



LIFESAVING SOCIETY®

*The Lifeguarding Experts*

September 24, 2025

# Lifesaving Sport Season 2025/2026 Webinar

# Agenda



Opening Remarks



Key Updates



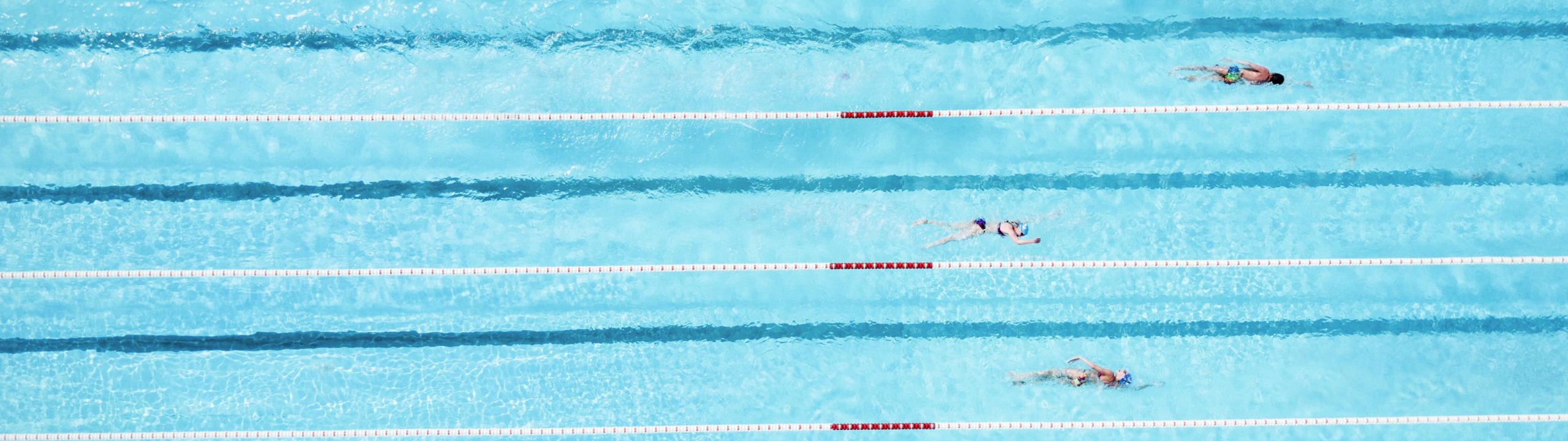
Season Calendar



Concussion & Harassment Training



Website, Registration & Sanctioning



# Opening Remarks

# Key Updates: Competition Manual

- Age Groups
  - Now aligned with National & ILS Standards
  - Athletes age up one year annually on Jan 1 (age as of Dec 31 each year)

Age Group	2025	2026
U10	2015 & younger	2016 & younger
11-12	2013-2014	2014-2015
13-14	2011-2012	2012-2013

Division	2025	2026
Youth (15-18)	2007-2010	2008-2011
Open (16+)	2008 & older	2009 & older
Masters (18+)	2007 & older	2008 & older

# Key Updates: Competition Manual

- Event & Eligibility Changes:
  - U10
    - Line Throw: 6m
  - 11-12
    - Carry with Fins & Tow: 50m
    - Carry, Carry with Fins, and Tow: Manikin ½ full
  - 13-14
    - Line Throw: 8m
    - 14 yr olds no longer eligible for Super Lifesaver, Rescue Medley or to use big fins
    - 14 yr olds no longer eligible to swim up to youth (15-18)



# Key Updates: Records

- All 2024/2025 and previous records are retired
- New records begin this season
  - Utilizing old data to populate where possible
  - Anticipated publication: mid-October
- Masters records now divided by age group:
  - 18-24, 25-29, 30-34, etc. - 75+



# Key Updates: Staying Informed

- Lifesaving Society Website:
  - <https://www.lifesaving.org/lifesaving-sport>
- Online Coach Community:
  - Private space for coaches to share info & ask questions
  - <https://courses.lifesaving.org/products/communities/lifesaving-sport>
- Sign up for Ripples (quarterly Newsletter)
  - <https://www.lifesaving.org/about/communications/ripples>
- Sport News
  - <https://www.lifesaving.org/lifesaving-sport/sport-blog>

