



**Lifesaving Society Manitoba  
Manitoba Lifeguard Championships  
Communiqué #1 (January 2019)**



# TABLE OF CONTENTS

1. Competitor Eligibility	3
2. Team Composition	3
3. General Rules	4
4. Scoring	5
5. Event Descriptions	5

Except where otherwise modified in this document, the 2018 Manitoba Lifeguard Championships will be run according to the standards and procedures outlined in the *International Life Saving Federation Competition Manual 2016 Edition*, the *Ontario Competition Manual 2019 Edition* and the *Canadian Competition Manual, 2019 Edition*.

Copies of all of the supporting documents for the 2019 Manitoba Lifeguard Championships may be downloaded from: <http://lifesaving.mb.ca/comp/provincials/>  
If you have any difficulty in downloading the manuals please contact the Lifesaving Society Manitoba office.

This competition will not be considered sanctioned for the purpose of setting Canadian or International lifesaving competition records.

## **IMPORTANT INFORMATION CONCERNING THE CHAMPIONSHIPS:**

The 2019 Manitoba Lifeguard Championships will consist of three competitions: 1) Lifesaving Physical Skills (Friday), 2) Lifeguarding Emergency Response (Saturday), and 3) Overall (the combination of both the lifesaving and lifeguarding competitions).

## **1. COMPETITOR ELIGIBILITY & RIGHT TO PARTICIPATE**

- 1.01 The Manitoba Lifeguard Championship is an open competition. The Lifesaving Society Manitoba invites all interested individuals and teams to enter and compete.
- 1.02 All competitors must have a current National Lifeguard Certification the start of the competition.
- 1.03 Eligibility requirements are set out in full in the competition registration package. Proof of certification or equivalent experience must be submitted at time of registration.
- 1.04 The Manitoba Lifeguard Championships are intended for bona fide lifesavers and lifeguards 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.

Club management personnel and coaches are the key to preventing such unethical practices and must emphasise a play within the rules behaviour. The personal conduct of managers and coaches is measured by the Society's code of fair play.

## **2. TEAM COMPOSITION**

- 2.01 Team composition may be of four (4) members.
- 2.02 Teams need not enter competitors in all events. For those events in which a team registers no competitors, scores of zero (0) will be assessed for that team in that event.
- 2.03 Competitors are allowed to enter each event only once.
- 2.04 Teams may designate a maximum of two alternates. The alternates may only be used if a competing team member should fall ill or become injured. Substitution of competitors shall follow the appropriate procedures for the event in question.

### 3. GENERAL RULES

- 3.01 Team placements will be awarded for Friday physical events; Saturday emergency response events; and overall competition winner (combination of both Friday and Saturday for the teams that have the same competitors for the entire weekend).
- 3.02 Except as otherwise noted in this document, the entirety of Section 3 of the *Canadian Competition Manual* will be in force for the duration of the competition.
- 3.03 Competitors are reminded to review the sections on team uniforms, swim caps and swimwear in Section 3.4 of the *Canadian Competition Manual*. There will be no Opening or Closing Ceremonies in the Manitoba Lifeguard Championships, so teams will not be required to wear uniforms for any ceremonies.
- 3.04 Competitors are reminded that victim safety is a priority. Teams are instructed not to use painful stimuli or techniques. Teams who endanger or injure victims will receive a score of 0 for that victim and/or event depending on the incident.
- 3.05 Teams wishing to use specialized equipment must notify the Lifesaving Society prior to the competition. Specialized equipment includes all equipment not taught in a standard first aid course.
- 3.06 Real emergencies can occur at any time or at any place. As a Lifesaving Society delegate you are expected to respond to and render aid in all accidents you happen upon. In the water or away from the competition site, all accidents must be dealt with to the best of your ability. Integration with the on-site host guards *MUST* occur promptly and in a professional courteous manner. The MLC Chair must be informed of any accidents or injuries that occur during the competition. If you respond to a real emergency during Water Rescue, the host staff will take over treatment at the earliest possible moment.
- 3.07 Protests are a mechanism for a team captain to review, examine, and/or challenge some aspect of the championship (i.e. events). Competitors are cautioned to submit a protest only as a last resort recognizing the prior efforts of the Lifesaving Society to provide fair competition conditions. All protests must be made in writing and submitted to the MLC chair within 30 minutes of the completion of an event. The results of the protest will be disseminated to all competitors and will be based on discussions between the team, MLC chair and their designates. Judging score sheets are not a basis for a protest. Any protests related to the rules or rule book must be completed no later than 1 week prior to the start of the competition.
- 3.08 All decisions of the MLC Chair are final.

