



LIFEGUARD COMPETITIONS 101



SO YOU WANT TO COMPETE IN A LIFEGUARD COMPETITION

To compete in a Lifeguard Competition in Manitoba you will need to meet the following criteria:

1. You must be 16 years or older as of the first day of the competition.
2. For Pool Events hold a current Lifesaving Society Bronze Medallion or higher certification.
3. For Emergency Response Competition hold a current National Lifesaving Society National Lifeguard certification.
4. If you want to compete at the National Level, you must be a Registered Athlete <http://www.lifesavingsport.ca/en/athletes>
5. Pay the Registration Fees

Team Composition:

1. *Pool Events:*
 - a. A Club may enter:
 - i. an unlimited number of individual competitors,
 - ii. for the Line Throw – an unlimited number of teams of two competitors,
 - iii. for relays – an unlimited number of teams of four competitors.
 - b. Can include non-competing managers and coaching staff.
2. *Emergency Response Events:*
 - a. Athletes can only compete as a member of a team.
 - b. Teams can consist of any combination of four male or female competitors.
 - c. Clubs may enter an unlimited number of teams of four competitors.
 - d. Can include non-competing managers and coaching staff.

**YOU DO NOT HAVE TO COMPETE IN BOTH POOL AND EMERGENCY RESPONSE EVENTS.
YOU MAY COMPETE IN EITHER SET OF EVENTS AS LONG AS YOU MEET THE QUALIFICATIONS.**

WHAT TO EXPECT AT A LIFEGUARD COMPETITION

Pool Events:

The best way to describe the pool events is like a version of Aquatic Track and Field. Yes, there is speed swimming but this is combined with underwater hurdles, manikin relays and rope throwing (a difficult yet fun to watch event).



Emergency Response Events:

In Emergency Response expect the unexpected. These challenges are designed to get you to do problem solving first aid. Situations are designed to mimic a potential scenario that you might experience as lifeguards, with some interesting twists...

For full rules on Pool and Emergency Response Events I suggest you read these two linked documents.

[ILS Competition Manual 2015](#)

[Canadian Competition Manual - 2016 Edition](#)



WHAT YOU WILL NEED TO COMPETE IN A LIFEGUARD COMPETITION

Pool Events:

- A swimsuit that meets ILS standards (wetsuits are not permitted in Pool Events).
- Goggles (optional and are permitted).
- Footwear is not permitted with the exception for swimming fins for specific events (must meet ILS requirements for fin size).
- Swim cap that can be used to identify the competitor during the event.

Emergency Response Events:

- A First Aid Kit (as many as one per competitor, you will have to carry your own gear, personal protective equipment – mask, gloves, etc. - may not be worn prior to entering a simulated emergency event).
- A Spinal Board (this may not be practical to bring, if this will be a problem please contact event coordinators for assistance).
- A swimsuit that meets ILS standards.
- Swim cap/guard uniform that can be used to identify the competitor during the event.
- Club T-Shirts may be worn during first aid events.
- Some sort of entertainment for your stay during Lock Up (can have more than an hour wait between events).
- DO NOT bring a cell phone or other communication devices with you! (if you need to keep such a device close for emergency purposes please contact event coordinators for assistance)

Above all, you must be prepared to have fun, network with other lifeguards in Manitoba and across the country and to share ideas, skills and techniques.

