



**POOL RESCUE**

**RUN-THROUGH**

**SHORT COURSE**

**31.7.22**

**OWEN GLENN AQUATIC CENTRE**

**SWISS TIMING**



**SURF LIFE SAVING®**  
NORTHERN REGION



# EVENT INFORMATION

## Event Timings:

National Aquatic Centre, 17 Antares Place, Mairangi Bay

Sunday 31 July

## Events:

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

## Programme:

Order of events:

- Brick Carry
  - U11/U12
  - U13/U14
- Manikin Carry
  - U15/U17
  - U19/Open/Masters
- Rescue Medley
  - U11/U12
  - U13/U14
- Manikin Tow
  - U15/U17
  - U19/Open/Masters
- Brick Relay
- Manikin Relay
- Super Lifesaver
  - U15/U17
  - U19/Open/Masters

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.

## **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 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.

## **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](mailto: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 on the NR Pool Rescue Short Course event page well as on the Northern Region website



# 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.
- Athletes will not be eligible to race if the club does not provide the required number of time keepers for the duration of each session.
- We need 18 timekeepers for the day. Based on athlete attendance could clubs please provide:
  - Mairangi Bay – 3
  - Orewa – 3
  - Piha – 3
  - United North Piha – 1
  - Red Beach – 3
  - Ruakaka/Waipu Cove – 1
  - Omaha – 1
  - Muriwai – 2
  - Whangamata - 1



# 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](mailto: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.



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