



ONTARIO SENIOR LIFESAVING CHAMPIONSHIPS – WATERFRONT
Registration Package

*The Lifesaving Society invites you to the Ontario Senior Lifesaving Championships –Waterfront
hosted by Toronto Police Lifeguard Service*

DATE August 17 & 18, 2015

LOCATION Bluffer’s Park Beach, Toronto. See www.lifesavingsociety.com for map.

COMPETITION The competition is sanctioned by the Lifesaving Society. Event rules will be in accordance with the 2013 Edition of the *ILS Competition Manual*, the 2012 Edition of the *Canadian Competition Manual*, the 2013 Edition of the *Ontario Competition Manual*, and any 2015 Communiqués. Go to www.lifesavingsociety.com for details.

ELIGIBILITY All competitors must hold a current Bronze Medallion or higher certification and be a registered athlete. 16-19 years competitors must be at least 16 years of age by August 17, 2015 and not older than 19 years of age on August 17, 2015. Open competitors must be at least 16 years of age by August 17, 2015.

AGE GROUPS 2 categories: 16-19 years, Open.

EVENTS	Beach Flags	Canadian Iron Guard	Beach Relay
	Beach Run 2km	Oceanman / Oceanwoman	Board Rescue Relay
	Beach Sprint	Surf Race	Oceanman / Oceanwomen Relay
	Board Race	Surf Ski Race	Rescue Tube Rescue Relay

ENTRY DEADLINE **Registration must be received by Wednesday August 5, 2015.** Refunds will not be issued after August 5th, nor will they be issued for clubs or competitors who do not show up for the Championships.

ENTRY FEES	<u>Competitor Fee</u>	<u>Individual Event Entry Fee</u>	<u>Team Event Entry Fee</u>	<u>Awards Banquet</u>
	\$20.25 per each competitor	\$8.10 per competitor per event	\$10.10 per team per event	\$40 per person

ACCOMMODATION Days Inn, Toronto East Lakeview, 2151 Kingston Rd, 416-261-8100. Please specify **Lifesaving Society** when booking your room to ensure the group rate of \$70.00 plus tax, per night (maximum of 4 people per room) includes hot breakfast, mini fridge, microwave, parking, & wireless internet. **Booking deadline August 1, 2015.**

Super 8, Toronto East, 3280 Kingston Road 416-261-6125. Please specify **Lifesaving Society** when booking your room to ensure the group rate of \$80.00 plus tax, per night (maximum of 4 people per room) includes hot breakfast, mini fridge, microwave, parking, & wireless internet. **Booking deadline June 15, 2015.**

REGISTRATION Send registration form with method of payment – cheque (payable to the Lifesaving Society), money order, purchase order, VISA, America Express or MasterCard – to:

Lifesaving Society	Phone: 416 490 8844
Attention: 2015 Competition Registration	Fax: 416 490 8766
400 Consumers Road Toronto, ON M2J 1P8	Email: sport@lifeguarding.com

ONTARIO SENIOR LIFESAVING CHAMPIONSHIP – WATERFRONT SCHEDULE

Sunday August 16, 2015		
7:00 pm – 9:00 pm	Key Officials Meeting	Days Inn
Team Check In: 1:00 – 4:00 pm Beach, 7:00 – 9:00 pm Days Inn		
Monday August 17, 2015 – Bluffer's Beach		
7:30 am Coaches Meeting	8:00 am Officials Meeting	8:30 am Opening Ceremonies
Events start at 8:45 am		
Male Event	Female Event	
Beach Sprint (P – F)	Canadian Iron Guard (P – F)	
Beach Relay (P – F)	Rescue Tube Rescue (P – F)	
Rescue Tube Rescue (P – F)	Beach Sprint (P – F)	
Surf Ski Race (P – F)	Beach Relay (P – F)	
Canadian Iron Guard (P – F)	Surf Race (P – F)	
Oceanman Relay (P – F)	Surf Ski Race (P – F)	
Surf Race (P – F)	Oceanwoman Relay (P – F)	
<i>** Awards will be presented at the mid-day lunch break and end of day</i>		
Tuesday August 18, 2015 – Bluffer's Beach		
7:30 am Coaches Meeting	7:45 am Officials Meeting	
8:00 am Awards Presentation		
Events start at 8:30 am		
Male Event	Female Event	
Beach Run - 2km (P – F)	Beach Run - 2km (P – F)	
Board Race (P – F)	Oceanwoman (P – F)	
Beach Flags (P – F)	Board Rescue (P – F)	
Oceanman (P – F)	Board Race (P – F)	
Board Rescue (P – F)	Beach Flags (P – F)	
<i>** Awards will be presented at the mid-day lunch break</i>		
7:30 pm Awards Banquet at Qssis Banquet Hall, 3474 Kingston Rd		

PLEASE NOTE: An equipment pool will not be provided for competitors. Athletes are encouraged to make arrangements prior to the competition. Boards and skis are available to rent from the Lifesaving Society.

Rental of equipment can be arranged in advance for the competition, shipping to and from beach will be included.

Racing Skis	17 ft. Sportz w. adjustable seat (includes plastic paddle)	\$200.00
Racing Skis	19 ft. Dominator (includes plastic paddle)	\$200.00
Paddle	Carbon Fibre	\$40.00
Racing Boards	Small (up to 145 lb. / 65 kg)	\$150.00
	Medium (up to 165 lb. / 75 kg)	
	Large (up to 200 lb. / 90 kg)	

To arrange your rental, contact Brian Miess at brianm@lifeguarding.com. Equipment is rented on a first come, first serve basis and applicable taxes will apply.

ONTARIO SENIOR LIFESAVING CHAMPIONSHIP – WATERFRONT

Please use one form for each club (Type or print BLOCK letters only).

Club or Affiliate		
Mailing address		Apt or Suite
City	Prov	Postal Code
Coach Name		() Home/cell phone
Email (that will be checked regularly in the week preceding the championship)		() Business Phone
Note: Each completed registration must include the following forms: Registration with payment, Waiver & Release and Event Entries.		
Competitor fee	@ \$20.25 / per person =	
Individual Event Entry fee (per competitor per event)	@ \$8.10 / event =	
Team Event Entry fee (per team per event)	@ \$10.10 / relay =	
Awards Dinner (per person)	@ \$40.00 =	
TOTAL AMOUNT OWING		
Payment		
<input type="checkbox"/> Cheque	<input type="checkbox"/> Money order	<input type="checkbox"/> Visa
<input type="checkbox"/> MasterCard	<input type="checkbox"/> AMEX	<input type="checkbox"/> P.O. #
Credit Card #	Expiry Date	
_____		_____
Card holder name	Card holder signature	

Mail, fax or email to:
 Lifesaving Society
 Attention: 2015 Competition Registration
 400 Consumers Road
 Toronto, Ontario M2J 1P8
 Fax 416 490 8766
 Email: sport@lifeguarding.com

ONTARIO LIFESAVING CHAMPIONSHIP – SENIOR WATERFRONT

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 host, 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. I recognize that competitors are responsible for their own medical coverage.

4. Model Release

I transfer to the Lifesaving Society 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 four 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.

Print name

Signature (Parent if under 18)

Date

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COACH :

