



LIFESAVING SOCIETY
The Lifeguarding Experts

2025 Ontario Lifeguard Championships

Registration Package

*The Lifesaving Society invites you to the Ontario Lifeguard Championships
hosted by the Town of Essex*

Date: February 8-9, 2025

Location: Essex Recreation Complex, 242 Talbot Street North, Essex, ON, N8M 2E1

Directions: From London and Toronto, drive west on Highway 401 until you reach exit 34 for Belle River Rd (County Rd 27). Turn right onto County Rd 8. At the roundabout, take the second exit to continue onto County Rd 8. At the intersection of County Rd 8 and Talbot St N, the Essex Recreation Complex will be visible to your right at 242 Talbot St N.

Competition: The competition is sanctioned by the Lifesaving Society. Event rules will be in accordance with the 2023 Edition of the *ILS Competition Rule Book* (updated May 2024), the 2019 Edition of the *Canadian Competition Manual*, the June 2024 Edition of the *Ontario Competition Manual*, and any 2025 Communiqués. Go to www.lifesavingsociety.com for details.

Program of events: Water Rescue – First Aid – Simulated Emergency Response Competition (SERC)

Eligibility: All competitors must hold a current (within 24 months of the date of certification) Lifesaving Society Bronze Cross or National Lifeguard certification and be a minimum of 15 years of age by February 8, 2025.

4-person: A team must consist of three or four competitors with any combination of males or females. Team composition must include a minimum of two competitors with current National Lifeguard certification. Team composition must remain the same for the duration of the championships.

2-person: A team must consist of one or two competitors with any combination of males or females. Team composition must include a minimum of one competitor with current National Lifeguard certification. Team composition must remain the same for the duration of the championships.

Competitors may compete on a 4-person or 2-person team only.

Registration must be received by Friday, January 24, 2025. Refunds will not be issued after January 24, nor will they be issued for clubs or competitors who fail to show up for the Championships.

Officials: Certified lifesaving sport officials can apply for the championships using this link: [Officials' Interest Form](#). Accommodation deadline: Friday January 24, 2025.

Entry fees

4-person team \$240.00 includes: Water Rescue, First Aid, and SERC Events

2-person team \$135.00 includes: Water Rescue, First Aid, and SERC Events

Awards: Awards shall be presented to the first, second and third place teams in each event. Event winners shall be recognized as Ontario Champions. The Ontario four-person and two-person teams with the highest overall point score shall be declared Ontario Lifeguard Champions and presented with an award. No overall club award is presented at these championships.

Nearby Accommodations

- [The Grove Hotel](#) - Kingsville
- [The Grove Motel](#) - Harrow
- [Heart and Hops Brewery Suites](#) - Kingsville
- [Holiday Inn Express](#) - Lakeshore
- [Super 8](#) – Ambassador Bridge
- [Comfort Inn & Suites](#) – Ambassador Bridge
- [Travelodge by Wyndham](#) – Windsor

Dining in Essex

- Billy's Taphouse
- Brenko's Pizza
- Chuck's Roadhouse
- Woodcraft Pizza
- Michigan Diner
- Acorn & Oak Coffee & Pastries
- Tim Hortons
- A-1 Chinese

Schedule – Saturday February 8

Time	Event	Location
11:30 am	Key Officials Last Minute Meet/Set Up	Blue Room
12:00 pm	Officials Meeting	Blue Room
12:15 pm	Coaches Meeting	Blue Room
12:30 pm	Opening Ceremonies	Gym
1:00 pm	Lock Up Closes SERC	Youth Centre
1:00 pm	SERC Set up	Pool
1:30 pm-3:30 pm	SERC	Pool
3:30 pm	Lock Up Closes Water Rescue	Youth Centre
3:30 pm	Water Rescue Set up	Pool
4:00 pm – 7:30 pm	Water Rescue	Pool

Schedule – Sunday February 9

Time	Event	Location
9:00 am	Officials Meeting	Blue Room
9:30 am	Lock-up closes First Aid	Youth Centre
9:30 am	Coaches Meeting (if necessary)	Blue Room
9:30 am	First Aid Set up	Gym
10 am -1 pm	First Aid	Gym
1:30 pm	Awards	Gym

Registration Form

Please use one form for each Affiliate or club (Type or BLOCK letters only).
Each completed registration must include this form along with Event Entries.

Contact Info

Club or Affiliate:	Coach Name:
Mailing Address:	City:
Province:	Postal Code:
Phone #:	Email:

Registration

Event	Quantity	Price	Total
4-person team; includes all events		@ \$240 per team	
2-person team; includes all events		@ \$135 per team	
Grand Total			

Payment Info

Payment: <input type="checkbox"/> Cheque <input type="checkbox"/> Affiliate Invoice	<input type="checkbox"/> Visa <input type="checkbox"/> Debit <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX
Affiliate number:	Credit Card #:
Expiry date:	CVV:
Cardholder's name:	Cardholder's signature:

Rowan's Law (Concussion Safety)

I, _____ name) confirm that my club is in compliance with [Rowan's Law \(Concussion Safety\), 2018](#), that the appropriate parties have reviewed an approved [Concussion Awareness Resource](#) within the last year and that my club is in compliance with the Lifesaving Society Canada's *Concussion Protocol (2022)*, and Lifesaving Society Ontario Branch's *Concussion Safety Protocols: Removal from Sport, Return to Sport, and Designated Person (2024)*. I further confirm that any member of my club that has been removed-from-sport is in compliance with the Lifesaving Society's *Return to Sport Protocols*.

Signature:

Date:

Send to: Lifesaving Society Ontario

Attention: 2025 Competition Registration

Email: sport@lifeguarding.com

Statement of Release

Please read carefully

1. **Conduct**

By participating, all 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**

All participants 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. All participants agree they have prepared themselves for the competition and know of no factor or condition which should be disclosed to the organizers or which would make it unsafe for them to compete. All participants 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 an application as an individual or as a part of a team being accepted, all participants hereby waive their 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. All participants further agree to indemnify and hold harmless all of the above, from any claim made on their behalf or as a result of injury to their person or property. All participants recognize they are responsible for their own medical coverage.

4. **Model Release**

All participants transfer to the Lifesaving Society all rights whatsoever which they have in photographs and/or videos which photographers may have taken. All participants consent to the use of the photographs/videos, the publishing of their name for all purposes whatsoever, including without limitation, television, publications, and any trade or advertising purposes.

By participating, all participants admit to have carefully read and understood the four conditions of entry and in consideration for being allowed to compete, they have executed them voluntarily intending to be bound thereby and intending these conditions to be binding of their heirs, personal representatives and assigns.

Team Event Entry – Simulated Emergency Response

Affiliate or Club: _____

Coach: _____

4-person: A team must consist of three or four competitors with any combination of males or females. Team composition must include a minimum of two competitors with current National Lifeguard certification. Team composition must remain the same for the duration of the championships. Please identify each team with an **appropriate** name.

2-person: A team must consist of one or two competitors with any combination of males or females. Team composition must include a minimum of one competitor with current National Lifeguard certification. Team composition must remain the same for the duration of the championships. Please identify each team with an **appropriate** name.

Please print clearly.

Competitor Name	Gender (as identifies)	Lifesaving Society ID Number	Date of Birth (yy/mm/dd) (ensure correct order)	Team Name
Jane Smith	F	SMJ 125	01/09/25	Society Serpents

Send to: Lifesaving Society Ontario **Attention:** 2025 Competition Registration **Email:** sport@lifeguarding.com