



LIFESAVING SOCIETY  
*The Lifeguarding Experts*

*Communiqué – January 2009*

## ONTARIO LIFEGUARD CHAMPIONSHIP – SENIOR POOL

Sanctioned by the Lifesaving Society

August 1 – 2, 2009 City of Oshawa

### ELIGIBILITY AND RIGHT TO PARTICIPATE

Ontario Lifesaving 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 Lifeguard Championships**

The Ontario Lifeguard Championship – Senior Pool are open to any Individual Member, Affiliated Club or Affiliate Member of the Lifesaving Society in good standing.

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

- Be a Registered Athlete (Download form at [www.lifesavingsociety.com/Competition](http://www.lifesavingsociety.com/Competition))
- Hold a current Lifesaving Society Bronze Medallion or higher certification for relay events
- Hold a current National Lifeguard certification for Simulated Emergency Response events

- Competitors must be a minimum of 16 years of age as of the first day of the Championship

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

Competitors are allowed to enter each event only once.

### Team Composition

A team may consist of a minimum of 1 individual and a maximum of 4 individuals. For the simulated emergency response events teams may consist of any combination of males and / or females males. The relay events require 2 male and 2 female competitors. Teams may not increase the number of competitors beyond 4.

## PROGRAM OF EVENTS

The following events will be conducted:

Simulated Emergency Response Events	Relay Events
First Aid	4 X 50m Obstacle Relay
Water Rescue	4 X 50m Medley Relay
Priority Assessment	4 X 25m Manikin Relay
	Line Throw Relay

## ENTRY PROCEDURES

### Championship registration

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

No entries in individual or team events shall be accepted after July 24, 2009.

### Entry times

Times are required to be submitted for relay events. Teams shall be seeded according to the entry times.

### **Entry fees**

Entry fees must be paid with the team registration.

### **Changes in team composition or size prior to the championship**

Only the manager or coach may advise a change of team composition or size 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 the team composition. Competitors who subsequently withdraw due to injury or other reason may not be replaced.

Team check-in for the Ontario Lifeguard Championship – Senior Pool is Friday July 31<sup>st</sup> from 6:00 pm – 9:00 pm.

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

- Date and time
- Name of the team
- 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 team which duplicates all declarations with respect to bona fide membership, etc., contained on the original team entry and for original team members.

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

## **UNIFORMS AND EQUIPMENT**

### **Uniform**

Each team 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 team.

### **Swim caps**

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

In relay and simulated emergency response events 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.

## **SEEDING**

### **Seeding for relay events**

Seeding shall be used in the Ontario Lifeguard Championship – Senior Pool. In relay events, seeding shall be based on the times submitted for the specific events with registrations. Team's best times in the 12 months prior to the entry deadline of the championship shall be submitted on entry forms. Teams will be ranked according to the entry times. Teams who don't submit times shall be considered to have the slowest times.

Placement of teams with identical times shall be determined by draw.

### **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.

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

Where number of registered teams surpasses 16; there will be 4 blocks for each of the simulated emergency response events. The top two teams (1 and 2) from each block will advance to the A-final, the next two teams (3 and 4) from each block will advance to the B-final.

Where number of registered teams is 16 or fewer; there will be 2 blocks for each of the simulated emergency response events. The top four

teams (1, 2, 3 and 4) for each block will advance to A-final; the next four teams (5, 6, 7, and 8) from each block will advance to B-final.

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

## SCORING

### Finals in Relay Events

Finals need not be conducted for Ontario Championships. Final placing will be determined by the results in heats.

### Point allocation

Competitors in the Ontario Lifeguard Championship – Senior Pool shall be allocated points (see following chart) in the following events: Obstacle Relay, Medley Relay and Line Throw Relay.

Place	Points	Place	Points	Place	Points	Place	Points
1 <sup>st</sup>	40	5 <sup>th</sup>	26	9 <sup>th</sup>	16	13 <sup>th</sup>	8
2 <sup>nd</sup>	36	6 <sup>th</sup>	24	10 <sup>th</sup>	14	14 <sup>th</sup>	6
3 <sup>rd</sup>	32	7 <sup>th</sup>	22	11 <sup>th</sup>	12	15 <sup>th</sup>	4
4 <sup>th</sup>	28	8 <sup>th</sup>	20	12 <sup>th</sup>	10	16 <sup>th</sup>	2

### Finals in Simulated Emergency Response Events

Finals shall be conducted in the Ontario Lifeguard Championship – Senior Pool. The top 16 teams based on prelims are assigned in an A- and B-final of eight teams each.

