



POOL RESCUE

RUN-THROUGH

LONG COURSE

14.8.22

OWEN GLENN AQUATIC CENTRE



SURF LIFE SAVING®
NORTHERN REGION



EVENT INFORMATION

Event Timings:

NAC, AUT Millennium

Sunday 14 August

Events:

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

Programme:

1. Swim with Fins
 - U13/14s
 - U11/12s
 - U15/17s
 - U19/Open/Masters
2. Brick Carry
 - U13/14s
 - U11/12s
3. Manikin Tow with Fins
 - U15/17s
 - U19/Open/Masters
4. Patient Tow
 - U13/14s
 - U11/12s
5. Manikin Carry with Fins
 - U15/17s
 - U19/Open/Masters
6. Medley Relay
 - U13/14s
 - U11/12s
 - U15/17/19/Open/Masters
7. Mega Relay

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



EVENT INFORMATION

Cancellation Policy:

- Due to Covid-19 if we are in Red level and restriction numbers don't allow the event will be cancelled. We can only proceed as normal in Orange/Green.

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.
- All competitors must be aged 10 years or older before midnight 30th September 2022 to compete in Northern Region Pool events.
- Masters must be aged 30 years or older before midnight 30th September 2022 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 Rescue Long Course will be conducted under the rules as published in the SLSNZ Pool Competition 50m 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 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.



EVENT INFORMATION

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.

Briefings:

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

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.



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 time keepers are required from each club for each session following the close of entries.

Timekeepers needed from clubs:

- Mairangi Bay – 2 timekeepers
- Muriwai – 2 timekeepers
- Orewa – 4 timekeepers
- Piha – 2 timekeepers
- Raglan – 1 timekeeper
- Red Beach – 4 timekeepers
- Ruakaka/Waipu – 1 timekeeper
- Whangamata – 2 timekeepers



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 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.