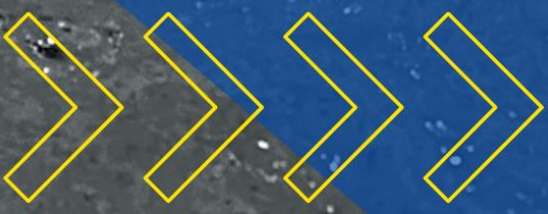




# JUNIOR

## POOL RESCUE ROYALE

26.6.22



**SURF LIFE SAVING**  
NORTHERN REGION



**Event Timings:**

AUT Millennium, National Aquatic Centre, 17 Antares Place, Mairangi Bay

Sunday 26 June

<b>Day</b>	<b>Saturday</b>
Surf Officials Meeting	11.30am
<b>Team Managers Meeting</b>	<b>12.00pm</b>
Warm Up Begins	12.00pm
Warm Up ends	12.45pm
<b>Marshalling Begins</b>	<b>1.00pm</b>
<b>Session Begins</b>	<b>1.15pm</b>
<b>Session end approx.</b>	<b>5pm</b>

**Note: Times are only an approximate and will be confirmed once entries closed**

**Events:**



**PURPOSE:**

To encourage teamwork and interaction between members from different clubs, develop bonds and ultimately have fun.

We are trying to attract a wider group of Junior members and introduce anyone new to pool rescue activities.

**ENTRIES:**

Members event as individuals, not under their club (click [here](#))

All entries will be split into composite teams to include U11, U12, U13 & U14 members, with teams completing a relays based programme. The programme is designed to be fun, fast and introduce/refresh members to pool rescue events.

All teams will be coached/managed by senior guest managers and coaches to help develop new skills within our organisation. Click [here](#) if you are able to assist

**All races are relay or team events and are targeted toward lifesaving skills needed both for the beach and pool events.**

The purpose of this event is to have fun. To encourage a wider group of junior members to participate in pool events and move away from events dominated by swimmers. Encourage teamwork and build confidence.

The aim is to get as many members swimming and reduce/remove barriers

Mixed teams from different clubs allow for greater social interactions between our members, making for an enjoyable experience (similar to U10 Royale).

<b>Events</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>
4 x 25m swim with fins relay				
Two person tube rescue				
4 x 25m Patient tow relay				
4 x 25m obstacles relay				
<b>All in Relay (depend on numbers and time)</b>				

A second round of events may be run if time permits.



### **Entry Process:**

- Entries close Monday 20 June 2022 at 9am.
- To enter a participant click [here](#)
- To apply to be a coach or manager for the event click [here](#)
- 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 SLSNZ using any images and video taken during the event for media and promotional purposes.

### **Entry Fees:**

- **\$25.00** (incl. 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 in Red level entry numbers may be restricted to fit government guidelines or if numbers can't be restricted the event will be cancelled.

If an event is cancelled clubs will not be invoiced for entries.

### **Eligibility of competitors:**

- Open to any SLSNZ affiliated club.
- Age group is determined by the competitor's age as at midnight on 30th September 2022.

### **Rules:**

- See below for rules and information on the events.

### **Competition Uniform and Event Equipment:**

- Rescue tubes – standard as per SLSNZ rule book
- Fins – No long blade dive tubes. Type used for life guarding preferable but will allow training style fin
- Swimwear – club togs (where possible). No speed suits or race togs



- Club swim caps or beanies (To be provided at event)
- Goggles
- See below for fin/swimwear examples.

### **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 NR Pool event page as well as on the Northern Region Competitive Lifesaving Page and via TeamReach App – Code SLSNRPC to join pool group

### **Coach/Managers:**

- Teams will be assigned a coach/manager for the session.
- This event allows an opportunity for our senior athletes to step into a coaching/manager role with the kids and builds a connection between the two groups.
- If you have a senior athlete interested in being a coach/manager for this event please contact [entries@lifesaving.org.nz](mailto:entries@lifesaving.org.nz)

### **Surf Officials:**

- All Clubs are required to provide at least 1 surf official for the event, potentially more if needed.
- Surf Officials need to wear their NR Region Blue Officials Shirt and should come prepared with a water bottle and a whistle.
- Please note that the pool area does get warm
- If you need a blue official's shirt please contact Donal before the day.