Winners of finals shall be declared Ontario Champions.

### Point allocation

Competitors in the Ontario Lifeguard Championship – Senior Pool shall be allocated points (see following chart) in the following events: First Aid, Water Rescue and Priority Assessment.

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

### Team Points

All entries are eligible to earn team 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 team.

### 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 times and awarding place medals to the competitors with the 3 fastest times from heats.

### Ties

Ties in overall team 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 teams involved. For example, in a two-way tie for first place, 19 points shall be allocated to each team.

In pool events, when competitors in heats have equal times registered to 1/100 of a second for either the eighth place or sixteenth place, there shall be a swim-off to determine which swimmer shall advance to the appropriate final.

## PROTESTS

Videotapes may not be used to protest a judge's ruling or score.

Protests may be filed by the competitor, captain, team manager or coach.

## AWARDS

### **Ontario Lifeguard Championship – Senior Pool**

The Ontario team with the highest overall point score shall be awarded the Ontario Championship trophy and banner. The Lifesaving Society retains the trophy at the conclusion of the championship.

Awards shall be presented to the first 3 places in the final of all events at the Ontario Championship. Event winners shall be recognized as Ontario Champions.

### **Ontario Lifesaving Championships *Club Championship:***

The Ontario Club/Affiliate with the highest overall point score shall be awarded the "Ontario Lifesaving Club Championship". This award will be decided annually by accumulating all of the earned points of Junior, Senior and Master Competitors and teams for their designated clubs at all seven "Ontario Lifesaving Championships" during the same year (Ontario Junior Games – Pool and Waterfront, Ontario Lifeguard/Lifesaving Championships – Pool and Waterfront). This award will be announced following the final championship of the year.

## OFFICIALS

No individual who is acting as team coach, team manager or in a similar capacity is eligible to be appointed to an officiating 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.

## EVENTS

With the exceptions specified below, Ontario Lifeguard Championship – Senior Pool events are conducted according to the event rules found in the July 2007 edition of the *International Life Saving Federation Competition Manual*. View or download the *ILS Competition Manual* at

[www.lifesavingsociety.com](http://www.lifesavingsociety.com). Printed, bound copies are also available for purchase.

### Simulated Emergency Response 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.

### **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 time limit of 4-6 minutes.

### **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 4-6 minutes 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.

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.

### Obstacle Relay (Reference Event 4.15, ILS, pg 74)

#### Equipment

**Obstacles:** See Section 11 – *Facility and Equipment Standards*.

Obstacles are fixed at right angles onto lane ropes in a straight line across all lanes. The only obstacle is located 12.5m from the starting edge.

### Manikin Relay (Reference Event 4.14, ILS, pg 72-73)

#### Event description

**The first competitor:** starts in the water holding a manikin with one hand (its mouth and nose above the surface) and the pool edge with the other. On an acoustic signal, the competitor carries the manikin 25 m to touch the turning edge and pass the manikin to the second competitor who is in contact with the turning edge with at least one hand. The second competitor may touch the manikin only after the first competitor has touched the turning edge.

**The second competitor:** carries the manikin 25 m to touch the start/finish wall and pass the manikin to the third competitor who is in contact with the start/finish wall with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the start/finish wall.

**The third competitor:** carries the manikin 25 m to touch the turning edge and pass the manikin to the fourth competitor who is in contact with the turning edge with at least one hand. The fourth competitor may touch the manikin only after the third competitor has touched the turning edge.

**The fourth competitor:** completes the event by carrying the manikin 25 m to touch the finish edge with any part of the competitor's body.