# Key Updates: Monthly Webinars

- 3<sup>rd</sup> Wednesday of each month @ 2-3pm
- Register through these direct links or the Lifesaving Society Calendar:  
<https://www.lifesaving.org/about/events/events-calendar>
  - [Oct 15](#) - *focus on Comp Manual review & sanctioning process*
  - [Nov 19](#) - *focus on provincials meet pkg*
  - [Dec 17](#)
  - [Jan 21](#)
  - [Feb 18](#)
  - [Mar 18](#)
  - [Apr 22](#)







# 2025-26 Season Calendar



# Competitions

## 2025

- Camrose Mix Masters – Oct 25, 2025
- Hinton – Nov 22, 2025
- Cochrane – Nov 29, 2025
- Spruce Grove – Dec 6, 2025

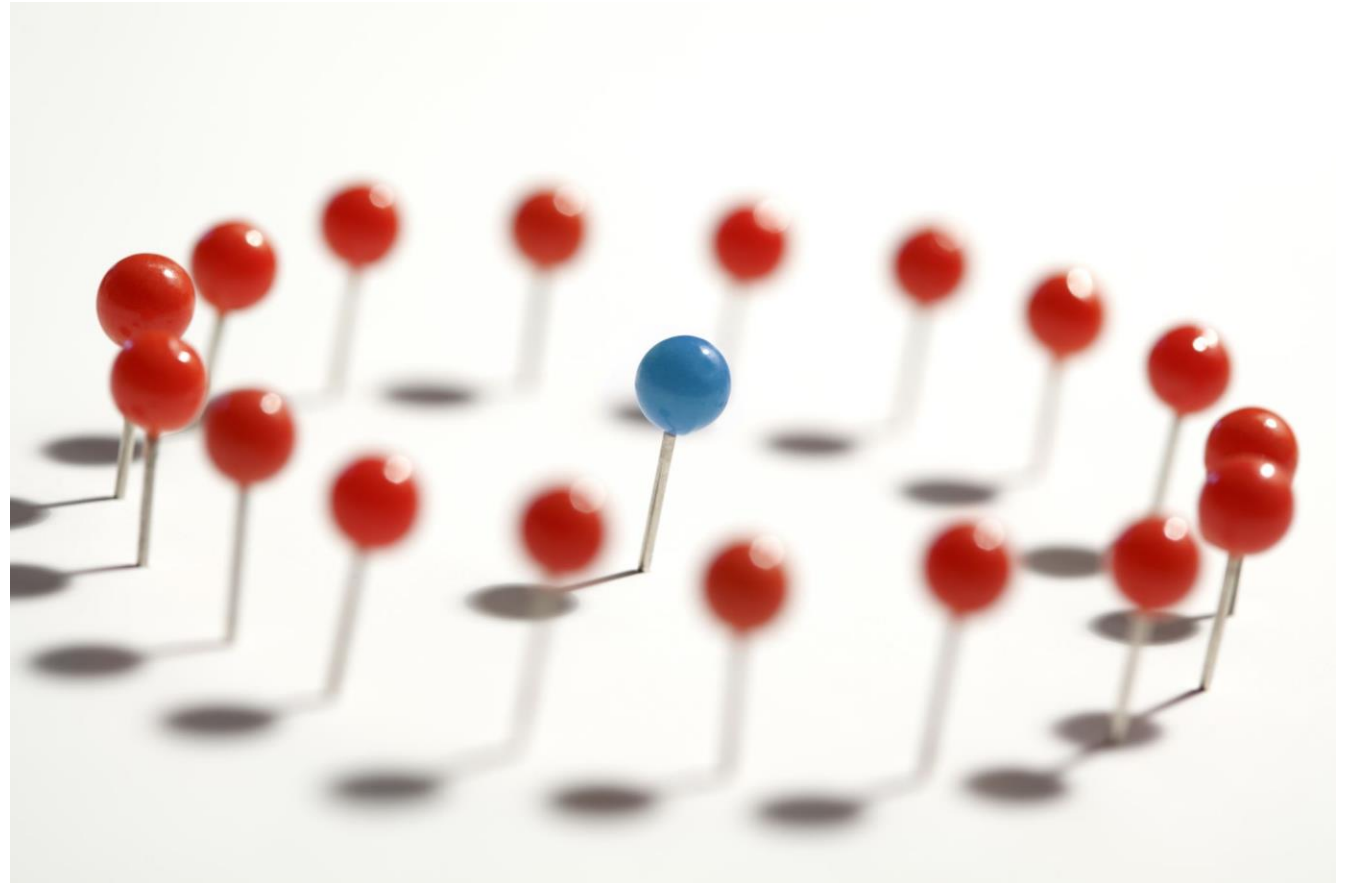
## 2026

- Wetaskiwin – Jan 24-25, 2026
- Calgary YMCA – Feb 7-8, 2026
- Camrose – Feb 21-22, 2026
- Drayton Valley – Mar 7, 2026
- 2026 ABNWT Championships & Jr Games (Edmonton) – Mar 27-29, 2026
- 2026 Canadian Pool Lifesaving Championships (Laval, QC) – May 29-31, 2026

