



The Vancouver Open Water Swim Association (VOWSA) has been holding a swim race at Sasamat Lake since 1988 (with the exception of 2020 and 2021). We invite people of all ages and abilities to enjoy open water swimming and our **Canada Day Challenge on July 1st** is a highlight of the swim season: the lake is warmer and calmer than the ocean—and therefore more inviting. 300 swimmers usually compete in three different distances—1 km, 2km, and 4km.

Our top priority is safety of swimmers and we can only ensure this with lifeguards. We are hoping to have lifeguards on site between 8:00 am and 11:00 am (the first race starts at 8:30 am and the final swimmers should be coming in around 10:30 am).

More information about the race is here: vowsa.bc.ca.

We ask that lifeguards bring their own stand-up paddle boards (SUPs) and/or kayaks. We can supply radios for communication.

We are looking for about 10 lifeguards on the water during the race, as well as a first aid team on the beach (we may be able to provide a 10 x 10 tent). These positions will be paid.

Any questions: email president@vowsa.bc.ca