

# RLSS Poole Lifeguard

## Internal Club Championships 2016

## Entry Form

Date:- **Thurs 28th January 2016**

Start Times: See details below

CLOSING DATE = 24th January 2016



### Aim of the Competition :

To engage all members of our Club in a test of knowledge, skills and sport. It is open to all members, and each competitor will be competing against his or her peers. At the end, an overall Club champion will be crowned.

**Age** on the date of the competition

**U12**

**U15**

**U18**

**Seniors**

**Masters (40+)**

**Times:**

**REG**

**19:30hrs**

**START**

**19:45hrs**

**FINISH**

**21:15hrs**

please note this may be a little later!

### Competition Structure :

There are 6 events to compete in. Competitor can nominate 1 event as a Trump card which will earn double points.

### Rules :

- Rule 1 **This event is meant to be fun**, and will be held in the spirit of fair play; any toys that are thrown out of the pram / pool will have to be collected and apologised for.
- Rule 2 Cheating will not be tolerated (this includes biting, foot stamping, dunking and pulling of hair!).
- Rule 3 We reserve the right to amend flexible rules, but only after approval by the Competition Referee.
- Rule 4 The Competition Referees decision is then final.

### COMPETITOR DETAILS

Please circle items where Appropriate

<b>First Name</b>	<input type="text"/>	<b>Last Name</b>	<input type="text"/>		
<b>Contact Details</b>	Home or Mobile	<input type="text"/>	<input type="text"/>		
	E-mail	<input type="text"/>			
<b>Emergency Contact:</b>	Name:	<input type="text"/>	Mobile	<input type="text"/>	
<b>Date of Birth:</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<b>Age</b>	<input type="text"/>
				<b>Gender</b>	<input type="text"/>
				Male	<input type="text"/>
				Female	<input type="text"/>
<b>Availability</b>	Main Evening	<b>28th Jan 2016</b>	<input type="text"/>	Fallback eve	<b>04th Feb 2016</b>

### EVENTS

Tick **ONLY 1** Event to act as your chosen Trump Card.

### Knowledge Zone

			<b>TRUMP</b>
<b>1A</b>	<b>Questionnaire</b>	20 questions in 3 mins <i>UNDER 12's &amp; UNDER 15's: on the Rookie Program / 15 yrs and over on Life Saving Book</i>	<input type="text"/>
<b>1B</b>	<b>Quiz on Basic Life Support</b>	20 questions in 3 mins <i>To test essential Life Support knowledge</i>	<input type="text"/>

### Skill Zone

			<b>TRUMP</b>
<b>2A</b>	<b>Resuscitation</b>	Nearest to optimum time <i>Timed 5 complete cycles of CPR. Under 12's age group will be tested on 3 complete cycles</i>	<input type="text"/>
<b>2B</b>	<b>Rope Throw Target</b>	Cut off of 90 seconds <i>Hit the target with the rope 5 times to record your time</i>	<input type="text"/>

### Sports Zone

			<b>TRUMP</b>
<b>3A</b>	<b>Manikin Tow</b>	<i>UNDER 12's &amp; UNDER 15's: 1 x Length Swim x 1 Length Tow of Manikin ... (half full of water)</i> <i>ALL OTHERS: 1 x Length Swim x 2 Lengths Tow of Manikin... (full of water)</i>	<input type="text"/>
<b>3B</b>	<b>Swim with Gates</b>	<i>UNDER 12's &amp; UNDER 15's: 2 x lengths swim with gates as obstacle.</i> <i>ALL OTHERS: 4 x lengths swim with gates as obstacle.</i>	<input type="text"/>

<b>Signed:</b>	<input type="text"/>	<b>DATE</b>	<input type="text"/>
<b>Signature of Parent/Guardian:</b> <i>if applicant is under 15 years old.</i>	<input type="text"/>		<input type="text"/>

PLEASE COMPLETE THE FORM AND THEN HAND IT IN TO THE REGISTRATION DESK ON A THURSDAY NIGHT