

Junior Lifeguard TeleGames

Lifesaving Society BC & Yukon Branch

2020-2022





Dear Lifesaving Club Coach,

The Lifesaving Society welcomes your participation in the 2020-2022 TeleGames. TeleGames are happening in pools across Canada – and we hope yours will be one of them!

The BC & Yukon TeleGames result submission dates are:

Fall 2020 (Dec. 29), Spring 2021 (June 30) and Summer 2021 (Sept. 1)

COVID-19 Precautions: *Please note that all information contained in this document assumes that the Affiliate, host facility, coaches, officials and participants are aware of, and adhering to, current directives from the local, provincial and federal health authorities in regard to the preventing the transmission of COVID-19 at the time of the TeleGames event. Any deviation from such directives puts the health of all those involved at risk.*

If you require additional copies of this handbook or any of the forms, you can download them at <http://www.lifesaving.bc.ca/> from the Affiliate resource page.

If you are interested in participating or want more information, please contact the Lifesaving Society Office.

Suggestions and comments about the BC & Yukon TeleGames are always welcome.

Thank you all for your continued support.

LET THE TELEGAMES BEGIN!

ABOUT BC & YUKON Junior Lifeguard TeleGames

The Lifesaving Society's TeleGames are inter-club level competitions held at aquatic facilities throughout the year. In TeleGames, competitors can experience lifesaving sport events in a fun and encouraging competitive environment. Performances are compared with other BC & Yukon Lifesavers – **all without travelling**. TeleGames can be delivered during regularly scheduled club meetings, classes or workouts or as an inter-facility or regional competition.

Participating Affiliates may run some (we recommend a minimum of two events) or all of the TeleGames events at their facilities. Results of events are forwarded to the Branch office, where results from all participating BC & Yukon Branch Affiliates are compiled and awards issued.

Lifesaving Affiliates are encouraged to create Lifesaving Sport Clubs/Teams to promote awareness of lifesaving education. Through the development of Lifesaving Sport programs and clubs, youth can remain active in swimming, increase their fitness, learn how to set personal goals and learn how to compete in a safe and friendly atmosphere.

SUBMISSION DUE DATES

Results are due to the scoring centre (Branch office) by the following dates:

Fall (Dec. 29), Spring (June 30), and Summer (Sept. 1)

Email completed entry forms and results to awards@lifesaving.bc.ca

or mail to:

Lifesaving Society, BC & Yukon Branch
#112 - 3989 Henning Drive,
Burnaby, BC V5C 6N5

ATHLETE ENTRY REQUIREMENTS

1. To participate in the Lifesaving Society BC & Yukon Branch **Junior Lifeguard TeleGames** athletes must:
 - Be less than 18 years of age.
 - Hold a Lifesaving Society award (Canadian Swim Patrol Rookie or higher) or be registered in a Lifesaving Society course at the time of the **TeleGames** event or be a member of a registered Junior Lifeguard Team, or Lifesaving Sport Club.

Participants who are less than 10 years of age can participate; they must meet the Canadian ***Swim to Survive Standard***:

Roll into deep water; Tread for 1 minute; Swim 50m unassisted

2. All athletes participating in **Junior Lifeguard TeleGames** must be members of a registered Lifesaving Sport Club or be a member of a Junior Lifeguard Team of an Affiliate of the Lifesaving Society - BC & Yukon Branch.
3. **Athletes over 13yrs of age** must also complete the one-time Lifesaving BC & Yukon Athlete registration form.
4. **Coaches are responsible for the safety of all TeleGames participants, including athletes and volunteer officials!**

PROGRAM OF EVENTS

Age Categories

Age is determined as of the Results Due Date. Competitors will compete in 1 of 6 age groups:

- 7 yrs. & under
- 8 & 9 yrs.
- 10 & 11 yrs.
- 12 & 13 yrs.
- 14 & 15 yrs.
- 16 & 17 yrs.

For the mixed relay events there are only two age groups.

| Age Categories | | Distance |
|----------------|--------------------------------------|----------|
| U44 | 44 yrs. or less = 11yrs. & under | 4x25m |
| U64 | 45-64 yrs. or less = 17 yrs. & under | 4x50m |

Events

Clubs may run one or all the individual events (we recommend a minimum of two events). If your team is new to **TeleGames**, begin with just a couple of events and add more the next time you enter. TeleGames consists of ten timed events – all timed to 100th of a second.

Individual Events:

1. Lifesaving Individual Medley
2. Manikin Carry
3. Manikin Tow with Fins
4. Object Carry
5. Obstacle Swim
6. Swim with Fins
7. Throwing Accuracy
8. Line Throw (with a partner)

Team Events

9. Lifesaving Medley Relay
10. Obstacle Relay

Results & Awards

- Competitors can enter each event only once.
- Individual results are based on time.
- Ribbons are awarded to the 1st through 6th placing males and females (self-identified) for individual events, and 1st through 3rd place relay events.
- Results and awards will be forwarded to each club.

GUIDE TO MANAGING

Junior Lifeguard TeleGames

The goals of **TeleGames** are to:

1. Provide the opportunity for officials to learn how to run a **TeleGames** and become familiar with the Junior Lifeguard Events and Lifesaving Sport.
2. Ensure a fair, inclusive and efficient competition.
3. Keep the tone of the TeleGames informal, low key and educational.
4. HAVE SOME SERIOUS FUN!

Planning for **TeleGames**

1. Prepare your athletes for all the events you intend to run.
 - Consider at least one fun-focused event and add prizes of your own for participants and your volunteer officials.
 - Prepare an event program and distribute it.
 - Ensure you have the equipment you need for the events you will be running.
2. Prepare a Safety Plan for your event. (see Appendix for TeleGames Safety Plan template)
3. Prepare a list and register all competitors.
 - Ensure you have the required information for the **Junior Lifeguard TeleGames** entry form including:
 - Competitor name
 - Competitor's choice of male or female category (self-identified by swimmer)
 - Age category
 - All individual events they enter
4. Invite parents and older siblings to participate as timers and officials.
5. Plan a post-event presentation to award the ribbons once they are returned to you from the Branch.

Planning TIPS

New Clubs

- Submit only a few events for your first submission and add additional events each session as your members learn the events and gain confidence.

Focus on these events for your first submission:

- Manikin Carry
- Lifesaving Medley
- Obstacle Swim
- Throwing Accuracy or Line throw
- Lifesaving Medley Relay

Small Team - Pool Set-up

- Use only 3-4 lanes at a time.
- Run events with different age groups and combine genders in the same heat.
- Ensure their timecard has the age category and gender for that athlete.
- If you are unable to hold an event outside of your normal practice time, schedule events for the end of several practices.

Volunteers

- Combine roles (i.e. Marshall and Referee)
- Use your older swimmers (13+) to act as lane judges and timers.
- Make this a family affair, invite parents and siblings to volunteer.

On the Day

1. Welcome all participants to the event with a pre-event meeting to review the events.
2. Run events, recording place and time for each competitor on a competitor timecard.
3. Congratulate all competitors.
4. Thank all volunteers and athletes and invite everyone back for the next session.
5. Mail or email results of each event to the Branch Office.
6. Hold your post-event celebration once the ribbons have arrived.

JOB DESCRIPTIONS

Meet Manager

1. Official Welcome
2. Set up course and equipment for each event
3. Manage parents and other volunteers
4. Manage scoring
5. Thank all competitors at the end of the Games
6. Additional help from volunteers makes in-water set up of equipment easier, to manage scoring and to post event results.

Marshall

1. Marshal competitors by heat for all events
2. Distribute timecard indicating the event, age group, and competitor name to each competitor
3. Describe event rules to competitors before each heat
4. Additional help, such as group marshals, makes it easier to match competitors with timecards and get them in the appropriate heat.

Referee

1. Oversee all competitors at the meet
2. Start each event
3. Judge stroke and turn penalties and disqualifications.
4. Judge place of finishing for each event

Safety Officer

In coordination with the host facility:

1. Prepare the event Safety Plan
2. Manage the safety of all participants, athletes, parents, and other volunteers
3. Ensure Lifesaving Society certified National Lifeguards supervise while events are in progress
4. Respond to any incident or accidents
5. Prepare and report any incident or accident

Chief Timer

1. Train and monitor timers
2. Time the first-place finish
3. Collect completed timecards and determine official time
4. Additional help, such as runners, makes it easier to match competitors with timecards and get them into scoring.

Timers

1. Should have two timers per lane
 2. Volunteers such as recruited parents can fill this role
 3. Responsibilities include:
 - Timing
 - Recording results on timecards
- For larger events consider additional positions of Chief Scorer, Equipment Manager, Chief Starter, Lane Judges.

GENERAL CONDITIONS

WARM-UP PROCEDURES

- Designate a warm-up period; the Safety Officer is responsible for warm-up procedures.
- Designate swim lanes that will be used for warm-up.
- The Safety Officer should be notified of any swimmers who are participating in warm-up who may have special needs.
- Lifesaving Society certified national lifeguards must be present for warm-up.

General Warm-Up Rules

- Always follow the facility rules.
- Swimmers must enter the water feet first in a cautious manner.
- Athletes doing backstroke have the right of way for safety purposes.
- Coaches will monitor athletes for warm-up.

Equipment

- Flutter boards and pull buoys are allowed.
- Rescue tube(s) and racing fins are not allowed

STARTS

The 'one-start rule' shall be used.

1. Competitors may start on the starting platform, or the pool deck, or in the water with one hand in contact with the starting wall.
2. On the long whistle, each competitor steps onto the starting platform and remains there.
3. 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.
4. When competitors are stationary the starter gives an acoustic starting signal (whistle, horn, etc.)

Penalties and Disqualifications

1. False starts or early or incomplete turn-over during a relay.
2. Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g. hand-webs, armbands).
3. Competitors must not push off from the pool bottom except where specifically permitted by the event's design.
4. Competitors must not propel themselves forward by using any of the pool fittings (e.g., lane ropes, steps, drains or underwater hockey fittings).
5. Competitors must not interfere with other competitors by crossing into another competitor's lane.
6. All competitors will abide by the rules of conduct for the **TeleGames** event and the host facility.

