

# Alberta and Northwest Territories Competition Manual

2019 Edition

Rules, Standards and Procedures for Alberta and Northwest  
Territories Sanctioned Competition, Championships and Games.



LIFESAVING SOCIETY®

*The Lifeguarding Experts*



**LIFESAVING SOCIETY**

*The Lifeguarding Experts*

## **ALBERTA AND NORTHWEST TERRITORIES COMPETITION MANUAL**

Rules Standards and Procedures for Alberta and  
Northwest Territories Sanctioned Competition and Championships

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The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning research, aquatic safety management and lifesaving sport.

Annually, over 1,200,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadians since awarding its first Lifesaving Society Bronze Medallion in 1896.

The Society represents Canada internationally as an active member of the Commonwealth Royal Life Saving Society and as Canada's Full Member in the International Life Saving Federation. The Lifesaving Society is the Canadian governing body for lifesaving sport – a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

## **INTRODUCTION**

Lifesaving sport is an international athletic activity showcasing skills in lifesaving, swimming, running, throwing and paddling races, and in emergency response competition.

Lifesaving sport is the only sport whose skills are first learned for humanitarian purposes. Indeed, the promotion of competition was part of the Aims of the Lifesaving Society at its formation in 1891.

Through lifesaving sport, the Lifesaving Society seeks to engage and inspire youth in our drowning prevention mission.

In Canada, lifesaving races were being organized in the 1930s. Local and regional lifeguard competitions were being organized in the 1960s and in 1970s. The Society organized the first Alberta Lifeguard Championship in 1973, followed by the first Canadian Lifeguard Championships which took place in Winnipeg in 1977.

Today, residents of Alberta and the Northwest Territories compete internationally in World and Commonwealth Championships, nationally in separate pool, surf and emergency response championships, and provincially in the following Alberta and Northwest Territories Championships:

- Alberta and Northwest Territories Pool Lifesaving Championships and Games

Details for Alberta and Northwest Territories Championships are posted at [www.lifesaving.org](http://www.lifesaving.org).

## **PREFACE TO THE 2019 EDITION**

The Lifesaving Society Alberta and Northwest Territories is the Provincial Sport Organization and governing body for lifesaving sport in Alberta and Northwest Territories. As the Provincial Sport Organization, the Lifesaving Society is the standard setter and certifying body for all Lifesaving Sport programs and competitive lifesaving activities. The Alberta and Northwest Territories Competition Manual is used to identify the rules, standards and procedures for lifesaving competition in Alberta and Northwest Territories.

Sanctioned short and long course competitions and championships will be conducted using the Alberta and Northwest Territories Competition Manual as the sole source for rules, standards and procedures.

Canadian Championships held in Alberta and Northwest Territories adhere to the Canadian Competition Manual as the sole source for rules, standards and procedures.

It is not necessary for the Alberta and Northwest Territories Competition Manual to reproduce information already outlined clearly in approved rule books or official updates to the rule books listed below:

- Canadian Competition Manual – Current Edition
- Commonwealth Competition Manual – Current Edition
- ILS Competition Manual – Current Edition
- ILS Technical Bulletins – Applicable to current edition of the ILS Competition Manual

Officials, coaches and athletes should refer to the approved rule books when they have been referenced.

## **NEW IN THIS EDITION**

In addition to minor editorial changes, highlights of the revisions in this edition of the Alberta and Northwest Territories Competition Manual include:

### ***Section 2***

- *New – Disqualification and “Did not Finish” Classifications (Section 2.9)*
- *Clarifications for Protests (Section 2.10)*
- *Additions to General Conditions for Pool Competition (Section 2.15)*

### ***Appendix A***

- *All disqualification codes align with current ILS Competition Manual.*
- *Disqualification codes which specify distances updated to show short and long course distances*

<b>Section 1.0</b>	<b>Lifesaving Sport</b>	
1.1	Lifesaving Sport History in Alberta and Northwest Territories .....	2
1.2	The Lifesaving Society .....	3
1.3	Sanctioning .....	3
<b>Section 2.0</b>	<b>Lifesaving Sport Policies and Procedures</b>	
2.1	Sanctioned Competitions.....	6
	Management Committee .....	6
	Eligibility and Right to Participate.....	6
	Club Composition.....	7
	Divisions .....	7
2.2	Program of Events .....	8
2.3	Code of Conduct .....	8
2.4	Parent Code of Conduct.....	11
2.5	Entries .....	12
2.6	Awards .....	12
2.7	Officials .....	12
2.8	Language Interpretation .....	13
2.9	Disqualification and “Did not Finish” Classifications.....	13
2.10	Protests .....	14
2.11	Seeding .....	14
2.12	Scoring .....	14
2.13	Results and Records .....	15
2.14	Uniforms and Equipment .....	16
2.15	General Conditions for Pool Competition.....	17
2.16	Starts .....	18
2.17	Competitors Surfacing the Manikin .....	20
2.18	Carrying the Manikin .....	20
2.19	Towing the Manikin .....	21
2.20	Manikin Handlers .....	22
<b>Section 3.0</b>	<b>Alberta and Northwest Territories Championships and Games</b>	
3.1	The Alberta and Northwest Territories Championships .....	24
	Management Committee .....	24
3.2	Program of Events .....	25
3.3	Entries .....	26
3.4	Awards .....	26
3.5	Officials .....	26
3.6	Language Interpretation .....	27
3.7	Seeding .....	27
3.8	Scoring .....	27

**Section 4.0      Alberta and Northwest Territories  
Pool Short Course Events**

4.1	Alberta and Northwest Territories Pool Short Course.....	30
4.2	Obstacle Swim .....	30
4.3	Manikin Carry .....	32
4.4	Rescue Medley .....	33
4.5	Manikin Carry with Fins .....	34
4.6	Manikin Tow with Fins .....	35
4.7	Super Lifesaver .....	37
4.8	Line Throw .....	40
4.9	Manikin Relay .....	43
4.10	Obstacle Relay .....	44
4.11	Medley Relay .....	45

**Section 5.0      Alberta and Northwest Territories  
Pool Long Course Events**

5.1	Alberta and Northwest Territories Pool Long Course.....	48
5.2	Obstacle Swim .....	48
5.3	Manikin Carry .....	48
5.4	Rescue Medley .....	49
5.5	Manikin Carry with Fins .....	49
5.6	Manikin Tow with Fins .....	49
5.7	Super Lifesaver .....	50
5.8	Line Throw .....	50
5.9	Manikin Relay .....	50
5.10	Obstacle Relay .....	51
5.11	Medley Relay .....	51

**Section 6.0      Simulated Emergency Response Competition**

6.1	Eligibility and Right to Participate .....	54
6.2	General Conditions for SERC .....	54
6.3	Principles of Care .....	57
6.4	Judging and Marking.....	59
6.5	Planning SERC .....	60

**Appendix A      Disqualification Codes**

A.1	- General Disqualification Codes.....	62
A.2	- Start Disqualification Codes.....	63
A.3	- Obstacle Swim .....	63
A.4	- Manikin Carry .....	64
A.5	- Rescue Medley .....	64
A.6	- Manikin Carry with Fins .....	65
A.7	- Manikin Tow with Fins.....	65
A.8	- Super Lifesaver .....	66

A.9 - Line Throw	67
A.10 - Manikin Relay	68
A.11 - Obstacle Relay	68
A.12 - Medley Relay	69
A.13 – SERC	70

## **Appendix B      Oath Scripts**

B.1 – Competitors Oath	72
B.2 – Officials Oath	72
B.3 – Parents Oath	72





SECTION 1 – ALBERTA AND NORTHWEST TERRITORIES COMPETITION MANUAL

# **LIFESAVING SPORT**



**LIFESAVING SOCIETY**

*The Lifeguarding Experts*

## Section 1

### **LIFESAVING SPORT**

Lifesaving sport features competition at local, regional, provincial, Canadian, Commonwealth and World Championships levels. Lifesaving sport is part of the World Games.

Lifesaving sport is one of the few non-Olympic sports recognized by the International Olympic Committee (IOC) and the Commonwealth Games Federation. The IOC recognizes the ILS as the world governing federation for lifesaving sport.

IOC recognition is significant and brings great benefits to lifesaving, including new tools to attract participants to lifesaving training programs, promotion of the lifesaving mission and attracting the attention of donors and sponsors in support of drowning prevention. Lifesaving sport serves as a significant point of entry for volunteers and staff into the Lifesaving Society.

#### **1.1 LIFESAVING SPORT HISTORY IN ALBERTA AND NORTHWEST TERRITORIES**

Lifesaving often comes down to a race in the water to rescue a person in distress before the victim drowns. Being prepared (with fitness, skill, knowledge and judgment) to win that race means being prepared to save lives. So, it should be no surprise that the promotion of competition was part of the aims of the Royal Life Saving Society at its formation in 1891.

In the 1930s, the Lifesaving Society began lifesaving races. In the 1960s, the Society began organizing provincial lifeguard championships.

In 1973, the Society hosted the first Alberta and Northwest Territories Lifeguard Championships which featured emergency response and physical events.

In 2000, the Alberta and Northwest Territories Branch sent its first Interclub team to the Interclub World Life Saving Championships, Rescue 2000 in Sydney, Australia.

In 2001 the Alberta and Northwest Territories Branch hosted the first Canadian Pool Lifesaving Championships to include ILS pool lifesaving events.

In 2006, Team Alberta's youth claimed their second consecutive TYR Junior Lifeguard Games title.

In 2009, Team Alberta won its first of four consecutive overall club championships titles starting with the 2009 Canadian Pool Lifesaving Championships in Montreal, Quebec.

In June 2009, the Lifesaving Society Alberta and Northwest Territories Branch hosted the RLSS Commonwealth Pool Lifesaving Championships in Edmonton, Alberta.

The Alberta and Northwest Territories Branch was represented at the Interclub Championships, Rescue 2012 in Adelaide, Australia.

In 2013 and 2014 the Calgary Winter Club – Tsunamis took home the overall Canadian Pool Lifesaving Championships club title.

The Alberta and Northwest Territories Branch has had representatives participate on national teams at World Life Saving and Commonwealth Championships since 2000.

In 2014 athletes from Alberta participated in Rescue 2014 in Montpellier, France.

In 2015 athletes from Alberta participated in the German Cup in Warendorf, Germany and the Orange Cup in Eindhoven, Netherlands.

In 2016 athletes from Alberta participated in Rescue 2016 in Noordwijk and Eindhoven, Netherlands. The 2016 Canadian Pool Lifesaving Championships were hosted by the Kinsmen Sports Centre in Edmonton.

## **1.2 THE LIFESAVING SOCIETY**

The Lifesaving Society – Canada’s lifeguarding experts – works to prevent drowning and water-related injury through its training programs, Water Smart® public education, drowning research, aquatic safety management services, and lifesaving sport.

### **Alberta and Northwest Territories Lifesaving Sport Authority**

As the governing body for lifesaving sport in Alberta and Northwest Territories, the Lifesaving Society establishes rules for the purpose of having a safe and fair system, within which sanctioned lifesaving competitions may be regulated and conducted.

The Lifesaving Society alone shall authorize Alberta and Northwest Territories lifesaving or lifeguard championships in age-group, open or Masters age groups.

The words “Provincial”, “Alberta and Northwest Territories”, “AB/NWT” and “Lifesaving Society” shall not be used in connection with any lifesaving or lifeguard competition without the express consent of the Lifesaving Society.

## **1.3 SANCTIONING**

The Lifesaving Society alone may sanction lifesaving or lifeguard competitions in Alberta and Northwest Territories. The Lifesaving Society may authorize other event-specific championships as appropriate.

To receive sanctioning, the following terms must be met:

All competitors must be eligible to compete as defined in *Eligibility and the Right to Participate* (refer to Section 2.1).

Sanctioned short and long course competitions, championships and games will be conducted using the Alberta and Northwest Territories Competition Manual as the sole source for rules, standards and procedures.

It is not necessary for the Alberta and Northwest Territories Competition Manual to reproduce information already outlined clearly in approved rule books or official updates to the rule books listed below:

- Canadian Competition Manual – Current Edition
- Commonwealth Competition Manual – Current Edition
- ILS Competition Manual – Current Edition
- ILS Technical Bulletins – Applicable to current edition of the ILS Competition Manual

Officials, coaches and athletes should refer to the approved rule books when they have been referenced.

The competition management committee must have an appropriate safety plan, safety equipment, and a Safety Officer in place.

Affiliated sport clubs should contact the Lifesaving Society office for rules, standards and supports for Open Water and Lifeguard Emergency Response competitions.

Using the website [www.lifesaving.org](http://www.lifesaving.org) affiliated sport clubs may request a sanction number for a competition. All the information identified on the website, including providing a current pool survey, must be completed and submitted before a sanction number will be issued.

The Lifesaving Society does not recognize records set in or results of competitions which have not been issued a sanction number.

