



LIFESAVING SOCIETY

The Lifeguarding Experts

Communiqué – May 2012

ONTARIO JUNIOR LIFEGUARD GAMES – WATERFRONT

Sanctioned by the Lifesaving Society

August 12, 2012 Toronto Police Lifeguard Service

This championship will be in accordance with the 2011 edition of the *ILS Competition Manual* and the 2010 edition of the *Canadian Competition Manual*. Anything not covered in these two manuals appears in this communiqué.

2012 CHANGES

For 2012 the following changes have been made:

- i) Removal of the Rescue Tube Race event.
- ii) Addition of the Junior Iron Guard Relay event.
- iii) Update of Point Scores.

ELIGIBILITY AND RIGHT TO PARTICIPATE

The Ontario Junior Lifeguard Games is an action-packed competition focused on personal best challenges and some serious fun for youth up to 16 years of age.

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

- Be Canadian citizens or landed immigrants.
- Hold a Lifesaving Society award *or* be a member of a Lifesaving Club *or* be registered in a Lifesaving Society training program.
- Meet the Lifesaving Society's Canadian Swim-to-Survive® standard (roll entry, tread 1 minute and swim 50 m).
- Be at least 7 years of age but less than 17 years of age as of the first day of the Games.

Age-group competitors may enter the Games as individuals or as members of a club. Competitors entered as an age-group club must be members of the same Affiliated Club or associated with the same

Lifesaving Society Affiliate.

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

Division	Age
Age group	16 years
Age group	14 & 15 years
Age group	12 & 13 years
Age group	10 & 11 years
Age group	9 & under years

Club Composition

A club may consist of a minimum of 1 individual. There is no maximum number of competitors per club.

Clubs must identify a coach who will attend the coaches meeting and speak for the club in all matters related to the competition.

Impersonation or use of ineligible competitors will result in disqualification of the club from the championship.

PROGRAM OF EVENTS

The following events will be conducted in both male and female categories:

Individual Events	7 to 11 yr.	12 to 16 yr.
Beach Flags	20 m	20 m
Beach Run	500 m	1500 m
Board Race	200 m	400 m
Junior Iron Guard	100m – 400m – 200m	200m – 800 m – 400m
Surf Race	100 m	200 m

Team Events	44 years or less	64 years or less
Junior Iron Guard Relay	100m – 400m – 200m – 50m	200m – 800 m – 400m – 50m

Entries are limited to one entry per age group, male and female, per club.

UNIFORMS AND EQUIPMENT

Swim caps

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

Equipment

The following equipment shall be provided for the championships:

- Batons for Beach Flags

SCORING

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

Clubs are allowed unlimited entries in events; however, only the top 3 placing entries score club points.

Point allocation

Competitors in the Ontario Junior Lifeguard Games shall be allocated points as outlined in the following chart:

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1

Placing Penalty / Disqualification

9 and under: A warning shall be given to any rule infraction by a competitor.

10 – 13 years: Rule infractions will be allocated a placing penalty. There may be more than one infraction by a competitor in an event. The placing penalty will be recorded. The final posting will recognise any placing penalties.

14 – 16 years: Competitors who do not finish (DNF) or are disqualified (DQ) from an event shall not earn any placing points.

PROTESTS

Videotapes may not be used to protest a judge's ruling or score. Protests may be filed by the competitor, captain, club manager or coach.

AWARDS

Ontario Junior Lifeguard Games

The Ontario club with the highest overall point score is awarded the Ontario Junior Lifeguard Games banner.

For all age groups, individual awards shall be presented to the first 3 places in the final of all events. Event winners are recognized as Ontario Champions.

Event winners: Medals are awarded to the 1st, 2nd, and 3rd place male and female event winners in each age group. Ribbons are awarded to those in 4th through 6th place, male and female in each age group.

Individual Overall: Medals shall be presented to the top 3 female competitors and to the top 3 male competitors with the highest overall individual point scores in each age category. Competitors need not enter all events to qualify.

Ontario Lifesaving Waterfront Championships

The Ontario club with the highest overall point score shall be awarded the "Ontario Lifesaving Waterfront Championships". Scoring will be weighted 40% Junior, 50% Senior/Open, and 10% Master where the top three results per club, per gender, per event will score for their designated clubs at all Waterfront Lifesaving Championships during the same year. This award will be announced following the final waterfront championship of the year.

Ontario Lifesaving Sport 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 clubs 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.