Specific event penalties are listed and described with each event's description.

| Materials List | | |
|--|---|---|
| All Events | Starter's whistles (1) | Stopwatches (2 per lane) |
| | Timecards for each event and each competitor in each event | Clipboards & pencils |
| Lifesaving Individual Medley & Lifesaving Medley Relay | No equipment | |
| Manikin Carry | Manikin & rescue tubes | 11 yrs. & under lifejacket |
| Manikin Tow with Fins | Manikin, rescue tubes &, Fins | 11 yrs. & under lifejacket (1 per lane) |
| Object Carry | 7 yr. & under – 1 lb. Or less (e.g. Pucks, rings, etc.) 8–11 yr. – 5 lb. 12–17 yr. – 10 lb. | |
| Obstacle Swim & Obstacle Relay | 7 yr. & under A rope fixed in a straight line across all lanes. Rope colour should contrast with the water | 8 yr. & over Obstacles are 35 cm high and fixed at right angles onto lane ropes in a straight line across all lanes. |
| Swim with Fins | Fins | |
| Throwing Accuracy | Tape measure (1 required) Throw lines shall be 8 mm or 5/16 inch diameter buoyant polypropylene double braid line. Length varies with age group. Target shall be a rope or obstacle fixed in a straight line across all lanes. Distance to target varies by age group. Targets may be secured in place by the use of weighted objects and/or attached to lane ropes. | |
| Line Throw | Rigid Crossbar | Throw line: (12-15yrs.) length 10m Throw line: (16 & 17yrs.) length 16-17.5m |

EVENT DESCRIPTIONS

1. **Lifesaving Individual Medley**
2. **Manikin Carry**
3. **Manikin Tow with Fins**
4. **Object Carry**
5. **Obstacle Swim**
6. **Swim with Fins**
7. **Throwing Accuracy**
8. **Line Throw**
9. **Lifesaving Medley Relay**
10. **Obstacle Relay**

| Menu of Events | | | | | | |
|---------------------------------------|-------------------|-------------------|-------------------|---------------------|---------------------|---------------------|
| Individual Event | 7 yrs. & Under | 8 & 9 yrs. | 10 & 11 yrs. | 12 & 13 yrs. | 14 & 15 yrs. | 16 & 17 yrs. |
| Lifesaving Medley | 100m | 100m | 100m | 100m | 100m | 100m |
| Manikin Carry | NA | 50m empty manikin | 50m empty manikin | 50m ½ full manikin | 50m ½ full manikin | 50m ½ full manikin |
| Manikin Tow with Fins | 25m empty manikin | 50m empty manikin | 50m empty manikin | 100m ½ full manikin | 100m ½ full manikin | 100m ½ full manikin |
| Object Carry | 50m 1 lb | 50m 5 lbs | 50m 5 lbs | 50m 10 lbs | 50m 10 lbs | 50m 10 lbs |
| Obstacle Swim | 25m | 25m | 50m | 100m | 100m | 100m |
| Swim with fins | 25m | 50m | 50m | 50m | 50m | 50m |
| Throwing Accuracy | 4m (3x) | 4m (3x) | 7m (3x) | 7m (3x) | NA 14 -17 yrs. | |
| Line Throw (with a partner) | NA 11 & Under | | | 7m | 7m | 12.5 meters |
| | 44 years or less | | | 64 years or less | | |
| Medley Relay | 100m (4 x 25m) | | | 200m (4 x 50m) | | |
| Obstacle Relay | 100m (4 x 25m) | | | 200m (4 x 50m) | | |

1. LIFESAVING INDIVIDUAL MEDLEY

Event Description & Age Specification Adaptations

Safety Considerations

- **Shallow-end start must be an in-water start.**

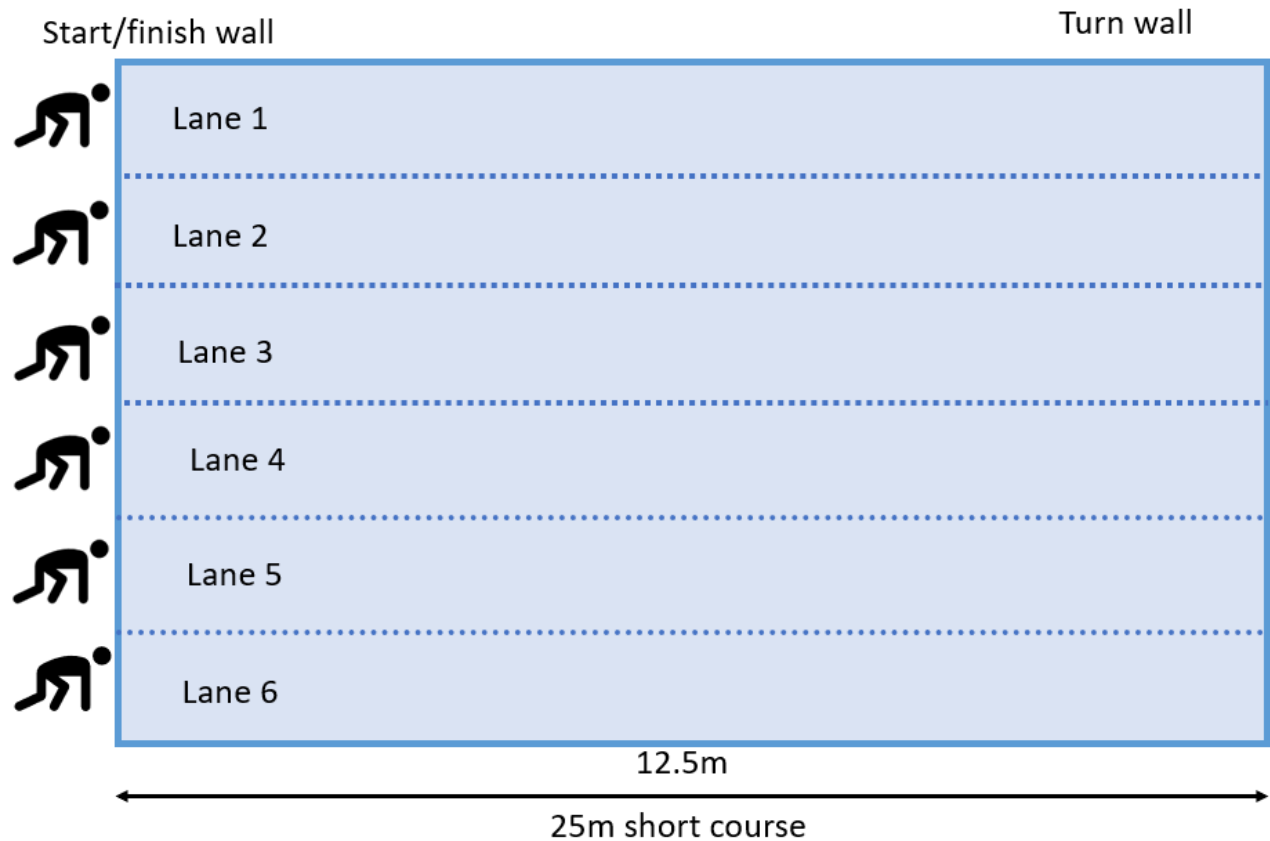
The start: With a dive or in-water start on an acoustic signal, the competitor swims 25 m each of front crawl, breaststroke, legs-only lifesaving kick, and back crawl to touch the finish wall of the pool.

- Competitors must swim the four legs of the individual medley in the order of strokes as specified above.
- Competitors must swim front crawl, breaststroke and back crawl as defined in the *Canadian Lifesaving Manual*.
- Lifesaving kick is legs-only, and competitors must use whip kick, eggbeater, scissor, or inverted scissor kick as described in the *Canadian Lifesaving Manual*.
 - Flutter kick is not an acceptable lifesaving kick.
 - The swimmer's body position is on either on their back or side.
 - Arms may not be used for propulsion but may be held in the position of the competitor's choice and may be used to turn at the pool wall.

Note: Judging criteria for strokes apply only when the top of the competitor's head has broken the surface. "Surface" means the horizontal plane of the surface of a still water pool. Competitors must surface within 12.5 m after the start and each turn.

Age Specification Adaptation

| Age Group | Total Distance | Front Crawl | Breaststroke | Lifesaving Kick | Back Crawl |
|-----------|----------------|-------------|--------------|-----------------|------------|
| All ages | 100m | 25m | 25m | 25m | 25m |



Penalties

A five (5) second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for **TeleGames**.
2. Infraction occurring during the start.
3. Incorrect strokes.
4. Not surfacing within 12.5 m after the start and each turn.
5. Failure to touch the wall during the turn.
6. Failure to touch the finish wall.
7. Not completing the event per the event description.

Equipment Needed

- Stopwatches, acoustic starting signal device (whistle, horn etc.)

2. MANIKIN CARRY

Event Description & Age Specification Adaptations

Safety Considerations

- **Shallow-end start must be an in-water start.**

Starts with rescue tubes: officials & competitors should ensure a safe and correct position of rescue tube and line.

- A deck start is recommended for all Junior Lifeguard events with rescue tubes, and in-water start is recommended for those 11yrs. and under.
- **Shallow-end start must be an in-water start.**

The start: With a dive or in-water start on an acoustic signal, the competitor swims front crawl with fins and rescue tube. After touching the turn wall, and in the 5m pick-up zone, the competitor fixes the rescue tube to a manikin and tows it to the finish wall of the pool.

Securing the manikin: For competitors 11 years & under: Competitors must complete the 25m front crawl swim by touching the pool wall before touching the manikin. Once touching the turn wall, the competitor secures the manikin correctly with the rescue tube by clipping the loop on the lifejacket in the 5m pick-up zone.

Securing the manikin: For competitors 12 years & over: Competitors must complete the 75m front crawl swim by touching the pool wall before touching the manikin. Once touching the turn wall, the competitor 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 5m pick-up zone.

Note: Clubs/Teams will need to develop new strategies for manikin clipping for competitors 11 years & under as many manikins no longer have a clip at the top of the head. One simple suggestion is to fit the manikin with a 60–90 lb. size lifejacket as they can clip the loop on the lifejacket and tow the manikin this way.

Towing the manikin: Beyond the 5m pick-up zone, competitors must tow – not carry – the correctly secured manikin maintaining the manikin’s mouth or nose above 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 10m line.

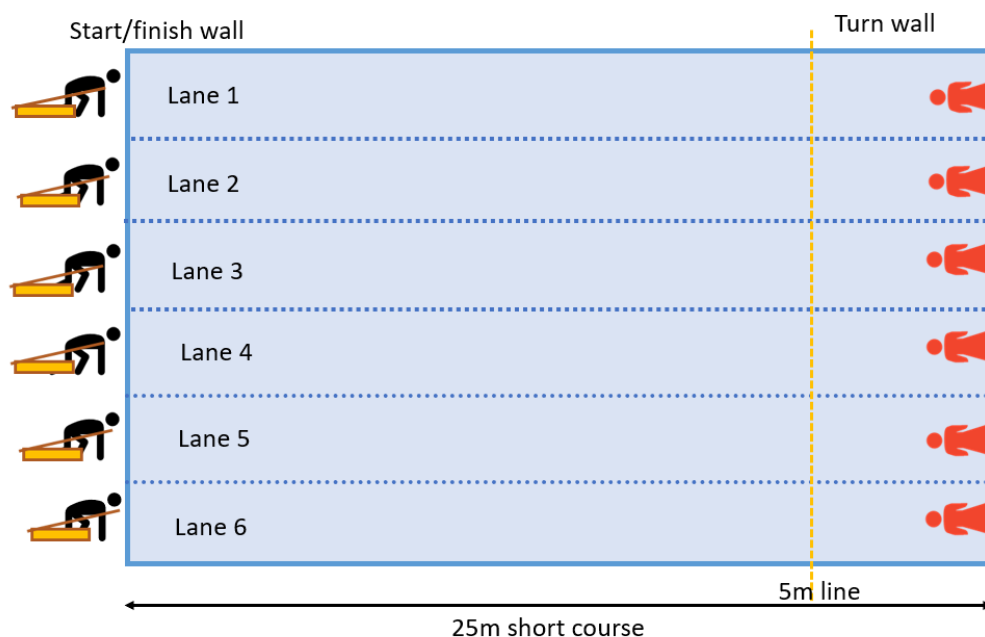
- If the manikin has not become separated from the rescue tube, and the mouth or nose remains above the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without penalization.

