

# 2006 CANADIAN LIFEGUARD CHAMPIONSHIPS

## **Senior Registration Package**

*The Lifesaving Society invites you to the 29<sup>th</sup> annual Canadian Lifeguard Championships at Dalhousie University*

- DATE May 19-21, 2006
- LOCATION Dalhousie University  
Halifax, Nova Scotia B3H 4R2
- ELIGIBILITY Senior competitors must be 16 years of age by May 19, 2006 and hold a Bronze Medallion or higher Lifesaving Society certification.
- COMPETITION The competition is sanctioned by the Lifesaving Society. Canadian Competition Manual (January 2003 edition) rules will be followed.
- EVENTS
- |                      |                    |                      |
|----------------------|--------------------|----------------------|
| Water Rescue         | 100m Tow with Fins | 4x50m Medley Relay   |
| First Aid            | 200m Iron Guard    | 4x50m Obstacle Relay |
| Priority Assessment  | 50m Manikin Carry  | 4x25m Manikin Relay  |
| 100m Carry with Fins | 100m Obstacle Swim | Line Throw           |
- AWARDS Awards will be issued in accordance with the *Canadian Competition Manual* and Communiqué #1 (January 2006)
- ENTRY DEADLINE **Registration and complete entries must be received by May 12, 2006. No late entries will be accepted.** Registration and entries are considered complete when all of the following have been received at 322 Consumers Road.
- Team registration form completed in full
  - Payment in full
  - Waiver and Release form – completed and signed by all competitors, coach and manager
  - Event Entry form completed in full
  - Copy of each competitor's Lifesaving Society award and proof of age

### ENTRY FEES

Option 1 <i>All inclusive*</i>	\$2100.00 (includes 8 competitor registration fees; unlimited events entries, 8 t-shirts, 8 banquet tickets; meals and 4 nights accommodation for 8)
Option 2 <i>Team Registration</i>	\$975.00 (includes 8 competitor registration fees; unlimited event entries; 8 t-shirts, 8 banquet tickets)
Option 3 <i>À la carte</i>	\$25 competitor registration fee \$15 per event registration

\* Save 15% by pre-purchasing accommodation

To book extra accommodation/meals and for Dalhousie University information go to [www.lifesavingsociety.ns.ca](http://www.lifesavingsociety.ns.ca)

- REGISTRATION Send registration form with payment in full – cheque (payable to the Lifesaving Society), Money Order, VISA, MasterCard, or AMEX – to:

Lifesaving Society	Phone: 416-490-8844	Fax: 416-490-8766
Attention: Wendy Mahony	Email: <a href="mailto:CLCRegistration@lifeguarding.com">CLCRegistration@lifeguarding.com</a>	
322 Consumers Road,		
Toronto, On M2J 1P8		

# 2006 CANADIAN LIFEGUARD CHAMPIONSHIPS

## 2006 Schedule of Events

Thursday, May 18, 2006

Time	Event	Location
10:00-18:00	Registration/Check In	Dalplex Room 206
10:00-16:00	Open Pool Times For Teams	Dalplex Pool
10:00-14:00	Competitor Workshop	Dalplex Conference Room
14:00-22:00	Clinics - Official Level 1 (14:00 – 18:00) Judge Level 1 (18:00 – 22:00)	Dalplex Conference Room
14:00-16:00	Referees Meeting	Dalplex Room 233
18:00-20:00	Coaches/Captains Meeting	Dalplex Room 206
19:00-22:00	Open Pool Times For Teams	Dalplex Pool

Friday, May 19

Time	Event	Location
6:30-7:30	Breakfast	Howe Hall
7:30-8:30	Officials Briefing	Studley Gym Stage
8:45-9:00	Opening Ceremonies	Studley Gym
9:00-9:30	Lock Up	Studley Gym
9:30-11:30	First Aid Heats	Studley Gym
11:30-12:30	Lunch	Howe Hall
12:30-13:00	Lock Up	Dalplex Pool Weight Room
13:00-15:30	Water Rescue Heats	Dalplex Pool
15:30-16:00	Lock Up	Dalplex Pool Weight Room
16:00-18:00	Priority Assessment Heats	Dalplex Pool
18:00-19:00	Dinner	Howe Hall
19:00-19:30	Lock Up	Dalplex Field House
19:30-21:00	First Aid Finals	Dalplex Field House

