



LIFESAVING SOCIETY

The Lifeguarding Experts

Communiqué – March 2009

CANADIAN LIFEGUARD EMERGENCY RESPONSE CHAMPIONSHIP

Sanctioned by the Lifesaving Society

May 28 – 29, 2009, Montreal, Quebec

ELIGIBILITY AND RIGHT TO PARTICIPATE

Canadian 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.

Club 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.

Canadian Lifeguard Emergency Response Championship

The Canadian Lifeguard Emergency Response Championship is open to any Affiliated Club or any Affiliate Member of the Lifesaving Society in good standing.

To be eligible to compete in the Canadian Lifeguard Emergency Response Championship, the competitors on each team shall:

- Hold a current Lifesaving Society National Lifeguard certification.
- Be a minimum 16 years of age as of the first day of the Championship.
- Be a Registered Athlete (Download form from www.lifesavingsociety.com/Competition).

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A club may consist of any number of competitors, in addition to any non-competitive management or coaching personnel.

Competitors must be members of the same Affiliated Club or employees of the same Affiliate Member of the Lifesaving Society.

Competitors may compete for only one club or Affiliate Member at a time.

Competitors are allowed to enter each event only once.

Composition of a team: Competitors enter the Canadian Lifeguard Emergency Response Championship events only as members of a team, not as individuals.

A team must consist of four competitors. Teams may not increase the number of competitors beyond four. A team with fewer than 4 competitors will not be eligible to compete in heats or finals of any event.

Team composition must remain the same for heats and finals.

It is not mandatory to have both male and female competitors on a team.

The registration capacity for the Canadian Lifeguard Emergency Response Championship is 64 teams.

PROGRAM OF EVENTS

For the 2009 Canadian Lifeguard Emergency Response Championships the following pool events shall be conducted without male and female categories:

Pool Events
First Aid
Water Rescue
Priority Assessment

First Aid, Water Rescue and Priority Assessment: These emergency response events shall be conducted without separate male and female categories. Teams may consist of any combination of males and / or females.

Team Triathlon: The Team Triathlon is comprised of the following three events -- First aid, Water Rescue, Priority Assessment. The Team Triathlon is completed by the same four competitors who must enter and

complete all three events. Participation by a fifth or additional team member shall result in disqualification of the team from all three events. The Triathlon Team may consist of any combination of males and/or females. Disqualification from one event (see Section 3.6 *ILS Competition Manual*) shall not result in disqualification from the other two events, but will result in a Did Not Finish (DNF) status for the Team Triathlon.

ENTRY PROCEDURES

Championship registration

All clubs must register their teams prior to the championships in accordance with the procedures and deadlines established by the host organising committee.

No entries shall be accepted after May 21, 2009.

Entry fees

Entry fees must be paid with the team registration.

Changes in club composition or size prior to the championship

Only the manager or coach may advise a change of club composition or size, or number of teams or team composition, to the appropriate official of the host organising committee, no later than check-in the day before the competition. After that time, there shall be no further alteration of club composition. Competitors who subsequently withdraw due to injury or other reason may not be replaced.

Club check-in for the Canadian Lifeguard Emergency Response Championship is Wednesday May 27, 2009.

The manager or coach shall notify the championship organisers of the change in club composition in writing indicating:

- Date and time
- Name of the club
- Name of the member(s) to be withdrawn
- Name(s) and surname(s) of the competitor(s) being added

Notification must be accompanied by documentation from the club which duplicates all declarations with respect to bona fide membership, etc., contained on the original club entry and for original club members.

If club member numbers increase, all applicable entry fees must accompany the written notice.

In addition, the new competitor(s) or club management shall complete any registration documentation that the organisers may require. New competitors and club management are responsible for acquainting themselves with matters that may have previously been dealt with at club briefings, etc.

Substitutions in team events during championships

Only the manager or coach may substitute members in a team event with other members of the same club. Managers or coaches must notify the appropriate officials of the substitution(s) no later than 30 minutes prior to the commencement of marshalling in the preliminary round of the team event.

UNIFORMS AND EQUIPMENT

Uniform

Each club shall have a uniform suitable for official ceremonies and award presentations. Managers, coaches, and assistants will be encouraged to take part in the ceremonies and shall wear a uniform that complements that of the club.

Team members competing in the Canadian Lifeguard Emergency Response Championship shall wear uniforms which are appropriate and which identify them as a team.

