



LIFESAVING SOCIETY

The Lifeguarding Experts

Lifesaving Sport Report

May 2008– May 2009

Prepared by Patricia Kitchen, Sport Commissioner

Introduction

The International Olympic Committee and the Commonwealth Games Federation both recognize the International Life Saving Federation (ILS) as the world governing body for lifesaving sport. The Lifesaving Society represents Canada in ILS and is the governing body for lifesaving sport in Canada. Our lifesaving sport objectives are:

1. To support the drowning prevention work of the Lifesaving Society and its humanitarian mission.
2. To provide athletes, coaches and officials opportunities for participation in Lifesaving Sport at all levels from developmental to high-performance.
3. To internationally position the Lifesaving Society as a leader in Lifesaving Sport and provide Canadians international opportunities for the pursuit of excellence.

Organizational development

Lifesaving Sauvetage Canada is the national sport organization (NSO) that manages lifesaving sport for the Society. A formal service agreement defines the relationship between Lifesaving Sauvetage Canada and the Royal Lifesaving Society Canada. The first three directors of Lifesaving Sauvetage Canada were Victoria Hemming, President; Karen Genge, Treasurer; Karen O'Neill, Secretary. Karen Genge resigned as director in summer of 2008 and her successor is Kevin Tordiffe, Manitoba who was appointed in October 2008

Chaired by Sport Commissioner, Patricia Kitchen (Ontario), the **National Sport Commission** is organized in eight activity centres each led by managers with committee chairs. The following activity centre managers resigned in the past year: Kathleen Grainger Finn, Event Management, Sheri Krauss, Support Services, Brian Connors, Leadership and Yanick Graveline, High Performance. We thank them for your contributions to advancing lifesaving in these important first stages of the commission.

The current Sport Commission is a dedicated group of volunteers:

- **Athlete Services** – Sean Nickerson, Alberta/NWT
 - Long Term Athlete Development - Jason Cross, Nova Scotia
 - Age Group Program – Rebecca Girard, Quebec
 - Senior Program – Lars Bakstad, BC & Yukon
 - Masters Program – Doug Trentowsky, New Brunswick and Sean Flanagan, PEI
- **High Performance** – Martin Leprohon, Quebec
 - National Team Program – Raynald Hawkins, Quebec
 - WADA and Athlete Testing – Martin Leprohon, Quebec
- **Event Management** – Rebecca Boyd White, Ontario
 - Canadian Championships – Anne Benn, BC & Yukon
 - International Canadian Delegation – Barb Kusyanto, Alberta/NWT
- **Athletes Council** – Jeff Arthurs, Alberta/NWT
- **Leadership** – Charlene Pugh, Ontario
 - Officials – Mike Melenchuk, Nova Scotia
 - Coaching – Charlene Pugh, Ontario
- **Technical Services** – Paul D'Eon, Nova Scotia
 - Standards – Troy McArthur, Nova Scotia
 - Safety Management – Kevin Tordiffe, Manitoba
 - Sport Science and Research – Carla Geurts-Cole
 - Performance Ranking – Brent McLeod
- **Support Services** – vacant
 - Member Communication and Web Site – Craig Durling, Nova Scotia
 - Records and Data Bases – Wendy Mahony, Ontario
 - Volunteer Personnel – Shawn Weimer, Saskatchewan
 - Risk Management – Gord Richardson, Nova Scotia
- **Fund Development** – vacant
 - Fees – Doug Ferguson, Ontario
 - Product and Merchandise Sales – Brian Miess, Ontario

In 2008 progress was achieved on priorities as follows:

- An interim Lifesaving Sauveteur Canada web site was launched in fall 2008 which includes a comprehensive calendar of events. <http://www.lifesavingsport.ca/>
- The national Lifesaving Sport Officials Certification program is in progress; a meeting of officiating experts is anticipated in 2009 to finalize content of the program. The Lifesaving Sport Coaching Certification Program is expected to launch in 2010.
- A full delegation comprised of chef de mission, officials, delegates and national team participated in Rescue 2008. National team results are noted in the High Performance section of the report. The 2009 Commonwealth National and Development Teams with coaching and manager support have been appointed for Commonwealth Championships in June 2009. Composition of the national team is noted in the High Performance section of the report.
- An interim Long Term Athlete Development Plan has been posted on the Lifesaving Sauveteur Canada web site and made available to coaches and athletes. A more comprehensive plan is in progress with intent to convene a technical panel for review.
- The Sport Commission supported and participated in Lifesaving Society National strategic planning activities.