*\*Comps will be listed on Lifesaving Sport Website once sanctioned.  
Tentative dates can be found on the Lifesaving Society Calendar:  
<https://www.lifesaving.org/about/events/events-calendar>*

## Concussion & Harassment Prevention Policies and Training

- New documents this season
  - Requirement to implement alongside internal club/facility policies
  - Internal club/facility policies take precedent unless the Lifesaving Society is directly hosting the event/activity where these policies apply in full





# Required Training

- Concussion:
  - Lifesaving Society Policy
    - Coaches and Trainers
    - Athletes
    - Parents/Guardians/Caregivers
- Harassment Prevention:
  - Lifesaving Society Policy
    - UCCMS - section 5
    - Rule of Two Infographic
    - Sport Safety Support Services
- Both policies & all resources can be found on our website [here](#)

Concussion guide for  
**COACHES AND TRAINERS**

Parachute Concussion Series

**What is a concussion?**  
A concussion is a brain injury that cannot be seen on routine X-rays, CT scans, or MRIs. It affects the way an athlete may think and remember things, and can cause a variety of symptoms.

**What are the signs and symptoms of a concussion?**  
An athlete does not need to be knocked out (lose consciousness) to have had a concussion. The athlete might experience one or more of the following:

Thinking Problems	Athlete's Complaints	Other Problems
<ul style="list-style-type: none"><li>• Does not know time, date, place, period of game, opposing team, score of game</li><li>• General confusion</li><li>• Cannot remember things that happened before and after the injury</li><li>• Knocked out</li></ul>	<ul style="list-style-type: none"><li>• Headache</li><li>• Dizziness</li><li>• Feeling "tinged" or stunned; "having my bell rung"</li><li>• Seeing stars, flashing lights</li><li>• Ringing in the ears</li><li>• Sleepiness</li><li>• Loss of vision</li><li>• Seeing double or blurry vision</li></ul>	<ul style="list-style-type: none"><li>• Poor co-ordination or balance</li><li>• Blank stare/glassy-eyed</li><li>• Vomiting</li><li>• Slurred speech</li><li>• Slow to answer questions or follow directions</li><li>• Easily distracted</li><li>• Poor concentration</li><li>• Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily)</li><li>• Not playing as well</li></ul>

Concussion guide for  
**ATHLETES**

Parachute Concussion Series

**What is a concussion?**  
A concussion is a brain injury that cannot be seen on routine X-rays, CT scans, or MRIs. It affects the way you may think and remember things, and can cause a variety of symptoms.

**What are the signs and symptoms of a concussion?**  
You do not need to be knocked out (lose consciousness) to have had a concussion. You might experience one or more of the following:

Cognitive (thinking)	Physical	Emotional/ behavioural
<ul style="list-style-type: none"><li>• Do not know time, date, place, details about a recent activity</li><li>• Difficulty remembering things that happened before and after the injury</li><li>• Difficulty concentrating</li><li>• Not thinking clearly</li><li>• Feeling like "in a fog"</li></ul>	<ul style="list-style-type: none"><li>• Headache or head pressure</li><li>• Dizziness</li><li>• Stomachache, nausea, vomiting</li><li>• Blank or vacant stare</li><li>• Blurred or fuzzy vision</li><li>• See stars, flashing lights</li><li>• Ringing in the ears</li><li>• Problems with balance or co-ordination</li><li>• Feel tired or no energy</li><li>• "Don't feel right"</li></ul>	<ul style="list-style-type: none"><li>• Nervousness or anxiety</li><li>• Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily)</li><li>• Slow to answer questions or follow directions</li><li>• Easily distracted</li><li>• Not playing well</li><li>• Changes in sleep patterns (sleeping more or less than usual)</li></ul>

Get medical help immediately if you have any "red flag" symptoms such as neck pain, repeated vomiting, growing confusion, seizures, and weakness or tingling in your arms or legs signs of a more serious injury.