SECTION 2 –ALBERTA AND NORTHWEST TERRITORIES COMPETITION MANUAL

# **Lifesaving Sport**

## **Policies and Procedures**



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## Section 2

## **LIFESAVING SPORT POLICIES AND PROCEDURES**

### **2.1 SANCTIONED COMPETITIONS**

All Sanctioned competitions including Championships must adhere to all rules, standards and procedures in Section 1.3 and Section 2, of this manual.

Sanctioned Competitions are setup and run at the discretion of the meet manager and should address each item in Sections 1.3 and Section 2 of this manual.

#### **Management Committee**

The Meet Manager shall appoint a Management Committee with jurisdiction over all matters not assigned by the rules to the Referee or other officials. The management committee shall consist of:

- Lifesaving Society Representative
- Affiliate Club Representative
- Facility Liaison (if applicable)
- Meet Manager
- Chief Referee
- Safety Officer

The host affiliate club shall be responsible for the provision of equipment and material required to establish and maintain the competition.

A Lifesaving Society representative will be appointed for sanctioned competitions.

#### **Eligibility and Right to Participate**

Alberta and Northwest Territories sanctioned competitions, Championships and Games are intended for bona fide lifesavers who have demonstrated a commitment to lifesaving.

To be eligible to compete in Alberta and Northwest Territories sanctioned competition, Championships and Games, athletes must:

- Be an individual member in good standing with the Lifesaving Society;
- Complete Personal Information Protection Act section in the athlete profile on the [www.lifesaving.org](http://www.lifesaving.org)
- Be an Alberta Registered Athlete

- For certain competitions a current (within 24 months of the date of certification) Lifesaving Society Bronze Medallion or National Lifeguard certification may be required

Registered athletes must be a member of an affiliate club and may not be registered as an unattached competitor. Unattached athletes should contact the Society for support to find a club.

Athletes may compete for only one affiliate club at a time.

Athletes wishing to transfer to another affiliate club may do so by contacting the Lifesaving Society.

A member of an affiliate club, who has entered as part of an affiliate club, must have been a member of that club for at least ninety (90) days prior to the first day of competition. First time registered athletes may have this requirement waived.

### **Club Composition**

A club may consist of a minimum of 1 individual. There is no maximum number of competitors per club. It is recommended that clubs each have a certified Lifesaving Sport Coach on deck at sanctioned competitions.

Employers, club management personnel and coaches are the key to preventing unethical practices and must emphasise “play within the rules” behaviour. The personal conduct of managers and coaches is measured by the ILS Code of Fair Play.

**Manikin Handlers:** A member of the competitor’s club assists as a manikin handler. With the Chief Referee’s approval, non-club members may act as handlers. Manikin handlers must wear a club cap matching their competitor.

**Note:** Competitors from other provinces and countries may compete in Alberta and Northwest Territories sanctioned competitions, Championships and Games if endorsed (in writing) by their provincial or national sport organization. These competitors represent their club.

### **Divisions**

The age division established for Alberta and Northwest Territories sanctioned competitions provide athletes who are 14 years of age or older the opportunity to experience and participate in long course ILS events to prepare for eligibility to compete in National and International competition.

Division	Age (as of first day of competition)
Age Group	9 years and under
Age Group	10-11 years old
Age Group	12-13 years old
Age Group	14-15 years old
Youth	16-19 years old
Senior	20-29 years old
Masters	30 years and over

## 2.2 PROGRAM OF EVENTS

The program of events for a sanctioned competition shall be established by the Meet Manager. Coaches and athletes will refer to the registration package for details.

Events will be conducted according to the information in Section 4, Section 5 and Section 6 of this manual.

**Note:** Competitors may register in only one division for individual events and must remain in the selected division throughout the competition.

**Team Events:** Competitors may swim up into another division (i.e. a competitor in the 10-11 years division is eligible to compete as a member of a team in the 12-13 years division). Competitors may not swim down into a lower division. Competitors may only swim in one division per team event.

**Note:** For Line Throw the thrower and catcher must be from the same club and of the same gender and age division.

## 2.3 CODE OF CONDUCT

The Lifesaving Society Alberta and Northwest Territories expects the highest standard of conduct of its competitors, lifesaving clubs, officials and members. For the purpose of applying the code of conduct, the definition of a 'lifesaving club' includes actual competitors, coaches, assistants, spectators, etc.

The Lifesaving Society expects all competitors, officials and members to influence a positive public image at sanctioned competitions. Behaviour likely to cause embarrassment or damage to the image of the Lifesaving Society or



lifesaving competition will be referred to the Meet Manager, Chief Referee and/or the Lifesaving Society. Violations of this code may result in individual and/or team disqualification or expulsion from the competition.

### **Fair-play Code for Lifesaving Competitions**

It is important that competition, and championships, be conducted in a spirit of goodwill and sportsmanship.

Competitors are required to abide by and compete within the rules. Any breach of the rules will be reported to the Chief Referee.

Club members represent their community, their affiliate, and the Lifesaving Society. As such, club members shall at all times conduct themselves in a proper and civil manner during competition, championships and related activities including social functions.

Unbecoming conduct by a team or its supporters is a serious offence and will be dealt with as such.

Any action by a club which attempts to disrupt or interfere with another team is a serious offence and will be dealt with as such.

The general conduct of all participants will be measured by the following code of fair play:

#### **The Lifesaving Society will:**

- Promote and encourage fair play through its members.
- Impress upon competitors, coaches, officials and members the need to maintain the highest standards of sportsmanship and good behaviour in lifesaving sport.
- Have rules that are fair, clearly understood by competitors, coaches, officials and members, and properly enforced.
- Make every effort that rules are applied consistently and impartially.
- Treat members equally, regardless of gender, race or physical characteristics.
- Make reasonable provision to accommodate competitors with disabilities provided that there is no competitive disadvantage to other competitors.

#### **Officials will:**

- Abide by the rules and the spirit of the competition.
- Be honest, fair and ethical in dealing with others.

- Be professional in appearance, action and language.
- Resolve conflicts fairly and promptly through established procedures.
- Maintain strict impartiality.
- Maintain a safe environment for others.
- Be respectful and considerate of others.
- Be a positive role model.

**Competitors will:**

- Abide by the rules and the spirit of the competition.
- Accept the decisions of referees and officials without question or complaint.
- Never consider cheating and in particular, not attempt to improve their individual performance by the use of drugs.
- Exercise reasonable self-control at all times.
- Accept success and failure, victory and defeat, with grace and magnanimity.
- Treat their fellow competitors and club members with respect, both in and outside the competition arena.

**Managers and coaches will:**

- Insist that competitors understand and abide by the principles of fair play.
- Never countenance the use of drugs by competitors.
- Never employ methods or practices that could involve risks, however slight, to the long-term health or physical development of their competitors.
- Not attempt to manipulate the rules in order to take advantage of their competitors or their opponents.
- Respect the regulations and authority of the Lifesaving Society and its affiliates and not attempt to avoid or circumvent these regulations.
- Recognize the special role that they have to play in the Lifesaving Society and set a good example of sportsmanship and good behaviour at all times.

- Respect the rights of other clubs and never deliberately act in a manner intended to be to the detriment of another club.
- Respect the rights of competitors, coaches, officials and not exploit or deliberately act in a manner detrimental to them.
- Not endeavour to influence the result of a competition by any action not strictly within the rules and regulations or within the fundamental precepts of fair play.

**Supporters and spectators will:**

- Respect the authority and regulations of the Lifesaving Society and not attempt to avoid or circumvent them.
- Accept the authority of officials.
- Abide by the spirit of the competitions.
- Exercise reasonable self-control and display good behaviour at all times.
- Be respectful and considerate in interactions with others.
- Acknowledge the performance of all involved in the competition with grace and fairness.

## **2.4 PARENT CODE OF CONDUCT**

Provides parents with guidelines for appropriate behaviour for Lifesaving Sport Club activities or Lifesaving Society sanctioned competition.

Throughout this Code parents shall include: parents, guardians, or any other adults responsible for athletes

**1. Parents treat people with respect:**

- Communicating with empathy, diplomacy, discretion, and justice;
- Without discrimination based on age; gender; religion; ethnicity; physical, mental or emotional ability; sexual orientation; financial ability; or any other grounds;
- Without insult, assault, harassment, foul language or gesture;
- Encouraging your child to do the same.

Abusive language in written communication, verbal abuse or physical abuse towards the Lifesaving Society (Provincial Sport Organization), Affiliates, Coaches, Volunteers, Officials and Athletes will not be tolerated and may result in disciplinary action including suspension or expulsion of your child from Lifesaving Society – Lifesaving Sport activity.

2. Parents support the Lifesaving Society, Affiliate, Coach, Volunteers and Athletes by:
  - Encouraging good sportsmanship by demonstrating positive support for athletes, coaches, officials, affiliate representatives, and the Lifesaving Society at Lifesaving Sport Club activities and Lifesaving Society sanctioned competition;
  - Exchanging ideas and information with each other and the Society;
  - Remembering the physical and emotional well-being of athletes is more important than being the fastest;
  - Volunteering or officiating at Lifesaving Society sanctioned competitions.
3. Parents maintain the integrity of Lifesaving Society Sport by:
  - Remembering Lifesaving Sport skills are first learned for humanitarian purposes;
  - Reporting issues directly to the Lifesaving Society, avoiding public criticism.

## **2.5 ENTRIES**

Entry deadlines and limits shall be established by the Meet Manager. Coaches and athletes will refer to the registration package for meet entries requirements.

## **2.6 AWARDS**

The Meet Manager shall have full control and authority to determine awards to be presented during sanctioned competition. Coaches and athletes will refer to the registration package for details.

## **2.7 OFFICIALS**

The Meet Manager shall have full control and authority over all aspects of sanctioned competition.

Officials shall abide by the code of conduct found in the ILS Competition Manual 3.1 Code of Conduct and sections 1.3 and 1.4 of the Lifesaving Society Alberta and Northwest Territories Policy and Procedures Manual.

The Meet Manager shall appoint all officials for sanctioned competition.

The Chief Referee shall have the authority to enforce all applicable competition rules and decisions for the duration of the competition.

## 2.8 LANGUAGE INTERPRETATION

Language interpreters may be provided at the discretion of the Meet Manager.

## 2.9 DISQUALIFICATION AND “DID NOT FINISH” CLASSIFICATIONS

Competitors or teams may be disqualified from an event or from the entire competition. Where a competitor is disqualified for any reason, in a heat or a final, the place he or she would have held shall be awarded to the competitor who finished next and all lower placing competitors shall be advanced one place.

Where a competitor is disqualified for any reason, the final event results shall not include a place or time for the competitor.

Competitors may protest or appeal any disqualification (see 2.10 for details).

- a. **Did not finish (DNF):** Where a competitor does not finish an event for any reason, in a heat or a final, the event results shall not include a place or time for the competitor. Examples of “Did not Finish” results may include:
  - Failure of the catcher to grab line in Line Throw event
  - Athlete does not complete event due to injury or illness
- b. **Disqualification from competition:** Examples of behaviour which may result in disqualification of individuals or teams from the competition, include:
  - Refusing to fulfil the conditions of entry.
  - Breach of the code of conduct or rules.
  - The impersonation or use of unauthorised competitors.
  - Activities resulting in wilful damage to the venue sites, accommodation sites or the property of others.
  - Abuse of technical officials.
- c. **Disqualification from events:** Examples of behaviour, which may result in disqualification of individuals or teams from an event, include:
  - Being absent at the start of an event.
  - Infraction of the “General conditions” for events or infraction of event rules.

Competitors shall be notified of their disqualification from an event by the Chief Referee or appropriate Judge, at the completion of the race. Competitors shall not leave the designated competition area until dismissed by the Chief Referee or appropriate technical official.

If an error by a Technical Official causes a fault by a competitor, the fault by the competitor may be expunged at the Chief Referee’s discretion.

Disqualification (DQ) codes are listed at the end of the relevant sections of the Alberta and Northwest Territories Competition Manual.

## **2.10 PROTESTS**

The Competition Management Committee reserves the rights to delete, alter or otherwise vary any rule, competition criteria, timetable or other matter as it deems necessary. Every effort will be made to notify each club of such changes. Protests resulting from Competition Management Committee decision will not be entertained.

The purpose of the inquiry and protest is to provide an opportunity for inquiry and clarification when it comes to the rules, standards, and procedures for sanctioned competition.

Only coaches, competitors, and approved club management personnel may lodge a protest.

### **Inquiry and Process Procedure**

- Inquiry to the competitor liaison within 15 minutes of notification of DQ or results posted
- Competitor liaison clarification and fact gathering
- If issue not resolved Protest Form completed and provided to the referee
- Referee fact gathering
- Final decision

### **Notes:**

- Protests resulting from management team decisions will not be accepted
- Protests made regarding the conditions under which the event is to be conducted must be made verbally prior to the event
- Video tape may not be used to protest a judge's ruling or score
- Protests which challenge the electronic or judges order of finish decision will not be accepted

## **2.11 SEEDING**

Competitors shall be seeded for each event based on entry times submitted with registration.