EVENTS

Beach Run (Reference Event 5.12, ILS, pg. 114-116)

Event description – 1500m

Competitors, age 12 – 16 years of age, race 1500 m on the beach in three 500 m legs as follows:

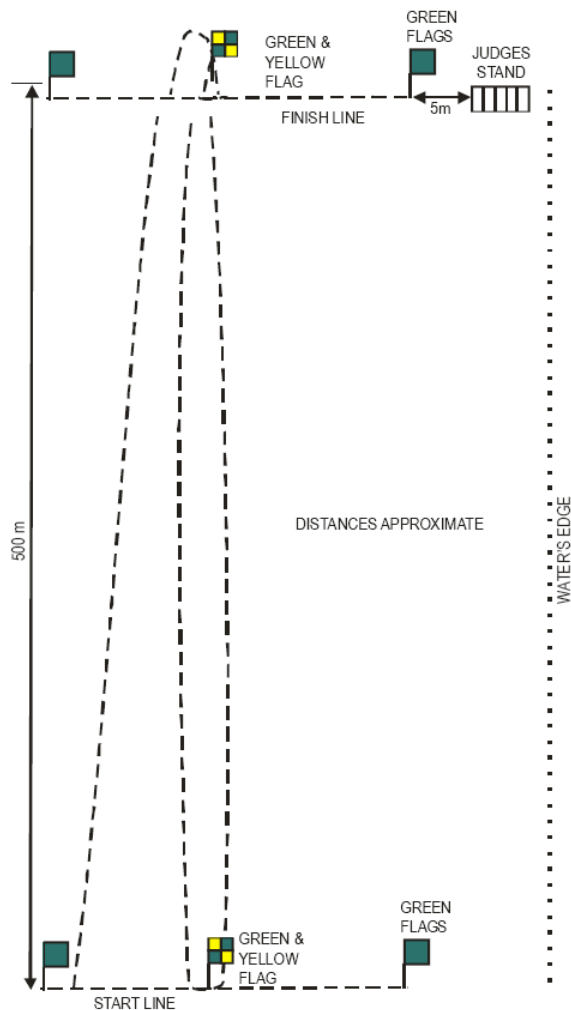
On the starting signal competitors race along the left side of the lane to round (clockwise or right hand in) the turning pole 500 m distant, and return 500 m toward the starting pole.

Competitors round this pole (clockwise or right hand in) and then race back 500 m to cross the finish line.

Event description – 500m

Competitors, age 11 years of age and under, race 500m on the beach in one 500m leg as follows:

On the starting signal, competitors race 500 m to cross the finish line.



Placing Penalty / Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in penalty/disqualification.

1. Failure to complete the course as defined and described.

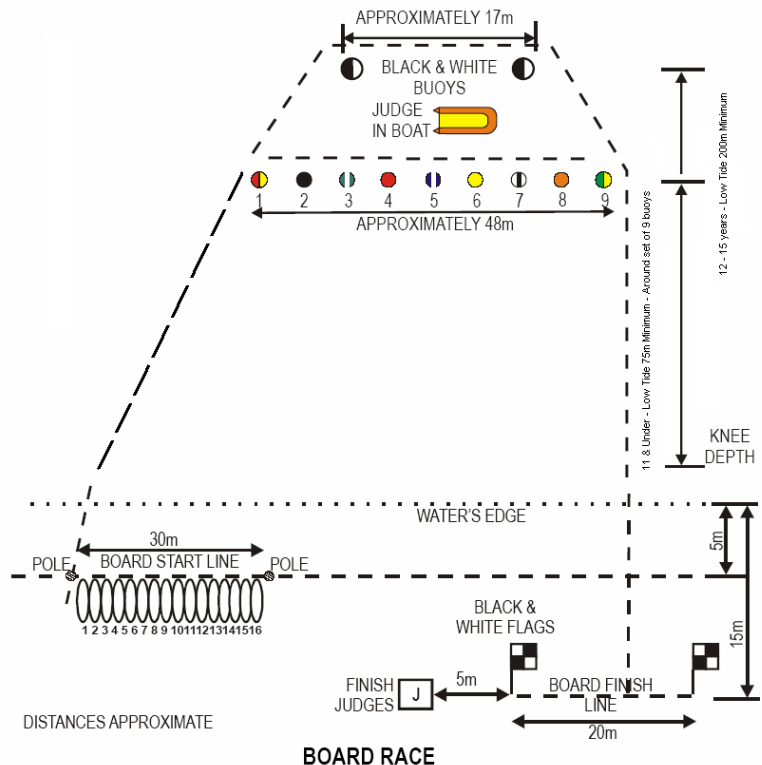
Board Race (Reference Event 5.16, ILS, pg. 126-128)

The course

The course layout shall be as detailed in the following Board Race diagram.

Buoys: Course shall be marked by buoys (as indicated on the diagram) the furthest situated approximately 75m beyond knee-deep water for competitors 11 years of and under.