Parachute Concussion Series

Concussion guide for  
**PARENTS AND CAREGIVERS**

Parachute Concussion Series

**What is a concussion?**  
A concussion is a brain injury that cannot be seen on routine X-rays, CT scans, or MRIs. It affects the way a child may think and remember things, and can cause a variety of symptoms.

**What are the signs and symptoms of a concussion?**  
Your child does not need to be knocked out (lose consciousness) to have had a concussion. Your child might experience one or more of the following. When watching for signs or symptoms of a potential concussion, consider how your child typically feels and behaves.

Cognitive (thinking)	Physical	Emotional/ behavioural
<ul style="list-style-type: none"><li>• Does not know time, date, place, details about a recent activity</li><li>• Difficulty remembering things that happened before and after the injury</li><li>• Difficulty concentrating</li><li>• Not thinking clearly</li><li>• Feeling like "in a fog"</li></ul>	<ul style="list-style-type: none"><li>• Headache or head pressure</li><li>• Dizziness</li><li>• Stomachache, nausea, vomiting</li><li>• Blank or vacant stare</li><li>• Blurred or fuzzy vision</li><li>• Sensitive to light or sound</li><li>• Sees stars, flashing lights</li><li>• Ringing in the ears</li><li>• Problems with balance or co-ordination</li><li>• Feels tired or no energy</li><li>• "Don't feel right"</li></ul>	<ul style="list-style-type: none"><li>• Nervousness or anxiety</li><li>• Strange or inappropriate emotions (i.e., laughing, crying, getting mad easily)</li><li>• Slow to answer questions or follow directions</li><li>• Easily distracted</li><li>• Not participating well</li><li>• Changes in sleep patterns (sleeping more or less than usual)</li></ul>

It is more difficult for infants, toddlers and preschoolers to communicate how they are feeling. If you have a young child, you might notice any of the following: crying more than usual; unsteady walking; lack of interest in favourite toys; changes in nursing, eating or sleeping patterns; or loss of new skills, such as toilet training.

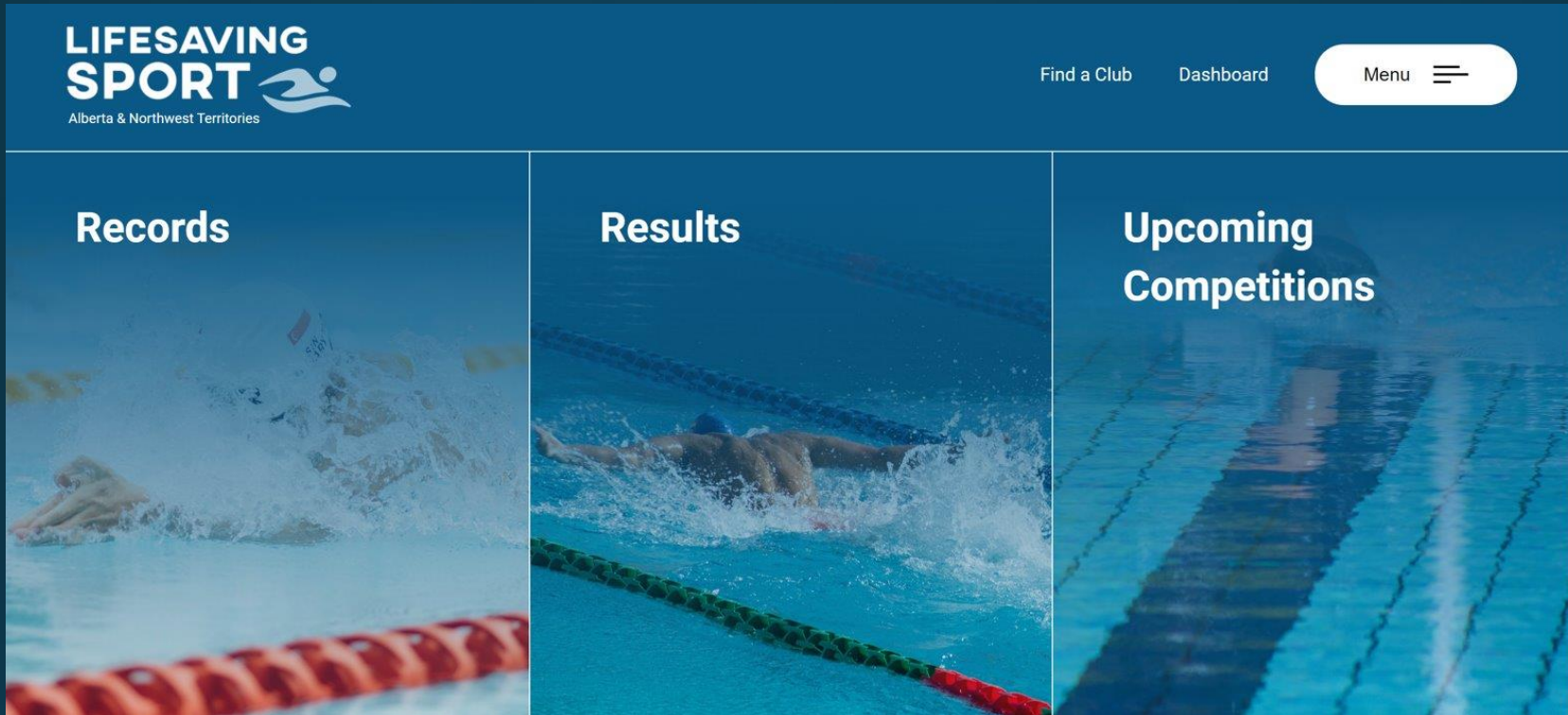
Get medical help immediately if your child has any "red flag" symptoms such as neck pain, repeated vomiting, growing confusion, seizures, and weakness or tingling in their arms or legs. These may be signs of a more serious injury.

