



**SURF LIFE SAVING®**  
NEW ZEALAND



# LIFESAVING EVENTS

## SECTION 11.

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## LIFESAVING EVENTS

IN THIS SECTION YOU WILL FIND:

GENERAL CONDITIONS

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FIRST AID COMPETITION



# SECTION 11.

## LIFESAVING EVENTS

### 11.1. GENERAL CONDITIONS

- 11.1.1. SLSNZ conducts many Events that highlight the skills involved in rescue, resuscitation and first aid.
- 11.1.2. Details of Events relating to lifesaving are described in this section and Circulars which may be issued from time to time.
- 11.1.3. SLSNZ reserves the right to introduce equipment and gear to assist in the judging of Competitor performance in lifesaving Events.

### 11.2. CHAMPION LIFEGUARD

11.2.1. **Aim:** The champion lifeguard Event provides individual Competitors the opportunity to demonstrate in a Competitive manner the physical, lifesaving and knowledge skills required of a lifeguard.

#### 11.2.2. Equipment

- (a) Each Competitor shall provide as a minimum the following equipment, which shall be available for use by the Competitor at the commencement of the Event:
  - (i) One rescue board or racing board.
  - (ii) One rescue tube.
  - (iii) One pair of swim fins (optional).
  - (iv) One adult resuscitation manikin.
  - (v) One child resuscitation manikin.
- (b) All equipment used shall comply with the SLSNZ Equipment Specifications Policy.
- (c) If a rescue board is used in Competition, it is required only to meet the specification for paddle racing boards.
- (d) Any manikin provided by the Competitor shall not be

marked in any way to gain advantage in Events.

- (e) The swim fins shall comply with the following dimensions:
  - (i) Maximum 65cm overall length including 'shoe' or ankle strap (ankle strap extended).
  - (ii) Maximum 30cm width at the widest point of the blade.
  - (iii) Swim fins are to be measured with the shoe or ankle strap extended but not stretched. The swim fins will not be permitted to be used if they do not conform to specifications or if they are considered a safety hazard.
- (f) SLSNZ may require Competitors to use supplied manikins.

### 11.2.3. Uniforms

- (a) All Competitors are to present themselves for the Event wearing their Competition cap and costumes (as set out in rule 2.6 of this Manual), as well as comfortable attire for the resuscitation and theory sections (footwear optional), provided such attire does not impede the judging process for the resuscitation section.

### 11.2.4. Procedure

- (a) The champion lifeguard Event is determined on a point score basis with the Competitor scoring the highest points being declared the winner. The total maximum points available are 120.
- (b) The three sections that comprise the champion lifeguard Event and allocated maximum points are:
  - (iv) Physical Skills 40 points
  - (v) Questionnaire 40 points
  - (vi) Resuscitation 40 points
- (c) The Arena Referee, taking into account the suitability of the Competition Area and the conditions, shall determine the order in which the sections are to be conducted.
- (d) Sections may be conducted concurrently depending on the number of Competitors and available time.
- (e) Draws for positions in the physical skills components will be made prior to each Race. Similarly, draws for Competitor position order in the resuscitation section will be made prior

to that section.

- (f) The rules, sections, points allocation and procedure for the conduct of the champion lifeguard Event are detailed in the subsequent paragraphs.

#### 11.2.5. Physical Skills

- (a) The Physical Skills section will comprise four Events and the maximum points allocation is as follows:
  - (i) Surf Race 10 points
  - (ii) Board Race 10 points
  - (iii) Beach Sprint 10 points
  - (iv) Rescue Tube Race 10 points
- (b) The distances in the surf, board and rescue tube Races shall be as per the swim and board sections of the iron person Events. The start, finish and conduct of these Events shall be as per the conventional swim, board, and rescue tube Events.
- (c) The use of swim fins is optional in the rescue tube Event and, if used, shall be placed with the rescue tube on the rescue tube line.
- (d) The beach sprint Events shall be conducted as per the rules in section 8 of this Manual.
- (e) Competitor numbers for Events in heats, semi-finals and finals are outlined in section 1 of this Manual. Each Competitor must start in each of the physical skills Events. Failure to start each Event shall result in disqualification from the champion lifeguard Event.
- (f) Failure of a Competitor to complete the course within any time limit allocated (refer section 1 of this Manual) or complete the course correctly will mean that nil points shall be allocated to that Competitor in that particular Event.
- (g) The first Competitor to correctly finish the final of each of the four physical skills components shall be declared the winner of that component. Points allocation for each of the Competition components is as follows:

Finish Position	Points
1st	10
2nd	9

3rd	8
4th	7
5th	6
6th	5
7th	4
8th	3
9th	2

#### 11.2.6. Questionnaire

- (a) The theory paper section will consist of 40 questions derived from any current SLSNZ Training Manual relevant to the minimum qualifications required for the Event. A 30-minute time limit shall be allowed.
- (b) The maximum points allocated for each Competitor in this section is 40 points. Point allocation for this section of the Event is as follows:

Each question answered correctly: One (1) point

#### 11.2.7. Practical Resuscitation

- (a) The practical resuscitation section will comprise the following two parts:
  - (i) Part A – Live patient assessment including recovery position, (20 Points maximum);
  - (ii) Part B – One person Cardiopulmonary Resuscitation (CPR) on a manikin, (20 Points maximum).
- (b) The Event Management Committee shall arrange the live patient for this section.
- (c) The manikin can either be provided by the Competitor or pre-arranged with sufficient notice for the Event Management Committee to provide.
- (d) A single draw will be held to determine if the “patient” (both live and manikin) is to be a child or an adult. This draw will remain the same for all Competitors.
- (e) No watches are to be worn by any Competitors during the resuscitation section.
- (f) The section will commence with a live person assessment including recovery position.
- (g) At the conclusion of the live patient assessment the Competitor shall maintain their position and await the

direction of a judge who will give instructions to the Competitor to move to the manikin.

- (h) Upon the direction of the judge, the Competitor shall undertake one person CPR (adult or child) on a manikin for five complete cycles. The time taken to complete the five cycles shall be timed.
- (i) At the conclusion of the fifth cycle, the judge shall declare "Operator halt. The patient is now breathing." The CPR on a manikin section is then concluded, resuscitation shall conclude and no further action is required.
- (j) The procedure and timing for CPR is as follows:
  - (i) One complete cycle for one person CPR (for all patients) is an External Cardiac Compression (ECC) count of 30, immediately followed by two breaths. Each complete cycle is to take approximately 24 seconds with an optimum minimum of five cycles taking two minutes.
  - (ii) The ECC count shall be given aloud commencing with "1" then "5, 10, 15, 20, 25, 26, 27, 28, 29, 30" over an approximate 20 second period.
  - (iii) Immediately following delivery of the 30th compression, the Competitor shall move to the head of the patient and deliver two inflations in approximately four seconds. The Competitor will then commence the next cycle.
  - (iv) The cycles are the same for both adults and children. The difference is the depth of compression and amount of air delivered to the patient. Dependent on the manikin equipment utilised, this may or may not be able to be measured and judged. If manikins are supplied, Competitors are to be advised of the type and measuring equipment to be used prior to the Event.
- (k) The point system for judging this section is designed with an emphasis on judgement of fact. A maximum of 20 points each will be allocated for the two parts of this section. Points will be allotted with deductions as follows:
  - Major faults (each) 4.0 points deduction.
  - Minor faults (each) 0.5 points deduction.

- **Timing deductions (manikin)** 4, 3, 2, 1 or nil points deduction.
- (l) For Part A or Part B of this section, if total deductions exceed the 20 points, the Competitor will score zero for that part. Refer to Appendix A for additional details on deductions schedule for major, minor and timing faults, in addition to commands given to Competitors by Officials.

#### 11.2.8. Tied Scores

- (a) In the Event of equal points at the completion of the Event, the winner shall be decided by a count back system in the following order:
- Practical Resuscitation Part A
  - Practical Resuscitation Part B
  - Questionnaire
  - Surf Race
  - Rescue Tube Race
  - Board Race
  - Beach Sprint
- (b) If a winner cannot be determined by count back, then a dead heat will be declared as provided in section 2 of this Manual.





## 11.3. PATROL COMPETITION

### 11.3.1. Aim

- (a) The aim of the patrol Competition is to demonstrate how lifeguards work as a team in performing some or all of the skills associated with surf rescue patrol work. Team Members in the patrol Competition must be Members of the same Club, but not necessarily be from the same Cub patrol.
- (b) The patrol Competition includes a number of physical skills, practical and theory tasks involving racing, rescue and/or first aid situations.