Saturday, May 20

Time	Event	Location
6:30-7:30	Breakfast	Howe Hall
7:30-8:15	Officials briefing	Dalplex Conference Room
7:30-8:15	Warm Up	Dalplex Pool
8:30-11:30	<i>Senior Heats:</i> 200m Iron Guard, 50m Manikin Carry, 4x25m Manikin Relay, 100m Carry with Fins	Dalplex Pool
12:00-13:00	Lunch	Howe Hall
13:00-13:30	Lock Up	Dalplex Field House
13:30-15:30	Water Rescue Finals	Dalplex Pool
15:30-16:15	Warm Up	Dalplex Pool
16:30-18:30	<i>Masters Timed Finals and Senior Finals:</i> 200m Iron Guard, 50m Manikin Carry, 4x25m Manikin Relay, 100m Carry with Fins	Dalplex Pool
18:30-18:50	Awards Presentation	Dalplex Pool
19:00-20:30	Dinner	Howe Hall

# 2006 CANADIAN LIFEGUARD CHAMPIONSHIPS

*Sunday, May 21*

Time	Event	Location
6:30-7:30	Breakfast	Howe Hall
7:30-8:15	Officials Briefing	Dalplex Conference room
7:30-8:15	Warm Up	Dalplex Pool
8:30-11:30	<i>Senior Heats:</i> 100m Obstacle Swim, 4x50m Obstacle Relay, Line Throw, 4x50m Medley Relay, 100m Tow with Fins	Dalplex Pool
11:00-14:00	<i>TYR Canadian Junior Lifeguard Games:</i> 4x50m Medley Relay, 100m Tow with Fins, 200m Lifesaving Medley, Throwing Accuracy 7m, Manikin Support, 100m Obstacle Swim, 4x50m Obstacle Relay	Dalplex Pool
12:00-13:00	Lunch	Howe Hall
13:30-14:00	Lock Up	Dalplex Pool weight Room
14:00-15:30	Priority Assessment Finals	Dalplex Pool
15:30-16:15	Warm Up	Dalplex Pool
16:30-18:30	<i>Masters Timed Finals and Senior Finals:</i> 100m Obstacle Swim, 4x50m Obstacle Relay, Line Throw, 4x50m Medley Relay, 100m Tow with Fins	Dalplex Pool
19:30-21:30	Awards Banquet	Great Hall
21:30-01:00	After party	TBC

# 2006 CANADIAN LIFEGUARD CHAMPIONSHIPS CHAMPIONNAT CANADIEN DE SAUVETAGE EN PISCINE DE 2006

## **PROGRAM OF EVENTS**

<b>Individual Events</b>	<b>Total Number of Persons per Team</b>
100m Obstacle – Men	4 competitors
100m Obstacle – Women	4 competitors
50m Manikin Carry – Men	4 competitors
50m Manikin Carry – Women	4 competitors
100m Carry with Fins – Men	4 competitors
100m Carry with Fins – Women	4 competitors
100m Tow with Fins – Men	4 competitors
100m Tow with Fins – Women	4 competitors
200m Iron Guard – Men	4 competitors
200m Iron Guard – Women	4 competitors
Line Throw – Men	2 competitors
Line Throw – Women	2 competitors
<b>Relay Events</b>	<b>Total Number of Persons per Team</b>
4X50m Obstacle Relay -- Men	1 team of 4 competitors
4X50m Obstacle Relay – Women	1 team of 4 competitors
4X50m Medley Relay – Men	1 team of 4 competitors
4X50m Medley Relay – Women	1 team of 4 competitors
4X25m Manikin Relay – Men	1 team of 4 competitors
4X25m Manikin Relay – Women	1 team of 4 competitors
<b>SERC Events</b>	<b>Total Number of Persons per Team</b>
First Aid	2 teams of 4 competitors
Water Rescue	2 teams of 4 competitors
Priority Assessment	2 teams of 4 competitors

