

# 41st Annual CPRA Lifeguard Games



LIFEGUARD GAMES 2026



**CPRA**  
COLORADO  
PARKS & RECREATION  
ASSOCIATION

## **Lifeguard Games Mission**

The Colorado Parks and Recreation Association Lifeguard Games is an event intended to celebrate the vital role lifeguards play in keeping our communities safe. Through teamwork, collaboration, and friendly competition, this event brings together aquatics professionals to strengthen skills, build connections, and promote excellence in lifesaving practices. We are committed to fostering leadership, professionalism, and a shared sense of purpose, empowering lifeguards to grow, support one another, and elevate the standard of safety across the state.

### **Event Details**

Event Date & Time	July 12th, 2026, 7:00 - 11:00 AM
Event Location	Highland Hills Water World - Thunder Bay
Event Address	8801 North Pecos Street Federal Heights, CO 80260
Event Theme	Guarding the Galaxy: To the Moon and Back

### **Registration Information & Deadlines**

Registration Open	May 16th, 2026
Early Registration Window	May 16th, 2026 - June 12th, 2026
Late Registration Deadline	June 13th - June 28th, 2026
Registration Deadline	EOD June 28th, 2026
T-Shirt Order Deadline	EOD June 28th, 2026
Video Submission Deadline	EOD July 3rd, 2026

### **Event Pricing & Fees**

Early Registration Pricing	
Member Pricing	\$150 per team
Non-Member Pricing	\$200 per team
Late Registration Pricing	
Member Pricing	\$200 per team
Non-Member Pricing	\$250 per team

### **Lifeguard Games Rules**

- ❖ Do not enter any unauthorized area of the venue, or enter any body of water without a lifeguard on surveillance duty
- ❖ Harassment, discrimination or disruptive behavior will not be tolerated and will result in disqualification
- ❖ All facility rules and safety protocols must be followed at all times. Failure to adhere will result in disqualification and removal from the facility.
- ❖ Participants should notify a staff member, board member or committee member right away of any injury or safety concern
- ❖ Any attempt at cheating or an unfair advantage will result in disqualification
- ❖ Teams should arrive on time and ready to participate. Late arrivals may not be allowed to participate
- ❖ All teams should leave the facility better than they found it. Teams who do not clean up after themselves may not be allowed to participate in future years
- ❖ All teams must participate in their assigned heat and be ready to go on time. There is no make up option for teams who do not comply with this
- ❖ All events with a time deadline must be completed by that deadline. Points will not be awarded if events are not complete by the assigned time deadline
- ❖ All participants should treat their team and others with sportsmanship and respect. This event is about fun and bringing people together and disrespect will not be tolerated
- ❖ Judge and CPRA Board decisions are final

### **Code of Conduct**

The [Colorado Parks & Recreation Association Code of Conduct](#) applies to all Colorado Parks & Recreation functions, and must be followed by all participants. Failure to adhere to the code of conduct will not be tolerated and will result in disqualification.

### **What to Bring**

- ❖ A maximum of 10 participants per team
- ❖ 2 volunteers per team (Bring a swim suit and be prepared for an in water assignment)
- ❖ 2 rescue tubes per team
- ❖ A hippack, a rescue mask and gloves for each participant
- ❖ Swim Attire
- ❖ Water & Snacks (Unopened)
- ❖ Towels
- ❖ Sun Protection (Sunscreen, Sunglasses, Hat, etc.)
- ❖ Team Banner
- ❖ A phone or a camera (Photo challenge)
- ❖ Sportsmanship & Positive Attitude

### **Received Day Of:**

- ❖ Heat Assignments
- ❖ Volunteer Assignments
- ❖ Lifeguard Games Event Packet
- ❖ T-Shirts & Stickers (If your agency completed the T-Shirt order form by the deadline)
- ❖ Park Tickets