Age Specification Adaptation

| Age Group | | | Distance | | |
|----------------|-------------------------|-------------------------|--------------------------|--------------------------|--------------------------|
| 7 yrs. & Under | 8 & 9 yrs. | 10 & 11 yrs. | 12 & 13 yrs. | 14 & 15 yrs. | 16 & 17 yrs. |
| N/A | 50m empty manikin | 50m empty manikin | 50m ½ full manikin | 50m ½ full manikin | 50m ½ full manikin |

Equipment Needed

- Stopwatches, acoustic starting signal device (whistle, horn etc.)
- **Manikins**
 - **For 11 yr. & under competitors:** the manikin is empty, and a loop is attached to the top of the manikin's head or clips the loop on the lifejacket.
 - **For 12 yr. & over competitors:** the manikin is filled with water so that it floats with the top of its transverse line at the surface.
 - **Construction:** Manikins must meet Lifesaving Society requirements and specifications (i.e., Lifesaving Society training and competition manikins).
- **Rescue tubes**
 - **Construction:** Rescue tubes must meet Lifesaving Society requirements and specifications (i.e., Lifesaving Society Canada rescue tubes, Australia rescue tubes)



Penalties

A five (5) second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for **TeleGames**.
2. Infraction occurring during the start.
3. Taking assistance from any pool fitting, (e.g., lane rope or steps) when fixing the rescue tube around the manikin – not including the pool bottom.
4. Not touching the pool wall before touching manikin.
5. Incorrect securing of the rescue tube:
 - 11 yr. & under:* incorrect securing of the rescue tube to the loop on the lifejacket.
 - 12 yr. & over:* around the manikin (i.e., not around the body and under both arms and clipped to an O-ring).
6. Not securing the rescue tube to the manikin:
 - 11 yr. & under:* not securing the rescue tube to the loop on the lifejacket within the 5m pick-up zone, judged at the top of the manikin's head.
 - 12 yr. & over:* not securing the rescue tube around the manikin within the 5m pick-up zone, judged at the top of the manikin's head.
7. The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10m line.
8. Not towing the manikin with the line of the rescue tube fully extended beyond the 10m line.
9. Pushing or carrying, instead of towing, the manikin
10. Towing the manikin face down.
11. The rescue tube and manikin become separated after the rescue tube has been secured correctly around or to the manikin.
12. Touching the finish wall without the rescue tube and manikin in place.
13. Failure to touch the wall during the turn.
14. Failure to touch the finish wall.
15. Not completing the event per the event description.

3. MANIKIN TOW WITH FINS

Event Description & Age Specification Adaptations

Safety Considerations

- Starts with rescue tubes: Officials & Competitors should ensure a safe and correct position of rescue tube and line.
- A deck start is recommended for all Junior Lifeguard events with rescue tubes, and in-water start is recommended for those 11yrs. and under.
- **Shallow-end start must be an in-water start.**

The start: With a dive or in-water start on an acoustic signal, the competitor swims front crawl with fins and rescue tube. After touching the turn wall, and in the 5m pick-up zone, the competitor fixes the rescue tube to a manikin and tows it to the finish wall of the pool.

- **Retrieving lost fins:** Competitors may retrieve fins lost after the start and continue without penalization.

Securing the manikin: For competitors 11 years & under. Competitors must complete the 25m front crawl swim by touching the pool wall before touching the manikin. Once touching the turn wall, the competitor secures the manikin correctly with the rescue tube by clipping the loop on the lifejacket in the 5m pick-up zone.

Securing the manikin: For competitors 12 years & over. Competitors must complete the 75m front crawl swim by touching the pool wall before touching the manikin. Once touching the turn wall, the competitor 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 5m pick-up zone.

Note: Clubs/Teams will need to develop new strategies for manikin clipping for competitors 11 years & under as many manikins no longer have a clip at the top of the head. One simple suggestion is to fit the manikin with a 60–90 lb. size lifejacket as they can clip the loop on the lifejacket and tow the manikin this way.

Towing the manikin: Beyond the 5m pick-up zone, competitors must tow – not carry – the correctly secured manikin maintaining the manikin’s mouth or nose above 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 10m line.

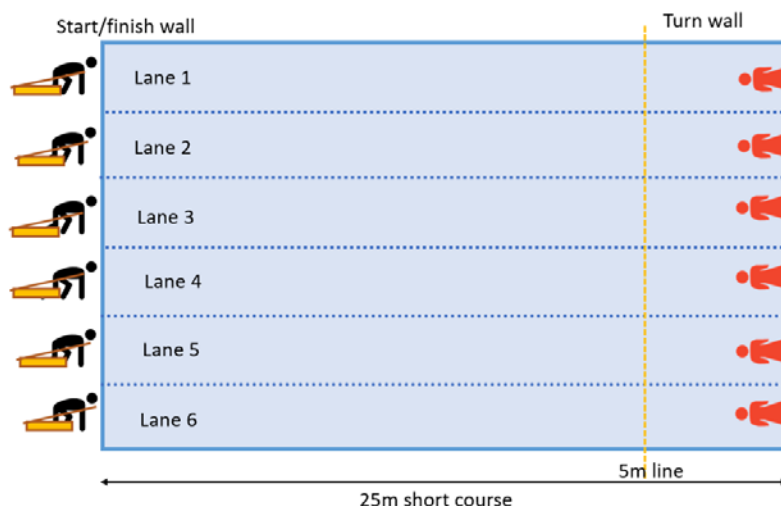
- If the manikin has not become separated from the rescue tube, and the mouth or nose remains above the surface, a competitor may stop to re-secure the rescue tube correctly around the manikin without penalization.

Age Specification Adaptation

| Age Group | | | Distance | | |
|----------------|---------------|---------------|----------------|----------------|----------------|
| 7 yrs. & Under | 8 & 9 yrs. | 10 & 11 yrs. | 12 & 13 yrs. | 14 & 15 yrs. | 16 & 17 yrs. |
| 25m | 50m | 50m | 100m | 100m | 100m |
| empty manikin | empty manikin | empty manikin | ½ full manikin | ½ full manikin | ½ full manikin |

Equipment Needed

- Stopwatches, acoustic starting signal device (whistle, horn etc.)
- **Swim fins**
 - Competitors may use their fins or those provided by competition organizers. To avoid injury, competitors should only wear fins of a size appropriate to their physical development. Fins must not be longer than 60 cm including shoe or ankle strap; fin portion must not be longer than the length of the footwell. Fins must not be wider than 21 cm at the widest point of the blade. Fibreglass racing fins are not permitted.
- **Manikins**
 - **For 11 yr. & under competitors:** the manikin is empty, and a loop is attached to the top of the manikin's head or clips the loop on the lifejacket.
 - **For 12 yr. & over competitors:** the manikin is filled with water so that it floats with the top of its transverse line at the surface.
 - **Construction:** Manikins must meet Lifesaving Society requirements and specifications (i.e., Lifesaving Society training and competition manikins).
- **Rescue tubes**
 - **Construction:** Rescue tubes must meet Lifesaving Society requirements and specifications (i.e., Lifesaving Society Canada or Australia rescue tubes)



Penalties

A five (5) second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for **TeleGames**.
2. Infraction occurring during the start.
3. Taking assistance from any pool fitting, (e.g., lane rope or steps) when fixing the rescue tube around the manikin – not including the pool bottom.
4. Not touching the pool wall before touching manikin.
5. Incorrect securing of the rescue tube:
 - 11 yr. & under:* incorrect securing of the rescue tube to the loop on the lifejacket.
 - 12 yr. & over:* around the manikin (i.e., not around the body and under both arms and clipped to an O-ring).
6. Not securing the rescue tube to the manikin:
 - 11 yr. & under:* not securing the rescue tube to the loop on the lifejacket within the 5m pick-up zone, judged at the top of the manikin's head.
 - 12 yr. & over:* not securing the rescue tube around the manikin within the 5m pick-up zone, judged at the top of the manikin's head.
7. The line of the rescue tube not becoming fully extended before the top of the manikin's head passes the 10m line.
8. Not towing the manikin with the line of the rescue tube fully extended beyond the 10m line.
9. Pushing or carrying, instead of towing, the manikin
10. Towing the manikin face down.
11. The rescue tube and manikin become separated after the rescue tube has been secured correctly around or to the manikin.
12. Touching the finish wall without the rescue tube and manikin in place.
13. Failure to touch the wall during the turn.
14. Failure to touch the finish wall.
15. Not completing the event per the event description.

4. OBJECT CARRY

Event Description & Age Specification Adaptations

Safety Considerations

- **Shallow-end start must be an in-water start.**

The start: With a dive or in-water start on an acoustic signal, the competitor swims 25 m front crawl to retrieve an object to the surface within 5 m of the turn wall. The competitor carries the object to touch the finish wall of the pool, for a total distance of 50m.

- Competitors need not touch the turn wall of the pool.

Positioning the object

- The object is located at a maximum depth of 2m. In water deeper than 2m, the object shall be placed on a platform (or other support) to position it at the required depth.
- The object is positioned in contact with the pool bottom (or platform) touching the pool wall. Where the facility design does not provide a vertical wall that joins the bottom at 90 degrees, the object must be positioned as close as possible to the wall, but no further than 30cm from the wall as measured at the water surface.

Surfacing with the object

- Competitors may only push off the bottom when surfacing with the object. Walking along the bottom when surfacing with the object is not permitted.
- Competitors must break the surface by the 5m line. "Surfacing" means the competitor's head breaks the plane of the surface of the water.
- Competitors must not re-submerge after surfacing.