**Timekeepers: No time keepers needed – will record placing and penalties and only have one race per age group if possible.**



- This event requires a large volume of timekeepers for it to succeed. As such, each competing club will be required to supply timekeepers during some if not all of the sessions. SLSNR will advise how many time keepers are required from each club for each session following the close of entries.

#### **Venue Information:**

- The venue provides 90 minutes free parking and charges \$2 per hour thereafter until 6.00pm. There is also limited free parking on the surrounding streets.

#### **Seating & Pool Access:**

- Swimmers will be seated poolside with their teams
- Access to/from the upper seating area for swimmers will be via the changing rooms. The entrance, internal stairwell and lift area is a dry zone.
- Coaches, and managers will be seated with their teams poolside while spectators will be seated in the upper deck.
- During sessions access to the Pool Deck will be limited to swimmers.
- Coaches and Team Managers can access the pool deck to speak to Event Management at the Administration desk next to First Aid via the main pool entrance.

#### **Marshalling:**

Swimmers will be called to marshal 15 minutes prior to the start time of the first event.

#### **Use of Cameras and Video Devices at the Event:**

- Applications need to be made to the Event Manager to gain access to the Pool Deck in order to use cameras or video devices.
- Only applications from Surf Life Saving Members and Media Agencies will be accepted for consideration
- If access is gained then a Vest will be issued and must be worn at all times

#### **Point System:**

- All places will be recorded and each team is given the place they finish as points. The team with the lowest total is declared the winner.



- Penalty Points – for each infraction of the rules, a penalty point may be recorded against the team and added to the final total

### Health & Safety:

- A Competition Safety Plan is completed for every SLSNZ event and is available for viewing at the event.
- **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 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 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](#).
- **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 Descriptions:**

### **Event 1 – 4 x 25m swim with fins relay**

Skills – donning fins quickly and swimming quickly.

#### **Description of the event**

Teams of 4, each team will be allocated a lane to swim in.

Team member 1 will sit on the each of the pool with fins next to them on the platform.

Swimmer 1 enters the water and waits with one hand or forearm touching the wall. On the starter's instructions, swimmer 1 will don their fins and swim 25m to the other end of their lane where swimmer 2 is waiting. Swimmer 2 will be waiting with one hand or forearm touching the wall

Once swimmer 1 has touched the wall, swimmer 2 then dons their fins and swims 25m in their lane to where swimmer 3 is waiting in the water. Swimmer 3 will be waiting with one hand or forearm touching the wall.

Once swimmer 2 has touched the wall, swimmer 3 then dons their fins and swims 25m in their lane to where swimmer 4 is waiting in the water. Swimmer 4 will be waiting with one hand or forearm touching the wall.

Once swimmer 2 has touched the wall, swimmer 3 then dons their fins and swims 25m in their lane and touch the wall.

Once swimmer 4 has touch the wall at the end of the 25m this will conclude the event.

All swimmers remain in the water until each lane has finished and will exit on the official's instructions.

Pushing off the wall is permitted when swimmers are starting each leg

Team members may wait in the pool and not be in contact with the wall, as long as when the previous swimmer touches the wall, the team member waiting is in contact with the wall.

Once a swimmer has finished their leg, they will wait in the pool and hold the lane rope approx. 2m from wall.

If a swimmer's fin comes off or is dropped during the donning or swimming, the swimmer may carry on without the fin and will not be penalised.

#### **Reasons to Penalise**

Leaving wall early (false start)

Not making any attempt to don fins



Interfering with another team.

If a team member helps another team member to don fins (each member must don do this by themselves)

## **Event 2 – Two person tube rescue**

Skills – Donning equipment efficiently, using a rescue tube and teamwork

### **Description of event**

Each team will be allocated a lane.

Swimmer 1 (the patient) enters the water and waits with one hand or forearm touching the wall. On the starter's instructions, swimmer 1 will swim 25m to the other end of their lane, touch the wall and raise their hand as a signal for swimmer 2 (the rescuer).

Swimmer 2 will wait in the pool at the start of the event, approx. 2m from the wall and holding the lane rope. Fins and rescue tube should be arranged on the end platform ready to be donned by the second swimmer.

Once swimmer 1 has started, swimmer 2 will move to the end of the lane and wait for swimmer one's signal. Swimmer 2 will be in contact with the wall at the end of the lane.

