Internal Club Championships 20XX

Start Time:- 19:00hrs till 21:30hrs

Rev 12.1

RLSS POOLE LIFEGUARD
CLUB CHAMPIONSHIPS 20XX

Overall Winner

Is this YOU this year!

Congratulations from all at RLSS Poole Lifeguard
on your success in our Internal Club Championships

saving lives since 1975

Competitions Officer

Chairman

RLSS Poole Lifeguard
Internal Club Championships
EVENT GUIDELINE AND EVENT RULES
Start Time:- 19:00hrs till 21:30hrs

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.

Competition Structure:
- The competition will comprise of 3 different Category Zones. Each Zone will contain 2 events.
- All events are mandatory.
- Competitors are required to compete in all 6 events.
- The competitor may select one of the 6 events to play their Trump card where they will double the points that they score on that event. The choice of event for playing the TRUMP card must be made prior to the competition and may not be altered once the competition has started.

Schedule of Events
- The competition will take place on 1 Thursday evening, with the possibility of running it again on the following Thursday should the entry number dictate. (i.e. too may entries to complete in one evening)

Scoring:
- The scores will be calculated on each event according to the number of points gained by correct answers, by accuracy in skill / hitting targets, or by time.
- Each age group will compete against each other in each event. The scores will produce a ranking position for each event where the winning person will then be awarded a max 35 points, 2nd place, 34 points and so on down to 1 point for 35th place and beyond.
- These ranking points will then be added together to form an accumulative score which will then determine the Age Group ranking position and the overall club ranking position

Age Categories:
- There are 5 different age categories as follows: U12's / U15's / U18's / Seniors / Masters (40+)
- Competitors must fall within these age groups on the date of the competition

Unique Codes:
- Each Competitor will have a 4 digit alphanumeric unique code comprising of an age group identifier of two characters and a 2 digit number indicating their number within their category.
- Females will be numbered 1–30   Males will be numbered 31-60
- Age Group codes will be as follows

Under 12's	= **BL**	Seniors	= **SN**
Under 15's	= **GN**	Masters	= **MS**
Under 18's	= **RD**		

  The Code for the Under 18's, Under 15's and Under 12's represents the colours BLUE, GREEN and RED.

Registration

Aim	Competitors will require the Age group identifier to be written clearly on the back of their hand.
Guide	Ensure that the competitors know what events they have undertaking during the session.
	Have the Entry Forms ready to double check any queries.
Materials	Permanent Marker Pens will be required

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 Referee's decision is then final.

ZONE 1 - KNOWLEDGE

Event 1A	Questionnaire:
Officials	1 x Judge, 1 x Assistant

Aim:	To assess a lifeguard's core skill knowledge in all areas of lifesaving
	Competitors will be given a questionnaire which they will have a limited time period to complete the test and hand the form back to the Judge.
Scoring:	The score will be determined by the number of correct answers given
Quantity:	The number of competitors carrying out this questionnaire at the same time is solely limited to the amount of available space to spread them out see "guide" below
Rules:	Competitors will not be allowed to copy answers from fellow competitors.
	They must ensure that their answer is clear and readable for each question answered.
	It will be the competitors own disadvantage if they tell others the question or answers once they have finished.
Guide:	The competitors must be spread out so that they can not see each others mark sheet
	Ensure that the competitor's CODE name is written on the top of their question / mark sheet.
	Ensure that they are aware of the amount of time that they have to complete the test.
	Ensure everyone is ready to start at the same time.
	Give a 15 second warning to the end of the time period.
	Collect all mark sheets before they leave.
Reference:	Under 12's will be quizzed on the RLSS Rookie Manual
	Under 18's and above will be quizzed on the RLSS NLA Manual