## **2.12 SCORING**

### **Finals**

Finals may not be conducted in sanctioned competition and Championships. Events will be scored as time-finals if there are no finals.

### Point allocation

Competitors in each division in the sanctioned competition and Championships shall be allocated points as outlined in the following chart:

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

### Scoring disqualifications or DNFs

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

## 2.13 RESULTS AND RECORDS

The Lifesaving Society publishes the official results electronically on the Lifesaving Society website [www.lifesaving.org](http://www.lifesaving.org) following the conclusion of the sanctioned competition and Championships.

The Lifesaving Society recognises and publishes men's and women's individual and team Alberta and Northwest Territories records for long and short course events listed in Section 3.2.

As the Provincial Sport Organization, the Lifesaving Society has authority over all Lifesaving Sport Provincial Sport Records and data. All records are considered unofficial until approved by the Lifesaving Society.

**Note:** Line Throw will not have separate records maintained for long and short course.

**Note:** SERC will not have a record maintained.

**Note:** Obstacle swim and obstacle relay events must use appropriate sized gates based on pool depth for safety. Separate records will not be maintained for 35 cm depth and 70 cm depth obstacles.

**Note:** In the event that an event description is changed the Lifesaving Society reserves the right to review and retire records.

### Eligibility for Records

- Must be an Alberta and Northwest Territories registered athlete.

- Records can be set at Alberta and Northwest Territories sanctioned competition or championships and at Canadian championships.
- For individual events eligibility for records is determined by athlete age on the first day of competition. Competitors are only eligible for individual event records in their current age division.
- For individual events eligibility for records requires using the event distance and equipment rules for the age division as per Section 3.2 of this manual.
- For team events eligibility for records is determined by the age division of the oldest competitor of the team as determined by age on the first day of competition.
- The Lifesaving Society will accept Alberta and Northwest Territories records only when times are reported by automatic officiating equipment or by a minimum of two certified timekeepers.
- Event must be run with uniform equipment meeting all criteria outlined in the event description and Section 2.14 of the Alberta and Northwest Territories Competition Manual.

#### **Alberta and Northwest Territories Record Approval Process**

1. Current Alberta and Northwest Territories records should be updated in Hytek prior to each competition.
2. Once an event is scored results should be reviewed for potential records. If any potential records are identified print a Hytek Record Form Report for the potential record. The Record Report must be reviewed and signed by the Meet Manager and Referee. The signed Record Report will be attached to the final results.
3. Upon receipt of competition results the Lifesaving Society will review Record Reports and determine approval of pending records on the Lifesaving Society website.

#### **Canadian Records**

Canadian Records are maintained by the Royal Lifesaving Society Canada. For Canadian Record eligibility and process refer to the Canadian Competition Manual – current printing.

## **2.14 UNIFORMS AND EQUIPMENT**

### **Swim caps**

Club caps are required to match. The manikin handler shall be wearing a club cap matching their competitor.



### **Swim Fins**

Competitors must provide their own fins. Fins are measured while not worn.

**Swim fins used by competitors 13 years of age and under** shall comply with the following specifications:

**Length:** maximum overall length 60 cm, including 'shoe' or ankle strap (ankle strap extended).

**Width:** 21 cm maximum at the widest point of the blade

**Construction:** The fin blade shall be constructed of flexible rubber or plastic (no fibreglass or carbon)

**Swim fins used by competitors 14 years of age and older** shall comply with the following specifications:

**Length:** maximum overall length 65 cm, including 'shoe' or ankle strap (ankle strap extended).

**Width:** 30 cm maximum at the widest point of the blade

**Construction:** The fin blade shall be constructed of flexible rubber, plastic, fibreglass, or carbon

### **Obstacles:**

Either 70 cm high, or a shorter 35 cm high obstacles may be used for all divisions as long as they are uniform in competition.

**Dimensions:** Obstacles used in pool events shall be 35 cm or 70 cm ( $\pm 1$  cm) high and 180-240 cm wide with no dangerous parts.

**Inner frame:** The inner frame shall consist of a net or other material which does not permit passage by a swimmer, and which is of a bright colour that contrasts with the water and is clearly visible.

**Upper line:** The upper line of the obstacle is placed on the water level and shall be clearly visible.

## **2.15 General Conditions for Pool Competition**

- a. Competitors may not be permitted to start in an event if they are late reporting to the marshalling area (DQ3).
- b. A competitor or team absent from the start of an event shall be disqualified (DQ4).
- c. Only competitors and officials shall be allowed on the pool deck in the designated competition area. Competitors and officials must leave the designated competition area when not competing or officiating.
- d. Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g., handwebs, armbands).
- e. The use of sticky, tacky or adhesive substances (liquid, solid or aerosol) on competitors' hands or feet, or applied to the surface of the manikin or

rescue tube to improve grip, or to assist the competitor to push off the pool bottom, is not permitted in pool events (DQ7).

Body tape used for preventative, medical, therapeutic or kinesiology purposes is allowed at the discretion of the Chief Referee as long as it does not provide a competitive advantage.

- f. Competitors shall not take assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim, 4 x 25 m Manikin Relay) (DQ8).
- g. Taking assistance from any pool fittings (e.g., lane ropes, steps, drains or underwater hockey fittings) is not permitted (DQ17, 24).
- h. A competitor who interferes with another competitor during a race shall be disqualified (DQ2).
- i. In all events, competitors and their equipment must remain in their designated lane for the entire race and, at the conclusion of the race; competitors shall remain in the water in their lane until instructed to leave the pool (DQ9).  
Competitors must exit by the sides of the pool when touch pads are in use, not by the pool end over timing pads.
- j. Competitors shall wear their club or national team swim caps in all events. Ocean event caps or rubber or silicone caps may be worn.
- k. Order-of-finish decisions, whether by Judges or automated timing equipment, are not subject to protest or appeal.
- l. Start decisions by the Event Director, Starter, or Chief Referee (or Chief Referee's designate) are not subject to protest or appeal.

## 2.16 STARTS

Prior to the start of each race, the Event Director or designated official shall:

- a) Check that all technical officials are in position.
- b) Check that competitors, manikin handlers and victims are properly attired and in correct positions.
- c) Check that all equipment is in a safe and correct position.
- d) Notify competitors to remove all clothing except for swim-wear and get ready to race.
- e) Starts with rescue tubes: At the start, the rescue tube and rescue tube line may be positioned at the competitor's discretion, but within the competitor's allotted lane. Competitors should make sure there is safe and correct positioning of rescue tube and line.

When competitors and technical officials are ready for a legal start, a designated official shall:

- a) Signal the official start of each race with a long whistle indicating that the competitors should take their position on the starting platform or, for the Manikin Relay event, enter the water.

- b) Signal the Starter (that the competitors are under the Starter's control) with an outstretched arm in the direction of the course.

**Dive start procedure:**

- a) On the long whistle, competitors step onto the starting platform and remain there.
- b) On the Starter's "Take your marks" command, competitors immediately assume a starting position with at least one foot at the front of the starting platform. When competitors are stationary, the Starter gives the acoustic starting signal.

Competitors may start on the starting platform, on the pool deck, or in the water with one hand in contact with the starting wall.

**In-water start procedure:**

The Manikin Relay and Line Throw events begin with an in-water start as follows:

- a) On the whistle, competitors enter the water and prepare for the start.
- b) At the second whistle, competitors take their positions for the start without undue delay.
- c) In the Manikin Relay, the competitor starts in the water holding a manikin at the surface with one hand and the pool edge or starting block with the other hand.
- d) When all competitors have assumed their starting positions, the Starter shall give the command "Take your marks."
- e) When all competitors are stationary, the Starter gives the acoustic starting signal.

**Disqualification:**

- a) All competitors who start (i.e., commence a starting motion) before the starting signal has been given, shall be disqualified (DQ10).
- b) If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor(s) shall be disqualified upon completion of the race (DQ10).
- c) If the disqualification is declared before the starting signal, the signal shall not be given; the remaining competitors shall be called back and start again (DQ10).
- d) The signal to call back the competitors shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the Chief Referee or Chief Referee's designate decides that the start is not fair, the Chief Referee or Chief Referee's designate shall blow a whistle, to be followed by the Starter's signal (repeated).

If an error by an official follows a fault by a competitor, the fault of the competitor may be expunged.

**Notes:**

- a) The duty of the Event Director, Chief Referee and Starter is to ensure a fair start. If the Starter or Chief Referee decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back and the race shall be started again.
- b) Competitors shall be disqualified if they “commence a forward starting motion” prior to the starting signal. Movement by itself is not a disqualification. Anticipating the starting signal and commencing a starting motion is a disqualification (DQ10).

The Starter and Chief Referee use their discretion in determining whether a competitor – or more than one competitor – has commenced a starting motion. Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements are not a DQ.

- c) Start decisions by the Event Director, Starter, or Chief Referee (or Chief Referee’s designate) are not subject to protest or appeal.

## **2.17 COMPETITORS SURFACING WITH THE MANIKIN**

Competitors may push off the pool bottom when surfacing with the manikin. Competitors must:

- break the surface of the water
  - competitors and manikins are considered to be one unit and when either breaks the surface the competitor is deemed to have surfaced
- have the manikin in a correct carrying position when the top of the manikin’s head passes the 5 m line (Manikin Carry, Rescue Medley, Super Lifesaver) or 10 m line (Manikin Carry with Fins).
- not re-submerge after surfacing

Surfacing the manikin judging criteria applies only when the top of the manikin’s head passes the relevant 5 m line or 10 m line.

**Note:** “Surface” means the horizontal plane of the surface of a still-water pool.

## **2.18 CARRYING THE MANIKIN**

- a) In events where the manikin is carried, the manikin (as victim) is presumed to be non-breathing. Competitors must:
  - carry the manikin face up at the surface with at least one hand always in contact with the manikin
  - avoid incorrect carrying technique such as: pushing the manikin; gripping the manikin’s throat, mouth, nose, or eyes; or carrying the

manikin below the surface. “Pushing” means the manikin’s head is held forward of the competitor’s head.

- b) The manikin’s face may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.
- c) Carrying the manikin judging criteria applies only when the top of the manikin’s head passes the relevant 5 m line or 10 m line.
- d) In the 5 m start zone or in the changeover zone of the Manikin Relay event, competitors are not judged on carrying the manikin criteria.

**Note:** Water passing over the face of the manikin will not result in disqualification.

**Note:** The ILS Technical Bulletin #1 released April 12, 2016 and ILS Technical Bulletin #2 released April 12, 2016 contain information for clarification on manikin carries. These bulletins are available on the Lifesaving Society website [www.lifesaving.org](http://www.lifesaving.org).

## 2.19 TOWING THE MANIKIN

- a) In events where the manikin is towed, the manikin (as victim) is presumed to be breathing.
- b) Before the tow, competitors must secure the manikin correctly within the 5 m pick-up zone. Correctly means the rescue tube is secured around the body and under both arms of the manikin, and clipped to an O-ring.
- c) Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin’s head passes the 10 m line.
- d) Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.
- e) Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was “secured correctly” originally, and the manikin is towed face up at the surface.
- f) The manikin’s face may be on an angle, but not more than 90 degrees from the horizontal plane of the surface

**Note:** The ILS Technical Bulletin #1 released April 12, 2016 and ILS Technical Bulletin #2 released April 12, 2016 contain information for clarification on manikin tows. These bulletins are available on the Lifesaving Society website [www.lifesaving.org](http://www.lifesaving.org).

## 2.20 MANIKIN HANDLERS

- a) The purpose of a manikin handler is to hold the manikin until the competitor has completed the prior portions of the race.
- b) A member of the competitor’s team assists as manikin handler in the Manikin Tow with Fins, the Super Lifesaver, Manikin Carry (some age divisions) and Manikin Carry with Fins (some age divisions) events. With the

Chief Referee's approval, non-team members may act as handlers, provided they are a participant at the competition in some capacity.

- c) Before the start and during the race, the manikin handler positions the manikin at its natural buoyancy position according to the event description – within the allotted lane.
- d) Manikin handlers must wear their teams' cap.
- e) Manikin handlers may not intentionally enter the water during the event

SECTION 3 –ALBERTA AND NORTHWEST TERRITORIES COMPETITION MANUAL

# **ALBERTA AND NORTHWEST TERRITORIES CHAMPIONSHIPS AND GAMES**



**LIFESAVING SOCIETY**

*The Lifeguarding Experts*

## Section 3

# ALBERTA AND NORTHWEST TERRITORIES CHAMPIONSHIPS

### 3.1 THE ALBERTA AND NORTHWEST TERRITORIES CHAMPIONSHIPS

The Lifesaving Society shall authorize the following championships and games:

- Alberta and Northwest Territories Championships
- Alberta and Northwest Territories Games

All Alberta and Northwest Territories Championships and Games occur under the auspices of the Lifesaving Society – Alberta and Northwest Territories.