### General Event Schedule

Time	Event	Location
6:45 - 7:00 AM	Check In	Water World Main Entrance
7:00 - 7:30 AM	Warm Up & Practice	Thunder Bay
7:15 - 7:30 AM	Volunteer & Captain Meeting	Scoring Table
7:30 - 10:00 AM	Water Events ❖ Dive Brick Relay ❖ Strip & Boogie ❖ Rescue Tube Relay ❖ Fastest Lifeguard	Thunder Bay
8 AM Deadline	Banner Due at Scoring Table	Scoring Table
9 AM Deadline	Dry Activities Complete (ON YOUR OWN TIME)	See event details
10:00 AM	Judging & Final Scoring	N/A
10:15 AM	Final Scores & Awards	Scoring Table

### Event Details & Descriptions

#### **Dive Brick Relay**

**Description:** The Dive Brick Relay is a fun and challenging team-based event designed to test swimming, treading, and teamwork skills. Teams will consist of 3 participants. The first swimmer will start in the shallow end, dive to retrieve a brick from the bottom of the pool, and hold it up. They will then return the brick to the deep end, swim back to the starting point, and tag their next teammate. The process will repeat as each teammate takes their turn, continuing the cycle until all three members have completed their leg. The clock stops when the final swimmer reaches the starting point.

**Waves Status:** Waves ON

**Number of Participants:** 3 participants

**Equipment needed:** N/A (Provided)

**Penalties:** 30 second penalty for failure to retrieve brick, 10 second penalty for failure to tag next teammate

#### **Strip & Boogie**

**Description:** Swimmers will have to wear the provided shirt while swimming. The first lifeguard will start in the shallow end and swim to their teammate, where they will need to remove the shirt, and the next lifeguard must put it on completely (head and arms) before swimming to their

next teammate. The lifeguard must also get off the boogie board, and the teammate must get on the board properly—lying flat and paddling.

**Waves Status:** Waves ON

**Number of Participants:** 4 participants

**Equipment Needed:** N/A (Provided)

**Penalties:** 10 second penalty for failure to wear the shirt properly, 10 second penalty for losing the boogie board

### **Rescue Tube Relay**

**Description:** In this high-energy relay, one lifeguard starts with a rescue tube across their chest and swims out using kicks only. At each checkpoint, they pick up a teammate until all four are linked together behind the tube. Working as one, the team must kick back to the starting point with no arms allowed. Time stops when the entire team crosses the finish line. The fastest team wins!

**Waves Status:** Waves ON

**Number of Participants:** 4 participants

**Equipment Needed:** Rescue Tube

**Penalties:** 10 second penalty for letting go of the tube, 10 second penalty for using arms

### **Unresponsive Extrication**

**Description:** In this event, teams will work together to complete an unresponsive extrication as quickly and efficiently as possible. Each team will consist of 4 participants in total - 3 rescuers and 1 guest. The guest will be randomly selected by the judge. The clock starts when participants enter the water. The team will perform a water rescue and extrication, and perform the necessary steps to bring the drowning person to safety. The time ends when the pulse of the drowning person is checked. This event is designed to test quick thinking, effective teamwork, and efficient rescue techniques under pressure. The team with the fastest time wins, showcasing their skills in emergency response and collaboration.

**Deadline:** 9 AM

**Number of Participants:** 4 participants

**Equipment Needed:** Rescue Tube

**Penalties:** 10 seconds for letting go of the guest or board

### **Fastest Lifeguard**

**Description:** This high adrenaline event will take place in the waves of Thunder Bay. Each team will select one member to participate in each heat. (Heat Options: Female, Male, Open) Participants will start in the shallow end of Thunder Bay. When the horn sounds, participants will race to the end of Thunder Bay. The first person to cross the finish line in each heat wins -

Points will not be awarded towards team score for this event. Swimmers must exit via the stairs at the deep end of Thunder Bay and should not swim back to the shallow end.

**Waves:** Waves ON

**Number of Participants:** 1 participant per heat

**Equipment Needed:** N/A

**Penalties:** There are no time penalties for this event. However, any aggressive behavior or contact with another swimmer will result in disqualification.

