



LIFESAVING SOCIETY

The Lifeguarding Experts

2025 Ontario Senior & Masters Lifesaving Championships - Pool Registration Package

*The Lifesaving Society invites you to the Ontario Senior & Masters Lifesaving Championships – Pool
hosted by the City of Orillia*

Date: March 8 & 9, 2025

Location: Orillia Recreation Centre, 255 West Street S, Orillia, ON L3V 5G9, (705) 325-4386, for more information.

<https://www.orillia.ca/en/living-here/new-aquatic-centre.aspx>

Competition: The competition is sanctioned by the Lifesaving Society and will be run as short course. 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.

Eligibility: All competitors in the 14-15, 16-19 and Open divisions must hold a current Bronze Medallion or higher certification and be a Registered Athlete. 14-15 years competitors must be at least 14 years of age and not older than 15 years of age on March 9, 2024. 16-19 years competitors must be at least 16 years of age and not older than 19 years of age on March 9, 2024. Open competitors must be at least 16 years of age by March 9, 2024. Masters competitors must be at least 30 years of age by March 9, 2024. Masters competitors must hold a Lifesaving Society award (need not be current) and are not required to be a Registered Athlete.

Age Groups: 4 categories; 14 – 15 years, 16 – 19 years, Open, Masters

Program of Events

Individual Events	14-15 years	16-19 years	Open	Masters
50 m Manikin Carry	√	√	√	√
50 m Manikin Carry with Fins	√	NA	NA	NA
100 m Manikin Carry with Fins	NA	√	√	√
100 m Manikin Tow with Fins	√	√	√	√
100 m Manikin Lifesaver Medley	√	√	NA	√
200 m Super Lifesaver	NA	NA	√	NA
Team Events (2-person)	14-15 years	16-19 years	Open	Masters
Line Throw	10 m	12.5 m	12.5 m	12.5 m
Team Events (4-person)	14-19 years		Open	Masters
4 X 25 m Manikin Relay	√		√	√
4 X 50 m Medley Relay	√		√	√
Team Events (4-person Mixed)	14-19 years		Open	Masters
4 X 50 m Swim with Fins Relay	√		√	√

**4 X 50 m Swim w Fins Relay team composition 2 males and 2 females – any order determined by coach.

Officials: Certified lifesaving sport officials can apply for the championships using this link: [Officials' Interest Form](#).

Accommodation deadline: **Friday, February 7th, 2025.**

New (optional): Create a copy of the [Google Sheets Entry Form](#), rename with your club and share with sport@lifeguarding.com (**make sure we're an editor**).

Registration must be received by Friday, February 21st, 2025. Refunds will not be issued after Feb 21st, nor will they be issued for clubs or competitors who do not show up for the Championships.

Entry Fees

Competitor Fee: \$32.00 per competitor

Individual Event Entry Fee: \$13.00 per competitor per event

Team Event Entry Fee: \$15.00 per team per event

Nearby Accommodations

- [Knights Inn](#) – Orillia
- [Champlain Waterfront Hotel](#) – Orillia
- [Best Western Plus](#) – Orillia
- [Comfort Inn](#) – Orillia
- [Quality Inn and Conference](#) – Orillia
- [Fairfield Inn and Suites](#) – Orillia

Schedule – Saturday March 8

1:30 pm	Warm-up (2 X 40 minutes)
2:00 pm	Officials Meeting
3:00 pm	Opening Ceremonies
3:15 pm	Final Events
	50 m Manikin Carry with Fins
	100 m Manikin Carry with Fins
	4 X 50 m Swim with Fins Relay
	50 m Manikin Carry
	4 x 25 m Manikin Relay
6:00 pm	Award Presentations

Schedule – Sunday March 9

7:00 am	Warm-up (2 X 40 minutes)
7:30 am	Officials Meeting
8:30 am	Final Events
	100 m Manikin Lifesaver Medley
	200 m Super Lifesaver
	10 m Line Throw
	12.5 m Line Throw
	100 m Manikin Tow with Fins
	4 x 50 m Medley Relay
12:00 pm	Award Presentations

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
Competitor Fee		@ \$32 per competitor	
Individual Event Entry Fee		@ \$13 per competitor per event	
Team Event Entry Fee		@ \$15 per team per event	
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.