Swim caps

Competitors shall wear identical club swim caps in each event. The use of such caps assists in identification of competitors and teams and in event judging.

The chin-tied caps or rubber or silicone caps must be worn on the competitors' heads at the start of each event.

A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event.

Footwear

Competitors shall not wear footwear in competition events unless otherwise specified in the event description. Footwear is permitted in the first aid event.

SCORING

Seeding for simulated emergency response events

Simulated emergency response events are conducted in 2 rounds – heats and finals.

Heats: Teams are placed in heats based on a draw. The initial draw for heats and position within heats shall be conducted by the head scorer and supplied to teams. Entries from the same club will be seeded in different heats, where possible. A maximum of 16 entries are allowed in a heat.

Finals: Based on their performance in heats, the top 4 entries from each heat will advance to the final.

Draws for position within finals shall be made by the Head Scorer and supplied to teams.

Point allocation

Points in simulated emergency response events: In the Canadian Lifeguard Emergency Response Championship, points (see chart below) are allocated in the following simulated emergency response events: First Aid, Water Rescue and Priority Assessment.

Simulated Emergency Response Events							
Place	Points	Place	Points	Place	Points	Place	Points
1 st	80	5 th	52	9 th	32	13 th	16
2 nd	72	6 th	48	10 th	28	14 th	12
3 rd	64	7 th	44	11 th	24	15 th	8
4 th	56	8 th	40	12 th	20	16 th	4

Club Points

Clubs are allowed multiple team entries in events. The top 3 placing teams per club in each event score club points.

Disqualification

Competitors who do not finish (DNF) or are disqualified (DQ) from an event (whether in heats or finals) shall not earn any placing points for a club.

Event cancellation

No points shall be credited to any team if an event is cancelled – even if some heats have been run.

If all heats have been completed and the finals are not able to be conducted, the event placings shall be decided by rank ordering the preliminary scores and awarding place medals to the first place team in each heat.

Ties

Ties in overall club point scores shall be broken using the following system:

- Most first-place final finishes;
- Most second-place final finishes;
- Most third-place final finishes;...and so on.

Ties (dead heats) in finals shall be declared as such and the points divided equally among the clubs involved. For example, in a two-way tie for first place, 76 points shall be allocated to each club.

When teams in heats have equal scores, both shall advance to the appropriate final.

AWARDS

Canadian Lifeguard Emergency Response Championship

Awards shall be presented to the first, second, and third place teams in each event. Event winners shall be recognised as Canadian Champions.

Awards shall be presented to the first, second and third place teams in the Team Triathlon.

The Canadian club with the highest overall point score shall be declared the Canadian Lifeguard Emergency Response Champions.

OFFICIALS

No individual who is acting as team coach, team manager or in a similar capacity is eligible to be appointed to an officials position with the authority to affect the outcome of an event, e.g., Starter, Judge, Timer, Referee, Scorer.

Officials may not 'coach' or similarly assist any team in competition. An official found to be in violation of this rule shall be declared ineligible to further act as an official.

LANGUAGE INTERPRETATION

French / English language interpreters shall be provided by the organizing committee at Canadian championships.

Teams who require interpretation service must make this known to organizers when registering for the championship.

Teams are encouraged to provide their own interpreters. These interpreters may not be a member of the team.

EVENTS

Simulated emergency response events test the judgment, knowledge and skills of lifeguards who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. These events are judged within time limits.

General conditions

- i) Team management and competitors are responsible for being familiar with the competition rules and procedures governing the simulated emergency response events.
- ii) The competition order shall be determined by draw in a method approved by the referee.
- iii) A team that is absent from an event at the time the team was scheduled to compete or, a team that arrives after the lock up is closed, shall be disqualified from any events affected by that lock up and receive a score of zero. The team may compete in the remaining events.

- iv) An acoustic signal from the referee, or delegate, will indicate the start and end of the event. The team will have an allotted time to deal with the situation.
- v) Competitors may use all material and equipment available on the deck and in the pool, unless otherwise specified.
- vi) Competitors shall clearly show their intentions and actions to the judges.
- vii) Competitors may wear corrective eyewear. Loss of such eyewear shall not be grounds for protest or appeal. Neither goggles (including prescriptive goggles) nor masks are permitted.