Event 1B	Life Support Quiz:
Officials	1 x Judge, 1 x Assistant
Aim:	To test essential Life Support knowledge
	Competitors will be given a questionnaire which they will have a limited time period to complete the test and hand the form back to the Judge.
Scoring:	The score will be determined by the number of correct answers given.
Quantity:	The number of competitors carrying out this questionnaire at the same time is solely limited to the amount of available space to spread them out see "guide" below
Rules	Competitors will not be allowed to copy answers from fellow competitors.
	They must ensure that their answer is clear and readable for each question answered.
	It will be the competitors own disadvantage if they tell others the question or answers once they have finished.
Guide	The competitors must be spread out so that they can not see each others mark sheet
	Ensure that the competitor's CODE name is written on the top of their mark sheet.
	Ensure that they are aware of the amount of time that they have to complete the test.
	Ensure everyone is ready to start at the same time.
	Give a 15 second warning to the end of the time period.
	Collect all mark sheets before they leave.
Reference	Under 12's quiz will be slightly different to all other age groups
	The quiz will be based on the RLSS Life Support Manual

ZONE 2 – SKILL

Event 2A   Resuscitation Test:

Aim:	To test Accuracy of CPR as this is one of the most important lifesaving skills
	All age groups accept the Under 12's will be tested on 5 cycles CPR, i.e. 5 lots of 30 compressions and four lots of 2 breaths. The Under 12's age group will be tested on 3 cycles, i.e. 3 lots of 30 compressions and 2 lots of 2 breaths. It is the competitor's responsibility to keep count and inform the Judge once they have completed.
Scoring:	The club resuscitation officer has calculated an optimum time for 5 cycles and for 3 cycles. The winning person is the one who gets closest to the optimum time they will score a max of 25 points. However bonuses will be awarded depending on how accurate the time is, i.e. If you finish exactly on the optimum time you will get 10 bonus points plus 25 ranking points giving you the total 35 ranking points available. Bonuses will be awarded for a within 5 seconds either side of the optimum time.
Quantity:	Up to 4 competitors at a time, facing North, East, South and West with their backs to the centre and their manikins in front of them.
Rules	There will be no checks or approaches, on the start signal the competitor will commence their 1st compression. Competitors must inform the Judge (SILENTLY) by the raising of 1 arm/hand on the completion the 30th compression on their last cycle. It will be to the competitors own disadvantage if they indicate to others that they have finished.
Guide	Competitors should not reattempt any failed inflations, just continue as normal.
	Ensure that you have all four codes and that you know which one is which.
	On completion write the corresponding finish time along side the competitor code
Reference	Standard Life Support compression rate of 100 -120 bpm and 30 cycles to 2 breaths
Materials	Stopwatch, Clipboard, Score sheets, 6 x Manikins (2 as spare), Wipes,
Officials	1 x Judge, 1 x Time Keeper, 1 x Assistant

Event 2B   Rope Throw:

Aim:	Testing accuracy and speed of non-contact rescues
	A target will be secured in the water between 10 and 15m away for the edge of the pool
	The competitor has to coil the rope and hit the target a predetermined number of times.
Scoring:	The importance here is accuracy and as such the number of times the target is "HIT" (see below) will determine the ranking positions. Where there is a tie the faster time will sort the rankings positions.
Quantity:	Up to 2 competitors at a time,
Rules	The rope must be uncoiled and straight out in the water prior to the start. The competitor must be standing with both feet together and both their hands by their sides. They must be holding the end of the rope within 3-4 inches of its end.
	On the start signal they will coil the rope and throw it such that it hits the target.
	A "HIT" is where the rope clearly lands across or on top of the target, and does not constitute a slight deflection or any other imaginary touches. The Judges word is final
	A time period of 90 seconds shall be allowed to complete this task.
Guide	Ensure that you have the competitor's code on your score sheet, clearly mark on the score sheet each correct HIT and the time that the rope HITS the target on the final time. If on the completion of the time period the predetermined number of times to hit the target has not been achieved, record the actual number of correct HITS and write down "90" seconds for the time taken.
Materials	2 x Standard 17m Competition Rope – plus 2 x Perry Buoy (1 x secured in centre of each lane)
	Clipboard, Score sheets, Stop Watch, Whistle
Officials	1 x Judge, 2 x Time Keepers, 1 x Assistant

Internal Club Championships
EVENT GUIDELINE AND EVENT RULES
Start Time:- 19:00hrs till 21:30hrs

ZONE 3 – SPORT

Event 3A	**Manikin Tow:**

Aim: To swim to a submerged casualty, recover them and return to land
            UNDER 15's: 1 x Length Swim x 1 Length Tow of Manikin … (half full of water)
            ALL OTHERS: 1 x Length Swim x 1 Length Tow of Manikin… (full of water)

Scoring: The importance here is speed, and as such times will determine the ranking positions with the fastest time being the winner.

