



2019 Northern Region Rookie Challenge

Saturday March 30, Mangawhai SLSC

EVENT INFORMATION

Event Purpose:

- The Rookie Challenge is to promote inter club competition and camaraderie based around life guarding concepts taught within the Rookie Lifeguard programme.

DRAFT Event Timings:

Time	Event
8.30am	Team Managers Meeting
8.45am	Examiners Briefing
9.15am	Uniform Check
9.30am	Session 1
12.00pm	Session 2
2.30pm	Prizegiving

Event Categories:

Session 1	Session 2
Life Saving Theory	Surf Race
First Aid	Tube rescue
Recovery position	Board Rescue
CPR	

Event Entries:

- Entries close **Friday March 22**
- Entries can be made via the separate entry form
- Clubs can enter multiple teams, with preference given to the first team from each club, then additional teams following that.
- Where clubs do not have enough members to make a full team, they can join with others to form a composite team
- Clubs are required to register a Surf Official and Examiner for each team entered.
- It is the expectation of the event organisers that clubs will only enter competitors that have the requisite ability to compete safely in any given event.
- By entering this event clubs & competitors agree to SLSNR using any images and video taken during the event for media and promotional purposes.

Entry Fees:

- \$50.00** (incl. GST) per team (\$10 per person for composite teams)
- All entry fees will be calculated following the completion of the event and clubs will be invoiced directly.

Cancellation Policy:

- If the carnival is cancelled, with no postponement before the first event is conducted, 75% of all entry fees will be refunded to all Clubs (25% retained for administration costs).
- If a carnival is cancelled, after the first event is conducted no refund will be given.

Eligibility of Participants:

- Participants must meet the following criteria:
 - A DOB recorded in the SLSNZ Database
 - A PRIMARY membership with the club they intend to participate for
 - A 200m safety badge
 - Be a registered SLSNR Rookie. Any member of the rookie programme who has gained their surf lifeguard award during the 2018/2019 season will still be eligible to compete.

Rules:

- The event will be conducted under the rules as outlined below and as contained in the [SLSNZ Surf Sport Competition Manual](#), SLSNZ Code of Conduct, Sport Policies and any additional amendments as detailed on the website and any additional requirements as communicated by the Event Management Committee(s).

Surf Officials & Examiners:

- All Clubs are required to provide at least 1 surf official and 1 examiner for every team entered (they can be the same person)
- Clubs may be requested to provide more, should the need arise.
- Officials & Examiners need to wear the appropriate uniform shirt
- Officials & Examiners will be provided with food and water throughout the day

Team Composition

- Each Rookie Challenge team will be made up of five members. No less than two of these members must be female.

Uniform:

- Team members must present themselves in the Rookie Patrol Uniform (Hat, Shirt, Shorts & Fins)
- For water activities all competitors must wear their club cap, club togs & a High Visibility Vest

Event Equipment

- Each team is required to provide: three (3) rescue tubes, one (1) pair of swimming fins for **each** competing team member & two (2) paddle boards to be used for rescue (Rescue or competition board)
- All equipment must comply with SLSNZ specifications and approvals

Event Descriptions

- The Rookie Challenge will consist of the following components:

1. Team Uniform Inspection (All Team Members – 20 points)

- Each team member will be inspected on the following items of uniform:
 - Clean Rookie shirt
 - Clean Rookie shorts
 - Rookie hat
 - Own swim fins

2. Theory Questions (All Team Members)

- Each team will be required to answer twenty multiple choice questions on the question and answer sheets provided.
- A time limit of twenty minutes will be imposed.
- Questions will be taken from the Surf Lifeguard Award Training manual and any module covered in the Rookie Lifeguard work books.

3. Scenario based assessment (All Team Members)

- All members of each team will participate in and be assessed on a basic lifeguarding scenario involving basic first aid skills and/or rescue skills. Participants will have to use their knowledge and understanding of the SLSNZ Surf Lifeguard Award manual and the 2018/2019 Rookie manual to successfully complete the task.
- The scenario will last approximately 15 minutes.