The Sport Commission met in 2008 in June, August, October, and December and in February 2009.

Looking ahead

The Sport Commission's annual planning meeting is scheduled for May 27, 2009 when a multi-year plan will be formulated. Focus in 2009 is on charting a future course for lifesaving sport in Canada with a multi-year plan looking out to 2012. This is in addition to ongoing commitments to supporting the annual Canadian Lifesaving and Lifeguarding Championships and to ensuring our National Team's participation in 2009 Commonwealth Championships, Edmonton, Canada and Rescue 2010, Alexandria, Egypt.

Canadian Championships

TYR Canadian Junior Lifeguard Games

- The **100th Anniversary** (and 7th annual) **TYR Canadian Junior Lifeguard Games (Surf)** were hosted by Ontario Branch at Toronto's Woodbine Beach, August 23, 2008. Three teams competed; Team Ontario, Équipe du Québec and Team Alberta. The 2008 champion was Equipe de Quebec with 753 points to Team Alberta's second place 471 points. The

pentathlon champions were Karol-Ann Roy and Kouros Ahani (14 & 15 years) and Patricia Dorval and Francis Villeneuve (16 years).

Canadian Masters Lifesaving Championships

- The **100th Anniversary** (and 7th annual) **Canadian Surf Lifesaving Championship** (CSLC) was hosted by Ontario Branch at Toronto's Woodbine Beach, August 23, 2008. Nine Masters athletes competed.

Canadian Lifeguard and Lifesaving Championships

- The **100th Anniversary** (and 1st annual) **Canadian Lifeguard Emergency Response Championship** (CLERC) was hosted by the cities of Mississauga, Toronto and the Town of Richmond Hill on March 6–7, 2008. Twenty-six teams participated. Queen's University was the 2008 Canadian Lifeguard Emergency Response Champion. First Aid Champion was the Mississauga Lifesaving Team; Priority Assessment Champion was the University of Waterloo Lifeguard Team; Water Rescue Champion was the Mississauga Lifesaving Team. Senior championship officials were: Sheri Krauss (Meet Manager); Perry Smith (Head Referee); Bruce Cox, Eddie Beaucage, Ryan Radford and Michelle Lipkus (Sectional Referees); Wendy Mahony (Head Scorer); Annie Thibeault and Nathalie Vallières Loy (Competitor Liaison).
- The **100th Anniversary** (and 31st annual) **Canadian Lifesaving Championship** (CLC) was hosted by Ontario Branch at Toronto's Etobicoke Olympium, March 8–9, 2008. Seventeen clubs participated with 150 competitors. The 2008 CLC Champion was the St. Laurent Lifesaving Team (Ottawa). The pentathlon champions were: Katie Ferguson and Mark Kitteringham (14 & 15 years); Chantique Payne and Alex Griffith (16 – 19 years); Christie Smith and Nelson Giraldo (20 years and over). Senior championship officials were: Sheri Krauss (Meet Manager); Perry Smith (Head Referee); Mike Melenchuk and Rebecca White (Deputy Referees); Wendy Mahony (Head Scorer); Annie Thibeault (Competitor Liaison); Doug Ferguson (Appeals Committee).
- The **100th Anniversary** (and 9th annual) **Canadian Surf Lifesaving Championship** (CSLC) was hosted by Ontario Branch at Toronto's Woodbine Beach, August 22-24, 2008. Seventeen senior teams competed. The 2008 CSLC Champion was Équipe du Québec Aquam - Québec Élite. The pentathlon champions were Marilou Lepine and Jason Cross. Senior championship officials were: Sheri Krauss (Meet Manager); Perry Smith (Meet Referee); Kevin Tordiffe (Deputy Referee); Derek Krauss, Paul D'Eon, Eric Girard (Sectional Referees); Wendy Mahony (Head Scorer); Annie Thibeault (Competitor Liaison); Doug Ferguson, Kathleen Grainger Finn and Barb Kusyanto (Appeals Committee).

