ORILLIA LIFESAVING TEAM
PROGRAM GUIDE

WHAT IS LIFESAVING SPORT

The Lifesaving Sport program is an internationally recognized sport that combines swimming and lifesaving skills in a fun and energetic team environment. The Orillia Lifesaving Team (OLT) aims to engage everyone eight years of age and up and encourages lifesavers to develop, maintain and improve the essential physical and mental skills needed to save lives in the aquatic environment through high-performance sport and competition. Lifesaving Sport is recognized by the International Olympic Committee and the Commonwealth Games Federation, and competitions are held in Ontario, Canada and internationally, depending on the level.

What is the Orillia Lifesaving Team?

The first of its kind in Orillia, the Orillia Lifesaving Team (OLT) is Orillia's very own Lifesaving Sport program. Lifesaving sport was primarily intended to encourage lifesavers to develop, maintain and improve the essential physical and mental skills needed to save lives in the aquatic environment according to the governing body, the International Life Saving Federation.

What is the Mission?

Lifesaving Sport is the only sport where skills are first learned for humanitarian purposes. Through Lifesaving Sport, the Lifesaving Society seeks to engage and inspire youth in a drowning prevention mission. The Lifesaving Sport objectives are:

- To support the drowning prevention work of the Lifesaving Society and its humanitarian mission.
- To provide athletes, coaches, and officials opportunities for participation in lifesaving sport at all levels from developmental to high performance.
- To position the Lifesaving Society internationally as a leader in lifesaving sport.

True Sport Principals:

• Go For It • Play Fair • Respect Others • Keep it Fun • Stay Healthy •
• Include Everyone • Give Back •

PROGRAM DESCRIPTION

The Orillia Lifesaving Team offers an introductory Lifesaving Prep level and four Lifesaving Sport divisions - Bronze, Silver, Gold to High Performance. Each division is divided into two age groups: **Juniors** (7-15 years) and **Seniors** (14 years old and older) in which athletes can compete in. Our pool programs run from September to June with payment plan programs monthly. New swimmers need to register for a **Tryout** to assess for correct level registration and/or entry. Tryouts are sessional but may also be arranged by contacting olt@orillia.ca for intake monthly upon request.

Junior Athletes

Junior Level athletes are new to the sport and looking to develop skills to make their way up to the senior level or lifeguarding certifications. Beginning in Bronze competing in-house Telegames towards our highest level junior athletes competing at the Ontario Junior Provincial Championship. To start Junior athletes must be able to achieve a minimum standard of treading water 1 minute, and swim 50m.

Senior Athletes

Senior Level athletes are experienced in lifesaving, having earned at minimum their Bronze Medallion Certification. These athletes usually are experienced in lifesaving sport. The highest High Performance Senior athletes (15 years of age and over) have an opportunity to compete at National championships and be eligible to aim for National Team Canada selection. These athletes must have a minimum of a Current Bronze Medallion and become a registered athlete with Lifesaving Society Canada.

Fundamentals – Lifesaving Prep:

Looking to spark your child's interest and excitement in pursuing advance swimming and lifesaving skills but not sure if this is the right fit? Completed swimmer levels but need some remedial work to build on stroke technique and proper mechanics to be stronger for lifesaving programs?

Our Fundamentals LS Prep is a sessional (8-week program) to jumpstart into lifesaving sport skills that can be used towards lifesaving programs. Coaches begin with a focus on developing good technique and swimming mechanics for all strokes to improve efficiency and fitness in swimming. Swimmers are introduced to drills and basics of lifesaving skill fundamentals. This is a segway into moving towards our bronze division program at the end of the session, where swimmers will continue to expand their skills, physical literacy and fitness.

- Practice once a week for 45 minutes
- Runs by session only. Swimmers will be recommended to the bronze division upon readiness after this foundation level.
- Practice once a week for 45 minutes: Saturdays 8:00-8:45am
- Runs by session only. Swimmers will be recommended to the bronze division upon readiness after this foundation level.
- Minimum Swimmer 3 proficiency is recommended.
- Sign up for tryouts September 13th and 17th

Bronze Division:

The Orillia Lifesaving Team Bronze program provide a great introduction to Lifesaving Sport, which involves learning lifesaving skills through training in a competitive format. Athletes in this group develop fitness and swimming skills, including stroke correction, endurance and interval strength capacity. Lifesaving Sport is a great way to bridge the gap between swimming lessons and leadership courses while also developing stronger swimming abilities, staying fit and having fun. Swimmers in this group will building towards participation in our smaller local competitions or prefer to practice without competing.

- Practice once a week for one hour
- Participate in 1-3 Telegames and/or OLT's regional competition

Silver Division:

This group consists of athletes aiming to further develop skills and speed for competition readiness, following participation in our bronze level or by tryout assessment recommendation. Athletes in this group have demonstrated the required swimming abilities as well as the drive to compete at a regional or provincial level. Practices at this level will be much more challenging and require increasing practice commitment and focus to better meet the athletes' goals.

- Practices two times a week
- Participate in Telegames, 1-2 regional competitions and Junior Provincial Championships (optional)

Gold Division:

This group consists of athletes looking to perform and take a more dedicated approach to Lifesaving Sport to perform at provincial lifesaving competitions. Practice at this level is more demanding, with workouts focusing on a high level of stroke proficiency, technique, speed and strength. Increasing focus and dedication to efficiency of managing lifesaving equipment, turns and dive starts will be the targeted.