Carrying the object

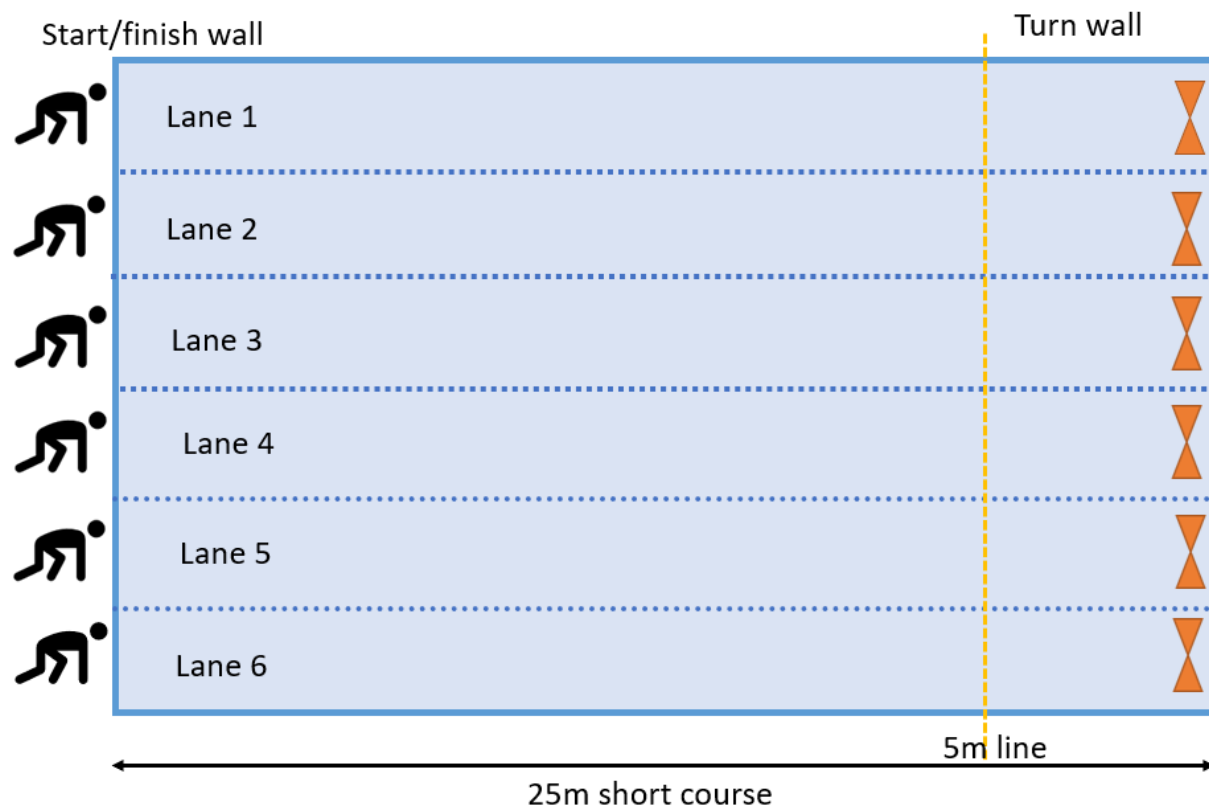
- Competitors must carry (not push) the object with at least one hand. The object when being carried, may not be forward of the competitor's head.
- Competitors must carry the object while on their back or side. Competitors may not carry the object while on their front.
- "Carrying the Object" judging criteria apply only when the competitor's head passes the 5m line.

Age Specification Adaptation

| 7 yrs. & Under | 8 & 9 yrs. | 10 & 11 yrs. | 12 & 13 yrs. | 14 & 15 yrs. | 16 & 17 yrs. |
|----------------|--------------|--------------|---------------|---------------|---------------|
| 50m 1 lb | 50m 5 lbs | 50m 5 lbs | 50m 10 lbs | 50m 10 lbs | 50m 10 lbs |

Equipment Needed

- Object weighing 1, 5, or 10lbs (depending on the age group)
- Stopwatches, acoustic starting signal device (whistle, horn etc.)



Penalties

A five (5) second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for **TeleGames**.
2. Infraction occurring during the start.
3. Taking assistance from any pool fitting, (e.g., lane rope or steps) when surfacing with the object – not including the bottom of the pool.
4. Walking along the bottom when surfacing with the object.
5. Using an incorrect carrying technique.
6. Failure to touch the finish wall.
7. Not completing the event per the event description.

Note: Competitors who finish the event without the object shall be designated “Did Not Finish” (DNF).

5. OBSTACLE SWIM

Event Description & Age Specification Adaptations

Safety Considerations.

- **Start in the shallow-end must use an in-water start.**

The Start: With a dive or in-water start on an acoustic signal, the competitor swims the course passing under the obstacles to touch the finish wall of the pool.

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

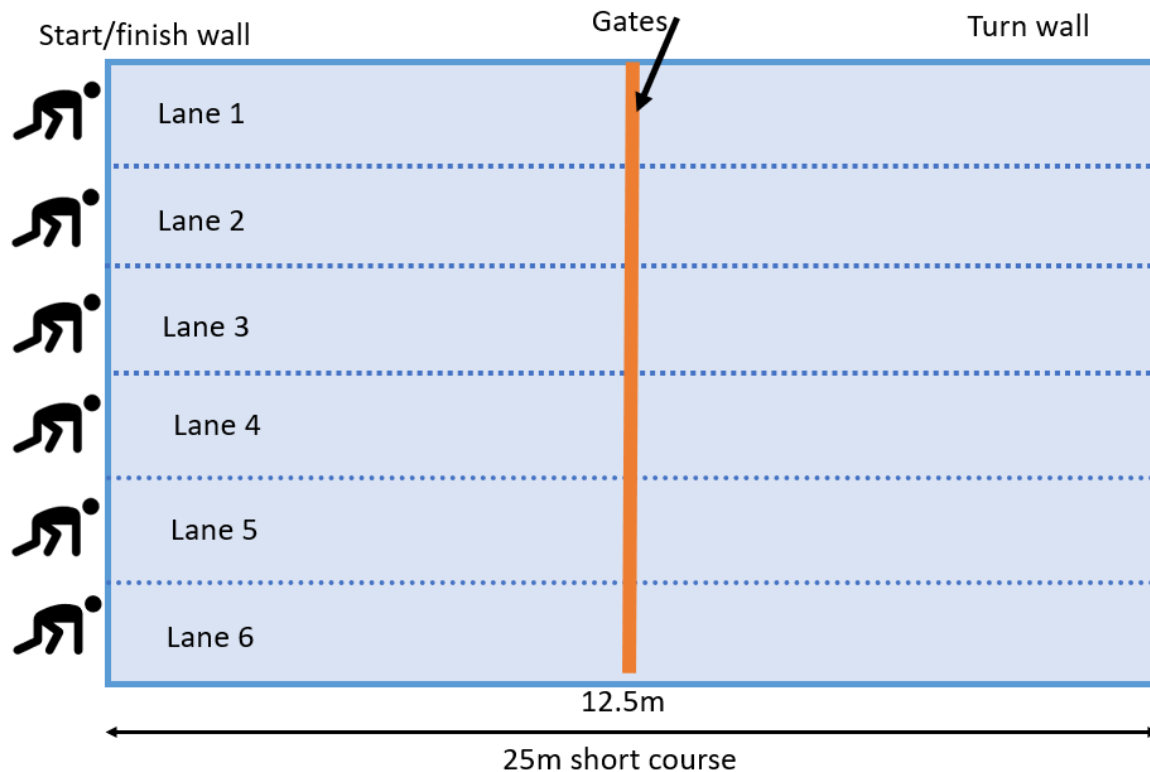
Age Specification Adaptation

| Age Group | Distance |
|----------------|----------|
| 9 yrs. & under | 25m |
| 10 – 12 yrs. | 50m |
| 12 yrs. & Over | 100m |

Position of obstacles One obstacle is located 12.5 m from the starting wall.

Equipment Needed

- The obstacle for competitors 10 yrs. & under consists of a rope fixed in a straight line across all lanes. Rope colour should contrast with the water.
- The obstacle for competitors 12 yrs. & over is 35cm high and fixed at right angles onto lane ropes in a straight line across all lanes.
- Stopwatches, acoustic starting signal device (whistle, horn etc.)



Penalties

A five (5) second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for **TeleGames**.
2. Infraction occurring during the start.
3. Passing over an obstacle without immediately returning over that obstacle and then passing under it.
4. Failure to surface after the start or after a turn.
5. Failure to surface after each obstacle.
6. Failure to touch the wall during the turn.
7. Failure to touch the finish wall.
8. Not completing the event per the event description.

6. SWIM WITH FINS

Event Description & Age Specification Adaptations

Safety Considerations

- Starts with fins: Officials & competitors should ensure safety when mounting the starting block.
- A deck start is recommended for all with fins aged 9yrs. and under.
- **Starts in the shallow-end must use an in-water start.**

The start: With a dive or in-water start on an acoustic signal, the competitor swims 25m /50m freestyle wearing fins to touch the finish wall of the pool.

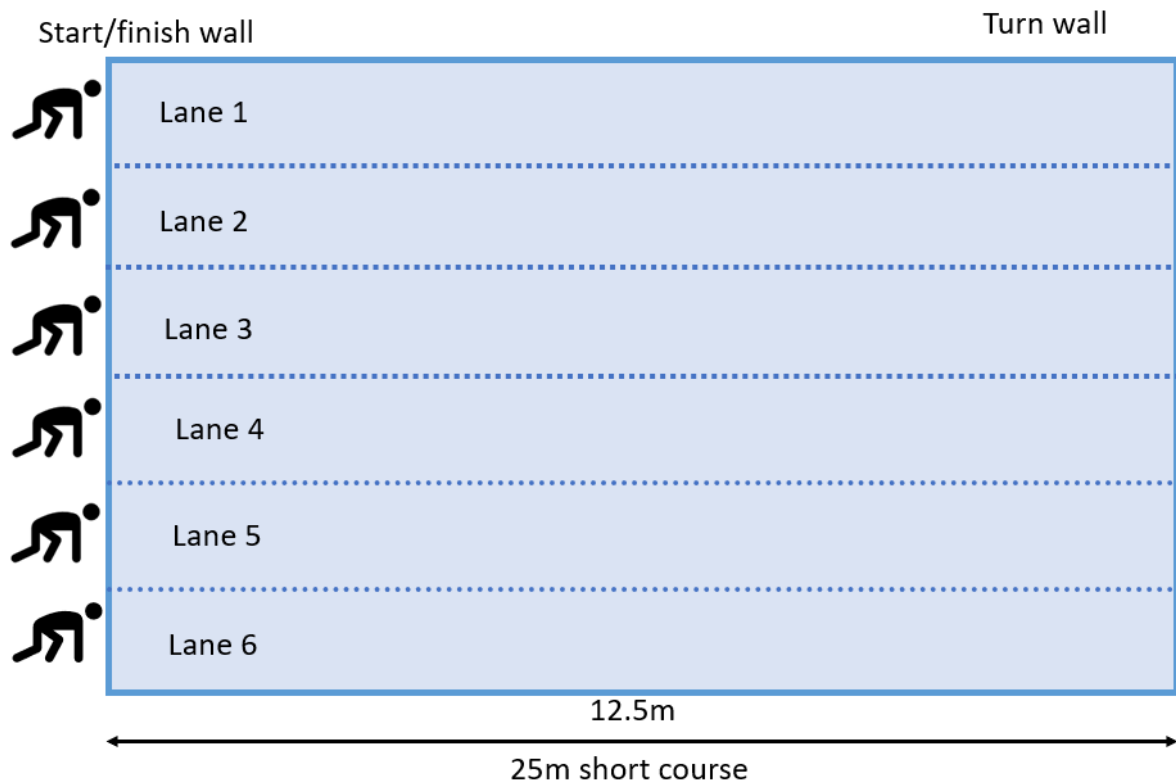
- Competitors must surface after the start and before the turn, and after the turn before the finish.
- Competitors who finish the event not wearing at least one fin shall be designated “Did Not Finish” (DNF).
- Retrieving lost fins: Competitors may retrieve fins lost after the start and continue without disqualification. Competitors are not permitted to start again in another heat.

Age Specification Adaptation

| 7 yrs. & Under | 8 & 9 yrs. | 10 & 11 yrs. | 12 & 13 yrs. | 14 & 15 yrs. | 16 & 17 yrs. |
|----------------|------------|--------------|--------------|--------------|--------------|
| 25m | 50m | 50m | 50m | 50m | 50m |

Equipment Needed

- **Fins:** Competitors may use their fins or those provided by competition organizers. To avoid injury, competitors should only wear fins of a size appropriate to their physical development.
 - Fins must not be longer than 60 cm including shoe or ankle strap; and the fin part itself must not be longer than the length of the footwell.
 - Fins must not be wider than 21 cm at the widest point of the blade.
 - Fibreglass racing fins are not permitted.
- Stopwatches, acoustic starting signal device (whistle, horn etc.)