Upcoming Canadian Lifeguard and Lifesaving Championships

- Quebec Branch of the Lifesaving Society under the leadership of Raynald Hawkins and Tristan Audet is hosting the Canadian Lifesaving Championships from May 28-31, 2009. These championships serve as a fitting book-end to the celebration of the 100th anniversary of saving lives in Canada. Celebrations will conclude with a gala evening on May 30 which marks the 100th anniversary of lifesaving in Quebec. Competitive opportunities will be provided for athletes in 16-19, Open and Masters age groups in the Canadian Pool Lifesaving Championships. Lifeguard teams will also compete in the Canadian Lifeguard Emergency Response Championships.
- Kathleen Grainger Finn and Rebecca Boyd White have provided superb guidance and support from the sport commission to the host organizing committee. The championships are anticipated to be a great success.
- The Nova Scotia Branch of the Lifesaving Society under the leadership of Paul D'Eon will host the annual Canadian Surf Lifesaving Championships at Martinique and Rainbow Haven Beaches from August 2-10, 2009.

Leadership development

Officials

- The Lifesaving Society's 3-level Officials Certification Program continues to roll out in British Columbia, Ontario, Quebec and Nova Scotia.
- The Lifesaving Society is undergoing a revision of the current Officials program and will have the new Lifesaving Sport Officials Certification Program ready for Summer 2010. This new program will be a slight shift from the focus of the previous 3 level program, to a 3 tier - 7 level certification program. Reference materials will include: Lifesaving Sport Officials Technical Reference and Lifesaving Sport Award Guide.
- Canada was represented at Rescue 2008 by the following officials: Sarah Ingleton, Ontario, Mike Melenchuk, Nova Scotia, Rebecca White, Ontario, Perry Smith, Ontario, Troy MacArthur, Nova Scotia, Michelle Lipkus, Ontario, Sara Jennex, Nova Scotia, Hugo Rodrigues, Ontario, Elise Matthey-Jacques, Quebec, Lorraine Wilson-Saliba, Ontario and Shanna Reid, Ontario.
- Canada will be well represented at the Commonwealth Lifesaving Championships hosted by Alberta NWT Branch of the Lifesaving Society in June by the following officials: Lorraine Wilson Saliba, Meet Manager, Ontario, Michelle Amar, Cynthia Cakebread, Edmund Chan, Bruce Cox, Anne-Marie Friedmann, Sarah Ingleton, Afshin Kasir Moallem, Mike Maguire, Elise Matthey-Jacques, Mike Melenchuk, Charlene Pugh, Hugo Rodrigues, Scott Ruddle, Perry Smith, Michael Szarka, Katherine Town, Christine Wagg and Carmen Wong.

Coaching

- The Society's 3-level Coaching Certification Program continues in development. Reference materials will include: Coaching Lifesaving: Technical Reference Manual for Lifesaving Coach Level 1 and Level 2, Level 1 Coach Workbook; Level 2 Coach Workbook; Coaching Lifesaving - the technical reference for levels 1, 2, and 3; Level 1 and Level 2 Coach Trainer Notes and Level 1 Coach Skills DVD.
- Lifesaving Sport Coaching Certification Program Level 1 and Level 2 will be ready for implementation in 2010.
- The coaching and officiating portfolios have benefited from the leadership of Brian Connors and Charlene Pugh.

Technical services

- Canada produced the 2008 edition of the RLSS *Commonwealth Competition Manual*.
- The first draft of the *Canadian Meet Manager Manual* is complete.
- Thanks are extended to Paul D'Eon and his committees for their hard work.

Athlete services

- Nelson Giraldo, National team athlete, attended Athletes CAN forum October 3-5, 2008 in Toronto.
- Canada was represented in the Masters championship at Rescue 2008 by Ottawa's St. Laurent Masters Lifesaving Club coached by Dan Bérubé and Tony Zezza. The club placed first among the 198 teams competing. St-Laurent's overall medal haul was 11 gold, 11 silver and 11 bronze – and featured world record performances in the pool by Tony Zezza in the 50m Manikin Carry and by Dan Bérubé in the 100 m Tow with Fins.
- Canada was represented in the Interclub championships at Rescue 2008 by the Canadian Forces team coached by Dan Bérubé and Steve Box and managed by Tony Zezza. The team placed in the top third in a field of over 160 teams lead by Marc Prudhomme's gold medal in the 100 m manikin tow with fins and 4th place finish in the 100 m manikin carry with fins.
- The Long Term Athlete Development, LTAD plan is ready for review by a technical panel.