- Practice three times a week
- Participate in Telegames, regional competitions and Junior Provincial Championships

High Performance Development Division (HPD – min. 12 years of age)

High Performance athletes are experienced lifesavers who have been selected by the coaching team to be a part of the HPDG. Training at this level requires high level of dedication and extremely demanding with four practices and additional dryland supplementary strength training. Athletes at this level work towards personal goals, understand training methods, and racing skills. These athletes are working towards competing at the National Level. These athletes can be selected for the National Lifesaving Team and can be eligible to compete at the international level.

- Practice four times a week in the pool and one dry land practice
- Participate OR volunteer in Telegames, regional competitions and Junior Provincial Championships
- Optional and performance based – Senior Provincial Championships and Nationals Championships

2025-2026 POOL SEASON

PROGRAM SCHEDULE

Practices:

Refer to online registration for full schedule times by age and level divisions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO Practice for any groups	**7 – 11 yr. Silver/Gold** 5:30pm-6:30pm		**7 – 11 yr. Silver/Gold** 5:30pm-6:30pm		**7 – 11 yr. Gold** 5:30pm-6:30pm	**FUNdamental – OLT LS Prep** 8:00am-8:45am
	12 – 15 yr. Silver/Gold 6:30pm-7:30pm		**12 – 15 yr. Silver/Gold** 6:30pm-7:30pm		**12 – 15 yr. Gold** 6:30pm – 7:30pm	**7-11 yr Bronze** 9:00am-10:00am
	High Performance Development 6:30pm-7:30pm	**High Performance Development (Dryland)** 5:00pm-6:00pm	**High Performance Development** 6:30pm-7:30pm	**High Performance Development** 5:30pm-6:30pm	**High Performance Development** 6:00pm-7:30pm	**12-15 yr Bronze** 10:00am-11:00am

Competitions:

All members of the team (Bronze, Silver, Gold and the High-Performance Development Group) are eligible to compete in Regional, Provincial and National competitions. The Orillia Lifesaving Team will host 3 competitions for our athletes during the 2024-2025 Season.

Local In-house Competitions:

1. **Fall Telegames** – Monday December 22, 2025
2. **Regional Competition** – Saturday April 11, 2026
3. **Spring Telegames** – Friday June 26, 2026

Regional Competitions: More Regional Competitions will be added as the OLT is invited to them.

1. **GRAC Seniors/ Masters Invitational –** Saturday December 20, 2025 (Age 14 and over)
2. **GRAC Juniors Pool Invitational –** Sunday December 21, 2025 (Age 7-15)
3. **LCM February Fin –** February 2026, TBD (Age 7 -16)
4. **GRAC Line Throw Eliminator Challenge –** Saturday March 14 & 15, 2026 – (Age 14 and up)

Provincial Competitions:

1. **Ontario Seniors/ Masters Pool Championships** – March 28 & 29, 2025 (Age 14 and up)
2. **Ontario Juniors Pool Championships** – June 13 & 14, 2025 (Age 16 and under)

Ready to Join the Orillia Lifesaving Team (OLT)?

All NEW swimmers must go through a try-out to assess their swimming skills prior to registering for OLT. The try-out is used to determine if the swimmer is ready for the program and what level is best suited for their swimming ability and skill.

To participate in the try-out, swimmers must meet the requirements in the section below.

<table>
<tr><th></th><th>7 - 11 years old</th><th>12 - 16-year-old</th></tr>
<tr><td>Bronze Division</td><td>60 sec treading water, 50m swim, front crawl and back crawl swimmer 3 standards</td><td>60 sec treading water, 50m swim, front crawl and back crawl swimmer 3 standards</td></tr>
<tr><td>Silver Division</td><td>90 sec treading water, 75m swim, front crawl, back crawl, breaststroke swimmer 5 standard</td><td>90 sec treading water, 75m swim, front crawl, back crawl, breaststroke swimmer 5 standard</td></tr>
<tr><td>Gold Division</td><td colspan="2">All criteria listed above as well as:
<table>
<tr><td>Stroke/Event</td><td>Age 7-11 times</td><td>Age 12-16 times</td></tr>
<tr><td>50m Free</td><td>1:30</td><td>0:50</td></tr>
<tr><td>50m Back Crawl</td><td>1:40</td><td>0:50</td></tr>
<tr><td>50m Breaststroke</td><td>2:00</td><td>1:10</td></tr>
<tr><td>50m Swim w Fins</td><td>1:00</td><td>0:45</td></tr>
<tr><td>50m Manikin Carry</td><td>1:00</td><td>0:45</td></tr>
<tr><td>100m L.M.</td><td>2:30</td><td>2:00</td></tr>
</table></td></tr>
<tr><td>High Performance Development</td><td colspan="2">All criteria listed above and enrollment in Regional and Provincial competitions.</td></tr>
</table>

Tryout Registration

Register online at orillia.ca/OLT or in person at the Orillia Recreation Centre.

The tryouts will take place on the following days and times in 30-minute time slots:

- Saturday, September 13, 2025, between 1:00 PM to 3:00 PM at the Orillia Recreation Centre ***or***
- Wednesday, September 17, 2025, from 5:30 PM to 7:30 PM at the Orillia Recreation Centre

What does the OLT Membership include?

All OLT members will receive a complimentary swim cap. Participants in our Bronze, Silver, Gold and High Performance Divisions should all have one piece of OLT merchandise (e.g. t-shirt, hoodie…) when in attendance at a competition. Such team merchandise will be available for purchase every session in our team store and contribute to the club's fundraising efforts to provide supplementary support to coaches at competitions, travel and equipment transport needs.