Penalties

1. Infraction of the General Conditions for **TeleGames**.
2. Infraction occurring during the start.
3. Failure to surface before touching the turn wall and touching the finish wall.
4. Failure to touch the wall during the turn.
5. Failure to touch the finish wall.
6. Failure to complete the event as defined and described.

Note: Competitors who finish the event not wearing at least one fin shall be designated "Did Not Finish" (DNF).

7. THROWING ACCURACY

Event Description & Age Specification Adaptations

Safety Considerations

Officials & competitors should ensure all partners are wearing goggles to avoid eye injuries.

In this timed event, the competitor throws an unweighted line to hit a floating target 3 times in a 2-minute time limit.

The start: On the whistle, competitors step and remain in the throw zone. On the starter's "Take your marks" command, competitors assume the starting position.

Starting position: Competitors stand facing the target, motionless with legs together and arms straight down and beside the body with 1 or 2 hands holding the line.

An acoustic starting signal: Competitors throw and retrieve the line that may hit the target directly or be thrown beyond the target and pulled back to touch it. The event is finished when the competitor's line hits the floating target 3 times or the chief timer signals completion of the event. The competitor stays in the throw zone until the referee signals the event is completed.

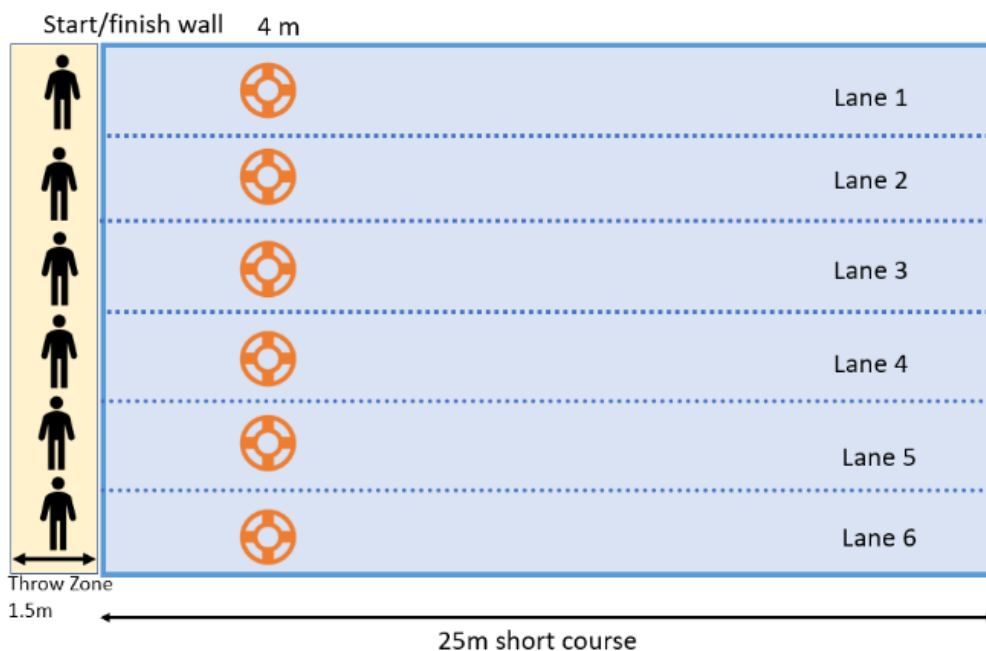
Throw zone: Competitors must remain on the deck and in their allotted lanes, poolside of a clearly defined mark 1.5 m from the pool wall. If there is a raised portion of the poolside, the line shall be 1.5 m back from the deck side of the raised portion.

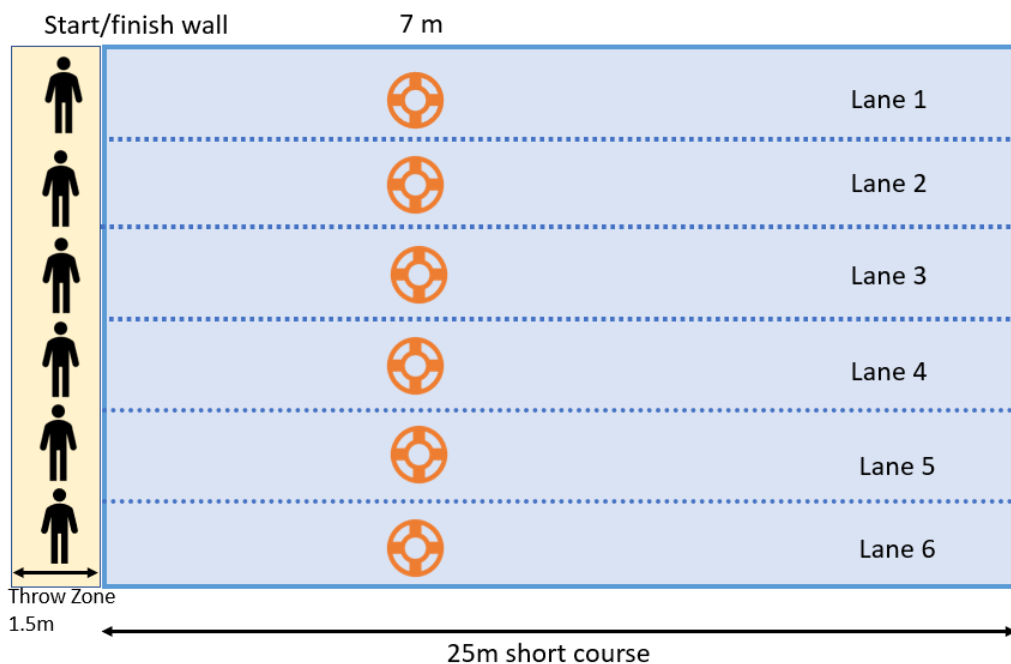
- Competitors must keep at least one foot wholly within the throw zone. Competitors who exit the throw zone (as judged by both feet) while retrieving the line before the 2 min. time limit shall be assigned a time penalty of 5 sec.
- On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within the throw zone, any part of the competitor's body may touch or cross the throw zone line without penalty. Any part of the competitor's feet may cross over the front of the "pool wall" of the throw zone without penalty.
- Competitors may reach to retrieve a line dropped outside the throw zone if they maintain at least one foot wholly within the throw zone, and that there is no interference with another competitor. Competitors who enter (or fall into) the water shall be assigned a time penalty of 5 sec.

| Age Specification Adaption for Target Accuracy | | |
|--|-----------------|-------------|
| Ages | Target Distance | Rope Length |
| 10 yrs. & Under | 4m | 6-7m |
| 12 yrs. & Under | 7m | 10m |

Equipment Needed

- Tape measure (*1 required*)
- The throw-line shall be 8 mm or 5/16-inch diameter buoyant polypropylene double braid line.
- Target shall be a maximum of 50 cm x 50 cm x 50 cm +/- 2 cm. Distance to target varies by age group
- Targets may be secured in place using weighted objects and/or attached to lane ropes. Suggested targets: clipped rescue tube; clipped 60–90 lb. lifejacket; large kickboard; pull buoy; rescue buoy ring.
- Stopwatches, acoustic starting signal device (whistle, horn etc.)





Penalties

A 5 second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for **TeleGames**.
2. Infraction occurring during the start.
3. Exiting the throw zone (as judged by both feet) at any time after the start and before the 2-minute completion signal.
4. Not completing the event per the event description.

8. LINE THROW

Event Description & Age Specification Adaptations

Safety Considerations

Officials & competitors should ensure all partners are wearing goggles to avoid eye injuries.

In this timed event, the competitor throws a line to a fellow team member located in the water on the near side of a rigid crossbar located at the 7m or 12.5m mark. The competitor pulls this “victim” back to the finish wall of the pool. The time limit is 45 seconds.

The start: On the long whistle, competitors step into the 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 top of the obstacle (or crossbar) in the allotted lane. On the starter’s “Take your marks” command, the thrower and victim immediately assume the starting position. When both competitors are motionless, the starter gives the acoustic starting signal.

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 designated spot on the crossbar.

On an acoustic starting signal: The thrower will 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 referee’s signal. Similarly, the thrower remains in the throw zone until the referee signals the completion of the event. There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line.

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 designated mark on 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 designated mark on the crossbar, they may use their foot or another part of the body to manoeuvre the throw line within their lane to a position where they can grasp the line with their hand.

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.

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 will be 1.5 m back from the deck side of the raised portion.

- On the condition that there is no interference with another competitor, and provided that at least one foot remains wholly within 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 if 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 will be disqualified.

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 completion signal will be **designated as “Did Not Finish” (DNF)**.
- Throwers must keep at least one foot wholly within the throw zone. Throwers who exit the throw zone (as judged by both feet) while pulling the victim or before the 45-second completion signal, will be **disqualified**.

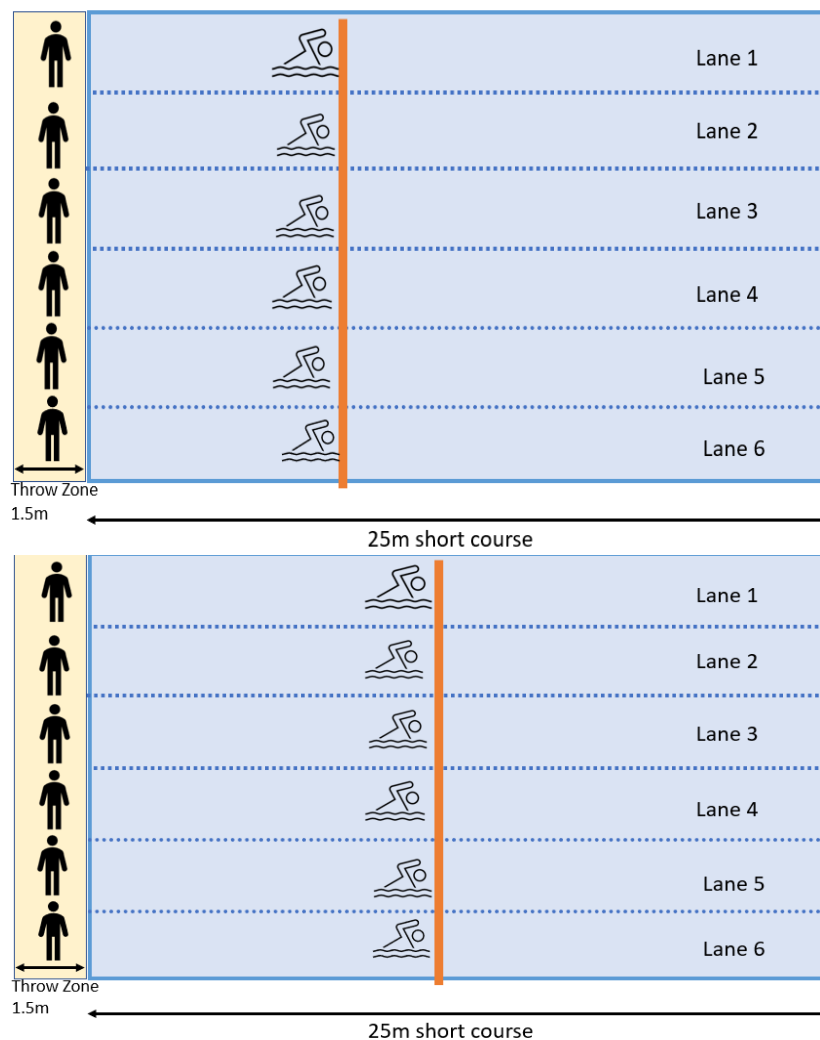
Throw line: The throw line must be between 16.5 m and 17.5 m in length. Competitors must use the throw lines supplied by organizers.

