

## Nova Scotia Lifesaving Sport Competition and Junior Lifeguard Games

**Saturday, January 13, 2018**

DATE	Saturday, December 13, 2018 5:00pm –9:00pm
LOCATION	Wilson Aquatic Centre, Rath Eastlink Truro <a href="http://www.ratheastlinkcommunitycentre.ca">www.ratheastlinkcommunitycentre.ca</a>
COMPETITION	The competition is sanctioned by the Lifesaving Society Nova Scotia Branch. Event rules will be in accordance with the 2015-2019 edition of the <i>ILS Competition Manual</i> , the 2016 edition of <i>the Alberta and Northwest Territories Championship and Games</i> and this information package.
ELIGIBILITY	<p>The Nova Scotia Lifesaving Sport Competition and Games are open to any individual member, affiliated club or affiliate member of the Lifesaving Society in good standing. An affiliate or individual is in good standing unless their registered athlete or affiliate status has been revoked by the Lifesaving Society.</p> <p>To be eligible to compete, the junior/senior competitors shall:</p> <p>Hold a current (within 24 months of the date of certification) Bronze Medallion or higher Lifesaving Society Award. Junior Games participants must hold a minimum Lifesaving Society Swim To Survive Level. Juniors: must be a minimum of 15 years and a maximum of 18 years of age as the date of the competition..</p> <p>Juniors must be able to complete Swim To Survive and be a minimum of 7 years of age to maximum 15 years of age as of the date of the Games.</p> <p>All individuals and clubs must register prior to the championship in accordance with the procedures established. Entry fees must be paid with team registration.</p>
EVENTS	Obstacle Swim, Obstacle Relay, Line Throw, Manikin Carry, Manikin Carry Relay, Manikin Carry With Fins
ENTRY DEADLINE	Entries must be submitted by Thursday, January 11, 2018 5:00pm AST
ENTRY FEES	<b>Entry fee:</b> \$10 per person (provides entry to all events)
REGISTRATION	<p>Send registration form with payment in full –cheque (payable to: Lifesaving Society, VISA, or MasterCard to: Lifesaving Society 5516 Spring Garden Rd. Halifax B3J1G6 <b>Entries should be emailed to <a href="mailto:paul.deon@nsls.ns.ca">paul.deon@nsls.ns.ca</a></b></p> <hr/> <p>Cash or cheque will also be accepted on the day of competition</p>



## Nova Scotia Lifesaving Sport Competition and Junior Lifeguard Games Registration Form

Please use one form for each club (Type or BLOCK letters only).

Club or Affiliate		
Mailing address		Apt or Suite
City	Province	Postal Code
Coach Name		(    ) Home Phone
Email		(    ) Business Phone
Individual entry fee		@ \$10.00 / person =

<b>Payment</b>						
<input type="checkbox"/> Cheque	<input type="checkbox"/> Money Order	<input type="checkbox"/> Visa	<input type="checkbox"/> Master Card	<input type="checkbox"/>	<input type="checkbox"/>	P.O. #
Credit Card # _____			Expiry Date _____		_____	
_____			_____			
Card holder name			Card holder signature			

Mail, call or email:  
 Lifesaving Society NS Branch  
 5516 Spring Garden Road  
 Halifax, NS B3J 1G6

FAX: 902 425 5606  
 Email: paul.deon@nsls.ns.ca



**NOVA SCOTIA LIFESAVING SPORT Competition**  
**Waiver & Release Form**

Please read carefully before signing

**Conduct**

I agree to abide by the rules, regulations and code of conduct of the Lifesaving Sport competition/games, and further to behave in a manner consistent with ideals of good sportsmanship.

**Voluntary Assumption of Risk**

As a competitor in a lifeguard competition/games, 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 of or damage to property, and personal injury including permanent disability or death.

**Waiver of Liability**

As a condition of entry and in consideration of my application as an individual or as a part of a team being accepted, I hereby waive my right to make any claim, whether for negligence or otherwise against the Lifesaving Society, the host, the facility operator, 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 or running of the competition, events or 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. I recognize that competitors are responsible for their own medical coverage.

**Model Release**

I transfer to the Lifesaving Society all rights whatsoever which I have in photographs and/or videos which 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 understood 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 representatives and assigns.

***Print name***

***Signature (Parent if under 19)***

***Date***

<i>(Coach)</i>		



## **Nova Scotia Lifesaving Sport Competition and Junior Lifeguard Games Entries**

Date: Saturday, January 13, 2018 Rath Eastlink Community Centre Start 5:00pm

Team Name:

Captain:

E-mail:

Instructions:

1. Put team member names in Left Hand Column.
2. If an individual is competing in an event, place an "X" in the corresponding box. If they are not competing leave the box blank.
3. For relays, please indicate the Relay Team by letter: A, B or C and the swimming order by 1, 2, 3 or 4. (eg. Relay team A would be A1, A2, A3, A4; Team B would be B1, B2, B3, B4...)
4. Use one page for female entries and one page for male entries.
5. E-mail to [paul.deon@nsls.ns.ca](mailto:paul.deon@nsls.ns.ca) by **Thursday January 11, 2018 5:00pm AST**.



Team:

Event #		1	3	5	7	9	11
Event Name		Obs. Swim Junior/Open: 200m 7-9, 10-11: 50m 12-15:100m	4x25m Manikin Carry Relay (all age groups)	Line Throw Junior/Open; 14-15: 12.5m 7-9: 6m 10-11; 12-13: 8 m	50 m Manikin Carry (all age groups)	Manikin Carry Relay 4x25m (all age groups)	100m Manikin Carry With Fins 7-9:10- 11:50m
<b>Female Competitors</b>	Date of Birth yyyy/mm/dd						
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							

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5. E-mail to [paul.deon@nsls.ns.ca](mailto:paul.deon@nsls.ns.ca) by **Thursday January 11, 2018 5:00pm AST** .



Team:

Event #		2	4	6	8	10	12
Event Name		Obs. Swim Junior/Open: 200m 7-9, 10-11: 50m 12-15:100m	4x25m Manikin Carry Relay (all age groups)	Line Throw Junior/Open; 14-15: 12.5m 7-9: 6m 10-11; 12-13: 8 m	50 m Manikin Carry (all age groups)	Manikin Carry Relay 4x25m (all age groups)	100m Manikin Carry With Fins 7-9:10- 11:50m
<b>Male Competitors</b>	Date of Birth yyyy/mm/dd						
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							

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