High performance

- National team athletes representing Canada at Rescue 2008 were selected based on their performance at the Canadian Surf Lifesaving Championship (August 2007) and at the 100th

Anniversary Canadian Lifeguard Championships (March 2008). The selection committee was composed of: Head Coach Don Burton; Dan Bérubé (Ottawa); Brian Miess (Bowmanville), Pierre Tabah (Montreal) and Charlene Pugh (Richmond Hill).

- Under the leadership of coach, Don Burton, team manager Shanna Reid and chefs de mission, Barb Kusyanto and Lorraine Wilson-Saliba, the following athletes represented Canada at Rescue 2008 in the national teams competition: Men – Jason Cross, *Captain*, Nova Scotia, Nelson Giraldo, Quebec, Will Walters, BC, Alex Griffith, Ontario, Jordan Duggan, Ontario and Scott Van Doormaal, Ontario; Women – Christie Smith, *Captain*, Ontario, Emmanuelle Ruell, Quebec, Chantique Payne, Ontario, Laura Kendall, Ontario, Renata Jaciw-Zurakowsky, Ontario and Allyson Tayler, Ontario.
- The Canadian team finished 13th out of 36 national teams; the top three national teams overall were: Australia, New Zealand and Italy. Canadian records were set in 7 events; Men's 200m Obstacle, women's 4x50m Obstacle Relay, Men's and Women's 200m Super Lifesaver, Men's and Women's 4x50m Medley Relay and Men's 100m Rescue Medley.
- Alberta NWT Branch hosts the Commonwealth Lifesaving Championships in June 2009. The Sport Commission thanks the Alberta NWT Branch staff and volunteers for their leadership and looks forward to an outstanding event for Canada. Canada is sending a national and development team. Athletes were selected based on performances at Rescue 2008 and NSO sanctioned time trials across the country. The selection committee was Head Coach Don Burton, Brian Miess (Ontario), Tia Town-Schon (BC), Pierre Tabah (Quebec) and Paul D'Eon (Nova Scotia).
- Under the leadership of Don Burton, Head Coach, Shanna Reid, Team Manager and Nathalie Vallieres Loy, Assistant Team Manager, the following athletes will represent Canada in the 2009 Commonwealth Lifesaving Championships:

National Team:

Men

- Scott Van Doormaal (Ontario)
- Nelson Giraldo (Quebec)
- William Walters (BC)
- Brent Trevisan (Ontario)
- Jordan Duggan (Ontario)

Women

- Chantique Payne (Ontario)
- Laura Kendall (Ontario)
- Jennifer Ellison (Ontario)
- Audrey Prayal-Brown (Nova Scotia)

Development Team:

Men

- Colin Johnston (Alberta)
- Ian Kendall (Ontario)
- Derek Westra-Luney (BC)
- Mario DiCosmo (Ontario)
- Cameron Mackendrick (Ontario)

Women

- Meaghan Read (Nova Scotia)
- Alyce Sutcliffe (Ontario)
- Marie-Eve Chamberland (Quebec)
- Annick Bernard-Giasson (Quebec)
- Brittany Shaw (Ontario)

- The High Performance portfolio has been supported by Yanick Graveline, Martin Leprohon and Raynald Hawkins

Strategic relationships

- Canada is a voting member of International Life Saving Federation Sport Commission's Technical & Rules Committee. Perry Smith represents Canada on this committee.
- Jeff Arthurs is the Chair of the Canadian Lifesaving Sauvetage Athletes Council and chair of the International Lifesaving Federation Athletes Committee.
- Both Perry and Jeff attended the ILS General Assembly, Germany, July 2008 and ILS meetings in January 2009
- Canada is a voting member of the RLSS Commonwealth Sport Committee. Barbara Kusyanto and Doug Ferguson represent Canada on this committee.
- Since 2004, TYR Sport has sponsored the Society's Officials Certification Program.
- The Lifesaving Society is a member of and subscribes to the principles of True Sport related to ethical conduct in sport.