### **Goopy Glove Relay**

**Description:** All guards will start at the starting line, and one guard will take off when the judge says "Go". The first guard will weave through cones starting at the starting line. At the end of the cones, the guard will remove gloves from their hip pack and put them on. After getting their gloves on, dip their gloves in shaving cream, and weave back through the course. At the end of the course, the guard will remove their gloves with proper technique. Hands must be shown to the judge, and then they may tag their next teammate in.

**Deadline:** 9 AM

**Number of Participants:** 3 participants

**Equipment Needed:** Gloves

**Penalties:** 5 second for any lifeguard with "blood" on them, 5 seconds for failing to follow the course

### **CPR Challenge**

**Description:** CPR is a team effort and this event will show just that! Each team will have a manikin with green/red indicator lights. When the judge says "Go", a 1 minute timer for CPR will begin. The first teammate will do 1 minute of CPR with the correct depth & compression rate & making sure the double green light is showing on Prestan. After 1 minute the judge will say "Rotate", the next teammate, with proper communication and timing, will take over for the first teammate. The second rescuer will then perform CPR for one minute. The process will repeat for the 3rd rescuer.

**Deadline:** 9 AM

**Number of Participants:** 3 participants

**Equipment Needed:** N/A

**Penalties:** There are no penalties for this event. Points will simply not be awarded.

### **Push Up Challenge**

**Description:** Strength, endurance, and lifeguard grit take center stage in this Baywatch-inspired push-up challenge! Competitors must perform as many push-ups as possible with proper form: hands shoulder-width apart, body in a straight line, elbows in, chest lowering to 90 degrees, and

full arm extension at the top. Once a competitor performs an improper rep or reaches burnout, their attempt will be over.

**Deadline:** 9 AM

**Number of Participants:** 1 participant

**Equipment Needed:** N/A

**Penalties:** There are no penalties for this event. Once a competitor performs an improper rep, no more reps will be counted.

### **Team Banner Challenge**

**Description:** The team banner challenge is a fun way to show your team spirit - and include team members that can't join you the day of the event! Go big (Just no bigger than 6 ft X 12.5 ft) or go home and show us your creative side! Make sure your banner includes your team name, the lifeguard games theme and grommets or another way to hang the banner. Banners will be hung on display at Thunday Bay the day of the event!

**Deadline:** 8 AM

### **Team Photo Challenge**

**Description:** The photo challenge is a fun (and easy) way to earn points for your team, and make new friends! The photos needed to earn points are listed in the scoring criteria. Make sure to see the judges by 9 AM to get your points! Even if you didn't get all of the photos, you can still get partial points!

**Deadline:** 9 AM

### **Team Video Challenge**

**Description:** The fun begins before the day of the event! This is another fun way to include team members that can't join you on the day of lifeguard games, and show your digital creativity! For the video challenge, your team will create a 1 minute long video that ties in at least one lifeguard skill, and the lifeguard games theme.

**Deadline:** EOD July 3rd, 2026

### **Event Scoring Criteria**

<b>Timed Water Events Scoring: Strip &amp; Boogie, Rescue Tube Relay, Dive Brick Relay, Unresponsive Backboarding</b>	
Scoring for these events are timed based. See individual event descriptions for time penalties. Points are awarded as followed:	
1st place	10 points awarded
2nd place	9 points awarded
3rd place	8 points awarded

4th place	7 points awarded
5th place	6 points awarded
6th place	5 points awarded
7th place	4 points awarded
8th place	3 points awarded
9th place	2 points awarded
10th place	1 point awarded
11th place & below	0 points awarded

<b>Timed Water Event Scoring: Fastest Lifeguard</b> This is an individually scored event. Points are not awarded to teams for this event. Winners will be announced as follows:		
Fastest Female Lifeguard: First Place Only	Fastest Male Lifeguard: First Place Only	Fastest Open Lifeguard: First Place Only

<b>Dry Event: CPR Challenge</b> Scoring for this is point based. There are no penalties, points will simply not be earned. This event must be completed ON YOUR OWN TIME by 9 AM to receive points. Points are awarded as follows:	
Activation of EAP	2 points awarded
Scene Safety	2 points awarded
Hand & Body Placement	2 points awarded
Proper Depth (Determined by light)	2 points awarded
Proper Rate (Determined by light)	2 points awarded
Proper Breaths (Chest rise & fall)	2 points awarded
Proper Switch	2 points awarded
Total Points Possible	10 points possible

**Dry Event: Goopy Glove Relay**

Scoring for this event is timed based.

