1.800.265.3093
Email: alerte@sauvetage.qc.ca
Website: www.sauvetage.qc.ca

Alberta and Northwest Territories

13123 – 156 Street NW
Edmonton, Alberta T5V 1V2
Tel: 780.415.1755
Email: experts@lifesaving.org
Website: www.lifesaving.org

British Columbia and Yukon Territory

Unit 112 - 3989 Henning Drive
Burnaby, British Columbia V5C 6N5
Tel: 604.299.5450
Email: info@lifesaving.bc.ca
Website: www.lifesaving.bc.ca

Manitoba

100-383 Provencher Blvd.
Winnipeg, Manitoba R2H 0G9
Tel: 204.956.2124
Email: aquatics@lifesaving.mb.ca
Website: www.lifesaving.mb.ca

National Office

2420 Bank Street, M012
Ottawa, Ontario K1V 8S1
Tel: 613.746.5694
Email: experts@lifesaving.ca
Website: www.lifesaving.ca

New Brunswick

70 Melissa Street
Fredericton, New Brunswick E3A 6W1
Tel: 506.455.5762
Email: info@lifesavingnb.ca
Website: www.lifesavingnb.ca

Newfoundland and Labrador

11 Austin Street, PO Box 8065, Station "A"
St. John's, Newfoundland A1B 3M9
Tel: 709.576.1953
Email: info@lifesavingnfl.ca
Website: www.lifesavingnfl.ca

Nova Scotia

5516 Spring Garden Road, 4th Floor
Halifax, Nova Scotia B3J 1G6
Tel: 902.425.5450
Email: experts@lifesavingsociety.ns.ca
Website: www.lifesavingsociety.ns.ca

Ontario

400 Consumers Road
Toronto, Ontario M2J 1P8
Tel: 416.490.8844
Email: experts@lifeguarding.com
Website: www.lifesavingsociety.com

Prince Edward Island

PO Box 2411
Charlottetown, Prince Edward Island C1A 8C1
Tel: 902.368.7757
Email: info@lifesavingsocietypei.ca
Website: www.lifesavingsocietypei.ca

Saskatchewan

2224 Smith Street
Regina, Saskatchewan S4P 2P4
Tel: 306.780.9255
Email: lifesaving@sasktel.net
Website: www.lifesavingsociety.sk.ca



LIFESAVING SOCIETY

The Lifeguarding Experts