

RLSS Poole Lifeguard

Internal Club Championships 2015

Entry Form

Date:- **Thurs 29th January 2015**

Start Times: See details below

CLOSING DATE = 15th January 2015



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	Times:	REG	START	FINISH		
U12	U15	U18	Seniors	Masters (40+)	19:30hrs	19:45hrs	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

First Name	<input type="text"/>	Last Name	<input type="text"/>				
Contact Numbers	Home or Mobile	<input type="text"/>	Exd <input type="text"/>				
Contact Numbers	E-mail	<input type="text"/>					
Emergency Contact:	Name:	<input type="text"/>	Mobile <input type="text"/>				
Date of Birth:	<input type="text"/>	Age	<input type="text"/>				
		Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>				
Availability	Main Evening	<input type="checkbox"/>	29th Jan 2015	Fallback eve	<input type="checkbox"/>	05th Feb 2015	<input type="checkbox"/>

EVENTS

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

Knowledge Zone		TRUMP
1A	Questionnaire <i>UNDER 12's & UNDER 15's: on the Rookie Program / 15 yrs and over on Life Saving Book</i>	20 questions in 3 mins <input type="checkbox"/>
1B	Quiz on Basic Life Support <i>To test essential Life Support knowledge</i>	20 questions in 3 mins <input type="checkbox"/>
Skill Zone		TRUMP
2A	Resuscitation <i>Timed 5 complete cycles of CPR. Under 12's age group will be tested on 3 complete cycles</i>	Nearest to optimum time <input type="checkbox"/>
2B	Rope Throw Target <i>Hit the target with the rope 5 times to record your time</i>	Cut off of 90 seconds <input type="checkbox"/>
Sports Zone		TRUMP
3A	Manikin Tow <i>UNDER 12's & UNDER 15's: 1 x Length Swim x 1 Length Tow of Manikin ... (half full of water) ALL OTHERS: 1 x Length Swim x 2 Lengths Tow of Manikin... (full of water)</i>	<input type="checkbox"/>
3B	Swim with Gates <i>UNDER 12's & UNDER 15's: 2 x lengths swim with gates as obstacle. ALL OTHERS: 4 x lengths swim with gates as obstacle.</i>	<input type="checkbox"/>

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

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