#### Management Committee

For Alberta and Northwest Territories Championships, the Lifesaving Society shall appoint a Management Committee with jurisdiction over all matters not assigned by the rules to the Referee or other officials. The management committee shall consist of:

- Lifesaving Society Representative
- Affiliate Club Representative
- Facility Liaison (if applicable)
- Meet Manager(s)
- Chief Referee
- Safety Officer

The Lifesaving Society shall inspect championships venues or may waive this requirement.

The Lifesaving Society in cooperation with the host affiliate club shall be responsible for the provision of equipment and material required to establish and maintain the championships.

A Lifesaving Society representative will be appointed for Championships.



### 3.2 PROGRAM OF EVENTS

The program of events for Alberta and Northwest Territories Championships shall be established by the Lifesaving Society.

Events will be conducted according to the information in Section 4, Section 5 and Section 6 of this manual.

This program of events may be used for Short Course and Long Course Competition.

Individual Events	Divisions						
	9 years & Under	10-11 years	12-13 years	14-15 years	Youth 16-19	Senior 20-29	Masters
Obstacle Swim	50 m	50 m	100 m	100 m	200 m	200 m	200 m
Manikin Carry	50 m (empty manikin)	50 m (empty manikin)	50 m (half full manikin)	50 m (half full manikin)	50 m (full manikin)	50 m (full manikin)	50 m (full manikin)
Manikin Carry with Fins	50 m (empty manikin)	50 m (empty manikin)	100 m (half full manikin)	100 m (half full manikin)	100 m (full manikin)	100 m (full manikin)	100 m (full manikin)
Manikin Tow with Fins	50 m (empty manikin)	50 m (empty manikin)	100 m (half full manikin)	100 m (half full manikin)	100 m (half full manikin)	100 m (half full manikin)	100 m (half full manikin)
Rescue Medley	n/a	n/a	n/a	100 m (manikin at 12.5m)	100 m (manikin at 12.5m)	100 m (manikin at 12.5m)	100 m (manikin at 12.5m)
Super Lifesaver	n/a	n/a	n/a	100 m	200 m	200 m	200 m

**Note:** Competitors may register in only one division for individual events and must remain in the selected division throughout the championships.

Team Events	Divisions						
	9 years & Under	10-11 years	12-13 years	14-15 years	Youth 16-19	Senior 20-29	Masters
Line Throw	6 m	8 m	8 m	12.5 m	12.5 m	12.5 m	12.5 m
4 X 25 m Manikin Relay	4x25 m (empty manikin)	4x25 m (empty manikin)	4x25 m (half full manikin)	4x25 m (half full manikin)	4x25 m (full manikin)	4x25 m (full manikin)	4x25 m (full manikin)
4 X 50 m Obstacle Relay	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m
4 X 50 m Medley Relay	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m	4x50 m
SERC	Not Eligible			Eligible			

**Team Events:** Competitors may swim up into another division (i.e. a competitor in the 10-11 years division is eligible to compete as a member of a team in the 12-13 years division). Competitors may not swim down into a lower division. Competitors may only swim in one division per team event.

**Note:** For Line Throw the thrower and catcher must be from the same club and of the same gender and age division.

### 3.3 ENTRIES

Entry deadlines will be established by the Championships Management Committee.

Coaches and athletes will refer to the registration package for championships entries requirements.

### 3.4 AWARDS

#### **Alberta and Northwest Territories Lifesaving Championships**

The Alberta and Northwest Territories club with the highest overall point score shall be declared the Alberta and Northwest Territories Pool Lifesaving Champions and presented with an award.

**Event Winners:** Medals may be presented to the 1st, 2nd, and 3rd place male and female event winners in each age group. Ribbons may be awarded to those in 4th through 16th place, male and female in each age group.

### 3.5 OFFICIALS

The Lifesaving Society shall have full control and authority over all aspects of competition for Alberta and Northwest Territories Championships.

The Lifesaving Society shall appoint the following Key Officials for Alberta and Northwest Territories Championships:

- Meet Managers
- Chief Referee
- Safety Officer

The Meet Manager shall appoint all other officials for Alberta and Northwest Territories Championships.

### **3.6 LANGUAGE INTERPRETATION**

Language interpreters shall not be provided at Alberta and Northwest Territories Championships.

### **3.7 SEEDING**

Competitors shall be seeded for each event based on entry times submitted with registration.

### **3.8 SCORING**

#### **Finals**

Finals may not be conducted in the Alberta and Northwest Territories Championships. Events will be scored as time-finals if there are no finals.

#### **Point allocation**

Competitors in each division in the Alberta and Northwest Territories Championships shall be allocated points as outlined in the following chart:

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

#### **Scoring disqualifications or DNFs**

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



SECTION 4 –ALBERTA AND NORTHWEST TERRITORIES COMPETITION MANUAL

# **ALBERTA AND NORTHWEST TERRITORIES POOL SHORT COURSE EVENTS**



**LIFESAVING SOCIETY**

*The Lifeguarding Experts*

## Section 4

# **ALBERTA AND NORTH TERRITORIES POOL SHORT COURSE EVENTS**

### **4.1 ALBERTA AND NORTHWEST TERRITORIES POOL SHORT COURSE**

Sanctioned short course competitions, Championships and Games will be conducted using the Alberta and Northwest Territories Competition Manual as the sole source for rules, standards and procedures.

It is not necessary for the Alberta and Northwest Territories Competition Manual to reproduce information already outlined clearly in approved rule books or official updates to the rule books listed below:

- Canadian Competition Manual – Current Edition
- Commonwealth Competition Manual – Current Edition
- ILS Competition Manual – Current Edition
- ILS Technical Bulletins – Applicable to current edition of the ILS Competition Manual

Officials, coaches and athletes should refer to the approved rule books when they have been referenced.

### **4.2 OBSTACLE SWIM**

#### **Event description – 50 m**

With a dive entry on an acoustic signal, the competitor swims the 50 m course passing two times under the immersed obstacle to touch the finish wall of the pool.

a) Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.

b) Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.

c) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

#### **Event description – 100 m**

With a dive entry on an acoustic signal, the competitor swims the 100 m course passing four times under the immersed obstacle to touch the finish wall of the pool.

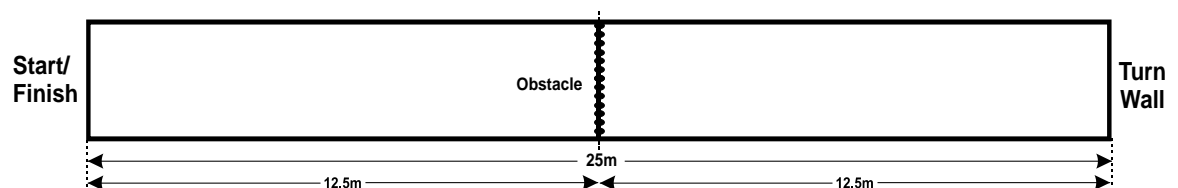
- a) Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.
- b) Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.
- c) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

### Event description – 200 m

With a dive entry on an acoustic signal, the competitor swims the 200 m course passing eight times under the immersed obstacle to touch the finish wall of the pool.

- a) Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.
- b) Competitors may push off the pool bottom when surfacing from under each of the obstacles. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.
- c) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

#### OBSTACLE SWIM



### Equipment

**Obstacles:** The obstacles used for competition should be appropriate for pool depth and will easily allow athletes to pass under. 70 cm high obstacles should be used with a minimum pool depth of 1.8 m, while the smaller 35 cm high obstacles should be used with a minimum pool depth of 1.2m. Obstacles are fixed at a right angle onto lane ropes in a straight line across all lanes. The obstacle is located 12.5 m from the starting edge.

### Disqualification

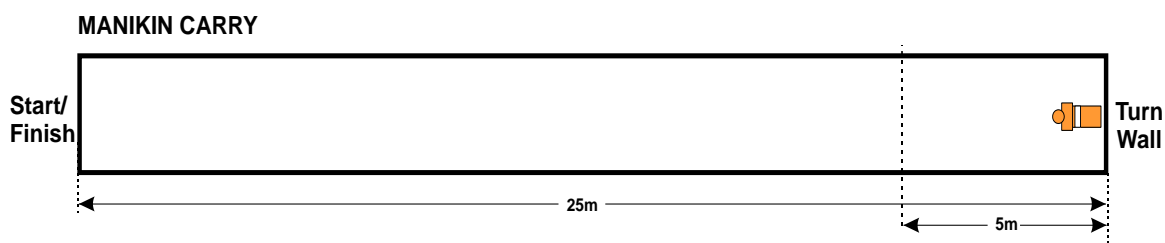
Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

### 4.3 MANIKIN CARRY

#### Event description – 50 m

With a dive start on an acoustic signal, the competitor swims 25 m freestyle and then either recovers a manikin positioned at the turn wall or dives to recover a submerged manikin and brings the manikin to the surface within the 5 m pick-up zone. The competitor then carries the manikin to touch the finish edge of the pool.

**Note:** As per section 2.16 of this manual competitors may not push the manikin (manikin's head is held forward of the competitor's head) and one (1) hand must remain in contact with the manikin until the competitor touches the finishing edge of the pool.



#### Equipment

**Manikin:** Competitors must use the manikins supplied by organizers. Manikins will be filled with water according to the chart below and sealed for the event.

Division	11 and Under	12-15 years old	16 and over Open Competition
Manikin Fill	Empty Manikin	Half Full Manikin	Full Manikin

#### Manikin Positioning

Before the start of the Manikin Carry for age divisions 9 years and under, 10-11 years, 12-13 years and 14-15 years, the manikin handler will position the manikin parallel to the bottom of the pool, facing upward towards the ceiling with the base against the turning wall. (See above image).

The handler releases the manikin immediately after the competitor touches the manikin. The handler may not push the manikin toward the competitor or the finish wall. Manikin handlers may not intentionally enter the water during the event.



### Surfacing the manikin

Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.

### Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

Competitors in age groups 9 and Under, 10-11 years, 12-13 years and 14-15 years may be disqualified under disqualification codes 25, 28 and 29 which apply to manikin handlers.

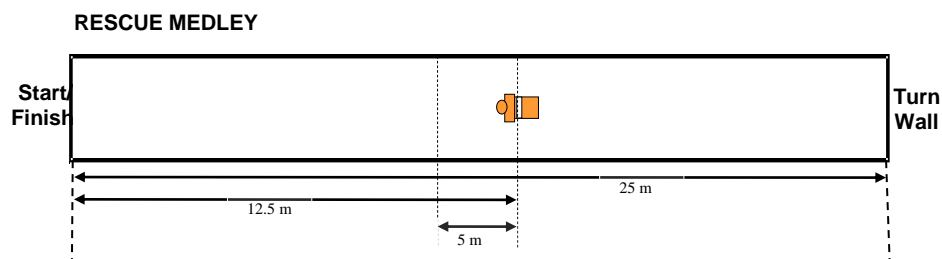
## 4.4 RESCUE MEDLEY

### Event description – 100 m

With a dive start on an acoustic signal, the competitor swims 75 m freestyle to turn, and swims underwater to a submerged manikin located at the 12.5 m distance.

The competitor surfaces the manikin within the 5 m pick-up zone, and then carries it back to touch the finish edge. Competitors may breathe during the turn, but not after their feet leave the turning edge until they surface with the manikin.

Competitors may push off the bottom when surfacing with the manikin.



### Equipment

**Manikin:** The manikin is completely filled with water. Competitors must use the manikins supplied by organizers.

### Manikin Positioning

The manikin is located at a depth between 1.8 m and 3 m. The manikin is positioned on its back, head in the direction of the finish, with the transverse line in the middle of the manikin's thorax located 12.5 m from the finish wall.

## Surfacing the Manikin

Competitors must have the manikin in the correct carrying position before the manikin's head passes the 5 m line.

## Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

## 4.5 MANIKIN CARRY WITH FINS

### Event description – 50 m

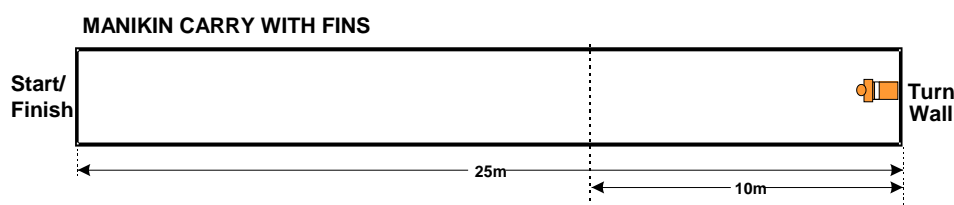
With a dive start on an acoustic signal, the competitor swims 25 m freestyle wearing fins to recover a manikin positioned at the turning wall. The competitor carries the manikin to touch the finish wall of the pool.