This event must be completed ON YOUR OWN TIME by 9 AM to receive points.

See event description for penalties.

Points are awarded as follows:

1st place	10 points awarded
2nd place	9 points awarded
3rd place	8 points awarded
4th place	7 points awarded
5th place	6 points awarded
6th place	5 points awarded
7th place	4 points awarded
8th place	3 points awarded
9th place	2 points awarded
10th place	1 point awarded
11th place & below	0 points awarded

**Dry Event: Push Up Challenge**

Scoring for this event is point based.

There are no penalties for this event. See event description for scoring.

This event must be completed ON YOUR OWN TIME by 9 AM to receive points.

Points are awarded as follows:

1st place	10 points awarded
2nd place	9 points awarded
3rd place	8 points awarded
4th place	7 points awarded
5th place	6 points awarded
6th place	5 points awarded
7th place	4 points awarded
8th place	3 points awarded

9th place	2 points awarded
10th place	1 point awarded
11th place & below	0 points awarded

<b>Spirit Event: Photo Challenge</b> Scoring for this event is point based. Photos must be submitted to the photo challenge judges by 9 AM to receive points. Points are awarded as follows:	
Photo with CPRA Board Member/ Staff	1 point awarded
Photo with Water World Staff	1 point awarded
Photo with Team Banner	1 point awarded
Group Selfie	1 point awarded
Photo with Lifeguard Games Committee Member	1 point awarded
Event Action Shot	1 point awarded
Photo with another team	1 point awarded
Team Photo (Must include all participants)	1 point awarded
Photo with a sponsor	1 point awarded
Photo with a lifeguard skill	1 point awarded
Total points possible	10 points possible

<b>Spirit Event: Team Banner Challenge</b> Scoring for this event is point based. Banner must be turned into the scoring table by 8 AM to receive points. Points are awarded as follows:	
Banner includes team name	5 points awarded
Banner includes Lifeguard Games theme	5 points awarded
Total points possible	10 points possible

<b>Spirit Event: Team Video Challenge</b> Scoring for this event is point based and scored ahead of time. Video must be submitted by EOD Friday July 3rd, 2026 to receive points.	
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Points are awarded as follows:	
Include lifeguard games theme	5 points awarded
Include lifeguard skill	5 points awarded
Total points possible	10 points awarded

### **Frequently Asked Questions:**

**Q:** Will there be spectator tickets available for purchase for people who would like to come support their team?

**A:** Yes, spectator tickets will be available for purchase the day of the event at the ticket booth.

**Q:** Is there a registration cap for the event?

**A:** Yes, to ensure logistics of the event, there is a cap of 40 teams. We cannot exceed this. Make sure to register early to secure your spot!

**Q:** What if we don't know the names of who will be attending at the time of registration?

**A:** No worries, you do not need to know who will be attending at the time of registration. Registration is team based, not participant based.

**Q:** We have had issues getting our photos to upload for the photo challenge in the past and want to make sure we get points. Is there a way around that?

**A:** Yes! We recognize that people have had issues with photo submissions in past years. This year, we will have judges on site to judge the photo challenge and there will be no virtual uploads to ensure there are no technical issues. You'll just need to make sure the photos get judged by 9 AM!

**Q:** We had issues submitting the video in the past and want to make sure we get points. How can we make sure that happens?

**A:** We of course want to make sure you receive points for the video! Since the videos are scored beforehand, you'll receive a link to upload the video to a Google folder when you register for the event. We recognize technology isn't always reliable, and not everyone's email agrees with Google. Please email [msherrill@avon.org](mailto:msherrill@avon.org) no later than the video submission deadline with any difficulties, and we will ensure your video is scored.

