

A background image of a swimming pool with several swimmers in the water. A large, white, torn-edge graphic is overlaid on the right side of the image, containing the event title. The text 'POOL RESCUE' is in blue and red, with a yellow and red flag icon to the left. Below it, 'RUN-THROUGH' is in black, and 'SHORT COURSE' is in large, bold, black letters.

POOL RESCUE
RUN-THROUGH

SHORT COURSE

AUT MILLENNIUM
SUNDAY 30 JULY

Open to age groups
U11 - Opens



SURF LIFE SAVING
NORTHERN REGION



EVENT INFORMATION

Event Timings:

National Aquatic Centre, 17 Antares Place, Mairangi Bay

Sunday 30 July 12pm – 5pm.

Purpose of event:

This event is designed to give clubs a chance to practice pool events in the lead up to the 2023 Northern Region Pool Rescue Championships. The first event is set to 25m to ease competitors into the pool environment and get used to events at a reasonable distance.

Events:

Day	
Surf Officials Meeting	12pm
Team Managers Meeting	12.30pm
Warm Up Begins	12pm
Warm Up ends	12.45pm
Marshalling Begins	12.45pm
Session Begins	1pm

Programme:

Event programme will be provided once entries have closed.

Programme/times may change to allow for the relevant level safety requirements.

EVENT INFORMATION

Event Categories:

Individual Events:	Age Group:	Gender:	Team Events:	Age Group:	Gender:
25m Brick Carry	U11, U12, U13, U14	Male, Female	4x25m Brick Relay	U11-12, U13-14	Mixed
100m Super Lifesaver	U15, U17, U19, Open	Male, Female	4x25m Manikin Relay	Open	Mixed
50m Manikin Tow	U15, U17, U19, Open	Male, Female	4x25m Medley Relay	Open	Mixed
Rescue Medley	U11, U12, U13, U14, U15, U17, U19, Open	Male, Female			

Senior relay events can be made up by all age groups within the senior space (U15 up to masters).

Entry Process:

- Entries close Tuesday 18 July 2023 at 10am
- Search for “2023 Northern Region Pool Rescue Short Course” 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:

- **\$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:

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



EVENT INFORMATION

Eligibility of competitors:

- Open to any SLSNZ affiliated club.
- Age group is determined by the competitor's age as at midnight on 30th September 2023.
- All competitors must be aged 10 years or older before midnight 30th September 2023 to compete in Northern Region Pool events.
- Masters must be aged 30 years or older before midnight 30th September 2023 to be eligible to compete in that age group.
- Competitors can only compete in each event (Individual or Team) once – for example an U19 competitor wishing to compete in the 50m Manikin Carry must choose either the U19 or Open event, not both.

Please Note:

It is not a requirement of the event that competitors hold the Surf Lifeguard Award.

All competitors are to have met all of the eligibility criteria outlined above by the close of entries.

Rules:

- The SLSNR Pool Championships will be conducted under the rules as published in the SLSNZ Pool Competition 25m Pool Manual (view it [here](#))
- Please note that there have been updates to rules and regulations for pool events so please ensure competitors are aware of these changes.




Competition Uniform:

- Competitors must wear a swim cap that identifies the surf club they are competing for in all events.
- Handlers must wear a club cap when handling rescue mannequins pool side

EVENT INFORMATION

Event Equipment:

- All competitors are required to supply their own competition equipment including rescue tube and fins.
- All equipment must comply with the SLSNZ equipment specifications as specified within the Equipment Specification Manual
- Competition equipment will be subject to random scrutineering checks during the event.

Fins Style	Example	Age
Rocket Fin: Blade made of fibre glass / carbon fibre reinforced plastic (angled ankle).		Allowed: U17, U19, Open, Masters Not Allowed: All junior divisions + U15
Saver Fin: Fin blade made of fibreglass / carbon fibre reinforced plastic rubber fins. Dive Fins: Heel band plastic/rubber or closed foot plastic/rubber fins.		Allowed: U15, U17, U19, Open, Masters Not Allowed: All junior divisions
Pool or Ocean Fins: Closed foot or heel band rubber fins		Allowed: All ages

- Please read attached circular on Pool Rescue updates including fin allowances for age groups.

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) prior to entry cut off if this applies to you.



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

Event Photography:

- If you are wishing to take photos at our competition then please fill in the [Media Agreement Form](#) and send to entries@lifesaving.org.nz
- Please note Use of Cameras and Video devices rules are covered under [2.25 in the Surf Sports Competition Manual](#).
- 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

Surf Officials:

- All Clubs are required to provide at least 1 surf official for every 7 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.

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.



EVENT INFORMATION

Timekeepers:

- 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 timekeepers are required from each club for each session following the close of entries.
- Athletes will not be eligible to race if the club does not provide the required number of timekeepers for the duration of each session.

Competition Safety Plan:

This event will abide by the facility safety measures put in place and will adhere by the rules instructed by the facility management and lifeguard team.

Parent, Guardian, Coach, Team Manager and Club Obligations

It is the responsibility of clubs, through their coaches and manager, to ensure that each individual competitor is competent to safely compete in the conditions that prevail on any given day.