4. Recovery Position Assessment (All Team Members)

- Every individual from each team will be assessed on his or her ability to place a patient into the recovery position as per the surf lifeguard award manual.

5. CPR Assessment (One Team member)

- One member of each team will deliver and be assessed on their ability to perform single person adult CPR and asked questions on the process. The individual will be assessed as per the SLSNZ surf lifeguard award examination manual.

6. Surf teams race with fins (All Team Members)

- All team members to line up in their numbers (1 through to 5). Each member will race opposition members of the same number. From the start line, swimmers shall round the allocated swim buoys and then return to shore. All competitors must wear swim fins. Upon returning to shore they will run between the two green finishing flags where their position will be recorded.

7. Tube rescue relay (All Team members)

- The 1st patient will line up on the start line. On the starting signal the patient shall enter the water and swim to their allotted buoy. On reaching their allotted buoy, the patient shall place their forearm over the top of the buoy and then signal their arrival by raising their other arm to the vertical position while remaining in contact with the buoy.
- On receiving this signal the 1st tube swimmer will run from the start line with their tube and swim fins and proceed to pick up the patient.
- On arrival at the allotted swim buoy the tube swimmer will secure the patient on the seaward side of the buoy.
- The tube swimmer, with patient in tow, will then return to shore and proceed across the start/finish line together and tag the second patient.
- The 2nd patient will proceed out to their allotted buoy. On reaching their allotted buoy, the patient shall place their forearm over the top of the buoy and then signal their arrival by raising their other arm to the vertical position while remaining in contact with the buoy.
- On receiving this signal the 2nd and 3rd tube swimmers will run from the start line with their tube and swim fins and proceed to pick up the patient.
- The first swimmer to reach the allotted swim buoy will secure the patient on the seaward side of the buoy. At any point thereafter the second tube swimmer can clip in and proceed with a two-person tube tow
- The rescuers may then return to shore and proceed across the start/finish line together.

8. Board rescue relay (4 team members)

- The 1st patient will line up on the start line. On the starting signal the patient shall enter the water and swim to their allotted buoy. On reaching their allotted buoy, the patient shall place their forearm over the top of the buoy and then signal their arrival by raising their other arm to the vertical position while remaining in contact with the buoy.
- Upon receiving this signal the 1st board rescuer paddles out to pick up the patient.
- The board shall be paddled around the allotted buoy left to right.
- The patient is required to make contact with the board on the seaward side of the buoys.
- The rescuer and patient return to the beach run across the line together both holding onto the rescue board.
- The first person across the line will body tag (hand to body) the second patient who will swim out to their allotted buoy and signal their arrival by placing their forearm over the buoy and raising their other arm in a vertical position whilst retaining contact with the buoy.
- Upon receiving this signal the 2nd board rescuer paddles out to pick up the patient.
- The board shall be paddled around the allotted buoy left to right.
- The patient is required to make contact with the board on the seaward side of the buoys. .
- The rescuer and the patient return to the beach and run across the finish line together both holding onto the rescue board.

Points Allocation:

Event	Point Allocation	Description
Uniform Inspection	20	Each team member will receive 1 (Satisfactory) or 0 (Not Satisfactory) points for each uniform item (Hat, Short, Shorts, Fins)
Theory Test	20	Each team member will receive 1 point for each correct answer. The AVERAGE of the team's scores will be the points total for the team
Scenario	30	Teams will receive points based on using correct processes, treatment and team work during the scenario
Recovery Position	25	Each team member will receive 1 point for completing each of the 5 key steps in performing the recovery position. The TOTAL of all five members will be the team's score
CPR	30	Team will receive points based on using correct processes and answering questions for performing CPR
Surf Teams Race	20	Each team member will receive points for their finishing position in their race (descending from 20 points for 1 st). The AVERAGE of the team's scores will be the points total for the team
Tube Rescue Relay	20	Teams will be ranked based on their finishing position with points allocated descending from 20 points for 1 st .
Board Rescue Relay	20	Teams will be ranked based on their finishing position with points allocated descending from 20 points for 1 st .
Total	185	

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