The rigid crossbar: It is positioned on the surface across each lane 12 m from the starting end of the pool. A mark located on the crossbar in the centre of the lane designates the spot to be held by the victim.

| Age Specification Adaptation for Line Throw | | |
|---|------------------------|-------------|
| Ages | Target Distance | Rope Length |
| 12 & 13yrs. | Partner location 7m | 10m |
| 14 -17yrs. | Partner location 12.5m | 16-17.5m |

Equipment Needed

- Tape measure (1 required)
- Throw lines shall be 8 mm or 5/16-inch diameter buoyant polypropylene double braid line.
- The rigid crossbar, a pole or gate, for the partner's start location.
- Stopwatches, acoustic starting signal device (whistle, horn etc.)



Penalties

A 5 second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for **TeleGames**.
2. Infraction occurring during the start.
3. Exiting the throw zone (as judged by both feet) at any time after the start and before the 45-second completion signal.
4. Designated as "Did Not Finish" (**DNF**), not completing the event per the event description.

9. LIFESAVING MEDLEY RELAY

Event Description & Age Specification Adaptations

Safety Considerations:

- All starts in the shallow-end must use an in-water start.

Relay teams may be composed of males or females or both, whose total age determines their relay age group.

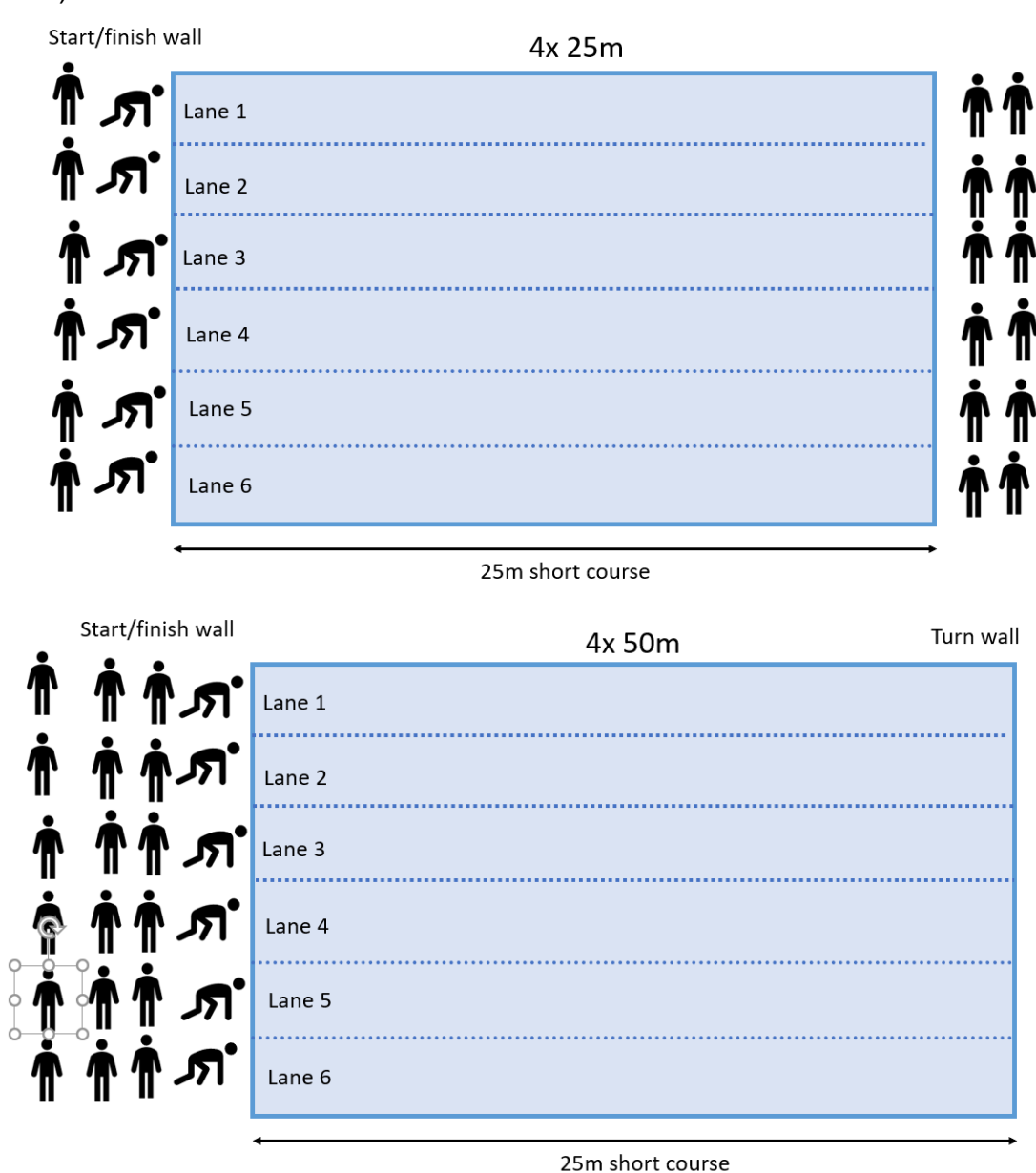
| Age Categories | | Distance |
|----------------|---------------------------------------|----------|
| U44 | 44 yrs. or less 11yrs. & under | 4 x 25m |
| U64 | 45-64 yrs. or less 15 yrs. & under | 4 x 50m |

The Start: With a dive or in-water start on an acoustic signal, the first competitor swims the 25/50m front crawl portion of the relay.

- After the first competitor touches the turn wall the second competitor swims the 25/50m breaststroke portion of the relay.
- After the second competitor touches the turn wall the third competitor swims the 25/50m legs-only lifesaving kick portion of the relay.
- After the third competitor touches the turn wall the fourth competitor swims the 25/50m back crawl portion of the relay.
- The fourth competitor swims to touch the finish wall.
 - 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.
 - Competitors must swim only one leg of the 4-legs of the lifesaving medley relay in the order of strokes specified.
 - Competitors must swim front crawl, breaststroke and back crawl as defined in the *Canadian Lifesaving Manual*.
 - Lifesaving kick is legs-only, and competitors must use whip kick, eggbeater, scissor, or inverted scissor kick as described in the *Canadian Lifesaving Manual*. Flutter kick is not an acceptable lifesaving kick.
 - The body position is on the back or side. Arms may not be used for propulsion but may be held in the position of the competitor's choice and may be used to turn at the pool wall.

Note: Judging criteria for strokes apply only when the top of the competitor's head has broken the surface. "Surface" means the horizontal plane of the surface of a still water pool. Competitors must surface within 12.5 m after the start and each turn.

Equipment needed: Stopwatches, acoustic starting signal device (whistle, horn etc.)



Penalties

A five (5) second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for **TeleGames**.
2. Infraction occurring during the start.
3. Incorrect strokes.
4. Not surfacing within 12.5 m after the start and each turn.
5. Failure to touch the finish wall.
6. Leaving the start before the previous competitor has touched the wall.
7. Not completing the event per the event description.

10. OBSTACLE RELAY

Event Description & Age Specification Adaptations

Safety Considerations:

- **Start in the shallow-end must use an in-water start.**

Relay teams may be composed of males or females or both, whose total age determines their relay age group.

| Age Categories | | Distance |
|----------------|--------------------------------------|----------|
| U44 | 44yrs. or less 11yrs. & under | 4 x 25m |
| U64 | 45-64 yrs. or less 15yrs. & under | 4 x 50m |

Relay total age for the group 44 yrs. or less

- With a dive or in-water start on an acoustic signal, the first competitor swims 25m front crawl passing under one obstacle. After the first competitor touches the turn wall, the second, third and fourth competitors repeat the procedure in turn.

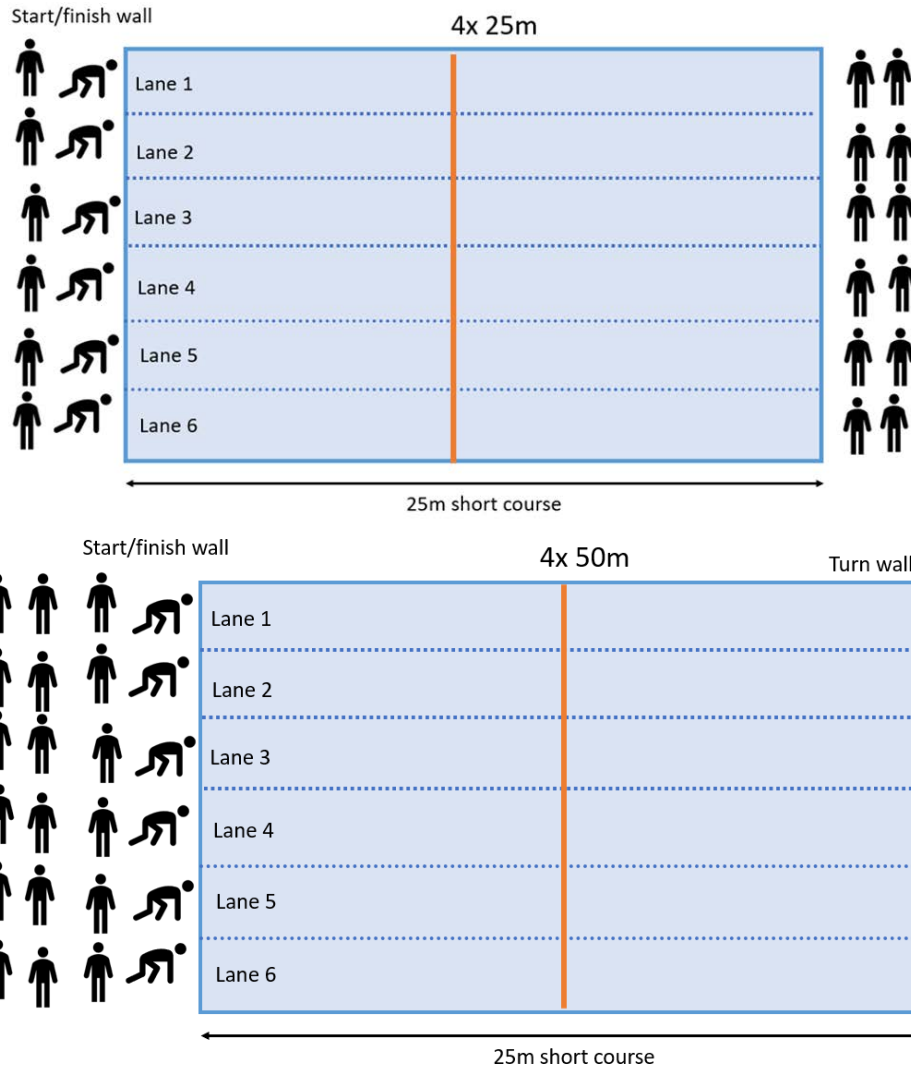
Relay total age for the group 45-60 yrs.