Security and lock-up

Before the start and throughout the competition, teams are isolated in a secure lock-up area out of sight and sound of the competition arena. The scenario, actors, and any equipment shall be secret until competitors are locked up.

After competing, a team may observe subsequent teams compete.

Teams in lock-up are not permitted to see or speak to anyone, excluding event officials, who are not in lock-up. Competitors are required to alert an official immediately of any breach of security, intentional or unintentional. Coaches and assisting personnel should take particular note of this security issue as they are equally bound by this rule.

Security breaches may result in disqualification from the championship, at the discretion of the referee. Once lock-up has been closed, only officials will be allowed to enter. Teams will be marshalled from lock-up just prior to competing.

Coaches are free either to watch other teams compete or to travel with their team into lock-up. If they choose to travel with their team they must stay with their team as if they were competing and meet lock-up schedules before they close.

Communication in lock-up

Teams will not be allowed communication devices in lock-ups. Teams will be allowed electronic communication devices (e.g., VHF radios) for use during competition.

If teams wish to use electronic communication devices they must leave them with lock-up officials to hold. They will be returned just prior to competing.

Teams using walkie-talkies will need to provide a unit for use by one of the officials.

Telecommunication devices such as cellular phones and pagers will not be permitted during competition or in lock-up.

Victim assessment and treatment

Teams are to assume all conditions, victim simulations and signs and symptoms are as they find them. Team members are encouraged to verbally report to the judge, signs and symptoms as they discover them. For example, a simulated victim's pulse will likely be quite healthy. Team members are to report this, as they find it, and allow the judge to modify the findings to suit the simulated situation. In this case, the judge may instruct the team that the pulse is weak and rapid. Should no changes in victim condition be required the judge may indicate "As you find it". If the judge is silent, competitors should assume that all conditions are "as they find it".

Protective equipment

The use of protective equipment will be evaluated on score sheets. If competitors can reasonably assume that they may come in contact with bodily fluids, the use of protective equipment is required. Teams should not don protective equipment until the simulated situation requires it.

Equipment pool

Spineboards will be provided for the equipment pool. Any other items shared with multi-teams can also be placed in the equipment pool provided the teams do not mind other teams using their equipment.

Safety – simulated treatment

Competitors shall *simulate* ventilations and compressions when victims are not manikins. When manikins are used as victims, competitors will be expected to fully demonstrate ventilations and compressions as required for their victim.

Victim safety is a priority. Teams are instructed not to use painful stimuli or techniques. A quality simulation with a verbal explanation will suffice to replace these techniques.

Extreme care is to be taken when moving victims. Judges are instructed to intervene if they feel victims are at risk of injury. Teams who endanger or injure victims will be scored accordingly.

Scoring – communication with officials

During simulation, judges will observe competitors as they recognize and respond to incidents. Depending on the event, competitors will be evaluated on how they react to simulated emergencies and incidents. In emergency response events, competitors are responsible for making their actions and intentions clear to the judges.

Score sheet verification

Immediately after competing, each team is responsible for sending 1 club member to the score sheet verification area to check the addition of the score sheets and then sign them.

FIRST AID EVENT

Event description

The simulated emergency will consist of multiple victims within a designated competition area. Teams will effect assessment, treatment, and call for the required assistance within a specified time limit.

Team equipment

Teams are responsible for providing their own first aid supplies and equipment.

Disqualification

Teams may be subject to disqualification if, in the opinion of the judges, they receive any “outside assistance” by word or other signal which is deemed to assist them in the assessment.

WATER RESCUE EVENT

Event description

From the first long whistle, teams will have no more than 60 seconds to set up on the pool deck. No situations will occur during this set-up time.

On the acoustic starting signal, teams will lifeguard for the specified time during which they are required to deal with all incidents.

Teams are not responsible for recognizing what they cannot see from the pool deck. Teams will be alerted to "off deck" emergencies.

Clearing the pool: The "public" will not actually be cleared from the pool or pool area during simulated emergency response events at Canadian championships. When a team signals "clear the pool," the designated official shall acknowledge when the pool is deemed to have been cleared by raising a flag.

Teams may not clear the pool to prevent a simulated emergency.

Team equipment

Teams may bring any equipment they wish into this event, and teams are responsible for providing their own specialized rescue equipment. Teams are encouraged to use their own innovative equipment.