Competitors need not touch the turn wall of the pool.

### Event description – 100 m

With a dive start on an acoustic signal, the competitor swims 75 m freestyle wearing fins and either recovers a manikin positioned at the turning wall or recovers a submerged manikin and brings the manikin to the surface within 10 m of the turning edge. The competitor carries the manikin to touch the finish wall of the pool.

Competitors need not touch the turn wall of the pool.



## Equipment

**Manikin:** Competitors must use the manikins supplied by organizers. Manikins will be filled with water according to the chart below and sealed for the event.

Age Group	11 and Under	12-15 years old	16 and over Open Competition
Manikin Fill	Empty Manikin	Half Full Manikin	Full Manikin

### **Manikin Positioning**

Before the start of the Manikin Carry for age divisions 9 years and under, 10-11 years, 12-13 years and 14-15 years, the manikin handler will position the manikin parallel to the bottom of the pool, facing upward towards the ceiling with the base against the turning wall (See above image).

The handler releases the manikin immediately after the competitor touches the manikin. The handler may not push the manikin toward the competitor or the finish wall. Manikin handlers may not intentionally enter the water during the event.

### **Surfacing the Manikin**

Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.

### **Retrieving Lost Fins**

Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated. Competitors are not permitted to start again in another heat.

### **Disqualification**

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

Competitors in age groups 9 and Under, 10-11 years, 12-13 years and 14-15 years may be disqualified under disqualification codes 25, 28 and 29 which apply to manikin handlers.

## **4.6 MANIKIN TOW WITH FINS**

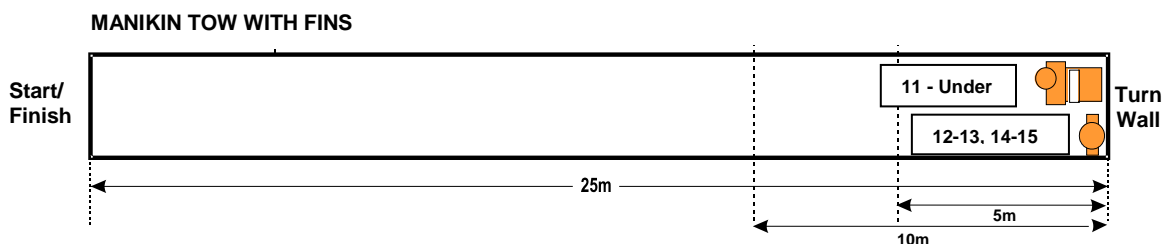
### **Event description – 50 m**

With a dive start on an acoustic signal, the competitor swims 25 m freestyle with fins and rescue tube. After touching the turning wall, and within the 5m pick-up zone, the competitor fixes the rescue tube correctly to a manikin and tows it 25 m to the finish. The event is complete when the competitor touches the finish wall.

### **Event description – 100 m**

With a dive start on an acoustic signal, the competitor swims 75m freestyle with fins and rescue tube. After touching the turning wall, and within the 5m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows

it 25 m to the finish. The event is complete when the competitor touches the finish wall of the pool.



### Equipment

**Manikin:** Competitors must use the manikins supplied by organizers. Manikins will be filled with water according to the chart below and sealed for the event.

<b>Division</b>	11 and Under	12 and over Open Competition
<b>Manikin Fill</b>	Empty Manikin	Half Full Manikin

### Retrieving Lost Fin

Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated. Competitors are not permitted to start again in another heat.

### Rescue Tube Defect

If, in the opinion of the Chief Referee, the rescue tube, line and/or harness (belt) present a technical defect during the race, the Chief Referee may allow the competitor to repeat the race.

### Manikin Positioning

Before the start, the manikin handler positions the manikin for age division's 9 years and under and 10-11 years with the base of the manikin against the wall, face up. For the placement of the manikin for age divisions 12-13 years and 14-15 years, the manikin handler positions the manikin vertically and facing the turn wall (See image above).

The handler releases the manikin immediately after the competitor touches the turn wall. The handler may not push the manikin toward the competitor or the finish wall. Manikin handlers may not intentionally enter the water during the event.

### **Securing the Manikin**

For age division 9 years and under and 10-11 years old, competitors must secure the manikin by clipping the rescue tube to a collar around the manikin's neck within the 5 m pick-up zone.

For age divisions 12-13 years and 14-15 years, the competitor secures the manikin with the rescue tube around the body and under both arms of the manikin within the 5 m pick-up zone.

### **Towing the Manikin**

Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was "secured correctly" originally, and the manikin is towed face up at the surface.

As long as the manikin has not become separated from the rescue tube, and the manikin remains face up at the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification.

### **Disqualification**

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

## **4.7 SUPER LIFESAVER**

### **Event description – 200 m**

With a dive entry on an acoustic signal, the competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it 25 m to the wall. After touching the wall the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube and swims 75 m freestyle with fins and rescue tube. After touching the wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it 25 m to the finish.

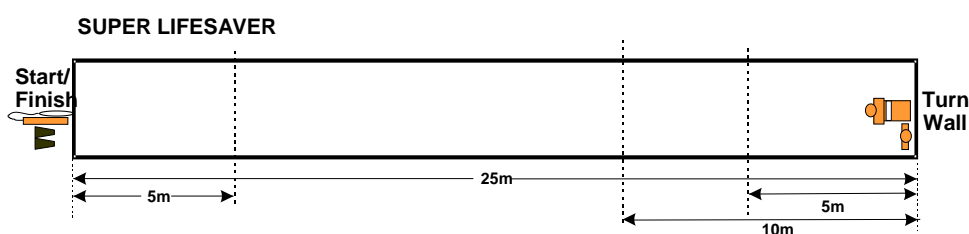
The event is complete when the competitor touches the finish edge of the pool

## Event description –100m

With a dive entry on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the starting wall. After touching the wall the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube and swims 25 m freestyle with fins and rescue tube. After touching the wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it 25 m to the finish.

The event is complete when the competitor touches the finish edge of the pool.



## Equipment

**Placement of fins and rescue tubes:** Prior to the start, competitors must place the fins and rescue tube on the pool deck – not the starting block/podium – within the confines of their allotted lane.

**Positioning the manikin for the carry:** The manikin is completely filled with water. The manikin is positioned parallel to the bottom of the pool, facing upward towards the ceiling with the base against the turning wall (See above image).

**Positioning the manikin for the tow:** The manikin is filled with water so that it floats with the top of its transverse line at the surface. A member of the competitor's team assists as manikin handler. Before the start, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane. The manikin handler must let go of the manikin immediately after the competitor touches the turn wall.

The handler may not push the manikin towards the competitor or the finish wall.

Manikin handlers may not intentionally enter the water during the event.

## Surfacing the first manikin

Competitors may push off the bottom of the pool when surfacing with the manikin.

Competitors must have the manikin in the correct carrying position before the top of the manikin's head passes the 5 m line.

### **Donning rescue tube and fins**

After first touching the turn wall, the competitor discards the first manikin. In the water, the competitor dons fins and rescue tube and swims 25 m (for 100 m event) or 75 m (for 200 m event).

### **Wearing rescue tubes**

Rescue tubes must be donned correctly with the loop across or over one shoulder.

Assuming the rescue tube was donned correctly, there is no cause for disqualification if the loop falls down on the competitor's arm or elbow during the competitor's approach to the manikin or during the manikin tow.

### **Securing the manikin**

After first touching the turn wall, the competitor then secures the manikin correctly with the rescue tube around the body and under both arms of the manikin, and clipped to an O-ring, within the 5 m pick-up zone.

Competitors must complete the freestyle swim by touching the pool wall before touching the manikin.

### **Towing the manikin**

Competitors must tow – not carry – the manikin. Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. The line of the rescue tube must become fully extended as soon as possible and before the top of the manikin's head passes the 10 m line.

Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was "secured correctly" originally, and the manikin is towed face up at the surface.

As long as the manikin has not become separated from the rescue tube, and the manikin remains face up at the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without disqualification.

### **Retrieving lost fins**

Competitors may retrieve fins lost after the start and continue without disqualification as long as the rules governing manikins are not violated. Competitors are not permitted to start again in another heat.

### **Rescue tube defect**

If in the opinion of the Chief Referee, the rescue tube, line and/or harness (belt) present a technical defect during the race, the Chief Referee may allow the competitor to repeat the race.

### **Disqualification**

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

## **4.8 LINE THROW**

### **Event description**

In this timed event, the competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid crossbar located either 6 m, 8 m, and 12.5 m distances. The competitor pulls this “victim” back to the finish wall of the pool.

a) The start: On the first whistle, competitors step into the throw zone. The “thrower” holds one end of the throw line. The “victim” takes the line, enters the water and extends the surplus line over and beyond the crossbar in the allotted lane. No practice throws are permitted.

At the second whistle, competitors take their positions for the start without undue delay. When all competitors have assumed their starting positions, the Starter shall give the command “Take your marks”. When all competitors are stationary, the Starter gives the acoustic starting signal.

b) Starting position: The thrower stands in the throw zone facing the victim, motionless with legs together and arms straight down and beside the body. The end of the throw line is held in one hand.

The victim treads water in the centre of the lane on the near side of the rigid crossbar. The victim holds (with one or two hands) both the throw line and the crossbar.

c) On an acoustic starting signal: The thrower shall retrieve the line, throw it back to the victim (who grasps it), and pull him or her through the water until the victim touches the finish wall.



To avoid any possible interference with other lanes, the victim may not exit the water and remains in his or her lane. The victim will be disqualified if he or she attempts to climb out of the water or sit on the pool edge before the Chief Referee's signal.

Similarly, the thrower remains in the throw zone until the Chief Referee signals the completion of the race.

There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.

d) Fair throw: Victims may grasp the throw line with their hands only within their lane. The lane marker is not "within the lane". Victims may submerge to retrieve the throw line. Victims may not release the crossbar before grasping the throw line with the other hand.

As long as victims remain entirely within their designated lane and do not release their grasp on the crossbar, they may use their foot or other part of the body to maneuver the throw line within their lane to a position where they can grasp the line with their hand.

e) Pull through the water: While being pulled to the edge, victims must be on their front grasping the throw line with both hands. Victims may not "climb" the throw line hand-over-hand. For safety reasons, victims may release the line with one hand for the sole purpose of touching the wall. This will not result in disqualification.

Victims may wear swim goggles.

f) Throw zone: Throwers must remain on the deck and in their allotted lane, poolside of a clearly defined mark 1.5 m from the pool edge. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion.

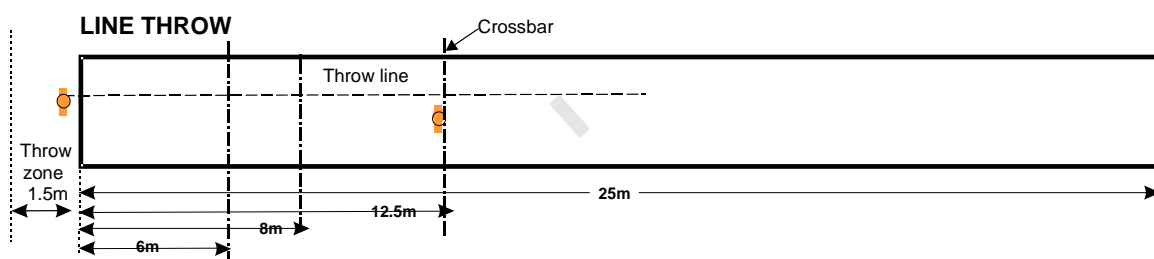
Throwers must keep at least one foot wholly within the inside edge of the throw zone. Throwers who exit the throw zone (as judged by both feet) while pulling the victim or prior to the 45-second completion signal, shall be disqualified.

On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within the inside edge of the throw zone, any part of the thrower's body may touch or cross the throw zone line without penalty. Any part of the thrower's feet may cross over the front of the "pool edge" of the throw zone without penalty.

Throwers may reach to retrieve a line dropped outside the throw zone as long as they maintain at least one foot wholly within the throw zone, and that there is no interference with another competitor. Throwers who enter (or fall into) the water shall be disqualified.

g) Time limit: Throwers must make a fair throw and tow the victim to the finish wall within 45 seconds. If a throw falls short or outside the allocated lane, throwers may recover the line and throw again as often as necessary up to the 45-second limit. Throwers who fail to get the victim to the finish wall before the 45-second acoustic completion signal shall be designated as “Did Not Finish” (DNF).

**Note:** The thrower and catcher must be from the same club and of the same gender and age division (see chart – Section 3.2).



## Equipment

### Throw Lines

Throw lines should be braided, buoyant polypropylene with non-memory characteristics.

Division	Obstacle Distance	Rope Length
9 years & under	6 m	minimum 7 m; maximum 8 m
10-13 years	8 m	minimum 10 m; maximum 11 m
14 years & over	12.5 m	minimum 16.5 m; maximum 17.5 m

## Judging

A Judge may be assigned to each lane and positioned behind the competitor (i.e., the thrower) with a clear view of the lane. A Judge shall be positioned on each side of the pool at the 12.5 m mark.

## Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

## 4.9 MANIKIN RELAY

### Event description – 4 x 25 m

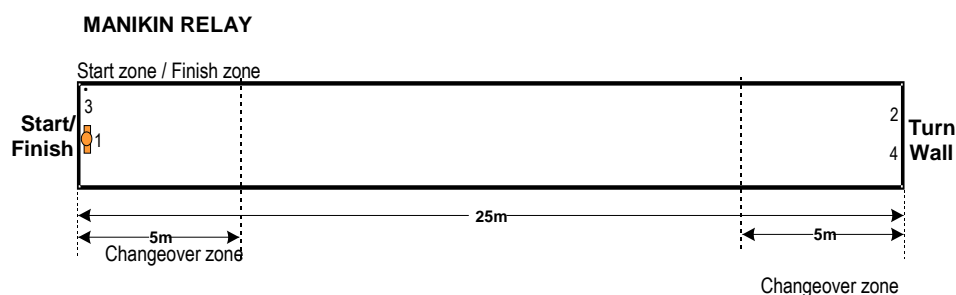
Four competitors in turn carry a manikin approximately 25 m each.

The first competitor: starts in the water holding a manikin with one hand (its mouth or nose above the surface) and the start wall or starting block with the other hand. On an acoustic signal, the competitor carries the manikin 25 m to touch the turn wall. The second competitor, who must be in contact with the turn wall with at least one hand, may touch the manikin only after the first competitor has touched the turn wall.

The second competitor: carries the manikin 25 m to touch the turn wall. The third competitor, who must be in contact with the turn wall with at least one hand, may touch the manikin only after the second competitor has touched the turn wall.

The third competitor: carries the manikin 25 m to touch the turn wall. The fourth competitor, who must be in contact with the turn wall with at least one hand, may touch the manikin only after the third competitor has touched the turn wall.

The fourth competitor: completes the event by carrying the manikin 25 m to touch the finish wall with any part of the competitor's body. All competitors must remain in the water in their lane until the referee signals the completion of the event.



### Equipment

**Manikin:** Competitors must use the manikins supplied by organizers. Manikins will be filled with water according to the chart below and sealed for the event.

Age Group	11 and Under	12-15 years old	16 and over Open Competition
Manikin Fill	Empty Manikin	Half Full Manikin	Full Manikin

## Changeovers

Competitors are not judged on “carrying the manikin” criteria during the start zone and once the top of the manikin’s head has entered a changeover zone.

Once the top of the manikin’s head has left the start zone or changeover zone, “carrying the manikin” criteria apply.

## Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

### 4.10 OBSTACLE RELAY

#### Event description – 4 x 50 m

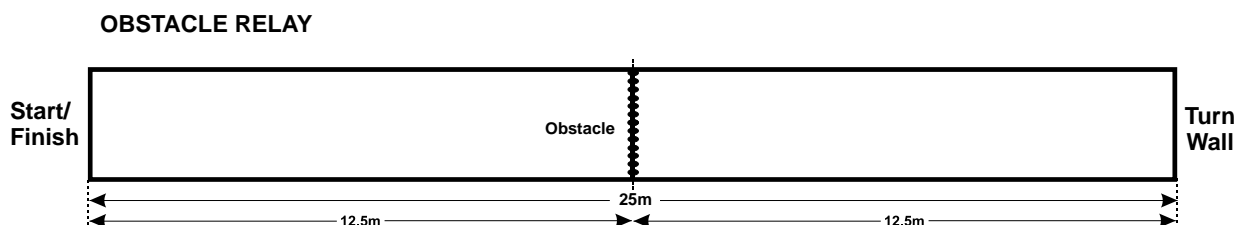
With a dive entry on an acoustic signal, the first competitor swims 50 m freestyle passing under obstacles located at 12.5 m. After the first competitor touches the start wall the second, third, and fourth competitors repeat the procedure in turn.

a) Competitors must surface after the dive entry before the first obstacle and after passing under each obstacle. “Surfacing” means the competitor’s head breaks the plane of the surface of the water.

b) Competitors may push off the pool bottom when surfacing from under the obstacles.

c) Swimming into or otherwise bumping an obstacle is not a behavior that results in disqualification.

d) The first, second and third competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first, second and third competitors may not re-enter the water.



#### Equipment

**Obstacles:** The obstacles used for competition should be appropriate for pool depth and will easily allow athletes to pass under. 70 cm high obstacles should be used with a minimum pool depth of 1.8 m, while the smaller 35 cm high

obstacles should be used with a minimum pool depth of 1.2m. Obstacles are fixed at a right angle onto lane ropes in a straight line across all lanes. The obstacle is located 12.5 m from the starting edge.

### **Disqualification**

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

## **4.11 MEDLEY RELAY**

### **Event description – 4 x 50 m**

With a dive start on an acoustic signal, the first competitor swims 50 m freestyle without fins.

With a dive start, after the first competitor touches the wall, the second competitor swims 50 m freestyle with fins.

With a dive start, after the second competitor touches the wall, the third competitor swims 50 m freestyle towing a rescue tube.

After the third competitor dives in, the fourth competitor gets in the water wearing fins with at least one hand on the turn wall.

The third competitor touches the turn wall and then the fourth competitor can release the wall. The third competitor passes the rescue tube onto the fourth competitor that dons the rescue tube ready to tow.

The third competitor, playing the role of “victim”, holds the rescue tube with both hands while being towed 50 m by the fourth competitor to the finish.

a) Both the fourth and the third competitor (victim) must leave from the turn wall. The victim must be in contact with the rescue tube before passing the 5 m zone. The line of the rescue tube must be fully extended beyond the 10 m line.

b) The third competitor (victim) need not touch the 75 m turn wall.

c) The event is complete when the fourth competitor touches the finish wall of the pool with the victim in contact with the rescue tube.

d) The victim may kick while being towed, but no other assistance is permitted.

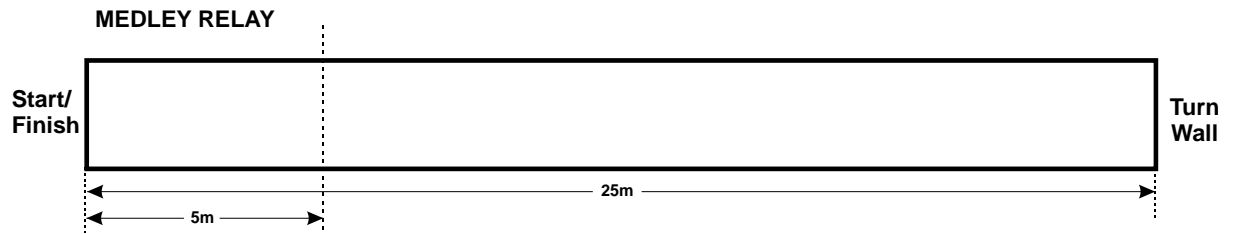
e) The victim must grip the main body of the rescue tube – not the rope or clip.

f) The victim must hold onto the rescue tube with both hands while being towed, but may reposition his or her hands on the tube during the tow without disqualification.

g) While the fourth competitor must have at least one hand on the turn wall or starting block when the third competitor touches the edge, the fourth

competitor may push off the wall with their hand(s), arm(s), or feet. The fourth competitor may not touch any part of the rescue tube, its harness or line, until after the third competitor has touched the turn wall.

h) The first and second competitors must leave the water upon finishing their legs of the relay without obstructing any other competitors. The first and second competitors may not re-enter the water.



### Equipment

Competitors must use the rescue tubes supplied by the event organizers.  
Competitor fins must adhere to the guidelines in Section 2.10 of this manual.

### Disqualification

Disqualification codes may be found in Appendix A of the competition manual and in the ILS Competition Manual.

SECTION 5 – ALBERTA AND NORTHWEST TERRITORIES COMPETITION MANUAL

# **ALBERTA AND NORTHWEST TERRITORIES POOL LONG COURSE EVENTS**



**LIFESAVING SOCIETY**

*The Lifeguarding Experts*

Section 5

## **ALBERTA AND NORTHWEST TERRITORIES POOL LONG COURSE EVENTS**

### **5.1 ALBERTA AND NORTHWEST TERRITORIES POOL LONG COURSE**

Sanctioned long course competitions and Championships will be conducted using the Alberta and Northwest Territories Competition Manual as the sole source for rules, standards and procedures.

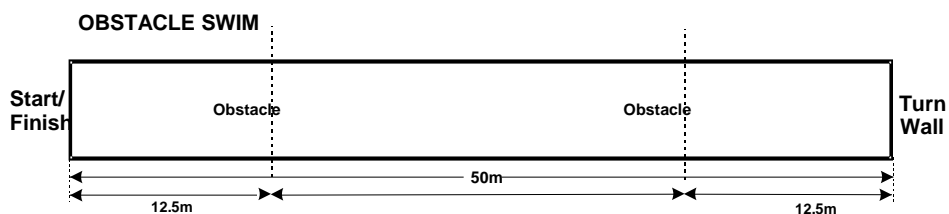
It is not necessary for the Alberta and Northwest Territories Competition Manual to reproduce information already outlined clearly in approved rule books or official updates to the rule books listed below:

- Canadian Competition Manual – Current Edition
- Commonwealth Competition Manual – Current Edition
- ILS Competition Manual – Current Edition
- ILS Technical Bulletins – Applicable to current edition of the ILS Competition Manual

Officials, coaches and athletes should refer to the approved rule books when they have been referenced.

### **5.2 OBSTACLE SWIM**

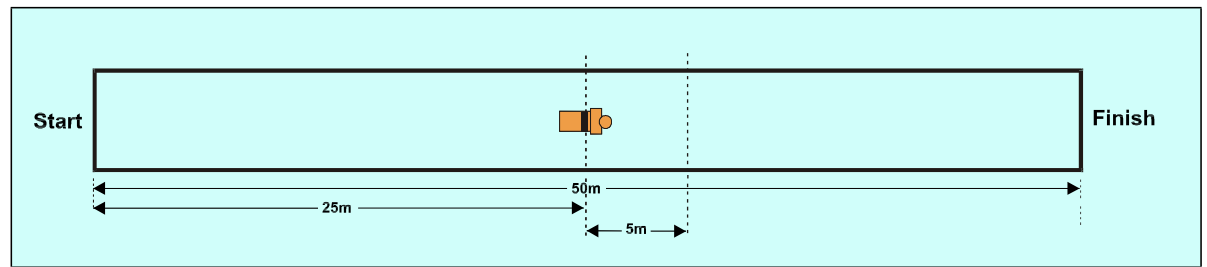
The Obstacle Swim event will follow the description, rules, standards and procedures in the ILS Competition Manual.



### **5.3 MANIKIN CARRY**

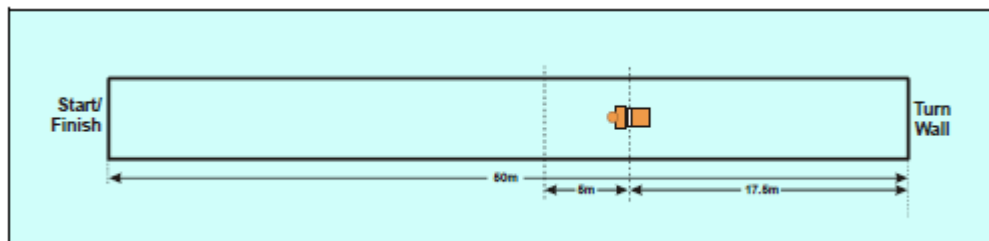
The Manikin Carry event will follow the description, rules, standards and procedures in the ILS Competition Manual.





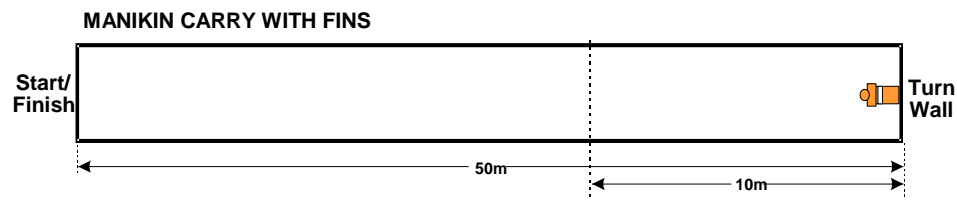
#### 5.4 RESCUE MEDLEY

The Rescue Medley event will follow the description, rules, standards and procedures in the ILS Competition Manual.