- With a dive entry on an acoustic signal, the first competitor races 50m freestyle passing under obstacles 2 times. After the first competitor touches the wall the second, third, and fourth competitors repeat the procedure in turn.
- 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.
- Competitors may push off the pool bottom when surfacing from under the obstacles.
- Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.
- 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 needed

- **Obstacles:** Obstacles are fixed at right angles on lane ropes in a straight line across all lanes.
- **Position of obstacles** One obstacle is located 12.5 m from the starting wall.

Junior Lifeguard TeleGames



Penalties

A five (5) second time penalty will be assigned for each of the following infractions:

1. Infraction of the General Conditions for **TeleGames**.
2. Passing over an obstacle without immediately returning over that obstacle and then passing under it.
3. Failure to surface after the start or after a turn.
4. Failure to surface between obstacles.
5. Failure to touch the wall during the turn.
6. Failure to touch the finish wall.
7. Leaving the start before the previous competitor has touched the wall.
8. Not completing the event per the event description.

APPENDIX

Event Tools

- Information for Parents
- Individual Events Heat Sheet
- Relay Event Heat Sheet
- Event Results Sheet
- Example: Competitors/Participant Event Waiver & Release form

TeleGames Branch Entry Forms

- Team Entry Form
- BC & Yukon Athlete Registration Form
- Club/Team Registration Form

TeleGames Safety Plan Template

Information for Parents

About Lifesaving Sport

Lifesaving Sport is the only sport whose skills are first learned for humanitarian purposes. Lifesaving sport is recognized by the International Olympic Committee and the Commonwealth Games Federation.

World and Commonwealth Championships are held every two years. In Canada, the Lifesaving Society organizes annual Canadian and provincial championships. Additional Lifesaving Sport competition opportunities are available through the Lifesaving Society's TeleGames and regional competitions.

The International Life Saving Federation (ILS) is the governing body internationally; it's National Member Organizations are the governing bodies in their respective countries. In Canada, the Lifesaving Society is the governing body for lifesaving sport.

About Lifesaving Sport Fundamentals

The Lifesaving Sport Fundamentals program offers a recreational introduction to lifesaving sport skills in a 5-level progression that builds on learn-to-swim skills. The program is designed to keep kids active gaining new skills while learning about team building, fair play, ethics in sport and personal responsibility.

- Lifesaving Sport Fundamentals programs are led by a certified Lifesaving Instructor or Sport Coach Level 1.
- The acquisition of lifesaving sport skills provides an excellent foundation for lifesaving and lifeguard training.
- Lifesaving Sport Fundamentals content is organized as follows: Lifesaving Sport Principles; Starts, Turns, Transitions & Finishes; Swim Proficiencies, and Lifesaving Sport Skills. The program teaches team building, fair play, ethics in sport and personal responsibility.
- Lifesaving Sport Fundamentals incorporates True Sport (www.truesport.ca) Principles: *Go For It, Play Fair, Respect Others, Keep it Fun, Stay Healthy and Give Back*. The program also incorporates the fundamentals of Long-Term Athlete Development.
- Lifesaving Sport Fundamentals works both mind and body with progressive upper and lower body conditioning, stroke improvement, sprint and endurance training over increasing distances and repetitions. Once learned, skills are combined in increasingly challenging skill sequences.

About TeleGames

The Lifesaving Society's TeleGames are inter-club level competitions held at Club and Team home facilities throughout the year. In TeleGames, participants can experience lifesaving sport events in a fun and encouraging competitive environment. TeleGames can be delivered during regularly scheduled club meetings, classes or workouts or as an inter-facility or regional competition. Performances are compared with other BC & Yukon lifesavers – **ALL WITHOUT TRAVELLING.**

Participating affiliates may run one or all of the TeleGames events at their facilities. Results of events are forwarded to the branch office, where results from all participating affiliates are compiled.

The tone of the TeleGames is informal and low key. The purpose of TeleGames is to:

- Ensure a fair competition.
- Provide the opportunity for officials to learn how to run a Junior Lifeguard competition event,
- Have some serious fun!

Results & Awards

- Ribbons are awarded to the 1st through 6th place males and females in individual events in each age group, and to 1st through 6th place relay event team members.
- Results and awards will be forwarded to each club.

For more information on Lifesaving Sport visit:

Lifesaving Society BC & Yukon Branch

Web: www.lifesaving.bc

Email: info@lifesaving.bc.ca

Telephone: 604.299.5450



Junior Lifeguard TeleGames Individual Events Heat Sheet

| | | |
|---------------------------------------|--|-------------------|
| Swimmers Name: | | Age: |
| Event: | <input type="checkbox"/> Male <input type="checkbox"/> Female | Heat #: Lane#: |
| Time: | | |
| <input type="checkbox"/> Disqualified | Lane Judge: | |
| Cause: | | |

Junior Lifeguard TeleGames Individual Events Heat Sheet

| | | |
|---------------------------------------|--|-------------------|
| Swimmers Name: | | Age: |
| Event: | <input type="checkbox"/> Male <input type="checkbox"/> Female | Heat #: Lane#: |
| Time: | | |
| <input type="checkbox"/> Disqualified | Lane Judge: | |
| Cause: | | |

Junior Lifeguard TeleGames Individual Events Heat Sheet

| | | |
|---------------------------------------|--|-------------------|
| Swimmers Name: | | Age: |
| Event: | <input type="checkbox"/> Male <input type="checkbox"/> Female | Heat #: Lane#: |
| Time: | | |
| <input type="checkbox"/> Disqualified | Lane Judge: | |
| Cause: | | |

Junior Lifeguard TeleGames
Relay Event Heat Sheet

| | |
|---------------------------------------|--|
| Swimmer's Name: | Event: |
| Swimmer's Name: | Heat #: Lane #: |
| Swimmer's Name: | Age: <input type="checkbox"/> U44 <input type="checkbox"/> U64 |
| Swimmer's Name: | Time: |
| <input type="checkbox"/> Disqualified | Lane Judge: |
| Cause: | |

Junior Lifeguard TeleGames
Relay Event Heat Sheet

| | |
|---------------------------------------|--|
| Swimmer's Name: | Event: |
| Swimmer's Name: | Heat #: Lane #: |
| Swimmer's Name: | Age: <input type="checkbox"/> U44 <input type="checkbox"/> U64 |
| Swimmer's Name: | Time: |
| <input type="checkbox"/> Disqualified | Lane Judge: |
| Cause: | |



EVENT SHEET

| | | Day: | Event time: |
|-------|------|------|-------------|
| Place | Name | Time | DQ / DNF |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |

SAMPLE

Competitor/Participant Waiver & Release Form

Conduct: I agree to abide by the rules, regulations, and code of conduct of the _____ (name of host facility) Junior Lifeguard TeleGames and further to behave in a manner consistent with good sportsmanship.

In consideration of my being permitted to take part as a volunteer or competitor in the _____ Junior Lifeguard TeleGames (hereinafter referred to as the "Competition"). I for and on behalf of myself, my heirs, representatives, successors, assigns, executors and administrators do hereby expressly waive any claim which I may presently or hereafter possess against the _____ .

I hereby agree to save harmless and keep indemnified _____ (Event host) and all sponsors of and suppliers to any of the above-named groups, organizations and bodies (hereinafter collectively referred to as the "Organizations") as well as each volunteer, employee, agent, representative, officer, director, shareholder, guest, invitee and assignee (hereinafter referred to as the "Individuals") of the Organizations. I hereby agree to save harmless and keep indemnified the Organization and the Individuals from and against all actions, claims, costs, expenses, or demands including legal fees in respect of death, injury, loss or damage to the person or property of myself which may have heretofore or in the future might arise out of or in any manner be connected with my taking part in the Competition.

This instrument is a **Waiver and Release** of the Organizations and Individuals for all injury and/or damage to my person or property which may occur as a result of my participation as well as any other person's participation in any capacity whatsoever in the Competition and I expressly declare that the nature, extent and results of any event, injuries and/or damages are not all known or anticipated by me but that I nevertheless fully waive any such claim therefore and release the Organizations and Individuals from any obligations arising therefrom.

I release the Organizations and Individuals from any claims for any injuries and/or damages I may receive as a result of any cause whatsoever including their negligence and without limiting the generality of the foregoing, this **Waiver** applies even if the injury/damage results from the failure to provide reasonable and careful instruction, supervision, staging or organization of the Competition.

This **Waiver** also applies to any injury and/or damages incurred which are caused by or attributable in any way to stress and/or anxiety or emotional upset or exposure to the elements and/or cold water.

This **Waiver** applies to all activities associated with the competition and applies to all areas where the Competition is being held. It also applies during the transportation of myself from one site to another.

This **Waiver** applies to fortuitous accidents and it applies irrespective of the capacity in which I may be acting including that of volunteer, victim, public swimmer, onlooker, bystander, lifeguard, supervisor, judge and/or official. This **Waiver** applies to all activities related to the Competition before, during and after the Competition including any social functions at which I may be in attendance.

I am participating at/in this Competition voluntarily with full knowledge of the inherent dangers and consequent risks to my person and my property that I will be undertaking.

Photo/Video Release – I transfer to the _____ and **Lifesaving Society, B.C. and Yukon Branch** all rights whatsoever which I have in photographs and/or videos that photographers may have taken. I consent to the use of the photographs/videos for all purposes whatsoever, including without limitation, television, publications and any trade or advertising purposes.

I acknowledge that I have read and that I do understand all the foregoing.