## Disqualification

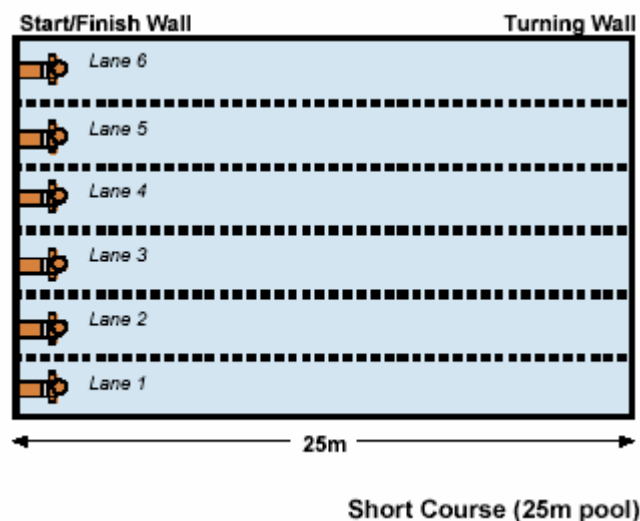
iv) The manikin changing hands:

- Before or beyond the designated changeover zone
- Before the first, second or third competitor touches the pool edge
- Without the second, third or fourth competitor in touch with the pool edge

Reference 4.3 *Manikins ILS pg 49*

*Clarification on statement, "In the 5 m start zone or in the changeover zone of the Manikin Relay event, competitors are not judged on "carrying the manikin" criteria."*

The manikin criteria are not applied, during the start zone and once the head of the manikin has entered the changeover zone. The manikin criteria are not applied to the first competitor during the start zone 0 – 5m zone and 20-25m zone; the second competitor during the 25-30m and 45 -50m zone; the third competitor during the 50-55m and 70-75m zone; the fourth competitor during the 75-80m zone, but they are applied to the fourth competitor in the 95m-100m zone. You will note that the changeover and start zones only are defined – there is no "finish zone" at 95m-100m so the fourth competitor must ensure that the manikin carry criteria are fully observed here.



### Medley Relay (Reference Event 4.16, ILS, pg 75-77)

#### Clarification – Wearing the rescue

It should read in the second sentence:

“During the competitor’s approach to the third competitor,…”

In the second paragraph:

“...during the competitor’s approach to the third competitor or during the tow.”

#### Disqualifications

ii) In addition, during the turn the competitor will not be judged on the shoulder loop across or over one shoulder within the 5 m transition area.

viii) In addition, during the turn the competitor will not be judged on the shoulder loop across or over one shoulder within the 5 m transition area

### Line Throw Relay (Reference Event 4.13, ILS, pg 69-71)

#### *Event description*

In this timed event, four competitors in turn throw an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 12m distance and pull a fellow team member back to the edge of the pool.

*The first competitor:* throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 12m distance. The first competitor pulls this second competitor “victim” back to the edge of the pool. Once the second competitor has touched the pool edge 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 fourth competitor.

*The second competitor:* throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 12m distance. The second competitor pulls this third competitor “victim” back to the edge of the pool. Once the third competitor has touched the pool edge the second competitor may leave throw zone.

*The third competitor:* throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located 12m distance. The third competitor pulls this fourth competitor “victim” back to the edge of the pool. Once the fourth competitor has touched the pool edge the third competitor may leave throw zone.

*The fourth competitor:* throws an unweighted line to a fellow team member located in the water on the near side of a rigid cross bar located

12m distance. The fourth competitor pulls this first competitor “victim” back to the finish edge of the pool.

***The start:*** On the long whistle, the first competitor steps into the throw zone. The first competitor “thrower” holds one end of the throw line. The second competitor “victim” takes the line, enters the water and extends the surplus line over and beyond the crossbar in the allotted lane. The third and fourth competitors position themselves in the water on the far side of the cross bar.

On the starter’s “Take your marks” command, the first competitor “thrower” and second competitor “victim” immediately assumes the starting position. When the first and second competitors are motionless, the starter gives the acoustic starting signal.

***Starting position:*** The first competitor “thrower” stands facing the second competitor “victim”, motionless with legs together and arms straight down and beside the body. The end of the throw line is held in one hand.

The second competitor “victim” is in the centre of the lane on the near side of the rigid cross bar. The second competitor “victim” holds (with one or two hands) both the throw line and the designated spot on the cross bar. The third and fourth competitors position themselves in the water on the far side of the cross bar.

***On an acoustic starting signal:*** The first competitor “thrower” retrieves the line, throws the line back to the second competitor “victim” and pulls him or her through the water until the second competitor “victim” touches the pool edge.

When the second competitor “victim” releases the rigid cross bar the third competitor “victim” will hold with one hand the designated spot on the near side of the rigid cross bar cross bar.

When the second competitor “victim” touches the pool edge, the first competitor releases the throw line and enters the water, in their designated lane, to wait on the far side of the cross bar to act as a “victim” for the fourth competitor.