It is therefore the clubs' responsibility to ensure that competitors who are not yet competent to compete in the prevailing conditions are withdrawn from an event rather than expose them to unnecessary risk or potential harm by encouraging or coercing competitors to compete, particularly against their will. Please refer to statement (e) of the Agreement to be bound by the Manual section of the Surf Sports Competition Manual. The Manual can be found here.

It is the expectation of the organisers that all clubs will only permit competent competitors to compete in an event.

Key Contact:

If you have any queries or concerns, please feel free to contact Donal.

Donal Dray-Hogg
Events and Participation Development Officer
donal.drayhogg@lifesaving.org.nz
entries@lifesaving.org.nz
021 813 090

A photograph of a swimming pool with several swimmers in various colored caps and suits. A large black banner with the text 'EVENT INFORMATION' is overlaid on the top part of the image.

EVENT INFORMATION

Health & Safety:

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

A photograph of a swimming pool with several swimmers in various colored caps and suits. A large black banner with the text 'EVENT INFORMATION' is overlaid on the top part of the image.

EVENT INFORMATION

Description of Events:

25m Brick Carry – Starting in the water competitors swim 15m, dive down and pick up a brick on bottom of pool and swim to finish holding the brick.

100m Super Lifesaver – Same rules as a 200m Super Lifesaver but shortened to a 100m distance. Competitors swim to 30m and dive to collect a submerged manikin, swims to end, touches the wall and releases the manikin, dons tube and fins then swims to other end and puts tube on a floating manikin and then swims to finish.

4x25m Brick Relay – All members start in the water. 2 team members at either end of pool. First member swims with brick to other end of pool and after touching the wall passes brick to the next team member and this process is repeated until the fourth and final member touches the finish wall.

4x25m Manikin Relay – Same as Brick Relay. All members start in the water. 2 team members at either end of pool. First member swims with manikin to other end of pool and after touching the wall passes manikin to the next team member and this process is repeated until the fourth and final member touches the finish wall.

50m Manikin Tow – Shortened version of 100m Manikin Tow. Competitor swims 25m with tube and fins, puts tube on floating manikin and swims back to finish wall.

4x25m Medley Relay – Shortened version of 4x50m Medley Relay. 2 team members at either end of pool. First swimmer does 25m freestyle without fins and touches the wall. Second swimmer goes and swims 25m with fins and touches wall. Third swimmer goes and swims 25m towing a rescue tube and touches wall. Fourth swimmer is waiting in the water wearing fins and takes the tube and secures the third swimmer and tows them 25m to the finish.

50m Rescue Medley – With a dive start the competitor swims 25m freestyle turns at the wall and collects submerged brick/manikin then swims with it to the finish.



EVENT INFORMATION

Sport Circular

Title: Pool Rescue Update

Document ID: 23-SC01

Department: Sport

Audience: Club Sport Managers, Club Coaches, Club Directors, Club Secretaries, Officials, Members and competitors.

Summary: This circular outlines the updates to Pool Rescue competition for 2023-24 season

OVERVIEW

In September 2022 SLSNZ engaged a group of experienced coaches, athletes, officials and managers to form Pool Rescue Working Group to review all aspects of Pool Rescue.

The group identified a number of areas for improvement, new initiatives and recommendations, which were considered by the SLSNZ sport team, alongside member feedback from Pool Rescue competition surveys.

The information below outlines the initial changes for 2023 Pool Rescue events based on this member feedback.

The Pool Rescue Manual is currently being updated to reflect these changes and will be available as soon as possible.

Please note: local/regional competitions may differ slightly from the information below due to a variety of factors, such as competition purpose, pool size, entry numbers etc. Any variations will be outlined in each event's Competition Circular.

GENERAL UPDATES

New Zealand Pool Rescue Championships Programme:

Junior events will be held on Friday & Saturday with Senior & Masters events on Saturday & Sunday.

Competing Divisions:

Competitors in the U15 division are now able to 'race up' into any higher age division (consistent with U17 & U19 competitors). All competitors in any age group will still only be able to enter and compete in one race once e.g. an U15 competitor can only enter in one of either the U15, U17, U19 or Open division in a particular event.

EVENT INFORMATION

Composite Teams:

Composite Relay Teams (4 person) will again be encouraged to support the development and participation of clubs with smaller numbers. These teams will be eligible for medals at the New Zealand Pool Rescue Championships as they were in 2022.

Team Events:

The following four-person junior (U11 – U14) and senior (U15-U19) and masters (30+) team events will be mixed only (2 x male + 2 x female). The Open Division will have Mixed, Male & Female divisions offered.

- 4x25m Brick Relay
- 4x25m Manikin Relay
- 4x50m Medley Relay
- 4x50m Obstacle Relay
- 4x50m Pool Lifesaver Relay

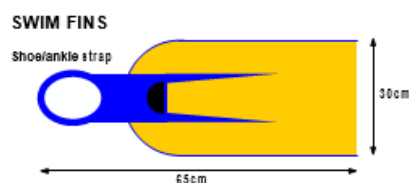
Fins:

Competitors aged under 15 years (as per SLSNZ eligibility) may not use 'Rocket' Fins, regardless of which divisions they are swimming in.

