



2009 Ontario University Lifeguard Championships

Sanctioned by the Lifesaving Society

Feb. 28 – March 1, 2009

University of Western Ontario, London

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 emphasise “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. Non-University/Out of Province teams may compete as Exhibition. All members of a team must be currently registered students at the university they represent.

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

- Hold a current Lifesaving Society National Lifeguard – Pool option certification <http://www.lifesavingsociety.com/default.asp?PagelId=765&SectionId=6&LevelId=2>
- Be a currently registered student at the university they are representing, to be eligible for medals and awards.

Competitors may compete for only one university or team at a time.

Competitors are allowed to enter each event only once.

Universities may enter as many teams of 4 competitors as they wish. However, competitors cannot switch teams once competition has begun.



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.

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 – Men	2 competitors; 2 entries/team
Line Throw – Women	2 competitors; 2 entries/team
Line Throw Relay	4 competitors
4x25m Manikin Relay	4 competitors
4x50m Medley Relay	4 competitors
First Aid	4 competitors
Priority Assessment	4 competitors
Water Rescue	4 competitors

ACCOMMODATIONS

To follow in January 2009

REGISTRATION

- Registration Fee is \$275 for a team of 4 and a coach. Any additional people (substitutes) will be additional.
- Fee to be payable to the University of Ottawa and must accompany the registration form and must be cleared to compete.
- Registrations received after February 13 are subject to a late fee.
- All registrations must be signed by the Athletic Director or designate.
- All registrations must include the verification code and LSS ID number for all competitors and substitutes. Verification of qualifications will result in a \$10 fee/competitor, due before teams can compete.

EVENT DETAILS

- Long course (50m) set up will be used.
- Two entries are acceptable for Line Throw in both men's and women's events, with only the higher time scoring.
- 2008 OULC Manual will be used in conjunction with the 2008 ILS Manual.

EVENT SCHEDULE

Saturday, February 28, 2009	
Time	Event
7:30-8:30	Registration/Greeting
8:45	First Aid lock up closes
9:00-9:45	Officials and Captains meeting
10:00-14:00	First Aid preliminary
14:00-14:45	Lunch break
14:45	Water Rescue lock up closes
15:00-18:00	Water Rescue preliminary
18:00-18:30	Break
18:45	PA lock up closes
19:00-21:00	PA preliminary

Sunday, March 1, 2009	
Time	Event
6:45-7:30	Officials and Captains meeting
7:00-7:30	Warm up
7:30-9:30	Physical events – Long course
10:00	First Aid lock up closes
10:15-12:30	First Aid finals
12:30	PA lock up closes
13:00-14:00	PA finals
14:00-14:30	Break
14:45	Water Rescue lock up closes
15:00-17:00	Water Recue finals
18:00	Awards



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REGISTRATION FORM

University/College: _____ Team Name: _____

Name	LSS ID #	Student #	Gender	Line Throw Event (M or W)	Catcher – C Thrower - T	Medical Conditions – List or write “None”

Coach / Captain Contact Information

Name: _____

Phone: _____

Mailing Address: _____

E-mail: _____

Athletic Director Authorization

I am confirming that the competitors listed are students currently registered and are in good standing at this institution at this time.

Name: _____ Signature: _____



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REGISTRATION PAYMENT

Name: _____

Address: _____

Phone #: _____

City: _____

E-Mail: _____

Postal Code: _____

Team Fee Total: _____

- All payment must be received by February 13 , 2009 to reserve your team's spot and avoid a late fee
- Confirmation will be sent to you via email.
- Mail or Fax Registration Form with payment to:
Attention Nathalie Vallières
University of Ottawa, Sports Services
125 University Dr
Ottawa, ON K1N 6N5

Payment Information

Method of Payment: Visa Mastercard Money Order Cheque

Name on Card (print) _____

Card Number:

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Expiry _____ / _____

Signature: _____

Your signature indicates your agreement to allow the University of Ottawa to charge your credit card the above amount for registration in the 2009 OULC. Your card information will be kept confidential and will be used only for this purpose.





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WAIVER & RELEASE FORM

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.

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.

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 University of Ottawa, 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,

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, 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.

Team _____

Print Name

Signature

Date