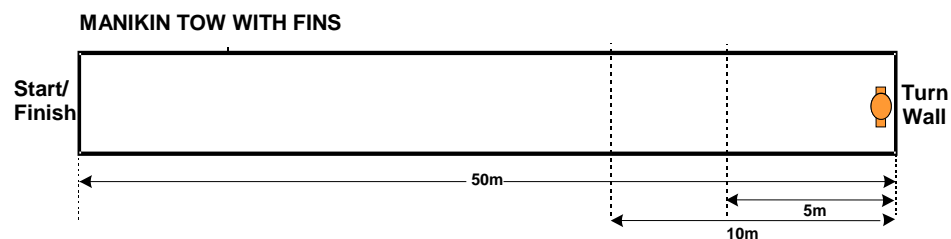
#### 5.5 MANIKIN CARRY WITH FINS

The Manikin Carry with Fins event will follow the description, rules, standards and procedures in the ILS Competition Manual.



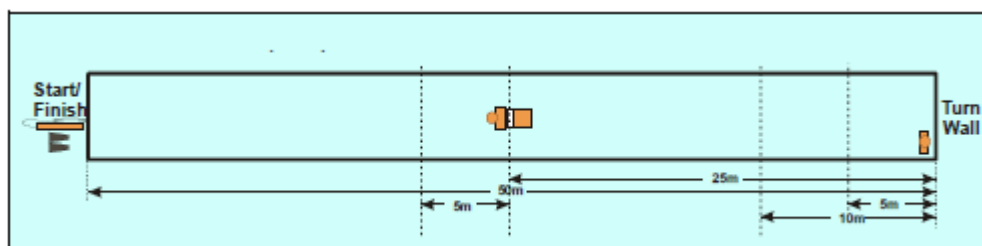
#### 5.6 MANIKIN TOW WITH FINS

The Manikin Tow with Fins event will follow the description, rules, standards and procedures in the ILS Competition Manual.



## 5.7 SUPER LIFESAVER

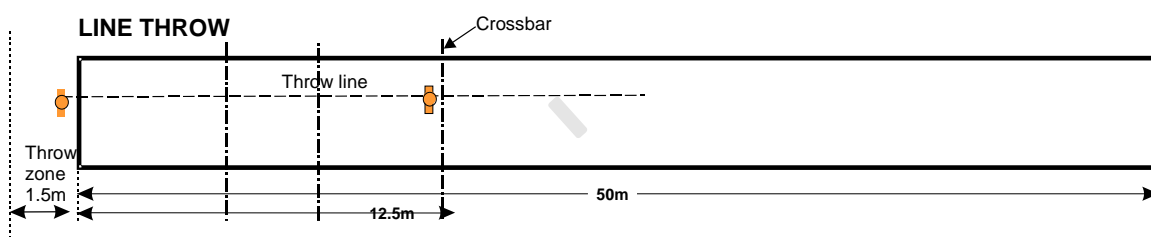
The Super Lifesaver event will follow the description, rules, standards and procedures in the ILS Competition Manual.



## 5.8 LINE THROW

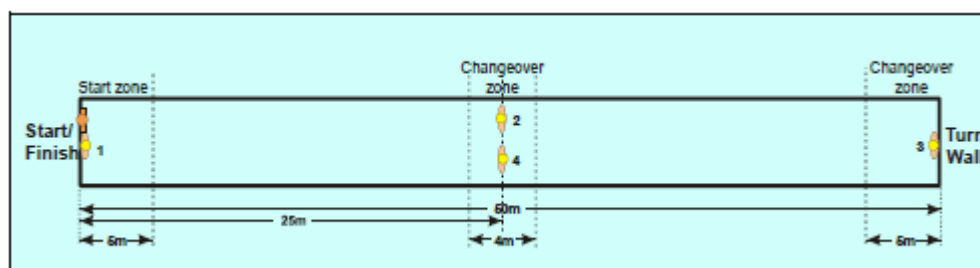
The Line Throw event will follow the description, rules, standards and procedures in the ILS Competition Manual.

**Note:** The thrower and catcher must be from the same club and of the same gender and age division (see chart – Section 3.2).



## 5.9 MANIKIN RELAY

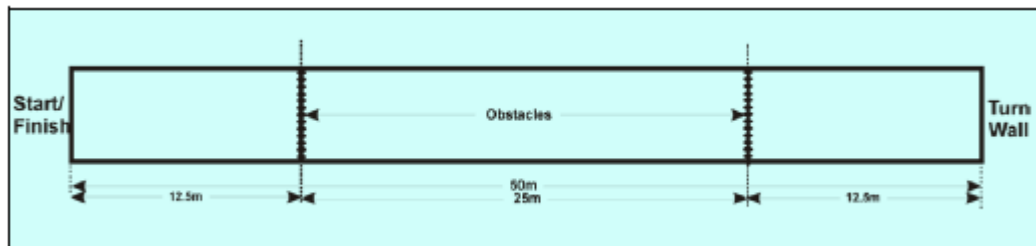
The Manikin Relay event will follow the description, rules, standards and procedures in the ILS Competition Manual.



**Note:** Competitors who are not currently the incoming or outgoing competitor may hold onto the lane rope.

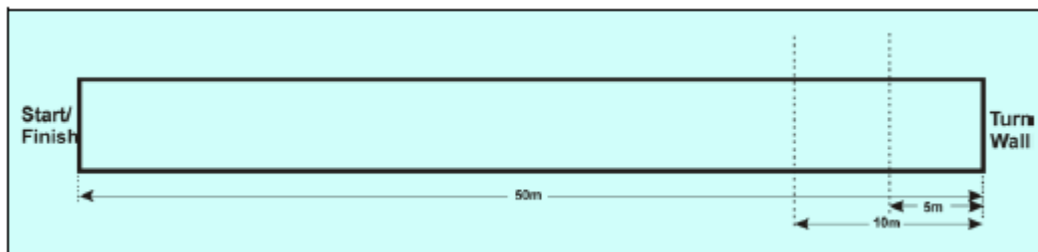
### 5.10 OBSTACLE RELAY

The Obstacle Relay event will follow the description, rules, standards and procedures in the ILS Competition Manual.



### 5.11 MEDLEY RELAY

The Medley Relay event will follow the description, rules, standards and procedures in the ILS Competition Manual.





SECTION 6 – ALBERTA AND NORTHWEST TERRITORIES COMPETITION MANUAL

**SIMULATED EMERGENCY  
RESPONSE COMPETITION (SERC)**



**LIFESAVING SOCIETY**

*The Lifeguarding Experts*

## Section 6

### **SIMULATED EMERGENCY RESPONSE COMPETITION (SERC)**

The Simulated Emergency Response Competition (SERC) tests the judgement, skills, knowledge, and teamwork of four lifesavers who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start.

#### **6.1 ELIGIBILITY AND RIGHT TO PARTICIPATE**

To be eligible to compete in the Simulated Emergency Response Competition Championships, competitors shall:

- Meet the Eligibility and Right to Participate requirements set out in Section 2.1
- Meet the age eligibility requirements as set out in Section 3.2

The Simulated Emergency Response Competition shall be conducted without male and female categories. Teams may consist of any combination of males or females.

#### **6.2 GENERAL CONDITIONS FOR SERC**

- a) Team management and competitors are responsible for being familiar with the competition schedule, and with the rules and procedures governing the competition.
- b) Teams may not be permitted to commence in the SERC event if they are late reporting to the marshalling area. To assist the organisers in determining how many heats may be required, events may be marshalled the day before or at the start of the day the event is scheduled.
- c) The Chief Referee shall decide whether the competition shall be conducted in heats, semi-finals, or finals.
- d) The order of teams shall be determined by draw in a method approved by the Chief Referee.
- e) Any written instructions provided in lock-up, and which are required for the management of the simulated emergency, shall be provided in English. Teams may bring a translator into lock-up to translate the English instructions. The translator remains in lock-up with the team.

**Note:** Organisers should allow sufficient time for translation of verbal or written instructions.

f) Competitors shall report promptly to the lock-up area at the designated time before the start of the competition. A team that is absent from lock-up at the start of the competition shall be disqualified (DQ3).

g) Competitors shall treat and handle victims with care: verbal and physical abuse is unnecessary and inappropriate and may result in penalty or disqualification (DQ62).

h) Competitors may wear corrective eyewear such as glasses and contact lens. Loss of such eyewear shall not be grounds for protest or appeal. Corrective goggles or masks are not permitted.

i) Team members must wear their national team or club cap. A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event.

j) No other personal belongings or equipment are permitted in the competition arena (e.g., watches, phones or any other communication device, goggles, masks, fins). Competitors may be required to remove jewellery which might cause harm to the rescuer or victim.

k) Judges' scores are not subject to protest.

### **Security and lock-up**

Before the start and throughout the competition, teams are isolated in a secure "lock-up" area out of sight and sound of the competition arena. The scenario, actors, and any equipment shall be secret until competitors are locked up.

After competing, a team may observe subsequent teams compete.

Teams in lock-up are not permitted to see or communicate with anyone who is not also in lock-up. Any device that would allow such communication is prohibited.

### **Competition start**

One at a time, teams are escorted from lock-up to the pool where, following an acoustic signal, they are confronted with "victims" in various locations who need various types of assistance.

Actors will begin their victim simulations immediately prior to the acoustic starting signal, and as the team enters the competition area. At the acoustic signal competitors respond to the victims in any manner they wish within the time limit.

### **Competition arena**

The Simulated Emergency Response Competition may be held in a variety of indoor and outdoor aquatic environments.

The SERC facility shall be approved by the Lifesaving Society as part of the sanctioning process.

The competition arena shall be clearly defined to all teams in advance. There shall be a clear indication of the location of both entry and exit points from the scenario area (e.g., which pool sides can be used).

Competitors shall be advised in advance if there are pool steps in the entry or exit area which may be removed or used.

Unless otherwise advised, competitors shall assume that the conditions in the competition arena are “as found.”

When electronic timing is available, it must be used as a countdown clock for competitors and spectators.

### **Situation scenarios**

Simulated emergency scenarios, secret until the start of the competition, shall be designed using one or more of the following approaches:

- An amalgam of single or multiple-person situations which are related.
- A group of people involved in a number of situations which relate to a common theme, such as a pool party or an upturned crowded boat.
- A number of groups of people in a number of multiple themes.

Simulated emergencies shall be staged as realistically (and as safely) as possible, and not test the competitors’ imagination. For example, a situation in which an actor complains of burned hands should be staged with simulated evidence of a fire, or electrical wire, or chemicals. (Real fire, live wires, or actual chemicals shall not be used.)

### **Victims, manikins and bystanders**

Victims shall be role-played by actors who present different problems necessitating different types of aid. Victim types may include simulated non-swimmers, weak swimmers, injured swimmers, and unconscious victims. In addition, competitors may be confronted by resuscitation manikins in the role of “victim” as well as by bystanders and swimmers.

The role-playing may evolve (e.g., a conscious victim becomes unconscious) during the course of the scenario providing that marks reflect the change, that



there is consistent timing in the change, and that the change is consistent for every competitor throughout the competition.

Competitors shall be notified before the start if victim type is to be signified by a symbol (e.g., a red/black cross on forehead indicating unconsciousness).

Competitors shall treat manikins as non-breathing, pulseless victims.

### **Equipment**

Competitors may use all material and equipment available within the competition arena. Competitors may not bring their own equipment into the competition arena.

### **Start and timekeeping**

An acoustic signal will indicate the start and finish of each team's emergency response.

## **6.3 PRINCIPLES OF CARE**

### **Lifesaver versus lifeguard response**

SERC competitors are expected to respond as a group of four individual lifesavers acting in a coordinated team under the direction of a team leader.

Unlike lifeguards who often work as part of well-trained teams in controlled aquatic environments, lifesavers must be prepared to respond appropriately in unexpected emergencies without benefit of specialised equipment, back-up, or established procedures and communications systems. In such circumstances, the personal safety of the lifesaver is paramount at all times and this shall be reflected in the marking sheets.

Competitors apply the following basic rescue steps:

- Recognition of a problem
- Assessment of the situation
- Plan a course of action to overcome the problem
- Action to effect the rescue
- Care of the victim

When assessing the situation, competitors consider:

- Capabilities of the rescuer
- Number of victims
- Position of the victims
- Condition of the victims (e.g., non-swimmer, weak swimmer)

- Rescue aids (equipment) available
- Conditions prevailing (e.g., water depth, entry and landing points)

On the basis of their assessment, competitors plan a course of action which may involve:

- Seeking assistance
- Organising assistance
- Informing an available helper
- Gathering any appropriate aids or equipment
- Performing the rescue as necessary

The plan should establish control of the situation and aim to preserve as many lives as possible. The management of a rescue of multiple victims presents rescuers with choices.

In brief, rescuers should manage the situation as follows:

- Mobilize the mobile
- Secure the safety of those in imminent danger
- Recover and resuscitate those in need of continuous care

The mobile may include those capable of assisting themselves to safety. Those in imminent danger may include non-swimmers and injured swimmers. Those in need of continuous care include unconscious, non-breathing, or suspected spinal-injured victims.