Disqualification

Teams may be subject to disqualification if, in the opinion of the judges, they receive any "outside assistance" by word or other signal which is deemed to assist them in the assessment.

PRIORITY ASSESSMENT EVENT

The Priority Assessment event tests the initiative, judgment, knowledge, and abilities of four lifesavers who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start.

This is a 2-minute event.

All teams respond to the identical situation and are evaluated by the same judges.

Event start

One at a time, teams are escorted from lock-up to the pool where, following an acoustic signal, they are confronted with "victims" in various locations who need various types of assistance.

Actors will begin their victim simulations immediately prior to the acoustic starting signal, and as the team enters the competition area. At the acoustic signal competitors respond to the victims in any manner they wish within the time limit.

Competition arena

The competition arena shall be clearly defined to all teams in advance. There shall be a clear indication of the location of both entry and exit points from the scenario area (e.g., which pool sides can be used). Competitors shall be advised in advance if there are pool steps in the entry or exit area which may be removed or used.

Unless otherwise advised, competitors shall assume that the conditions in the competition arena are "as found."

Situation scenarios

Simulated emergency scenarios, secret until the start of the event, shall be designed using one or more of the following approaches:

- an amalgam of single or multiple-person situations which are related.
- a group of people involved in a number of situations which relate to a common theme, such as a pool party or an upturned crowded boat.

Simulated emergencies shall be staged as realistically (and as safely) as possible, and not test the competitors' imagination. For example, a situation in which an actor complains of burned hands should be staged with *simulated* evidence of a fire, or electrical wire, or chemicals. (Real fire, live wires, or actual chemicals shall *not* be used.)

Victims, manikins and bystanders

Victims shall be role-played by actors who present different problems necessitating different types of aid. Victim types may include *simulated* non-swimmers, weak swimmers, injured swimmers, and unconscious victims. In addition, competitors may be confronted by resuscitation manikins in the role of "victim," as well as bystanders and swimmers.

The role-playing may evolve (e.g., a conscious victim becomes unconscious) during the course of the scenario.

Competitors shall be notified before the start if victim type is to be signified by a symbol (e.g., a red/black cross on forehead indicating unconsciousness).

Principles of rescue

Competitors are expected to respond as a group of 4 individual lifesavers acting in a coordinated team under the direction of an identified team leader.

Unlike lifeguards who often work as part of well trained teams in controlled aquatic environments, lifesavers must be prepared to respond appropriately in unexpected emergencies without benefit of specialized equipment, back-up, or established procedures and communications systems. In such circumstances, the personal safety of the lifesaver is paramount at all times and this shall be reflected in the marking sheets.

In brief, rescuers should manage the situation as follows:

- *Mobilize* the mobile
- *Secure* the safety of those in imminent danger
- *Recover* and resuscitate those in need of continuous care

The mobile may include those capable of assisting themselves to safety. Those in imminent danger may include non-swimmers and injured swimmers. Those in need of continuous care include unconscious, non-breathing, or suspected spinal-injured victims.

When carrying out a rescue competitors must remember:

- Rescue from a position offering greatest safety to oneself
- The management of rescue principles
- Approach victims with extreme caution
- Avoid direct personal contact with conscious victims

If entering the water is inevitable, competitors select the most effective techniques for the situation without endangering their own life in any way.

It is important that competitors clearly show their intentions and actions to the judges.

Team equipment

Competitors may use all material and equipment available within the competition arena. Competitors may not bring their own equipment into the competition arena.

Judging

A judge shall be assigned to a victim or group of victims, and assess all teams in that part of the scenario for the entire event.

Scoring shall reward the competitors' accurate assessment of which victims take priority. The competitors' assessment of which victims take priority will depend on the nature of the emergency. For in-water victims, competitors should follow these victim priorities in determining whom to help first:

- Conscious, non-swimmers receive top priority
- Weak or injured swimmers
- Unconscious victims and submerged victims

Disqualification

The following behaviour may result in disqualification:

- i) Receiving outside assistance, direction, or advice.
- ii) Taking any telecommunication device into the security area.
- iii) Using any equipment not provided as part of the event.

FOR MORE INFORMATION

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2009 CALENDAR

Canadian Lifeguard Emergency Response Championship

May 28--29, Montreal

Canadian Pool Lifesaving Championship

May 30--31, Montreal

Canadian Surf Lifesaving Championship

August 28--30, Nova Scotia