

Whanganui Secondary Schools' Royal Life Saving Society Competition

To be held at the Splash Centre, Whanganui

Date: Friday 2nd March 2018

Time: 10.00am start – 12noon. *Please ensure that all teams are assembled at the pool by 9.30am as the draw for the team positions will be held at 9.30-9.45am.*

Entries to: **Clare Lynch by Monday 26th February 2018**

clare@sportwhanganui.co.nz

06 349 2881 or 027 370 7226

Thank you to the Splash Centre who provide the pool free for this event.

RULINGS

Teams

- All team members must be active life savers. (i.e. they must have or be attempting to gain a Lifesaving award, inquiries to Maree Baker, in regards to these awards).

Points:

- Teams will gain the same points as their placing. The winning team will be the team with the least points.
- Teams which start but do not finish an event will get maximum points.
- Teams who are disqualified will receive maximum points plus 2 points.
- Penalty points will be added by the judges for incorrect tows, landings etc.

Disqualification:

A team will be disqualified if:

- They are responsible for a second break at the start.
- They break during a relay event.
- They use illegal stroke (depending on circumstances, the referee and chief judge together may impose a time penalty, or add penalty points).
- A patient assists during a passive tow.
- A competitor interferes or obstructs another competitor during an event.

Clothing:

Clothing stated for Event 4 is **T shirt and track pants** (NOT thermals). Any team wearing incorrect clothing will have 5 points added to its score.

Enquiries: Phone (06) 343 2677 - Marie Baker.

EVENT 1:

NON-CONTACT RESCUE

Rescuer	Victim	Routine
1	5	Rope throw (weighted) 5 is assisted out by 1 & 2.
2	6	Rope throw (weighted) 6 is assisted out by 2 & 3.
3	1	Dive entry, TOWEL rescue, (3 must touch wall first).
4	2	Rescuer in t-shirt swims to victim, removes t-shirt and tows victim with t-shirt.

Note:

1. Only 1 and 2 are permitted to coil the rope.
2. The towel is to remain on the starting line until No 6 is out of the water.

Event:

- Number 5 is in the pool holding the rope tag at the 11 metre mark with one hand, and onto the end of the weighted rope with the other. No. 1 is holding the other end of the rope.
- On the starts signal, No. 5 releases the rope and No. 1 pulls it in and then throws it back to the victim.
- No. 5 cannot release the tag until the rescuer has thrown the rope within arm's reach of No 5. Once this has been achieved, the rescuer will then pull the victim (No. 5) to the end of the pool. No. 1 and 2 will then assist No. 5 out of the pool to a standing position.
- No. 2 will then throw the rope to No. 6 who, by then will be in the pool holding on to the 11 metre tag. No. 2 will then pull the victim to the end of the pool where Nos. 2 and 3 will assist the victim out of the pool to a standing position.
- No. 3 will then dive into the pool with the towel, swim to the far end of the pool, touch the wall and tow No. 1 back to the start end. (No. 1 must be ready at the end for No. 3).
- Once Nos. 1 and 3's hands have been placed on top of the wall, No. 4 swims with the T-shirt on to the far end of the pool where No. 2 will be waiting. Number 4 must touch the wall, then remove the T-shirt and tow No.2 back to the start end.
- The timekeeper will stop the clock once both Nos. 4 and 2's hands are on top of the wall.

EVENT 2:
4 X 2 LENGTHS LIFE SAVING MEDLEY RESCUE RELAY

Each leg consists of 4 parts.

- A. The start - dive entry.
- B. One length freestyle swims to the end of the pool. **Rescuer touches the end.**
- C. The tows. Hands of both rescuer and victim must be placed on the top of the wall before next team member starts.

Rescuer	Victim	Tow
5	3	Two Handed Head Carry (Passive victim)
6	4	Double Shoulder Carry (Passive victim)
1	5	Wrist Carry (Assisted)
2	6	Chin Carry (Passive victim)

- D. The FINISH. The rescuer places the victim's hands on TOP of the end of the pool.

EVENT 3:

4 X 2 LENGTH LIFE SAVING MEDLEY RELAY

The START. Start in the water according to F.I.N.A.

2 lengths of each of the following strokes.

Rescuer	Order of Strokes
3	Survival backstroke
4	Side Stroke
5	Breaststroke
6	Freestyle

NOTE:

- Underwater distance for Survival Backstroke is 5 metre maximum.
- Competitors are allowed to use both are in Sidestroke and Survival backstroke, providing the hands or arms do not break the surface of the water.
- The FINISH. Competitors must touch the TOP of the end wall with both hands.
- ALL TOUCHES OF THE WALL DURING THE EVENT MUST BE ABOVE THE WATERLINE.

EVENT 4:

6 X 4 LENGTH CONTACT CARRY

CLOTHES: Must be t-shirt and track pants over swimming togs (read rulings at beginning).

This event consists of 5 parts.

- A. The START. Slide entry to the pool.
- B. Rescuers will swim at least 10 metres underwater and after surfacing swim approx. 20m freestyle.
- C. Surface dive to retrieve a squiggle (object) from the bottom of the pool and place it on the end of the pool (NO walking on the bottom or standing.)
- D. The Rescuer will then tow the passive victim to the 11m marker using the Cross Chest Carry, then wade to the end of the pool using the Under Arm carry.

Rescuer	Victim
4	2
5	3
6	4
1	5
2	6
3	1

- E. The FINISH. The Rescuer places the Victim's hands together on the top of the pool end and secures them correctly (both Victim's hands together on the wall with Rescuer's hands on top of them.)

EVENT 5:

RESUSCITATION

- The unconscious victim will be in the water at the 11 metre marker, facing the Rescuer (and becomes face down before the rescuer arrives).
- On START, the rescuer performs a slide entry, keeping head out of water at all times and swims to the victim keeping constant eye contact on the victim.
- The Rescuer turns the victim (NOT A SPINAL TURN) and commences E.A.R. (stationary for the first breath) then returns to the shallow end continuing E.A.R.
- Upon returning to the end of the pool the victim's hands are placed on TOP of the pool with the rescuer's hand placed securely on top.
- The next competitor may slide enter the pool.

Rescuer	Victim
6	1
5	2
4	3

NOTE: Marks will be given for correct procedure and the event will be timed.

EVENT 6

6 x 1 LENGTH FREESTYLE

F.I.N.A. Rules