Quantity: Up to 2 competitors at a time,

Rules   **SWIM AND TOW:** Start at the deep end in both cases. The tow must be a recognised tow from the RLSS Survive and Save manual, although speed is implied care of casualty (manikin) should be considered and any deliberate or prolonged submerging of the Manikin head will result in a 5 second penalty for each infringement. The competitor must touch each end of the pool with their hand prior to commencing the next length. The finish will be when the competitor touches the end of the pool with their hand.

Guide   Ensure that you have the competitor's code name on your score sheet.
            Ensure your competitor understands what they are about to undertake.
            Ensure that you have two stop watches ready and set to Zero and use both.
            Write down the infringements as they happen.
            Whilst one heat is swimming a second heat should be lined up, briefed and ready to start as soon the as the 1st one finishes.

Materials   2 x Manikins, 6 x bungs, Clipboard, Score sheets, Stop Watch, Whistle

Officials   1 x Judge, 2 time keepers, 1 x runner.

ZONE 3 – SPORT cont…

Event 3B   **Swim with Gates :**

Aim :   To reach an unconscious casualty and return to safety in as quick a time a possible

UNDER 12's & UNDER 15's	2 x lengths swim with gates as obstacle.
ALL OTHERS:	4 x lengths swim with gates as obstacle.

Scoring: The importance here is speed, and as such times will determine the ranking positions with the fastest time being the winner.

Quantity: Up to 2 competitors at a time,

Rules   The start will be at the deep end of the pool. Diving may be allowed if the competitor wishes to. The finish will be when the competitor touches the end of the pool with their hand after completing the swim part.

The competitor must touch each end of the pool. If during the event there appears to be some unfair advantages /disadvantages caused by the gates, the judge has the right to add or subtract time penalties of 5 seconds per infringement as they see fit. The Judges word is Final.

Guide   Ensure that you have the competitor's code name on your score sheet.
Ensure your competitor understands what they are about to undertake.
Ensure that you have two stop watches ready and set to Zero and use both.
Write down the infringements as they happen.
Whilst one heat is swimming a second heat should be lined up, briefed and ready to start as soon the as the 1st one finishes.

Materials   2 set of gates (obstacles), Clipboard, Score sheets, 2 x Stop Watch, Whistle
Officials   1 x Judge, 2 x Time Keeper, 1 x Runner

RLSS Poole Lifeguard
Internal Club Championships
EVENT GUIDELINE AND EVENT RULES
Start Time:- 19:00hrs till 21:30hrs

RLSS POOLE LIFEGUARD
saving lives since 1975

POOL LAYOUT

Diving Pool

Teaching Pool

Poole Plan V7.vsd

D

EVENT **3B**   Gates   L6

C

EVENT **3B**   Gates   L5

EVENT **2B**   Rope Throw   L4

B

EVENT **2B**   Rope Throw   L3

EVENT **2A**   RESUS

EVENT **3A**   Manikin Tow   L2

A

EVENT **3A**   Manikin Tow   L1

Free swim

WHOLE GROUPS ROTATE TO NEXT STATION EVERY 15 MINS

RLSS POOLE LIFEGUARD
INTERNAL CLUB CHAMPIONSHIPS

EVENT **1A**   QUESTIONNAIRE

Balcony

EVENT **1B**   Lifesaving Quiz

RECEPTION AREA
Registration
19:30hrs - 19:45hrs

UPSTAIRS ON BALCONY FOR
19:45hrs

? = Pool Side Station Rotation

ZONE 1 Knowledge Zone

1A   **Questionnaire**
Under 12 yrs on Rookie Program
12 yrs and over on Life Saving Book

1B   **Quiz on Life Support**

ZONE 2 Skill Zone

2A   **Resuscitation**
Timed 5 Complete Cycles of CPR.

2B   **Rope Throw Target**
Hit the target 5 times inside 90 secs

ZONE 3 Sports Zone

3A   **Manikin Tow**

3B   **Gates**
Swim with gates as an obstacle