**Q:** Why are dry events required to be done by 9 AM? How can we make sure we can get them all done by the deadline?

**A:** This event runs on a tight timeline, therefore, to ensure all scores are able to be inputted in a timely manner, the dry events must be completed by 9 AM. Participants are encouraged to plan ahead, divide and concur and pay attention to the heat schedule.

**Q:** When will heat assignments be received?

**A:** Similar to swim meets and other sporting events, teams will receive their heat assignments the day of the event.

**Q:** Are T-Shirt sizes due at the time of registration?

**A:** No, T-Shirt sizes do not need to be submitted at the time of registration. At the time of registration, you will receive a link to the order form. The order form **MUST** be completed by the deadline listed on the registration to receive T-Shirts on the day of the event. You will receive the sizes you ordered, and cannot swap any sizes. If the T-Shirt order form is not completed by the deadline, you will not receive T-Shirts the day of.

**Q:** What awards will be given out?

**A:** Great question! We'll be giving out the following awards:

1st - 3rd Place Teams: Plaque & Lifeguard Tube

4th & 5th Place Teams: Plaque

Fastest Lifeguard (Male, Female, Open): Plaque

**NEW THIS YEAR!** Sportsmanship Award: Plaque

**Q:** What happens in the event of a tie?

**A:** In the event of a tie, both teams will receive equal points, and if need be, share awarded placement. No tie breakers will be conducted.

**Q:** How can we keep track of our score?

**A:** You can keep track of your score throughout the event with the Keep the Score website! The scoring team puts scores into the system in real time, so you're able to see your current standing. A QR code/ link will be provided to participants to access this.

**Q:** This is Colorado, what is the weather policy for the event?

**A;** The event will take place rain or shine. Events will only be delayed or paused in the event of lightning or other severe weather. In the event that weather conditions prevent the event from being completed, rescheduling options or refunds will be reviewed and handled on a case by case basis by CPRA staff and the Aquatics Board.

**Q:** Where should teams park?

**A:** All teams must park in the front parking lot.

**Q:** How should participants enter the facility?

**A:** All participants must enter the facility through the front entrance, and present their ticket which they will receive at check in. There are no exceptions to this.

**Event Contact:**

Maggie Sherrill

Aquatics Section Chair

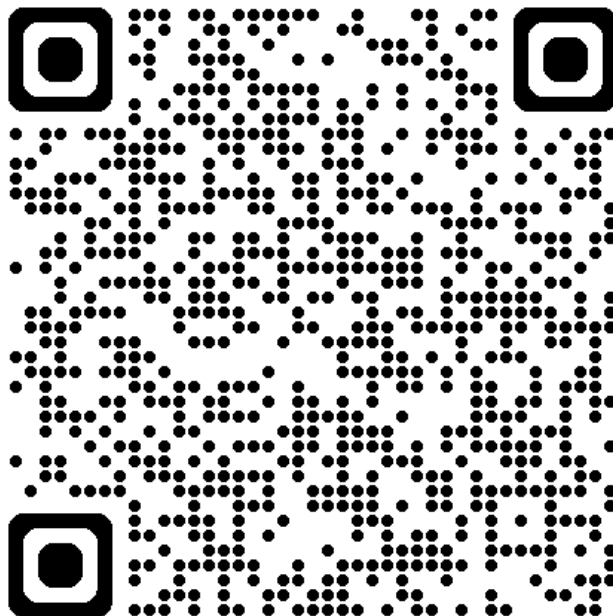
[msherrill@avon.org](mailto:msherrill@avon.org)

970.748.4064

Real Time Scoring Link:



T-Shirt Order Link:



**Event Map:**



**Event Map**

- |                         |                              |
|-------------------------|------------------------------|
| 1 - Team Parking        | 6 - All Water Events         |
| 2 - Team Entrance       | 7 - CPR w/ Prestan           |
| 3 - Team Seating Spaces | 8 - Glove Relay              |
| 4 - Scoring Table       | 9 - Unresponsive Extrication |
| 5 - Volunteer Meeting   | 10 - Awards Presentation     |

