

# LONG DISTANCE CHAMPS

**OREWA**

**10AM EVENT START**

5k Run  
1.5k Swim  
5k Board  
10k Ski  
10k Surf Boat & Canoe

**17.10.20**



**SURF LIFE SAVING®**  
NORTHERN REGION

[WWW.LIFESAVING.ORG/SPORT/EVENT-INFORMATION](http://WWW.LIFESAVING.ORG/SPORT/EVENT-INFORMATION)



## Event Timings:

8.22am High Tide / 2.24pm Low Tide

When	What	Who
8.00am	Event Safety Evaluation	Event Manager, Event Referee, Event Safety Officer, Water Safety Leader
8.15am	Event Safety Briefing	EM, ER, ESO, Water Safety Crew
8.45am – 9.15am	Competitor Registrations	Competitors
8.45am	Officials Briefing	EM, ER & Surf Officials
9.15am	Event Briefing	EM, ER, ESO, Competitor Support (Managers) Competitors
10.00am	Event Start	Competitors & Officials

## Event Programme:

If we are in level 1 at the time of the event the order for racing will be Run/Swim/Board/Ski. Boat/Canoe will start the same time as the Swim.

If we are in level 2 the run will be dropped and the order will be Swim/Board/Ski. There will be a delayed start time for Boats/Canoes if we are in level 2.

Programme may be altered to adhere to Covid-19 level restrictions. Programme/times may change to allow for the relevant level safety requirements.

The final programme will also be influenced by the conditions of the day. The Event Management Committee may alter competition courses in order to address safety or to account for tidal, sea and beach condition changes. As far as possible we will undertake to provide all competitors with fair and equal conditions.

## Event Categories:

	U15		U17		U19		U23		Open		Masters	
Event	M	F	M	F	M	F	M	F	M	F	M	F
5km Beach Run	√	√	√	√	√	√			√	√	√	√
1.5km Swim	√	√	√	√	√	√			√	√	√	√
5km Board	√	√	√	√	√	√			√	√	√	√



10km Surf Ski	√	√	√	√	√	√			√	√	√	√
10km Surf Boat					√	√	√	√	√	√	√	√
10km Surf Canoe					√	√			√	√	√	√

### Entry Process:

- Entries close **Monday 13<sup>th</sup> October 2020**
- Search for “2020 Northern Region Long Distance Competition” on the SLSNZ online entry portal [here](#)
- Please ensure your Team Management & Surf Official information is up to date on the online system.
- Failure to list a team manager may mean that you will miss out on vital information.
- 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.
- All competitors will be required to register on the day between 8.45am – 9.15am
- Each competitor will be issued with a coloured wristband that confirms you have met eligibility criteria.
- You will be required to wear the band for the duration of the event.

### Entry Fees:

- **\$15.00** (inclu. GST) per Competitor
- All entry fees will be calculated following the completion of the event and clubs will be invoiced directly.

### Cancellation Policy:

- Due to Covid-19 if the region the competition is based in is at level 3 or 4, the event will be cancelled. Under level 2 events may happen if gathering rules allow otherwise the event will be cancelled.
- 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 Competitors:

- This competition is open to any SLSNZ member.
- Competitors age group is determined by their age as at midnight on 30<sup>th</sup> September 2020.
- Competitors must be a minimum of 14 years of age.
- Competitors need to be either a refreshed Surf Lifeguard for the previous season OR a newly qualified Surf Lifeguard in the current season.

**Non-Qualified Competitors:**

- This event is open to non-qualified members over 14 years of age as per SLSNR policy.
- All Non-Qualified competitors must register and sign a waiver.

**Rules:**

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

**Competition Uniform:**

- Swimmers are strongly recommended to wear a wetsuit.
- All other athletes are advised to wear appropriate clothing depending on the conditions on the day.
- All competitors are to wear a High Visibility Vest. High Visibility Vests must be the same colour when competing in team events.
- Non-qualified competitors will be required to wear an Orange numbered SLSNR Cap.
- Shoes are permitted for the beach run event
- Wetsuits, or other foam type outer garments, shall be permitted in the case of events only in water of 16 degree Celsius or less. The Referee may authorise the wearing of wetsuits dependent upon weather, water or marine conditions. Wetsuits are subject to random scrutineering. Wetsuits can be used up to a maximum of 5mm with a tolerance of +/-0.5mm.