## **ÉPREUVES**

<b>Épreuves individuelles</b>	<b>Nombre total de personne par équipe</b>
Nage avec obstacles sur 100 m – Hommes	4 compétiteurs
Nage avec obstacles sur 100 m – Femmes	4 compétiteurs
Portage d'un mannequin sur 50 m – Hommes	4 compétiteurs
Portage d'un mannequin sur 50 m – Femmes	4 compétiteurs
Portage avec palmes sur 100 m – Hommes	4 compétiteurs
Portage avec palmes sur 100 m - Femmes	4 compétiteurs
Remorquage avec palmes 100 m – Hommes	4 compétiteurs
Remorquage avec palmes 100 m – Femmes	4 compétiteurs
Sauveteur d'acier sur 200 m – Hommes	4 compétiteurs
Sauveteur d'acier sur 200 m – Femmes	4 compétiteurs
Lancer de la corde – Hommes	2 compétiteurs
Lancer de la corde – Femmes	2 compétiteurs
<b>Épreuves de relais</b>	<b>Nombre total de personne par équipe</b>
Relais 4X50 m avec obstacles – Hommes	1 équipe de 4 compétiteurs
Relais 4X50 m avec obstacles – Femmes	1 équipe de 4 compétiteurs
Relais 4 nages 4x50 m– Hommes	1 équipe de 4 compétiteurs
Relais 4 nages 4x50 m – Femmes	1 équipe de 4 compétiteurs
Relais 4 nages 4x50 m avec mannequin – Hommes	1 équipe de 4 compétiteurs
Relais 4 nages 4x50 m avec mannequin – Femmes	1 équipe de 4 compétiteurs
<b>Épreuves simulées de situation d'urgence</b>	<b>Nombre total de personne par équipe</b>
Premiers soins	2 équipes de 4 compétiteurs
Sauvetage aquatique	2 équipes de 4 compétiteurs
Priorités	2 équipes de 4 compétiteurs

# 2006 CANADIAN LIFEGUARD CHAMPIONSHIPS CHAMPIONNAT CANADIEN DE SAUVETAGE EN PISCINE DE 2006

## *Team Registration/Inscription de l'équipe*

Team contact information/Coordonnées pour rejoindre l'équipe			
Team/Équipe:		Club or Affiliate/Nom du Club ou Affilié:	
Coach/Entraîneur or/ou Manager/Gérant		Mailing Address/Adresse postale:	
Phone/Téléphone:	Fax/Télécopieur:		
Email/Courriel:	City/Ville	Province	Postal Code/Code postal

Entries will be confirmed by e-mail/Votre inscription vous sera confirmée par courriel. Please print clearly Écrivez lisiblement s.v.p.

Registration Fees/Frais d'inscription			
How many? Combien?	Description	Price each/ Coût par équipe	Line total/ Total de cette ligne
	All inclusive (includes 8 competitor registration fees; unlimited event entries; 8 banquet tickets, 8 t-shirts, meals and 4 nights accommodation for 8) Tout compris (inclus les frais d'inscription pour 8 athlètes; accès illimité aux épreuves; 8 billets pour le banquet; 8 t-shirts, les repas et 4 nuits d'hébergement pour 8)	\$2100.00	
	Team registration (includes 8 competitor registration fees; unlimited event entries; 8 banquet tickets, 8 t-shirts) Inscription de l'équipe (inclus les frais d'inscription pour 8 athlètes; accès illimité aux épreuves; 8 billets pour le banquet, 8 t-shirts)	\$975.00	
	A la carte Competitor Registration fees Frais d'inscription à la carte par athlète	\$25.00	
	A la carte Event entries Frais d'inscription à la carte par épreuves	\$10.00	
	Banquet Tickets Billets pour le banquet	\$50.00	
	2006 Canadian Lifeguard Championship shirt (please indicate sizes below) T-shirt du Championnat canadien de sauvetage (indiquez la pointure s.v.p.) _____ x small/petit      _____ x extra large/extra grand _____ x medium/moyen      _____ x XX-large/XX grand _____ x large/grand	\$20.00	
Total			

Payment/Paiement	
Payment method/ Mode de paiement	<input type="checkbox"/> Cheque/Chèque <input type="checkbox"/> Money Order/Mandat <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> AMX
Credit card number/ Numéro de la carte de crédit	Expiry date/date d'expiration
Credit card holder/Nom du titulaire de la carte de crédit	
Signature of credit card holder/ Signature du titulaire de la carte	
Phone/Email (if different than above)/Téléphone/courriel (s'il est différent de celui ci-dessus)	



# 2006 CANADIAN LIFEGUARD CHAMPIONSHIPS

## **Waiver and Release Form**

*Please read carefully before signing*

Each competitor must sign this form with the entry form to be eligible to compete. Participants 18 years and under must have the form signed by their parent or guardian.

### **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 good sportsmanship.

### **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 or damage to property, and personal injury including permanent disability or death.

### **3. Waiver of Liability**

As a condition of entry and in consideration of my application as an individual or as part of a team being accepted, I hereby waive my right to make any claim, whether for negligence or otherwise against the Lifesaving Society, Dalhousie University, the 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 of and the running of the competition, events or sanctioned 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.

### **4. Model Release**

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

*I have carefully read and understand the four 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 representative and assigns.*

Print Name	Signature	Date
Coach		
Manager		
Captain		
#2		
#3		
#4		
#5		
#6		
#7		
#8		