

SLSNR SENIOR CHAMPS

RUAKAKA

9AM EVENT START

\$60/PERSON

ALL SENIOR AGE GROUPS

Swim
Board
Ski
Relays
Boats
Canoes

20+21.02.21



SURF LIFE SAVING®
NORTHERN REGION

WWW.LIFESAVING.ORG/SPORT/EVENT-INFORMATION



EVENT INFORMATION

Event Timings:

Tides Ruakaka: Saturday – 8.19am Low tide / 2.30pm High tide

Sunday – 9.11am Low tide / 3.18pm High Tide

	Saturday 20 Feb		Sunday 21 Feb	
When	What	Who		
7.00am	Event Safety Evaluation	ER, EM, ESO, DER, WSC	Event Safety Evaluation	ER, EM, ESO, DER, WSC
7.15am	Event Safety Briefing	ESO, WSC, Event safety team	Event Safety Briefing	ESO, WSC, Event safety team
7.45am	Officials Briefing	ER, EM, ESO, DER, officials	Officials Briefing	ER, EM, ESO, DER, officials
8.15am	Event Briefing	ER, EM, ESO, DER, Team Managers	Event Briefing	ER, EM, ESO, DER, Team Managers
9.00am	Event Start		Event Start	

Event Programme:

Event programme will be provided once entries have closed.

Event Clashes – Events will not be held for any competitor. If a competitor has not registered for an event, or is not on the line ready then they will not start in that heat or another heat.

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:

	U15		U17		U19		U23		Open		Master 30+	
Event	M	F	M	F	M	F	M	F	M	F	M	F
2km Beach Run	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
Ski	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
Ski Relay			✓	✓	✓	✓			✓	✓		
Iron/Diamond	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
Board	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
Surf Race	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
Surf Teams Race			✓	✓	✓	✓			✓	✓		
Taplin			✓	✓	✓	✓			✓	✓	✓	✓
Beach Sprints	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
Beach Relays	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
Beach Flags	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
Double Ski (men/women/mixed)					✓	✓			✓	✓	✓	✓
Board Relay	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
Run Swim Run	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
Tube Rescue	✓	✓	✓	✓	✓	✓			✓	✓		
Board Rescue	✓	✓	✓	✓	✓	✓			✓	✓		
Lifesaver Relay – 1 team per club	✓											
Boat (long and short course)					✓	✓	✓	✓	✓	✓	✓	✓
Canoe (long and short course)					✓	✓			✓	✓	✓	✓



EVENT INFORMATION

Entry Process:

- Entries close **Monday 8th February 2021**
- Search for “2021 Northern Region Senior Championships” 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 organizers 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:

- **\$60.00** (incl. GST) per Competitor
- **\$10.00** (incl. GST) per Substitute
- 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.

Eligibility of Competitors: Seniors

- This competition is open to any current & active SLSNZ member.
- Competitors age group is determined by their age as at midnight on 30th September 2020.
- Masters competitors only require a Surf Lifeguard Award recorded on the SLSNZ Database
- 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.

Team Substitutes

All team substitutes must be registered in some capacity in the event. This means that if an athlete is competing in any event for example the surf race they are registered for the event. In some instances clubs have to substitute members for their team events which can be problematic if the person who is the substitute is not competing in any other event.



EVENT INFORMATION

Therefore any potential substitutes (who are not already competing) must be entered into event code 300 Substitutes.

This is to allow fairness to all by ensuring that all eligibility criteria are met.

Masters

- Individual Masters events will have entries available in 10 year age increments (30-39, 40-49, 50-59, etc.) and they will be recognized accordingly.
- Masters Team events will be run as a single age category.
- Depending on entry numbers age groups may be combined for races.

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

Composite Teams:

- Clubs that are struggling to make up numbers in mixed relays events, may form composite teams where event numbers permit.
- This function is to promote smaller clubs fielding teams and encourage clubs to exercise this option in the spirit intended.
- Please note that composite teams will not be eligible for points or medals but will stay in the event progressions
- Please contact the Event Manager (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) prior to entry cut off.



EVENT INFORMATION

Briefings:

- It is important that all surf officials, managers and competitors attend their required briefings
- Updated event Information will be posted up on Facebook on the Senior Interclub event page well as on the Northern Region website

Event Courses:

- Courses will be set closer to the time, taking into account wind & tide.

Surf Officials:

- All Clubs are required to provide at least 1 surf official for every 10 competitors (or part thereof).
- Clubs may be requested to provide more, should the need arise.
- Please ensure that you have adequate numbers of Surf Officials available to meet the numbers of competitors entered.
- If you are struggling to provide officials please contact entries@lifesaving.org.nz as there may be other ways for the 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.

Presentations:

At the conclusion of racing each day we will be presenting medals to all place getters in each event that was contested that day. At the conclusion of racing on Sunday we will be presenting all remaining Medals. You are encouraged to stay behind and recognize those who have achieved during these Championships.

Point system:

Points are awarded as follows and count towards the Competition Club & Masters Competition club of the Year.

Individual Events		Team Events	
Placing	Points	Placing	Points
1 st	3	1 st	5



EVENT INFORMATION

2 nd	2	2 nd	3
3 rd	1	3 rd	1

Health & Safety:

- A Competition Safety Plan is completed for every SLSNZ 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 SLSNZ 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.
 - 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



EVENT INFORMATION

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.

- Under 18 competitor waivers found [here](#).
 - 18 and over competitor waivers found [here](#).
- 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.
- **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://sportnz.org.nz/covid-19-response/overview/>
 - <https://www.surflifesaving.org.nz/club-management/health-safety/covid-19-updates>