Parachute Concussion Series

# Training Documentation & Proof of Completion

- Clubs to track and document how and when members received and reviewed the education resources
  - This documentation must be made available to the Society upon request
- Proof of completion via [survey](#)
  - Required to register for competitions





# Website, Registration & Sanctioning



# Website Startup – To-Do's

<https://sport.lifesaving.org/>

1. Review club profile & update if needed
2. Review club admins
  - Add new coaches & remove any not returning
3. Activate club
  - Detailed instructions:
  - <https://www.lifesaving.org/lifesaving-sport/sport-season/season-startup-guide>

Athlete & club status has been reset as of Sept 24, 2025

# Athlete Registration

Once registered, "Registered Athlete" status will appear on the athlete's profile in [Find-a-Certification](#)

- Transfers: email [sport@lifesaving.org](mailto:sport@lifesaving.org)
- New Member ID Request process
  - Accurate & individual email address is vital
  - Request new member ID's via [form](#)
    - Coaches will receive confirmation of new ID's within 2 business days
    - Society will add new members to club rosters
    - Choose "Register for Season" on the sport site to register athletes

## Fully Registered Athletes

Athletes will display as follows once they are fully compliant and able to be entered into competitions:

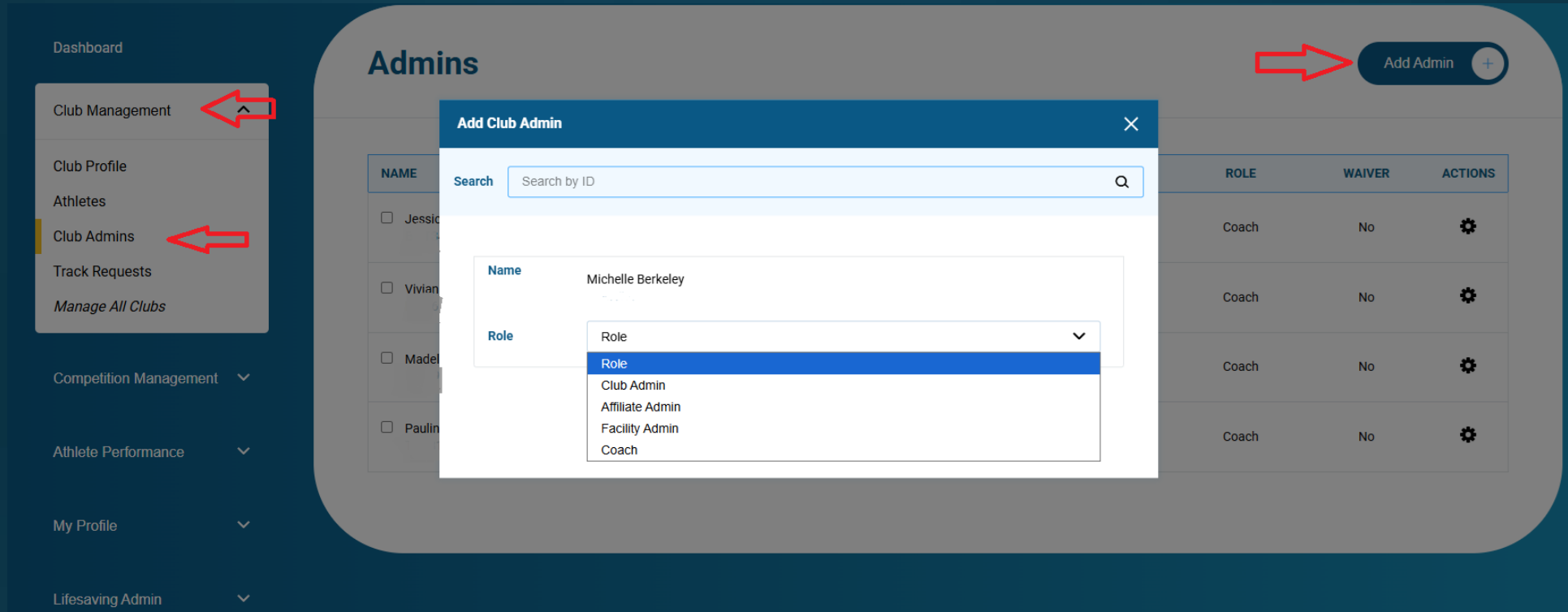
ATHLETE NAME	WAIVER	ACTIVE	STATUS	GENDER	AGE GROUP (DOB)	ACTIONS
<input type="checkbox"/> Example Candidate CAE59E	Complete	Active	Registered	F	Open (01 January 2000)	

*NOTE: All club athletes should be active, whether competing or not*

# Athlete Waivers

- Waivers should be signed at the beginning of season by all competing athletes – 3 options:
  1. Via Sport site – automatically updates
  2. Via [online form](#) – 1 business day to process
  3. Via [paper form](#) – 2 business days to process
    - Scan & email copy to [sport@lifesaving.org](mailto:sport@lifesaving.org)

*\*NOTE: waiting until competition time to submit waivers may cause delays resulting in athletes being unable to compete*



## NEW DESIGNATION: Registered Coach

- Registered Coach – new designation to appear on coach's member profiles on [Find-a-Certification](#)