***Participants under 18 years must have the form signed by their
parents/guardians.**

Participant Name _____ **Date:** _____

Signature _____

Name _____

Guardian Name _____ **Date:** _____

Signature (Guardian if under 18) _____

Junior Lifeguard TeleGames

TEAM ENTRY FORM

Entry Due Dates:

☐ Spring (June 30), ☐ Summer (September 1), ☐ Fall (December 29)

Please use one form for each club (print only)

| | | |
|---|------------------|--------------|
| Club Name | Affiliate | |
| Abbreviation (letters) | | |
| Mailing Address (Street/City/Postal Code) | Email | Phone |
| Head Coach Mailing Address (Street/City/Postal Code) | Email | Phone |

Mail forms to:
TeleGames -
Lifesaving Society, BC &
Yukon Branch
112-3989 Henning Drive
Burnaby, BC V5C 6N5

or

E-mail Forms:
awards@lifesaving.bc.ca

☐ **Club Registration**

Form attached

| | | |
|--|----------------------|-----------------|
| Total # of Participants | | |
| Total # of Relays | X \$2.50 | Total \$ |
| Total # of Individual Events | X \$2.50 | Total \$ |
| <input type="checkbox"/> <i>Annual club registration Fee</i> | <i>\$15.00</i> | TOTAL \$ |
| Payment Information: | | |
| <input type="checkbox"/> Visa | Credit Card # | |
| <input type="checkbox"/> Mastercard | Expiry Date: | |
| <input type="checkbox"/> American Express | | |
| <input type="checkbox"/> Invoice PO# | Card Holder: | |
| <input type="checkbox"/> Cheque | Signature: | |

- ✓ **Competitors are able to enter each event only once**
- ✓ **Use a separate sheet for each age group**
- ✓ **Age is determined as of the Results Due Date**



LIFESAVING SOCIETY

| Participants Name | | Member LS# | Age as of results due date | Gender | Time (X:XX.XX) | Place |
|-------------------|---------------|------------|----------------------------------|--------|-------------------|-------|
| EX | Sally Swimmer | 0000000 | 7 | F | 00:56.36 | 0 |
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |

- Each competitor must have competed in at least one individual event
- Team Composition; no gender specification or minimum age
- Competitors are allowed to enter each event only once

Total # of Entries in This Submission:

| Participants Name | | Member LS# | Age as of results due date | Total Age of Team | Time (X:XX.XX) | Place |
|-------------------|---------------|---------------|----------------------------------|----------------------|-------------------|-------|
| EX | Sally Swimmer | 0000000 | 7-11 | 42 | A-1:45.32 | 0 |
| 1. | Team | | | | | |
| 2. | Team | | | | | |
| 3. | Team | | | | | |
| 4. | Team | | | | | |
| 5. | Team | | | | | |
| 6. | Team | | | | | |
| 7. | Team | | | | | |
| 8. | Team | | | | | |

- Each competitor must have competed in at least one individual event
- Team Composition; no gender specification or minimum age
- Competitors are allowed to enter each event only once

Total # of Relay Entries in This Submission:

Lifeguard Club/Team

BC & Yukon Registration Form

Annual Club/Team Registration Fee \$15.00

All Club/Teams must be registered and affiliated with the Lifesaving Society or as a program of an affiliated organization to participate in Lifesaving Society Branch or National Events.

| | | | |
|---|--|-------------------------------|-----------|
| Club Name | | Abbreviation (letters) | |
| Affiliate | | Home Facility | |
| | | Facility Phone | |
| Address | | City | PC |
| *Club/Team Contact Name | | | |
| *Email: | | LS ID: | |
| *Do not Post on Website <input type="checkbox"/> | | | |
| Program Information | | | |
| Total # of Athletes | | Total # of Coaches | |
| Club Programs: Check all that apply | <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <input type="checkbox"/> LS Sport Fundamentals </div> <div style="width: 50%;"> <input type="checkbox"/> Junior Lifeguard Program </div> <div style="width: 50%;"> <input type="checkbox"/> Junior LS Sport </div> <div style="width: 50%;"> <input type="checkbox"/> LS Sport Open </div> <div style="width: 50%;"> <input type="checkbox"/> LS Sport Masters </div> <div style="width: 50%;"> <input type="checkbox"/> Canadian Swim Patrol </div> <div style="width: 50%;"> <input type="checkbox"/> Bronze Family </div> <div style="width: 50%;"> <input type="checkbox"/> First Aid </div> <div style="width: 50%;"> <input type="checkbox"/> National Lifeguard </div> </div> | | |
| Lifesaving Sport Competitions: Check all that apply | <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <input type="checkbox"/> Junior Lifeguard TeleGames </div> <div style="width: 50%;"> <input type="checkbox"/> Lifeguard Competitions </div> <div style="width: 50%;"> <input type="checkbox"/> Pool </div> <div style="width: 50%;"> <input type="checkbox"/> Juniors </div> <div style="width: 50%;"> <input type="checkbox"/> Open </div> <div style="width: 50%;"> <input type="checkbox"/> Masters </div> <div style="width: 50%;"> <input type="checkbox"/> Waterfront </div> <div style="width: 50%;"> <input type="checkbox"/> Juniors </div> <div style="width: 50%;"> <input type="checkbox"/> Open </div> <div style="width: 50%;"> <input type="checkbox"/> Masters </div> </div> | | |

Club/Team Program Facility(s)

| | |
|----------|---|
| 1. Name: | <input type="checkbox"/> Pool <input type="checkbox"/> Waterfront |
| Address: | Phone: |
| 2. Name: | <input type="checkbox"/> Pool <input type="checkbox"/> Waterfront |
| Address: | Phone: |
| 3. Name: | <input type="checkbox"/> Pool <input type="checkbox"/> Waterfront |
| Address: | Phone: |
| 4. Name: | <input type="checkbox"/> Pool <input type="checkbox"/> Waterfront |
| Address: | Phone: |

BC & YUKON and CANADIAN
ATHLETE REGISTRATION FORM
There is NO Charge to Register

| | | | |
|--|----------------------------|-----------------------------|---|
| First Name | | Last Name | |
| Street Address | | | |
| City | | Province | Postal Code |
| Phone (home) Phone (cell) | | Date Of Birth (YY MM DD) | Gender <input type="checkbox"/> M <input type="checkbox"/> F |
| Club / Affiliate Name | | | |
| <p>To register as an athlete, the following documents must be submitted with this application:</p> <ol style="list-style-type: none"> 1. Proof of age (minimum of 13 years) 2. The proof is official Canadian or Provincial government-issued identification that includes, name and date of birth. Athletes wishing to be considered for the National Team must provide proof via a birth certificate, permanent resident card or Canadian Passport. 3. Current (within 24 months) Lifesaving Society award 4. A copy of the certification card or Find a Member printout is acceptable proof. Eligible awards are Bronze Medallion, Bronze Cross, National Lifeguard (any option), or Distinction. | | | |
| <p>DECLARATION: I declare that the information on this application is true. Athletes who have not reached the age of majority in the province of their permanent residence must have the application signed by a parent or legal guardian.</p> | | | |
| Athlete Name | Signature | Date YY MM DD | Signed at (City & Province) |
| Parent /Guardian Name If the athlete is not an adult | Signature | Date YY MM DD | Signed at (City & Province) |
| OFFICE USE ONLY | | | |
| Type of birthdate proof | Agency issuing certificate | | Confirmed by |
| Lifesaving Award | Date certified | Certifying P/T Branch | Confirmed by |
| Signed by <input type="checkbox"/> Athlete <input type="checkbox"/> Parent / Guardian | | | Confirmed by |



LIFESAVING SOCIETY

The Lifeguarding Experts

Template

Junior Lifeguard TeleGames

Lifesaving Society BC & Yukon Branch

Club / Team Name

Date

Safety Plan



Purpose

- To outline roles, responsibilities and action plans in the event of a medical emergency or similar incident. To communicate with internal and external resources and their anticipated response and action plans.

Event Overview

| Date(s) : | |
|-----------|---------------------|
| 30min | Officials Meeting |
| 30min | Warm-Up |
| 30min | Officials Briefing |
| Events | List and times |
| 30min | Award Presentations |

Event Location

- Address, phone

Event Organizer & Key Contacts

| | |
|--------------------------|----------------|
| Meet Manager/ Head Coach | Marshall |
| Referee | Safety Officer |
| Chief Timer | |

Response Personnel

| Personnel Overview | # | Name |
|--------------------|---|------|
| Safety Officer | 1 | |
| Lifeguards | — | |

Command Centre

The Command Centre coordinates all emergency response, including activating EMS if necessary, under the direction of the Safety Officer and serves as the first aid location for injured competitors. The Command Centre should be equipped with first aid kits and emergency equipment as well as a reliable method for contacting EMS.

The Command Centre is located _____

Pool Diagrams

Equipment & Resources

| | |
|------------------------------------|--|
| EMERGENCY TELEPHONE | |
| FIRST AID KIT | |
| SPINE BOARD(s) # | |
| RING BUOYS # | |
| REACHING POLE (2) | |
| RESCUE TUBES # | |
| FLASHLIGHT (s) # | |
| FIRE EXTINGUISHER (s) # | |
| FIRE ALARM (s) # | |
| AED(s) # | |

Duties & Responsibilities

Meet Manager /Head Coach

1. Official Welcome
2. Set up course and equipment for each event
3. Manage parents and other volunteers
4. Managing scoring
5. Thank all competitors at the end of the Games
6. Additional help from volunteers makes in-water set up of equipment easier, to manage scoring and to post event results.

Marshall Responsibilities include:

1. Marshalling competitors by heat for all events
2. Distributing timecard indicating the event, age group, and competitors' name to each competitor
3. Describing event rules to competitors before each heat
4. Additional help, such as group marshals, makes it easier to match competitors with timecards and get them in the appropriate heat.

Referee Responsibilities include:

1. Overseeing all competitors at the meet
2. Starting each event
3. Judging strokes and turns penalties and disqualifications.
4. Judging place of finishing for each event

Safety Officer

1. In coordination with the host facility.
2. Prepares the event Safety Plan.
3. Manages the safety of all participants, athletes, parents, and other volunteers.
4. Lifesaving Society certified national lifeguards must supervise while events are in progress.
5. Responds to any incident or accidents.
6. Prepares and reports any incidents or accidents.

Chief Timer Responsibilities include:

1. Training and monitoring timers
2. Timing the first-place finish
3. Collecting completed timecards and determine official time
4. Additional help, such as runners, makes it easier to match competitors with timecards and get them into scoring.

Timers

1. Should have two timers per lane
2. Responsibilities include:
 - Timing
 - Recording results on timecards

Lifeguards

- Trained individuals who respond to in-water emergencies.

For larger events consider – these additional positions: Chief Scorer, Equipment Manager, Chief Starter, Lane Judges.

Communication Plan

Emergency communications will be conducted _____.

Communication to external emergency services (fire, ambulance, police) will follow _____.

Emergency Response Plan

Example: edit as needed or simply adopt the facility's current safety plan.

Emergency Signals

- Patron/Guard Alert
- Guard Leaving Position/Minor Incident
- Clear Pool/Major Emergency

Hand Signals

Minor Procedure

Major Incident

Accident/Incident Reporting Procedures

- First Aid/Rescue
- Emergency Phone Procedures
- Focal Point and Equipment
- Missing Persons Procedures
- Cross Contamination.
- Automated External Defibrillator (AED)
- Airway Management/Oxygen Use
- Dispensing Medication Policy
- EpiPen Use
- Facility Fire Procedure
- Power Failure
- Gas Leak

SAFETY INFORMATION FOR COMPETITORS, OFFICIALS, AND SPECTATORS

1. The Safety Plan for the competition is posted at _____.
2. _____ are to take control of any situation. Follow their direction.
3. In an emergency, a competitor should raise an arm and call for assistance. If you notice another competitor in distress, stop and alert officials and/or lifeguards.
4. All spectators must keep clear of marshalling and competition areas.
5. The Command Centre is located _____. This serves as a first aid location for injured competitors, contacting EMS, and is equipped with emergency response equipment.
6. All competitors must check in with the official in their lane before and after their race.
7. If a competitor does not follow the check-in process, officials must notify the Meet Manager/ Head Coach.
8. Competitors must ensure that their rescue tube does not become entangled with the starting block when starting their race.
9. Competitors with medical conditions have identified these to their coach.
10. _____ indicates an emergency; _____ is used for competitor's or other lifeguard's attention.
11. If a race needs to be cancelled at any point, _____ will sound. All competitors must stop and follow the direction of the officials and/or lifeguards.
12. Diving into the water is only permitted from _____.
13. The water temperature is usually kept between _____ and _____ degrees.
14. Please check the event schedule on race day in case of changes.



LIFESAVING SOCIETY

The Lifeguarding Experts

BC & Yukon Branch

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Burnaby, BC V5C 6N5

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