



**Ontario University Lifeguard Championships**

**COMMUNIQUE**

**2016 Ontario University Lifeguard Championships**

Sanctioned by the Lifesaving Society – Ontario Branch

**March 12-13, 2016**

**Hosted By: Town of Georgina**



**ELIGIBILITY AND RIGHT TO PARTICIPATE**

Ontario University Lifeguard Championships are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving – people who are lifesavers first, competitors second.

The Lifesaving Society considers it unethical to recruit competitors for their high-performance athletic ability whose lifesaving credentials are tenuous or merely convenient for purposes of competition.

Team management personnel and coaches are the key to preventing such unethical practices and must emphasize “play within the rules” behaviour. The personal conduct of managers and coaches is measured by the ILS code of fair play.

**Ontario University Lifeguard Championships**

The OULC are open to any currently registered student at an Ontario University or College (“university”). All members of a team must be currently registered students at the university they represent. Non- University/Out of Province/non-current students and teams may compete as Exhibition.

To be eligible to compete in the Ontario University Lifeguard Championships, competitors shall:

- Hold a current Lifesaving Society National Lifeguard – Pool Option certification



- Be a currently registered student at the university they are representing, to be eligible for medals, points and awards.
- Be a Registered Athlete (<http://lifesavingsport.ca/en/athletes> ).
- Competitors may compete for only one university or team at a time.
- Competitors are allowed to enter each event only once unless indicated.

Universities may enter as many teams of 4 competitors as they wish. However, competitors cannot switch teams once on-site check in has been completed.

### **Organizing Committee**

*Competition Chair* – Rebecca Boyd; rgboyd@uwaterloo.ca

*Meet Manager* – Laura O'Driscoll; lauraallison24@gmail.com

*Meet Referee* – Alvin Tedjo; alvin@tedjo.ca

### **Team Composition**

A team will consist of a maximum of 2 males and a minimum of 2 females, in addition to any non-competitive management or coaching personnel. Teams not meeting this composition may compete as an Exhibition team.

### **Attendance**

A team or team member that is absent from a physical event at the time the team was scheduled to compete shall be disqualified. A team with a member that arrives after a lock-up is closed shall be permitted to compete without the team member, in technical events and receive appropriate scores. The team may compete in the remaining events.

### **Substitutions**

Alternate competitors may be substituted throughout the course of the competition for reasons of injury or illness, with approval of the Meet Referee. All substitutions requests will be made in writing to the Meet Referee and approved at his/her discretion. Alternates must compete in the balance of events within the competition, and may only compete for points if the team composition is maintained.

### **Equipment**

Teams will have to provide their own equipment.

Sharing of equipment will be permitted, however it will be difficult if not impossible. Officials will not interrupt the flow of the competition to ensure that equipment from team A gets to team B.

Simulated equipment must be comparable to the real thing and reflective of equipment actually found on the pool deck.

No cell phones, walkie-talkies or other communication devices are allowed during any part of the competition. Any team found using communications devices will be disqualified from the event.

Specialized resuscitation equipment such as defibrillators and oxygen will be provided for certain events if required.

Technical event equipment will be evaluated using the score sheets from the LSS Ontario Branch website. If the lifeguard can reasonably assume that he/she may come into contact with bodily fluids, the use of protective equipment is required. Teams may not put on protective equipment until it is appropriate to do so.

## PROGRAM OF EVENTS

The following events will be conducted at the OULC: Race Events	Maximum Entries per Team
4x50m Obstacle Relay	4 competitors
Line Throw Relay	4 competitors
4x25m Manikin Relay	4 competitors
4x50m Medley Relay	4 competitors
4x50m Lifeguard Skills Relay	4 competitors
First Aid	4 competitors
Priority Assessment	4 competitors
Water Rescue	4 competitors

## ACCOMMODATION SUGGESTIONS

### Holiday Inn Express

- [http://www.ihg.com/holidayinnexpress/hotels/us/en/newmarket/ynwmk/hoteldetail?cm\\_mmc=GoogleMaps-\\_-ex-\\_-CAEN-\\_-ynwmk](http://www.ihg.com/holidayinnexpress/hotels/us/en/newmarket/ynwmk/hoteldetail?cm_mmc=GoogleMaps-_-ex-_-CAEN-_-ynwmk)
- 100 Pony Dr, Newmarket, ON L3Y 7B6
- (905) 853-1030