**Composite Teams:**

- Clubs that are struggling to make up numbers in mixed relays events, may form composite teams.
- This function is to promote smaller clubs fielding teams and encourage clubs to exercise this option in the spirit intended.
- Please contact the Event Manager ([entries@lifesaving.org.nz](mailto:entries@lifesaving.org.nz)) prior to entry cut off if this applies to you.

**Large-Craft (Boats & Canoes) Composite Protocol:**

- Clubs that are unable to field single gender crews but can field mixed crews within their club will be permitted to do so.
- If this applies to your club, contact the Event Manager ([entries@lifesaving.org.nz](mailto:entries@lifesaving.org.nz)) prior to entry cut off.

**Briefings:**

- It is important that all surf officials, managers and competitors attend their required briefings

**Event Courses:**





- This event will be run as a long-course endurance event (similar to Mount Monster) with a run, swim, ski & board component.
- Individual competitors will have the option of completing between one & four legs offered.
- Large Craft (Boats & Canoes) will have a separate course.
- Courses will be set closer to the time, taking into account wind & tide.

#### **Surf Officials:**

- Surf Officials need to wear their Blue Officials Shirt and warm gear suitable for the days weather conditions & should come prepared with a water bottle and a whistle.
- If you need a blue official's shirt please contact Donal before the day.

#### **Health & Safety:**

- A Competition Safety Plan is completed for every SLSNR event and is available for viewing at the event.
- One key section of the Competition Safety Plan is the **Missing Competitor at Sea – Emergency Response Plan** and the roles and responsibilities of Officials, Team Managers, Competitors, Management and Event Safety Team will be outlined during briefings
- This is a hugely important plan to understand and know where you can assist as time is critical when dealing with a missing person in the sea. More information can be found [here](#)
- **Pre-Existing Medical Conditions:** All participants and officials with a pre-existing medical condition must complete and submit a 'Pre-Existing Medical Conditions Declaration' form prior to the close of entries. These forms are to be submitted to the Event Manager by email to [entries@lifesaving.org.nz](mailto:entries@lifesaving.org.nz). However, participants are encouraged to submit these as early as possible. Once submitted, the forms will be reviewed by SLSNR and a decision will be made on whether a 'Competitor Waiver' form is required to be completed. It is important to note that that a pre-existing medical condition includes a concussion event that has occurred prior to this event.
- The Event Management Committee reserves the right, if conditions warrant, to require canoe and boat crews to wear helmets. All clubs should bring helmets to the competition in the event that conditions warrant their use.
- All competitors and managers are reminded we as a management group have a need to be informed prior to the start of the event if any competitor who is under medical treatment or has suffered an injury that may impede their ability to perform. This requirement requires the competitor (or parent in competitor is under 18) to complete a waiver to enable participation. We have a need to understand who may be at additional risk during an event so that additional resources can be focused on the competitor while competing and ensure their safety.
- **Covid-19:** Stay home if you're sick and do not take part in the event. You must not participate in any gatherings if you have COVID-19 symptoms or if you need to be in isolation for any reason.

#### **COVID-19 Contingencies:**

- In level 1 events will run as usual but in the event we are in level 2 the programme will be changed to reflect restricted numbers for gatherings. This may involve dividing events between beaches or having staggered start times for events.



- We will have event QR codes set up for contact tracing.
- Hand sanitizer will be available and increased cleaning of shared spaces will be implemented
- We may look to create set areas to keep groups apart during events. Having separate areas for competitors, spectators etc
- We ask that those attending competitions please practice the following:
  - Wear a mask when operating in spaces where you cannot remaining 1m away from people you do not know.
  - Clubs travel as 'light' as possible in relation to coaches, managers, supporters, siblings etc
  - Maintain good hygiene
  - Physically distance
  - Stay home if you're sick
  - Get tested if you have cold or flu symptoms
  - Keep track of where you've been and who you've seen.
- COVID-19 Guidelines:
  - [www.covid19.govt.nz](https://www.covid19.govt.nz)
  - <https://sportnz.org.nz/covid-19-response/overview/>
  - <https://www.surflifesaving.org.nz/club-management/health-safety/covid-19-updates>