When the second competitor “victim” touches the pool edge, he or she will exit the water, within their designated lane and assume the role of the thrower.

The second competitor “thrower” retrieves the line, throws the line back to the third competitor “victim” and pulls him or her through the water until the third competitor “victim” touches the pool edge.

When the third competitor “victim” releases the rigid cross bar the fourth competitor “victim” will hold with one hand the designated spot on the near side of the rigid cross bar cross bar.

When the third competitor “victim” touches the pool edge, the second competitor releases the throw line and may leave throw zone.

When the third competitor “victim” touches the pool edge, he or she will exit the water, within their designated lane and assume the role of the thrower.

The third competitor “thrower” retrieves the line, throws the line back to the fourth competitor “victim” and pulls him or her through the water until the fourth competitor “victim” touches the pool edge.

When the fourth competitor “victim” releases the rigid cross bar the first competitor “victim” will hold with one hand the designated spot on the near side of the rigid cross bar cross bar.

When the fourth competitor “victim” touches the pool edge, the third competitor releases the throw line and may leave throw zone.

When the fourth competitor “victim” touches the pool edge, he or she will exit the water, within their designated lane and assume the role of the thrower.

The fourth competitor “thrower” retrieves the line, throws the line back to the first competitor “victim” and pulls him or her through the water until the first competitor “victim” touches the finish edge.

The first competitor “victim” remains in the water and the fourth competitor “thrower” remains in the throw zone until the referee signals the completion of the event.

There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.

*Fair throw (Reference 4.13, ILS, pg 69)*

*Pull through the water (Reference 4.13, ILS, pg 69)*

**Throw zone:** Competitors performing the role of the “thrower” or “victim” must remain on the deck and in their allotted lane, poolside of clearly defined mark 1.5m for the pool edge. If there is a raised portion of the pool side, the line shall be 1.5 m back from the deck side of the raised portion.

Competitors performing the role of the “thrower” must keep at least one foot wholly within the throw zone. Competitors performing the role of the “thrower” who exit the throw zone (as judged by both feet) while pulling the victim or prior to the 3-minute completion signal, shall be disqualified.

On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within the throw zone, any part for the competitor’s body may touch or cross the throw zone line without penalty when performing the role of the “thrower”. Any part of the competitor’s feet may cross over the front of the “pool edge” of the throw zone with out penalty, when performing the role of the “thrower.”

Competitors performing the role of the “thrower” who enter (or fall into) the water shall be disqualified.

***Time limit:*** Competitors must make a fair throw and tow the victim to the finish edge within 3-minutes. If a throw falls short or outside the allocated lane, competitors may recover the line and throw again as often as necessary up to the 3-minute limit. Competitors who fail to get the victim to the finish edge before the 3-minute completion signal shall be designated as “Did Not Finish” (DNF).

### **Equipment**

***Throw line:*** See Section 11 – *Facility and Equipment Standards*. The throw line must be between 16.5 m and 17.5 m in length. Competitors must use the throw lines supplied by organizers.

The rigid crossbar is positioned on the surface across each lane 12 m from the starting end of the pool. A tolerance of plus 0.10 m and minus 0.00 m in each lane is allowed.

A mark located on the crossbar in the centre of the lane clearly designates the spot to be held by the victim.

### **Judging (Reference 4.13, ILS, pg 71)**

#### **Disqualification (Reference 4.13, ILS, pg 71)**

- vii) First competitor when performing the role of “victim” leaving the water before the 3-minute completion signal.
- viii) Competitors performing the role of “thrower” exiting the throw zone (as judged by both feet).
- ix) Failure to get the victim to the finish edge before the 3-minute completion signal.

x) Fourth competitor when performing the role of the “thrower” exiting the throw zone (as judged by both feet) at any time after the start and before the 3-minute completion signal.

## FOR MORE INFORMATION

Lorraine Wilson-Saliba  
Lifesaving Sport Director  
Phone: 416-490-8844 Fax: 416-490-8766  
E-mail: [lorrainew@lifeguarding.com](mailto:lorrainew@lifeguarding.com)

## 2008 CALENDAR

**TYR Ontario Junior Lifeguard Games – Waterfront**  
August 9, Cobourg

**Ontario Masters Lifesaving Championship –Waterfront**  
August 9, Cobourg

**Ontario Senior Lifesaving Championship –Waterfront**  
August 10–11, Cobourg