When a suitable plan has been devised it should be put into action promptly. Competitors should be alert to changes in the situation and adapt their plan of action to respond to such changes.

When carrying out a rescue competitors must remember:

- Rescue from a position offering greatest safety to oneself
- The management of rescue principles
- Approach victims with extreme caution
- Avoid direct personal contact with conscious victims

If entering the water is inevitable, competitors select the most effective techniques for the situation without endangering their own life in any way.

It is important that competitors clearly show their intentions and actions to the Judges.

## 6.4 JUDGING AND MARKING

A minimum of six Judges plus one Chief Judge is required for world championships. The marking sheets shall be prepared with one Judge marking the entire scenario while the others judge the handling of the individual victims. One Judge per victim is recommended.

Before the competition start, Judges shall be briefed on the situation scenarios, scoring procedure and marking priorities.

A Judge shall be assigned to a victim or group of victims, and assess all teams in that part of the scenario for the entire competition.

### Marking system

The marking system used in this competition allows Judges to use their skill in assigning marks, and provides for a competitor offering an appropriate but unanticipated rescue response. In allocating marks, Judge(s) consider the following:

- victim type
- victim's distance from safety
- equipment available and used
- speed of assessment
- priority given
- quality of action/task
- victim care

Early and accurate recognition of the victim's problem(s) is the essential first step to success in this competition. Successful recognition is closely related to the quality of the victim simulation and staging of the incidents.

Scoring shall reward the competitors' accurate assessment of which victims take priority. The competitors' assessment of which victims take priority will depend on the nature of the emergency. For in-water victims, competitors should follow these victim priorities in determining whom to help first:

- Weak swimmers and others who are mobile
- Victims in imminent danger: non-swimmers and injured swimmers
- Victims requiring continuous care: unconscious, non-breathing, suspected spinal-injured victims.

Specific aspects of the scenario may be weighted to provide higher scores for a rescue performance requiring a greater degree of skill and judgement.

See the SERC Guide for SERC scoring sheets.

## **6.5 Planning SERC**

The Lifesaving Society has created a SERC Guide to support Meet Managers and other officials planning and running SERC during local sanctioned competition. Meet Managers should contact the Lifesaving Society for this guide and SERC support.

While planning and running SERC Meet Managers should plan to have a Referee, Event Director, Starter, Judges, and victims.

Appendix A – ALBERTA AND NORTHWEST TERRITORIES COMPETITION MANUAL

## **Disqualification Codes**



**LIFESAVING SOCIETY**

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## Appendix A

**Disqualification Codes**

Appendix A contains a master list of all disqualification codes to be used in Alberta and Northwest Territories Sanctioned Competitions.

**A.1 GENERAL DISQUALIFICATION CODES**

Code	Disqualification
1	Not completing the event in accordance with the event description or general rules.
2	<p>A competitor or team may be disqualified if a competitor, team or handler is deemed to have competed unfairly. Examples of “competing unfairly” include:</p> <ul style="list-style-type: none"> <li>• committing a doping or doping-related infraction</li> <li>• impersonating another competitor</li> <li>• attempting to defeat the ballot or draw for events or positions</li> <li>• competing twice in the same individual event</li> <li>• competing twice in the same event in different teams</li> <li>• purposely interfering with a course to gain advantage</li> <li>• jostling or obstructing another competitor handler so as to impede his or her progress</li> <li>• receiving physical or material outside assistance (other than verbal or other direction)</li> </ul>
3	Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.
4	A competitor or team absent from the start of an event shall be disqualified.
5	Activities that result in willful damage to the venue sites, accommodation sites or the property of others will result in disqualification of the individuals involved from competition.
6	Abuse of officials may result in disqualification from the competition.

7	Using sticky, tacky or adhesive substances (liquid, solid or aerosol) on hands or feet, or on the manikin or rescue tube to improve grip or push of the bottom of the pool.  NOTE: Body tape used for preventative, medical, therapeutic or kinesiology purposes is allowed at the discretion of the Chief Referee as long as it does not provide a competitive advantage.
8	Taking assistance from the pool bottom except where specifically allowed (e.g., Obstacle Swim, 4 x 25 m Manikin Relay).
9	Leaving the water after an event before permission is given by the official.

## A.2 START DISQUALIFICATION CODES

Code	Disqualification
10	Commencing a starting motion before the starting signal has been given.

- All competitors who **start** (i.e., commence a starting motion) before the starting signal has been given, shall be disqualified (DQ10).
- If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor(s) shall be disqualified upon completion of the race (DQ10).
- If the disqualification is declared before the starting signal, the signal shall not be given; the remaining competitors shall be called back and start again (DQ10).

## A.3 OBSTACLE SWIM

Code	Disqualification
11	Passing over an obstacle without immediately returning over or under that obstacle and then passing under it.
12	Failure to surface after the dive entry or after a turn before passing under an obstacle.
13	Failure to surface after each obstacle.
14	Failure to touch the wall during the turn.
15	Failure to touch the finish wall.

**A.4 MANIKIN CARRY**

Code	Disqualification
15	Failure to touch the finish wall.
16	Not surfacing before diving to the manikin.
17	Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
18	Not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m line.
19	Using an incorrect carrying technique (as described in Section 2.18).
20	Carrying or towing the manikin face down (as described in Section 2.18).
21	Releasing the manikin before touching the finish wall or the turn wall (Super Lifesaver).

**A.5 RESCUE MEDLEY**

Code	Disqualification
15	Failure to touch the finish wall.
17	Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
18	Not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m line.
19	Using an incorrect carrying technique (as described in Section 2.18).
20	Carrying or towing the manikin face down (as described in Section 2.18).
21	Releasing the manikin before touching the finish wall or the turn wall (Super Lifesaver).
22	Surfacing after turning and before lifting the manikin.



**A.6 MANIKIN CARRY WITH FINS**

Code	Disqualification
15	Failure to touch the finish wall.
17	Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
19	Using an incorrect carrying technique (as described in Section 2.18).
20	Carrying or towing the manikin face down (as described in Section 2.18).
21	Releasing the manikin before touching the finish wall or the turn wall.
23	Not having the manikin in the correct carrying position before the top of the manikin's head passes the 10 m line.

**A.7 MANIKIN TOW WITH FINS**

Code	Disqualification
15	Failure to touch the finish wall.
20	Carrying or towing the manikin face down (as described in Section 2.18).
24	Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin.
25	Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall.
26	At 25 m / 75 m (SC) OR 50 m / 150 m (LC), not touching the pool wall before touching manikin.
27	Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall.
28	Manikin handler pushing the manikin towards the competitor or the finish wall.
29	Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
30	Competitor clipping the rescue tube into the ring before touching the turn wall.

31	Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
32	Not securing the rescue tube around the manikin within the 5 m pick-up zone (judged at the top of the manikin's head).
33	Pushing or carrying, instead of towing the manikin.
34	The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.
35	Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line (unless the competitor has stopped to re-secure the manikin).
36	The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
37	Touching the finish wall without the rescue tube and manikin in place.

## A.8 SUPER LIFESAVER

Code	Disqualification
15	Failure to touch the finish wall.
17	Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
18	Not having the manikin in a correct carrying position before the top of the manikin's head passes the 5 m line.
19	Using an incorrect carrying technique (as described in Section 2.18).
20	Carrying or towing the manikin face down (as described in Section 2.18).
21	Releasing the manikin before touching the finish wall or the turn wall (Super Lifesaver).
24	Taking assistance from any pool fitting (e.g., lane rope, steps, underwater hockey fittings) when fixing the rescue tube around the manikin.
25	Manikin handler positioning the manikin incorrectly or making contact with the manikin after the competitor has touched the turn wall.
26	At 75 m / 175 m for short course, or 150 m for long course, not touching the pool wall before touching manikin.
27	Manikin handler not releasing the manikin immediately after the competitor has touched the turn wall.

28	Manikin handler pushing the manikin towards the competitor or the finish wall.
29	Manikin handler intentionally entering the water during the event, or entering the water and interfering with the performance of another competitor or interfering with the judging of the event.
30	Competitor clipping the rescue tube into the ring before touching the turn wall.
31	Incorrect securing of the rescue tube around the manikin (i.e., not around body and under both arms and clipped to an O-ring).
32	Not securing the rescue tube around the manikin within the 5 m pick-up zone (judged at the top of the manikin's head).
33	Pushing or carrying, instead of towing the manikin.
34	The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10 m line.
35	Not towing the manikin with the line of the rescue tube fully extended beyond the 10 m line (unless the competitor has stopped to re-secure the manikin).
36	The rescue tube and manikin become separated after the rescue tube has been secured correctly around the manikin.
37	Touching the finish wall without the rescue tube and manikin in place.
38	Releasing the manikin before touching the turn wall or finish wall.

## A.9 LINE THROW

Code	Disqualification
15	Failure to touch the finish wall.
51	The victim moving his or her hand from the crossbar before touching the throw line with the other hand.
52	Line thrower exiting the throw zone (as judged by both feet) at any time after the start and before the 45-second acoustic completion signal.
53	Victim exiting the water before the 45-second acoustic completion signal.
54	Victim grasping the throw line outside his or her lane.
55	Victim not on his or her front while being pulled to the finish wall.
56	Victim not holding the throw line with both hands while being pulled to the finish wall (victim may release the line with one hand for the sole purpose of touching the wall).
57	Victim "climbing" the throw line hand-over-hand.

58	Line thrower executing practice throws.
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**Note:** Failure to get the victim to the finish wall within the 45-second time limit shall be designated “Did Not Finish” (DNF). See Section 4.8.

## A.10 MANIKIN RELAY

Code	Disqualification
15	Failure to touch the finish wall.
17	Taking assistance from any pool fitting (e.g., lane rope, steps, drains or underwater hockey fittings) when surfacing with the manikin – not including the bottom of the pool.
19	Using an incorrect carrying technique (as described in Section 2.18).
20	Carrying or towing the manikin face down (as described in Section 2.18).
21	Releasing the manikin before touching the turn wall or finish wall.
39	Assistance from a third competitor during the exchange between the incoming and outgoing competitors.
40	One competitor repeating two or more legs of the event.
41	Leaving the start before the previous competitor has touched the wall.
42	The manikin changing hands: <ul style="list-style-type: none"> <li>• before or beyond the designated changeover zone</li> <li>• before the second competitor touches the pool wall</li> </ul>
43	Releasing the manikin before the next competitor has grasped it (i.e., one hand of each competitor must be in contact with the manikin).

**Note:** Once the top of the manikin’s head has entered the changeover zone, competitors are not judged on “carrying the manikin” criteria. Once the top of the manikin’s head has left the changeover zone, “carrying the manikin” criteria apply.

## A.11 OBSTACLE RELAY

Code	Disqualification
11	Passing over an obstacle without immediately returning over or under that obstacle and then passing under it.
12	Failure to surface after the dive entry or after a turn before passing under an obstacle.

13	Failure to surface after each obstacle.
15	Failure to touch the finish wall.
40	One competitor repeating two or more legs of the event.
41	Leaving the start before the previous competitor has touched the wall.
50	A competitor re-entering the water after completing his or her leg of the relay.

#### A.12 MEDLEY RELAY

Code	Disqualification
15	Failure to touch the finish wall.
40	One competitor repeating two or more legs of the event.
41	Leaving the start before the previous competitor has touched the wall.
44	The fourth competitor touching the rescue tube harness, line or any part of the rescue tube before the third competitor touches the turn wall.
45	The competitor clipping the rescue tube into the ring.
46	The victim holding the rescue tube by the rope or clip.
47	The victim helping with arm movements, or not holding the rescue tube with both hands.
48	The victim losing the rescue tube after crossing the 5 m line.
49	The fourth competitor towing the victim without the line of the rescue tube fully extended beyond the 10 m line.
50	A competitor re-entering the water after completing his or her leg of the relay.

**A.13 SERC**

Code	Disqualification
59	Receiving outside assistance, direction, or advice.
60	Taking any telecommunication device into the security area.
61	Using any equipment not provided as part of the competition.
62	Competitors who verbally or physically abuse a victim may be assigned a penalty or disqualified.

Appendix B – ALBERTA AND NORTHWEST TERRITORIES COMPETITION MANUAL

## **Oath Scripts**



## Appendix B **Oath Scripts**

Appendix B contains the scripts for the Competitor, Officials, and Parents Oaths to be used in Alberta and Northwest Territories Sanctioned Competitions.

### **B.1 COMPETITORS OATH**

“In the name of all competitors, I promise that we shall respect and abide by the rules of this championship, competing with a spirit of sportsmanship and fair play.”

### **B.1 OFFICIALS OATH**

“In the name of all officials, I promise that we shall officiate in this competition with impartiality, honoring the rules which govern this competition and the spirit of fair play which inspires them.”

### **B.1 PARENTS OATH**

“In the name of all parents, I promise that we shall participate in this competition as a spectator and supporter with impartiality, honouring the rules which govern this competition and the spirit of fair play which inspires them.”











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