

LONG DISTANCE CHALLENGE

15.10.22

ŌREWA BEACH

**MOUNT MONSTER STYLE
LONG COURSE**

SHORT COURSE OPTION

INDIVIDUAL & TEAMS

OPEN TO U13, U14 & SENIORS



SURF LIFE SAVING®
NORTHERN REGION



EVENT INFORMATION

Event Purpose:

The Long Distance Challenge is an annual event designed to give members a chance to get back in the water and dust off the cobwebs ahead of the competition season as well as give a taste of long distance racing ahead of Mount Monster in December.

This season we will offer a Short Course event option for our Junior (U13/U14) members, as well as any Senior & Masters members who want to have a go.

This is a participation event so no points are awarded.

Event Timings:

Tide Orewa: 11.54am high tide / 5.37am low tide

When	Involved
7.30am	EMC briefing – EM, ER, ESO, WSO
8.15am	Event Guard briefing - EM, ER, ESO, WSO, Event guards
8.45am	Competitor registration begins
9.00am	Officials Briefing
9.15am	Managers briefing
9.30am	Competitor registration ends
9.45am	Event Briefing – EMC, Competitor support, competitors
10.00am	Event Starts

Event Programme:

Please note that the course will be confirmed week of event to suit the water/weather conditions.

- Competitors can complete one or all legs as an individual or a team. Select which legs someone is racing when entering into competition.
- Individual leg competitors, not part of a team will be set off separately.
- Boats & Canoes will be started separately.

Long Distance consists of the following legs and is open to Seniors only:

- 8km Ski
- 5km Run
- 2km Ocean swim
- 4km Board
- 8km Surf Boat and Surf Canoe



EVENT INFORMATION

This year will also see a Short Course Distance Challenge for U13/14 competitors and/or any Seniors/Masters, with a course of:

- 3km Ski
- 5km Run
- 1km Ocean Swim
- 1.5km Board

Registration:

- All competitors will be required to register on the day as per above timings
- Each competitor will be issued with a coloured wristband that confirms what you are racing.
- You will be required to wear the band for the duration of the event.
- Registration will take place in the restaurant at Orewa Surf Club.

Race Briefing:

A Race Briefing will take place on the beach in front of the start line.

Please note: All competitors must attend the Race Briefing.

Cancellation Policy:

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

Eligibility of Competitors:

- This competition is open to any SLSNZ member.
- Competitors age group is determined by their age as at midnight on 30th September 2022.
- Competitors need to be either a refreshed Surf Lifeguard for the previous season OR a newly qualified Surf Lifeguard in the current season.

Non-Qualified Competitors:

- This event is open to non-qualified members as per SLSNR policy.
- All Non-Qualified competitors competing in the main race must register and sign a waiver.
- Participants must follow the above safety requirements. If any participants are without any of the requirements, Race Management reserves the right to restrict participation.
- ***U13/U14s can only compete in the Junior Long Distance race.***
- Safety craft and First Aid will be present during the event.



EVENT INFORMATION

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 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.



EVENT INFORMATION

- **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.