Two buoys of the same colour(s) and equal size to a 50-litre drum shall be used: Two “turning buoys” shall be placed approximately 17 m apart, minimum 200 m distance for competitors 12 – 15 years of age from knee-depth water at low tide mark. Competitors shall remain on the outside of the set of nine buoys.



Placing Penalty / Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in penalty/disqualification.

1. Failure to complete the course as defined and described.

Junior Iron Guard

Event description

Competitors 11 years of age or less

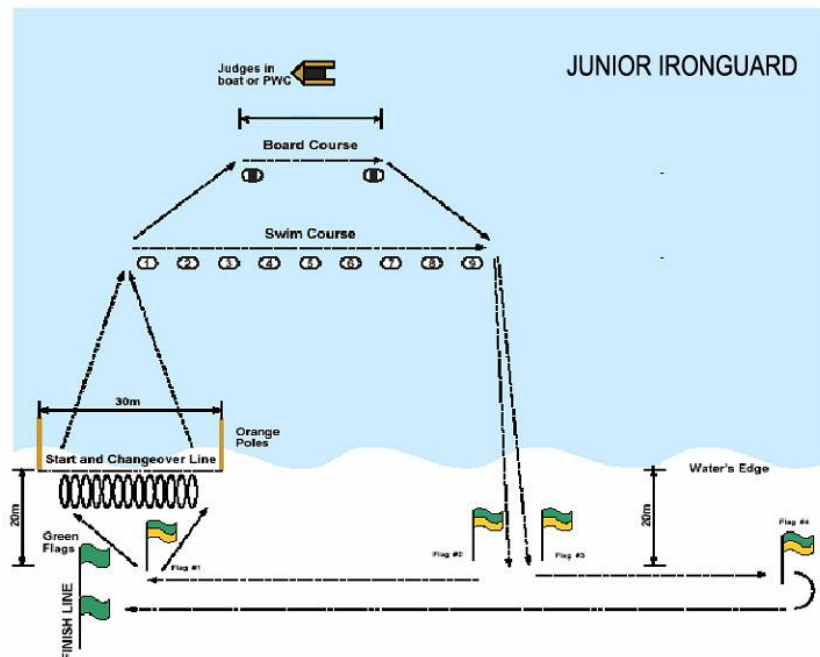
Competitors cover a course of approximately 700 m that includes: a 100 m swim leg, a 400 m beach run, a 200 m board leg, and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

Competitors 12 – 16 years of age

Competitors cover a course of approximately 1400 m that includes: a 200 m swim leg, an 800 m beach run, a 400 m board leg, and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

The course

Buoys shall be laid out for the swim, run, and board legs as indicated in the distances for each age group.



Placing Penalty / Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in penalty/disqualification.

1. Failure to complete the course as defined and described.

Junior Iron Guard Relay

Event description

Teams of four competitors (one swimmer, one runner, one board paddler, and one sprinter) cover the course in the following sequence of swim, run, board and sprint.

Conditions of racing of each leg are as generally required for the individual conditions of that disciplines: surf race, beach run, board race, beach sprints.

Swim Leg: From a beach start, swimmers enter the water, swim around the swimming course buoys, return to the beach, run up the beach to a set of flags to tag the runners who are waiting at the changeover line.

Run Leg: After being tagged, runners will complete the beach run course and return to the start line to tag the board paddlers who are waiting with their boards, feet on, or on the shoreward side of, the start line.

Board Leg: After being tagged, board paddlers enter the water with their boards; pass swim buoy 1 on the outside; round the two board course buoys; return to the beach passing swim buoy 9 on the outside to tag the sprinter.

The location of the tag is at the discretion of the team provided it occurs after the last swim course buoy and before the first turning flag/changeover line.

Sprint Leg: After being tagged, sprinters then round one turning flag and continue to finish between the two finish flags

Relay age group 44 years or less

Competitors cover a course of approximately 700 m that includes: a 100 m swim leg, a 400 m beach run, a 200 m board leg, and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

Relay age group 64 years or less

Competitors cover a course of approximately 1400 m that includes: a 200 m swim leg, an 800 m beach run, a 400 m board leg, and a 50 m beach sprint finish. The sequence of legs shall be swim-run-board-sprint.

Equipment

Paddle board: Reference ILS Competition Manual (2011) Section 10 – Facility and Equipment Standards. Each team shall provide at least one board.

Equipment removal: To assist with the safe conduct of the event, team members and/or handlers may remove damaged or abandoned equipment from the course during the race provided the progress of other competitors is not obstructed.

Judging

Judges shall be placed to observe the conduct of the event and to determine competitors' place at the finish.

Competitors must finish on their feet in an upright position. The finish is judged on the competitor's chest crossing the finish line.

