

WEST COAST EXPERIENCE

BETHELLS BEACH

9.30AM EVENT START

\$22.50/PERSON

U13, U14, U15 & U17



Surf Experience:
Swim, Board &
Relay Events

23.01.21



SURF LIFE SAVING®
NORTHERN REGION



EVENT INFORMATION

Event Timings:

Bethells Beach Tides – Low tide: 12.15pm / High tide: 6.26pm

Timing	What	Who
8.00am	Event Safety & Support Briefing	Event Management Committee & Event Safety Team
8.30am	Surf Officials Briefing	Event Management Committee & Surf Officials
9.00am	Team Managers Briefing	Event Management Committee & Team Managers
9.30am	Event start	

Event Programme:

The purpose of the West Coast Experience is to provide a chance for clubs to experience events on the west coast while also learning new skills from local lifeguards.

The first part of the West Coast will be a learning session with local guards where competitors will learn surf safety and valuable lifesaving skills. These will include:

- How to spot rips and how they can be used in rescues etc.
- Reading the surf to determine safe swimming areas
- How to use boards in the surf

The next session will be a practical session where they can have a chance to get in the water with guards / coaches to get a feel for the water and course before having some races – surf race and board race.

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 INFORMATION

Event Categories:

Age Group	U13	U14	U15	U17
Surf Swim with fins	✓	✓	✓	✓
Board Race	✓	✓	✓	✓
Board Race Relay	✓		✓	
4 Person Cameron	✓		✓	

*Please note that relay events are mixed ages groups i.e. U13 and U14 / U15 and U17, and can be mixed gender

Entry Process:

- Entries close **Monday 11 January 2021**
- Search for “Northern Region 2021 West Coast Experience” 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.

Entry Fees:

- **\$22.50** (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.



EVENT INFORMATION

Eligibility of Competitors:

- This competition is open to any current & active SLSNZ member, which requires:
 - A DOB recorded in the SLSNZ Database
 - A PRIMARY membership with the club they intend to participate for
 - A 200m safety badge to participate in identified events
- Competitors age group is determined by their age as at midnight on 30th September 2020.

Event Clarifications:

- U13/U14 Members need to hold a current/refreshed 200m badge.
- U15/U17 Members need to hold current/refreshed lifeguard awards.

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:

- All competitors must wear their club cap.
- All competitors are to wear a High Visibility Vest
- All competitors must bring surf fins with them

Briefings:

- It is important that all surf officials, managers and competitors attend their required briefings
- If a competitor misses a briefing they may not be allowed to compete.
- Updated event Information will be posted up on Facebook on the Junior Interclub event page as well as via the TeamReach app – group code is SLSNRJS, as well as on the Northern Region website



EVENT INFORMATION

Surf Officials:

- All Clubs are required to meet Surf Official/Competitor ratios of 1 surf official for every 10 competitors (or part thereof) but encouraged, to not meet but exceed supplied Surf Official numbers
- Clubs may be requested to provide more, should the need arise.
- If you are struggling to provide officials please either contact other clubs to arrange loan Surf Officials or contact entries@lifesaving.org.nz as there may be other ways for your club to help on the day.
- 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.

Water Safety Support:

- Clubs will be required to provide lifeguards who have confidence in west coast conditions to help with water safety.
- Clubs will need to provide 1 lifeguard for every 5 competitors. These need to be qualified and refreshed lifeguards.
- Competitors can't be water support on the day.

All Water safety are required to turn up 'ready to respond'; equipped with Wetsuit, Lifeguard Rash Shirt, Fins, Tubes and Goggles.

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. 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. These forms are available through the website [here](#).
- **Concussion Protocol**
 - Any person diagnosed with concussion within the 23 days (21 days for over 19 yrs) preceding a SLSNZ event or activity, who is not able to provide evidence of a Graduated Return to Play (GRTP), and provide a medical diagnosis and SLSNZ Medical Clearance, will not be permitted to compete in a SLSNZ event.



EVENT INFORMATION

- Any person observed or reported to have been unconscious during a SLS event is not permitted to participate in any further SLS event or activity, pending participation in a 23 day GRTP (21 days for over 19 yrs), and provide a SLSNZ Medical Clearance before further competition is permitted.
- Any person suspected of a concussion during a SLSNZ competition may not participate in any further races for at least 24 hours, and must provide SLSNZ with the required SLSNZ Medical Clearance before further participation is permitted.
- Any person suspected or diagnosed with concussion who wishes to return to a SLSNZ competition must provide SLSNZ with a copy of a SLSNZ Medical Clearance, which is to be completed by a medical practitioner, prior to returning to competition.
- 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 if 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.
 - Under 18 competitor waivers found [here](#).
 - 18 and over competitor waivers found [here](#).
- **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.



EVENT INFORMATION

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://sportnz.org.nz/covid-19-response/overview/>
 - <https://www.surflifesaving.org.nz/club-management/health-safety/covid-19-updates>