### Best Western Voyager Place Hotel

- [http://book.bestwestern.com/bestwestern/CA/ON/Newmarket-hotels/BEST-WESTERN-Voyageur-Place-Hotel/Hotel-Overview.do?propertyCode=66065&cm\\_mmc=BL-\\_-Google-\\_-GMB-\\_-66065](http://book.bestwestern.com/bestwestern/CA/ON/Newmarket-hotels/BEST-WESTERN-Voyageur-Place-Hotel/Hotel-Overview.do?propertyCode=66065&cm_mmc=BL-_-Google-_-GMB-_-66065)
- 17565 Yonge St, Newmarket, ON L3Y 5H6
- (905) 895-2131

## REGISTRATION

- Registration forms can be found on [Google docs](#) at <http://bit.ly/oulc2014>
- Registration Fee is \$260 for a team of four. Any additional people (coaches, substitutes) will be an additional fee of \$10.
- Fee to be payable to the 'OULC' and must accompany the registration form and must be cleared to compete.
  - Registrations received with a PO number or without payment will be processed, however all fees must be received once the team arrives at Registration. No team will be permitted to compete without all fees having been received in full by the Management Committee.
- Registrations received after 12:00 am March 4th, 2016 are subject to a per team late fee of \$40, \$10 for additional people.
- Refunds
  - A refund for the entry fee, less 20% will apply **up to** 12:00 am Mar. 4, 2016
  - No refunds will be given **after** 12:00 am Mar. 4, 2016
  - Refund requests must be received in writing at [rgboyd@uwaterloo.ca](mailto:rgboyd@uwaterloo.ca)
- **A signed registration form with confirmation by the Athletic Director or Aquatics Coordinator confirming each of the members listed are currently registered students at that institution must be submitted at check in. If the**



confirmation is not received, the team will not be permitted to compete in the university category and will compete as an exhibition team.

## ENTRY PROCEDURES

### Entry times

Times are required to be submitted. Teams shall be seeded according to the entry times.

### Entry fees

Entry fees must be paid with the team registration. All pages of the completed registration package must be received for registration to be processed.

### Changes in team composition or size prior to the championship

Only the manager or coach may advise a change of team composition or size to the appropriate official of the host organizing committee, no later than at check-in on the first day of the competition. After that time, there shall be no further alteration of the team composition.

The manager or coach shall notify the Meet Manager of the change in team composition in writing indicating:

- Date and time
- Name of the team
- Name of the member(s) to be withdrawn
- Name(s) and surname(s) of the competitor(s) being added with LSS ID number and FAM verification code.

### Team names

The Management Committee reserves the right to refuse or alter any team name deemed to be offensive or to bring disfavor to the sport of Lifesaving.

## EVENT DETAILS

- Short course set up will be used.
- The 2016 OULC Communiqué will be used in conjunction with the 2013 ILS Manual and the 2010 Canadian Competition Manual.
- Both manuals: <http://lifesavingsport.ca/en/rules>
- Score Sheets: <http://lifesavingsport.ca/en/rules>

### Line Throw Relay

The Management Committee will determine if the catcher may stand on the bottom due to facility design. The decision will be communicated at the Captains and Officials meeting on the corresponding day of the event by the Meet Referee.

**Time limit:** Competitors must make a fair throw and tow the victim to the finish edge **within 3:00 min**. Failure to get the victim to the finish edge before the event completion signal, shall result in a time of 3:01. Only competitors with times within 3:00 are eligible to advance to finals.

## EVENT SCHEDULE - To Be Finalized

<b>March 12, 2016</b>		
<b>Time</b>	<b>What</b>	<b>Where</b>
8:15-8:30	Check In/Coaches Meeting	Georgina Leisure Pool
8:30-9:00	Lock Up	Georgina Leisure Pool
9:00-10:30	PA Prelims	Georgina Leisure Pool
10:30-11:00	Lock Up	Georgina Leisure Pool
11:00-12:30	PA Finals	Georgina Leisure Pool
12:30-1:00	Lunch	
1:00-1:30	Lock-Up	Georgina Leisure Pool
2:00-4:00	WR Prelims	Georgina Leisure Pool
4:00-4:30	Warm Up	Georgina Leisure Pool
4:30-6:30	Relays	Georgina Leisure Pool
<b>March 13, 2016</b>		
<b>Time</b>	<b>What</b>	<b>Where</b>
7:45-8:00	Coaches Meeting	Georgina Leisure Pool
8:00-8:30	Lock Up	Georgina Leisure Pool
8:30-10:30	First Aid Prelims	Georgina Leisure Pool
10:30-11:00	Lock Up	Georgina Leisure Pool
11:00-12:30	First Aid Finals	Georgina Leisure Pool
12:30-1:30	Lunch	
1:30-2:00	Lock Up	Georgina Leisure Pool
2:00-4:00	WR Finals	Georgina Leisure Pool
5:00-6:30	Awards/Banquet	TBD

## UNIFORMS AND EQUIPMENT

### Uniform

Each team shall have a uniform suitable for official ceremonies and award presentations. Managers, coaches, and assistants will be encouraged to take part in the ceremonies and shall wear a uniform that complements that of the team.