  1. Add coach on Sport site:
    - Club Management > Club Admins > Add Admin
  2. Complete concussion & harassment prevention training & compliance [form](#)
  3. Ensure Lifesaving Sport Coach is current until March 31, 2026
    - If not, complete [distance recert form](#) + \$10 fee, allow up to 2-weeks to process

# Competition Requirements: Coaches

- Minimum 1 Registered Sport Coach required per attending club at all competitions
- Prior to each competition registration deadline:
  - email the name(s) of your clubs registered coaches attending the meet to:
    - [Sport@lifesaving.org](mailto:Sport@lifesaving.org)
    - Competition Meet Manager (email found in Meet Package)

# Competition Sanctioning Process

1. Book pre-sanctioning meeting with Amy
  - [Sport@lifesaving.org](mailto:Sport@lifesaving.org)
  - Meeting must be attended by Meet Manager & Chief Referee
  - Review key timings, identify equipment needs & review resources/documentation
2. Submit meet package and safety plan via website
3. Upon sanction, the meet package, safety plan and volunteer link will be:
  - Sent out as a communique to the sport community
  - Added to the Sport Blog
  - Linked to the Lifesaving Society Event Calendar
  - Available for download on the Sport site

\*More details in [October 15](#) webinar\*



# Competition Updates



- Competition creation & meet entry are currently DISABLED on sport site
  - Will become available once the age group & event updates have been applied (est. Mid-October)
- Option added to choose mixed or gendered registration
  - Simplifies creation of mixed gender meet file
- Recommend clubs consider offering honorarium to chief referee
  - To help offset travel costs

# Closing



[HTTPS://WWW.LIFESAVING.ORG/LIFESAVING-SPORT](https://www.lifesaving.org/lifesaving-sport)



[SPORT@LIFESAVING.ORG](mailto:SPORT@LIFESAVING.ORG)

A person in a small boat is visible on the water, surrounded by several buoys. The scene is captured in a blue-tinted, slightly blurred style, giving it a serene and artistic feel. The text "Thank you" is overlaid in white, sans-serif font on the right side of the image.

Thank you