When swimmer 1 has touched the wall and raised their hand to signal to swimmer 2. Swimmer 2 will don their fins and rescue tube and swim 25m to the other end of the lane.

Once swimmer 2 touches the wall swimmer 1 will be correctly clip up into the rescue tube.

Tube must be clipped through one of the metal "O" rings and not over the webbing or rope of the tube.

Patient may self-clip or self-rescue, but this cannot be done until swimmer 2 has touched the wall.

Clip up should be done within 5m of the wall (indicated by the string of flags above the pool)

Rope of rescue tube should be fully extended by the patients head crossing the 10m mark.

Once clip up is complete, swimmer 2 will then tow swimmer 1 25m to the end of the pool. Swimmer 1 should be face up during the towing process and may kick and wade but not assist using their arms in a back stroke manner. Patient's arms should either be in a streamline style or by their sides.

The event concludes once the rescuer has touched the wall at the end of the 25m in their lane.

All swimmers will have their tube clip up inspected prior to the patient unclipping and will remain in their lanes and await the official's instructions before exiting the pool.



If a swimmer's fin comes off or is dropped during the donning or swimming, the swimmer may carry on without the fin and will not be penalised.

### **Reasons to Penalise**

Leaving wall early (false start) by either swimmer during starting process or rescue/clip up process

Swimmer 1 raising their hand to signal prior to touching the wall

Rescuer not wearing tube correctly – sash across chest, over one shoulder (head and arm through loop)

Not making any attempt to don fins

Tube incorrectly clipped around patient – not through “O”ring

Patient not on back during towing process

Patient using backstroke during towing process.

Interfering with another team.

### **Event 3 – 2 x 25m Patient tow relay**

Skill – wearing equipment correctly, towing a patient, use of fins, teamwork

#### **Description of event**

Each team will be allocated a lane

Swimmer 1 starts in water wearing a rescue tube (either sash across chest or over one shoulder). Their hand or forearm will be in contact with the wall and on starter instructions swim 25m to the other end of pool.

Swimmer 1 shall touch the wall at the end of the lane and hand over the sash of the rescue tube to swimmer 2. Swimmer 2 will wait in the lane with fins on and remain in contact with the wall until swimmer 1 has touched the wall. Swimmer 2 may not touch the sash or rescue tube in any way until swimmer 1 has touched the wall.

Swimmer 2 shall don the sash of the rescue tube over their shoulder and cross chest and proceed to swim 25m to the other end of the pool towing swimmer 1. Swimmer 1 shall hold the rescue tube in both hands. They must be holding the tube in both hands by the 5m mark and rope fully extended when swimmer one's head crosses the 10m mark.

Swimmer 1 can kick to assist swimmer 2 while being towed. They must be holding the tube (not the webbing or clip). They can be towed either face up on their back or face down on their stomach.



Swimmer 2 will swim 25m towing swimmer 1, they will touch the wall at the end of their lane and then hand over the tube to swimmer 3.

The race will conclude when swimmer 2 touches the wall at the end of the lane.

If swimmer 1 fails to grab the tube before swimmer 2 crosses the 10m mark. The tower may return to the 5m mark and push the tube to their partner allow them to grab the tube without being penalised.

### **Reasons to disqualify**

Leaving wall early (false start) by either swimmer during starting process or tube hand over

Swimmer 2 not wearing rescue tube correctly

Swimmer 1 not holding tube with both hands

Swimmer 1 holding webbing or clip rather than tube

Rope not being fully extended by 10m mark

### **Event 4 – 4 x 25m obstacles relay**

Skill – looking up to see an obstacle (or wave in open water) and diving to avoid

\*\*\* Could be run as per 25m pool rules without the diving – all members start in the pool

**Fin Options – a style of fin traditionally used in life saving or short blade fin used for swim training**

**Yes**





No



Swimwear options – no race togs (prefer swimmers to wear club togs)

Male Swimsuits					
Full Length	Long	Long Legs	Knee length	Square Leg	Short
Not Allowed	Not Allowed	Not Allowed	Allowed	Allowed	Allowed

Female Swimsuits				
Full Length	Zippered Back	Knee Length, Open Back	Short, Open Back	Two Piece
Not Allowed	Not Allowed	Allowed	Allowed	Allowed