### Swim caps

Competitors shall wear identical team caps in each event. An appropriate team uniform identifying each team member can be worn during water rescue and first aid



events in lieu of caps. The use of such pieces assists in identification of competitors and teams and in event judging.

The chin-tied caps or rubber or silicone caps must be worn on the competitors' heads at the start of each event.

A competitor shall not be disqualified if the cap is lost after the start of an event provided that Officials can identify that the competitor correctly completed the event.

### **Footwear**

Competitors shall not wear footwear in competition events unless otherwise specified in the event description.

**Footwear must be worn in facility areas outside the pool deck.**

## **SEEDING**

Seeding shall be used. In pool events, seeding shall be based on the times submitted for the specific events with registrations. Competitors' best times prior to the entry deadline of the championships shall be submitted on entry forms. Competitors will be ranked according to the entry times. Competitors for whom no times are submitted shall be considered to have the slowest times.

Placement of competitors with identical times shall be determined by draw.

All competitors shall be seeded together for each event based on entry times submitted with registration.

## **SCORING**

### **Finals**

Finals need not be conducted. Final placing may be determined by the results in heats.

### **Points**

Technical events will count towards 60% of the overall score. Physical events will count towards 40% of the overall score. 80 points will be awarded for a win in the technical events; 40 points for a win in the physical events.

### **Verification**

One representative from each team will verify score sheets.

### **Disqualification**

Competitors who do not finish (DNF) or are disqualified (DQ) from an event (whether in heats or finals) shall not earn any placing points for a team.



## LOCATION

**Georgina Leisure Pool**  
5279 Black River Rd.  
Jackson's Point, ON  
L0E 1R0  
905-722-1429







# OULC WAIVER & RELEASE – Part 1 of 2

Please read carefully before signing.

## 1. Conduct

I agree to abide by the rules, regulations and code of conduct of the championship, and further to behave in a manner consistent with ideals of good sportsmanship. I understand there may be consequences related to poor conduct.

## 2. Voluntary Assumption of Risk

As a competitor in a lifeguard competition, I recognize that there are certain risks inherent in the activity as a result of factors including but not limited to, stress, number of people, water temperature and conditions. I have prepared myself for the competition and know of no factor or condition which should be disclosed to the organizers or which would make it unsafe for me to compete. I voluntarily assume all risks, both physical and legal including but not restricted to, loss of or damage to property, and personal injury including permanent disability or death. I have made my team aware of any medical conditions I have and have taken the precautions associated with this condition.

## 3. Waiver of Liability

As a condition of entry and in consideration of my application as an individual or as a part of a team being accepted, I hereby waive my right to make any claim, whether for negligence or otherwise against the Lifesaving Society, the City of Hamilton, McMaster University, the hosts, the facility operator, owner or occupier, the sponsors, the organizing committee or any of the servants, agents, affiliates, volunteers, judges, officials or other persons involved in the organization or running of the competition, events or associated activities. I further agree to indemnify and hold harmless all of the above, from any claim made on my behalf or as a result of injury to my person or property. I have read the OULC Safety Plan for the current year and full understanding of it, and agree to abide by it and have a team copy available to our team at all times during the event.

## 4. Model Release

I transfer to the hosts all rights whatsoever which I have in photographs and/or videos which photographers may have taken. I consent to the use of the photographs/videos for all purposes whatsoever, including without limitation, television, publications, event promotion and any trade or advertising purposes.

*I have carefully read and understood the conditions of entry and in consideration for being allowed to compete, I have executed them voluntarily intending to be bound thereby and intending these conditions to be binding of my heirs, personal representatives and assigns.*

Name – Please Print	Signature	Date



# REGISTRATION FORM – Part 2 of 2

**University**  
**Representing** \_\_\_\_\_

**Director of Athletics of Aquatics Supervisor**

Name: \_\_\_\_\_  
 Position: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_ ext. \_\_\_\_\_

**Team Name**

*(Please identify coaches on the chart below)*

Male	Female	Name	LSS #	Student #	Known Medical Conditions

**Office Use**

3 Parts Recd	Payment \$	Reg form entered	Times entered	Quals checked	Director Signature	Med cond checked