## **4. SCORING INFORMATION**

- 4.01 All events will be run as final events. There will be no preliminary rounds used in the MLC.
- 4.02 The point scoring for each event will be detailed in a separate communique.

## **5. EVENT DESCRIPTIONS**

### **5.01 First Aid Event**

These events will be run under the conditions outlined in Section 4 of the *Canadian Competition Manual*. Judging sheets for these events are posted on the Lifesaving Society - Manitoba Branch website. Please note the following additional information:

Teams will have between four (4) and eight (8) minutes to deal with a number of victims within a designated area.

### **5.02 Water Rescue Event**

This event will be run under the conditions outlined in Section 4 of the *Canadian Competition Manual*. Judging sheets for this event are posted on the Lifesaving Society Manitoba Branch website. Please note the following additional information:

Teams will lifeguard the pool for four (4) to eight (8) minutes and will be responsible for dealing with all incidents that occur during this time.

### **5.03 Priority Assessment Event**

These events will be run under the conditions outlined in Section 6 of the *ILS Competition Manual*. Judging sheets for this event are posted on the Lifesaving Society - Manitoba Branch website.

### **5.04 Speed Events (including Line Throw)**

All swimming events will be run under the conditions outlined in *ILS Competition Manual*. Please note the following changes and clarifications:

- These events will be run as timed final events. There will be no preliminary rounds used in the MLC.
- A maximum of one team four competitors (from a four person team) (any mix of male & female) may compete in any given relay event.

- Each team member may compete in the Line Throw event. The team member with the fastest time will count for the points for the overall scoring for their team
- These events will be run in a short course 25 meter pool. Organizers will endeavour to make all course features match the descriptions provided in the standards manual, but final course conditions will stand.
- Manual timing will be used for this competition. The competition organizers will endeavour to provide three (3) timekeepers per lane, but reserve the right to run with only a single (1) or pair (2) of timekeepers per lane.

The following are the events that will be held for the Speed Events:

- Manikin Relay
- Medley Relay
- Obstacle Relay
- Line Throw
- Line Throw Relay
- Lifeguard Skill Relay

Line Throw Relay involves:

The first competitor throws an un-weighted line to a fellow team member located in the water on the near side of a rigid cross bar located 12 m distance. The first competitor pulls this second competitor “victim” back to the finish wall of the pool. Once the second competitor has touched the pool wall the first competitor releases the line and enters the water to wait on the far side of the cross bar to act as a “victim” for the next competitor.

Lifeguarding Skills Relay consists of:

With an in-water start on an acoustic signal, the first competitor submerges and swims underwater past an obstacle located 15 m from the starting wall. After passing under the obstacle, the competitor immediately surfaces and swims to the turn wall and back to the obstacle. After passing under the obstacle for the second time the first competitor uses a head-up approach to the second competitor who is located past the 5 m mark from the starting wall, treading water. The first competitor carries the second competitor back to the starting wall using any carry that maintains the second competitor’s head out of the water. The competitor to be carried may enter the water after the previous competitor has passed the 5 m mark in the start zone. Once the first competitor touches the wall, the second competitor (the victim for the first) submerges and swims underwater past an obstacle located 15 m from the starting wall. The first competitor exits the water and this process is repeated for all team members. Competitors must surface after passing under the obstacle and after a turn prior to passing under an obstacle.

Further information on these two events can be found at:

Section 4.11 and 4.12 in the [Ontario Competition Manual \(2019 Edition\)](#).



LIFESAVING SOCIETY®  
SOCIÉTÉ DE SAUVETAGE

*The Lifeguarding Experts*  
*Les experts en surveillance aquatique*

The Lifesaving Society Manitoba Branch Inc.

100 – 383 Provencher BLVD

Winnipeg, MB

R2H 0G9

Phone: (204) 956-2124

Fax: (204) 944-8546

E-Mail: [aquatics@lifesaving.mb.ca](mailto:aquatics@lifesaving.mb.ca)

Website: [www.lifesaving.mb.ca](http://www.lifesaving.mb.ca)