All fins must meet ILS requirements and may be constructed of rubber, composite or other materials in the style depicted below:

Senior fins shall comply with the following below dimensions:

- Maximum 65cm overall length including "shoe" or ankle strap (ankle strap extended).
- Maximum 30cm width at the widest point of the blade.
- Swim fins are to be measured with the shoe or ankle strap extended but not stretched.






Junior fins (U11-U14) are restricted to soft/flexible rubber style fins used for swimming training similar to the styles depicted below. Please note that fins that do not meet this general profile and/or with stiff and/or elongated blades, will not be permitted for use in junior events.

Junior fins shall comply with the following dimensions:

- Maximum 50cm overall length including the shoe.
- Maximum 25cm width at the widest point of the blade.

EVENT INFORMATION

Fins Style	Example	Age
<p>Rocket Fin: Blade made of fibre glass / carbon fibre reinforced plastic (angled ankle).</p>		<p>Allowed: U17, U19, Open, Masters</p> <p>Not Allowed: All junior divisions + U15</p>
<p>Saver Fin: Fin blade made of fibreglass / carbon fibre reinforced plastic rubber fins.</p> <p>Dive Fins: Heel band plastic/rubber or closed foot plastic/rubber fins.</p>		<p>Allowed: U15, U17, U19, Open, Masters</p> <p>Not Allowed: All junior divisions</p>
<p>Pool or Ocean Fins: Closed foot or heel band rubber fins</p>		<p>Allowed: All ages</p>



EVENT INFORMATION

SPECIFIC EVENT UPDATES

50m Rescue Medley (Brick)

- U11 & U12 Division - changes from 17.5m underwater start to 10m
- U13 Division - no change
- U14 Division – Changes from with fins to without fins

100m Tube with Patient & Fins

- U12 Division – no change (patient starts in water waiting for swimmer with tube)
- U14 Division – The patient will swim 50m freestyle and upon touching the turn wall and raising their hand, the 'rescuer' will swim 50 m freestyle with fins and rescue tube to pick up the patient and return to the start.

Junior Mega Relay

- The Junior mega relay will be an official event at the New Zealand Pool Rescue Championships (many local/regional competitions were doing this already). Teams will generally consist of 3 Males and 3 Females of any age for Junior Divisions, however, Competition Circulars will specify conditions.

50m Rescue Medley (Manikin)

- New event for U15 Division. From a dive start, the competitor swims underwater to a submerged manikin located at 17.5m. The competitor surfaces the manikin within the 5m pick-up line, and then carries it the remaining distance to touch the finish wall. Competitors may push off the bottom when surfacing with the manikin.

4x50m Pool Lifesaver Relay

- U19 Division removed. Only available in the Open Division.

Swim with Obstacles

- The U15 division decreases from 200m to 100m

FEEDBACK/RECOMMENDATIONS NOT IMPLEMENTED FOR 2023

1. Composite Teams for Senior & Masters Divisions at New Zealand Pool Rescue Championships
2. Junior events spread across all three days of New Zealand Pool Rescue Championships
3. Separate Junior & Senior National Pool Rescue Championships
4. No Junior National Event (stop at Regional Level)
5. Competing by time/seeding regardless of division at New Zealand Pool Rescue Championships

EVENT INFORMATION

6. Separate Trophies for Junior, Senior & Masters Divisions + Overall Trophy for New Zealand Pool Rescue Championships
7. Introduce 200m Super Lifesaver for U17 division
8. Introduce Line Throw for U15 division

PROGRAMME OVERVIEW

The following table indicates the events available for each age division.

JUNIOR EVENTS	U11	U12	U13	U14
50m Swim With Obstacles	Y	Y		
100m Swim with Obstacles			Y	Y
50m Swim with Fins	Y	Y	Y	Y
50m Rescue Medley	Y	Y	Y	Y
50m Brick Carry	Y	Y	Y	Y
100m Patient Tow with Fins		Y		Y
4 x 50m Obstacle Relay		Y		Y
4 x 25m Brick Relay		Y		Y
4 x 50m Medley Relay		Y		Y
6+ x 50m Mega Relay			Y	

SENIOR EVENTS	U15	U17	U19	Open	Masters
100m Swim with Obstacles	Y				Y
200m Swim with Obstacles		Y	Y	Y	
100m Manikin Tow with Fins	Y	Y	Y	Y	Y
50m Swim with Fins	Y	Y	Y	Y	Y
50m Rescue Medley	Y				
100m Rescue Medley		Y	Y	Y	
50m Manikin Carry	Y	Y	Y	Y	Y
100m Manikin Carry with Fins	Y	Y	Y	Y	Y
200m Super Lifesaver			Y	Y	
Line Throw		Y	Y	Y	Y
4 x 50m Obstacle Relay		Y	Y	Y	Y
4 x 25m Manikin Relay		Y	Y	Y	Y
4 x 50m Medley Relay		Y	Y	Y	Y
4 x 50m Pool Lifesaver Relay				Y	
6+ x 50m Mega Relay			Y		

If you have any questions please contact:



EVENT INFORMATION

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