



**Lifesaving Society Manitoba
Manitoba Lifeguard Championships
Communiqué #1 (February 2020)**



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Except where otherwise modified in this document, the 2020 Manitoba Lifeguard Championships will be run according to the standards and procedures outlined in the *International Life Saving Federation Competition Manual* 2019 Edition, the *Ontario Competition Manual* 2020 Edition, and the *Canadian Competition Manual*, 2019 Edition.

Copies of all of the supporting documents for the 2020 Manitoba Lifeguard Championships may be downloaded from: <http://lifesaving.mb.ca/comp/provincials/> . If you have any difficulty in downloading the manuals please contact [Kathy Plett](#) at 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 2020 Manitoba Lifeguard Championships will consist of three competitions: 1) Lifesaving Physical Skills (Friday), 2) Lifeguard Emergency Response (Saturday), and 3) Overall (the combination of both the lifesaving and lifeguard competitions).

1. COMPETITOR ELIGIBILITY & RIGHT TO PARTICIPATE

1.01 The Manitoba Lifeguard Championships 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 at the start of the competition.

1.03 Eligibility requirements are set out in full in the competition registration package. Proof of certification 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 will be measured by the Society's code of fair play.

2. TEAM COMPOSITION

2.01 Team composition may either be of four (4) members or of two (2) members. Any combination of male/female is allowed.

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 No alternates will be allowed.

In the future, Lifesaving Society Manitoba will be transitioning competition formats from the current model to the national and international Lifesaving Sport model. For Pool Lifesaving events (the current Lifesaving Physical Skills events in Manitoba) team compositions will become single sex. The Simulated Emergency Response Competition will remain the same – allowing mixed-sex teams.

3. GENERAL RULES

3.01 Team placements will be awarded for Friday lifesaving physical events; Saturday lifeguard 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 the safety and welfare of competitors, officials, victims, and other personnel involved in the competition 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. If required the Event Coordinators and the Safety Officer may exercise the power to disqualify or penalize a competitor or team. The Event Coordinators and the Safety Officer are not required to give notification of any disqualification or penalty until the conclusion of the relevant event.

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

First Aid will be run under the conditions outlined in Section 4 of the *Canadian Competition Manual*. Judging sheets for First Aid are posted on the Lifesaving Society Manitoba 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

Water Rescue will be run under the conditions outlined in Section 4 of the *Canadian Competition Manual*. Judging sheets for Water Rescue are posted on the Lifesaving Society Manitoba 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

Priority Assessment will be run under the conditions outlined in Section 6 of the *ILS Competition Manual*. Judging sheets for Priority Assessment are posted on the Lifesaving Society Manitoba website.

5.04 Lifesaving Physical Skills

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 of four competitors (from a four person team) (any mix of male & female) may compete in any given relay event.
- A maximum of one team of two competitors (from a two person team) (any mix of male & female) may compete in any given relay event that can be modified for a two person team.
- 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 Lifesaving Physical Skills events:

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

Line Throw – Thrower & Catcher

The thrower and the catcher of the team must be the same sex.

Line Throw Relay

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 10 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. (Page 48 Ontario Competition Manual 2020 edition)

Lifeguarding Skills Relay

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. Then the competitor immediately surfaces, swims to the turn wall and back to the obstacle. After passing under the obstacle a second time, the first competitor swims head-up approach to the second competitor (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. 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. (Page 46 Ontario Competition Manual 2020 edition)

Obstacle Swim 100 M

With a dive start on an acoustic signal, the competitor swims the 100 m course passing four times under the immersed obstacles to touch the finish wall/edge of the pool. (Page 46 ILS 2019 Competition Rulebook)

Manikin Carry

With a dive start on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin to the surface within 5 m of the pick-up line. The competitor then carries the manikin to touch the finish wall/edge of the pool. Competitors may push off the pool bottom when surfacing with the manikin. (Page 47 ILS 2019 Competition Rulebook)

Further information on all events can be found at: [Canadian Competition Manual, 2019 Edition](#) , [Ontario Competition Manual, 2020 Edition](#) , [ILS Competition Manual, 2019 Edition](#) (Updated October 2019)



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