Placing Penalty / Disqualification

In addition to the *General Rules* in Section 3 and those outlined in 5.1 through 5.3, the following behaviour shall result in penalty/disqualification.

1. Failure to complete the course as defined and described.
2. One competitor repeating two or more legs of the event.

Surf Race (Reference Event 5.5, ILS, pg. 95-96)

Event description

With a running start in to the surf from the start line on the beach, competitors 11 years and under swim around the 100m course; competitors 12 – 16 years of age swim around the 200m course designated buoys, returning to shore to finish between the finish flags on the beach.

The course

As shown in the following diagram, the course shall be approximately 100 m for competitors 11 years and under and 200 m for competitors 12 – 16 years of age from start to finish.

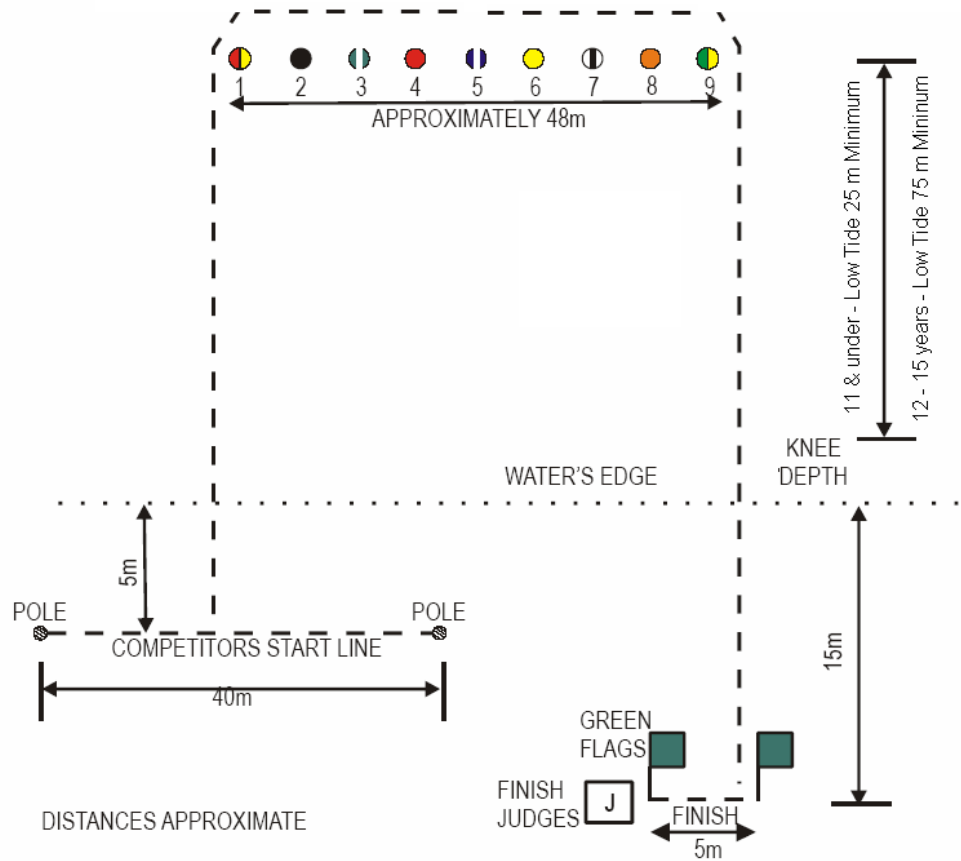
The swimming course shall be marked by buoys (as indicated on the

diagram) the furthest situated approximately 25 m beyond knee-deep water for 11 years and under competitors and 75m beyond knee-deep water for 12 – 16 years of age.

Placing Penalty / Disqualification

In addition to the general rules in Section 3 and the General conditions for ocean competition in Section 5, the following behaviour shall result in penalty/disqualification.

1. Failure to complete the course as defined and described.



DISTANCES APPROXIMATE

SURF RACE

AGE GROUP	APPROXIMATE DISTANCE
11 & under	25 m to furthest buoy
12 - 15 years	75 m to furthest buoy

FOR MORE INFORMATION

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2012 CALENDAR

Ontario Senior Masters Lifesaving Championships – Pool

March 24, Richmond Hill

Ontario Junior Lifeguard Games – Pool

June 16, Tillsonburg

Ontario Lifeguard Championship – Senior Pool

August 4 & 5, Town of Markham

Ontario Junior Lifeguard Games – Waterfront

August 12, Toronto

Ontario Masters Lifesaving Championship –Waterfront

August 12, Toronto

Ontario Senior Lifesaving Championship –Waterfront

August 13 & 14, Toronto