



2023 LIFEGUARDDEPOT.COM

CANADIAN LIFEGUARD CHALLENGE
APPLICATION PACKAGE

Lifeguard
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The Lifesaving Society Nova Scotia and Lifesaving Society Ontario are pleased to host the 2023 Lifeguarddepot.com Canadian Lifeguard Challenge. This application package includes the Schedule, the Registration form, and the Waiver and Release form. All are welcome to apply who meet eligibility listed below.

Date: Sunday, August 6, 2023

Location: Martinique Beach, Halifax County, Nova Scotia

Competition: The Lifeguarddepot.com Canadian Lifeguard Challenge (CLC) is an invitational competition for high performance surf lifesaving athletes. Its purpose is to increase participation in Surf Lifesaving in Canada.

The competition is sanctioned by the Lifesaving Society Canada. The ILS *Competition Rule Book* 2019 Edition, revised Mar 2022 will be followed.

Deadline: Complete applications **must be received by June 1st at 5:00 p.m. EST.** Application is considered complete when the following have been received at 400 Consumers Road, Toronto.

- The completed Application forms.

Selection: The event director and meet manager will be selecting athletes from the applicants and will send out invitations by June 15th.

Fees: There is no Registration Fee payable for the Lifeguarddepot.com Canadian Lifeguard Challenge.

Registration: Send application forms to:

Lifesaving Society
Attn: Rocky Lu
400 Consumers Road, Toronto, ON, M2J 1P8
Phone: (416) 490-8844 Fax: (416) 490-8766
Email: CLCRegistration@lifeguarding.com

Accommodations: Athletes are responsible for booking their own accommodations.



Schedule

Please note all times are Atlantic Daylight Time (ADT).

Time	Activity
Sunday, August 6, 2023	
Location	Martinique Beach, Halifax County, Nova Scotia
8:30 am	Competitor Check-In
9:00 am	Competitors' briefing
9:30 am	Officials briefing
	Start times are estimates and may be altered based on tide schedule and surf conditions or weather conditions.
	The event is composed of 3 consecutive rounds:
11:00 am	<p>Oceanwoman Round 1 will start at 11:00 am</p> <p>Oceanman Round 1 will start at 11:20 a.m. or later <i>when the last female swimmer turns the last swim buoy.</i></p> <p>Oceanwoman Round 2 will start at 11:40 a.m. or later <i>when the last male swimmer turns the last swim buoy.</i></p> <p>Oceanman Round 2 will start at 12:00 p.m. or later <i>when the last female paddler turns the last board buoy.</i></p> <p>Oceanwoman Round 3 will start at 12:20 p.m. or later <i>when the last male paddler turns the last board buoy.</i></p> <p>Oceanman Round 3 will start at 12:40 p.m. or later <i>when the last female skier turns the last ski buoy.</i></p> <p>Rounds and event completed at approximately 1:00 p.m.</p>
	Awards and reception begins at 5:00 p.m. Location TBD.



Application

Club contact information				
Club or Affiliate				
Name			Mailing Address	
Phone (Home)	Phone (Cell)			
Email	City	Province	Postal Code	
Birth Date (MM/DD/YY)	Registered Athlete ID	(M / F)		
Eligibility (Choose one below – ie A, B, C etc)	Equipment Handler Required (Yes or No)	Vest Size	Extra Banquet Tickets	
Board Rental Needed (Yes or No)	Ski Rental Needed (Yes or NO)		Paddle (Yes or No)	

Eligibility:

To apply to compete in the Lifeguarddepot.com Canadian Lifeguard Challenge, competitors shall:

- Hold a current (within 24 months of the date of certification) Lifesaving Society Bronze Medallion, Bronze Cross or National Lifeguard certification (any option) by August 6th, 2023.
- Be a registered athlete with the Lifesaving Society Canada.

To be eligible you must choose one of the following:

- Finish in the top 16 places of the Open Division Oceanwoman/Oceanman event at the 2022 Canadian Surf Lifesaving Championship (CSLC), or
- Finish in the top 3 places of the Youth Division (15 – 18 years) Oceanwoman/Oceanman event at the 2022 Canadian Surf Lifesaving Championship (CSLC), or
- Participated as Canada's National Team Entry for Oceanwoman, Oceanman at the 2022 World Lifesaving Championships in either Youth or National Team events, or
- Top 5 Placing at the 2019 Canadian Lifeguard Challenge, or
- Nomination by National Team Coach – Pierre Tabah.



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- All applicants will receive confirmation of their application. Following a review of all applicants by the selection Committee (race director & meet manager), Eligible athletes who have been selected will receive an invitation to compete in the Canadian Lifeguard Challenge to be held on August 6, 2023. Decisions by selection committee regarding invitation are final.
- A Maximum of 18 Women and 18 Men will be selected to race.

Athlete applications and final invitations will be confirmed by e-mail. Please print clearly.

Vests will be provided. Please indicate your size: XS, S, M, L, XL (please note you will want these to be tight yet fit over a wet suit.)

Each athlete will receive 2 tickets for the banquet. Please order additional tickets now if you know you need them. We will ask again upon confirmation of your attendance.

Each Athlete is required to have an equipment handler. Please indicate by marking YES if you need us to provide one for you. If you are bringing your own handler please mark NO.



Waiver and Release Form

Please read carefully, by participating you agree to the content of this form.

Participants 17 years and under will be required to have a form signed by their parent or guardian.

1. Conduct

I agree to abide by the rules, regulations, and code of conduct of the championship, and further to behave in a manner consistent with good sportsmanship.

2. Voluntary Assumption of Risk

As a competitor in a lifeguard competition, I recognize that there are certain risks inherent in the activity as a result of factors including but not limited to, stress, number of people, water temperature and conditions. I have prepared myself for the competition and know of no factor or condition which should be disclosed to the organizers or which would make it unsafe for me to compete. I voluntarily assume all risks, both physical and legal including but not restricted to loss or damage to property, and personal injury including permanent disability or death.

3. Waiver of Liability

As a condition of entry and in consideration of my application as an individual or as part of a club being accepted, I hereby waive my right to make any claim, whether for negligence or otherwise against the Lifesaving Society, the host, the owner or occupier, the sponsors, the organizing committee or any of the servants, agents, affiliates, volunteers, judges, officials, or other persons involved in the organization of and the running of the competition, events or sanctioned associated activities. I further agree to indemnify and hold harmless all of the above, from any claim made on my behalf or as a result of injury to my person or property.

4. Model Release

I transfer to the Lifesaving Society 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 have carefully read and understand the four conditions of entry and in consideration for being allowed to compete, I have executed them voluntarily intending to be bound thereby and intending these conditions to be binding of my heirs, personal representative and assigns.