### 11.3.2. General

- (a) The patrol Competition is divided into four sections:
  - (i) Physical Skills 20 points maximum
  - (ii) Theory 20 points maximum
  - (iii) Resuscitation 20 points maximum
  - (iv) Scenario Task 40 points maximum
  - (v) The total of all four sections is 100 points maximum.
- (b) Teams shall compete against each other in the Events of the physical skills section.
- (c) Draws for positions in the two physical skills components shall be made prior to each Race, as will the draw for position order for resuscitation and scenario task sections.
- (d) The team with the greatest number of points awarded from all sections will be declared the winner.
- (e) The Arena Referee, taking into account the suitability of the Competition Area and the conditions, shall determine the order in which the sections are to be conducted.
- (f) Depending on the number of teams and the availability of times, the sections of the Event may, if possible, be conducted concurrently (e.g., resuscitation and board/tube rescue relay).
- (g) The Event Management Committee shall provide the patients, patrol equipment and relevant log books for the Event. Teams shall provide equipment and uniforms as prescribed for this Event.

### 11.3.3. Uniforms

- (a) All team Members are to present themselves for the Event in the following items of the respective SLSNZ patrol uniform, worn in conjunction with a Club Competition cap and team costume:
  - (i) A SLSNZ patrol shirt that complies with the current SLSNZ uniform policy; and
  - (ii) SLSNZ red patrol shorts that comply with the current SLSNZ uniform policy.
- (b) All uniforms must be in good condition.
- (c) Any advertising, lettering, etc, on Club patrol uniforms shall be in accordance with SLSNZ's current Regulation in respect to Patrol Uniforms. Further, competing teams shall be required to comply with SLSNZ's Sponsorship Regulation.

### 11.3.4. Equipment

- (a) Each team shall provide as a minimum the following equipment, which shall be available for use by the team at the commencement of the Event.
  - (i) One rescue board or Malibu racing board.
  - (ii) One rescue tube.
  - (iii) A first aid kit (refer Appendix C).
  - (iv) One pair of swim fins (optional).
  - (v) One Air Bag Oxygen Resuscitation Unit (Air Bag).
  - (vi) One adult resuscitation manikin.
  - (vii) One child resuscitation manikin
- (b) All equipment used shall comply with SLSNZ's Equipment Specifications Policy.
- (c) If a rescue board is used, in an event it is required only to meet the specification for Malibu racing boards.
- (d) Any manikin provided by the Competitor shall not be marked in any way to gain advantage in an Event.

- (e) The swim fins shall comply with the following dimensions:
  - (i) Maximum 65cm overall length including 'shoe' or ankle strap (ankle strap extended).
  - (ii) 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. The swim fins will not be permitted to be used if they do not conform to specifications or if they are considered a safety hazard.
- (f) SLSNZ may require Competitors to use supplied manikins.

#### 11.3.5. Team (Patrol) Competition

- (a) The team (patrol) Competition may be conducted in Open and Under 19 age categories. The Open Competition shall consist of six Members per team and the Under 19 Competition shall consist of four Members per team as follows:
  - (i) Open – each team shall consist of six Competitors who are all refreshed SLSNZ Award holders. In addition, at least one team Member of the Open team shall have an IRB driver's award and at least one other team Member shall have either of the following awards:
    - IRB crew module; and/or
    - IRB driver's award
  - (ii) Under 19 – each team shall consist of four Competitors who are all refreshed SLSNZ Award holders.
- (b) In the Under 19 age category there is no requirement for any of the team Members to hold IRB qualifications as the preparation and use of the IRB is not included in the Under 19 patrol Competition.
- (c) In both Open and Under 19 patrol Competition, all team Members shall be involved in a draw to determine their individual team positions for the board/tube rescue relay and the resuscitation sections.

- (d) The Open patrol Competition team Members shall be designated as follows:
- No.1 – Resuscitation Team (First Role – One person CPR Operator)
  - No.2 – Resuscitation Team (First Role – Two person CPR, ECC Operator)
  - No.3 – Resuscitation Team (First Role – Two person CPR, Prepares oxygen equipment and introduces mask)
  - No.4 – Patient Swimmer (Board/Tube Relay)
  - No.5 – Tube Rescuer (Board/Tube Relay)
  - No.6 – Board Rescuer (Board/Tube Relay)
- (e) The team Members shall wear a numbered cap (No's 1 to 6) corresponding with their drawn position.
- (f) In the Under 19 patrol Competition there shall be two draws required for the board/tube relay and for the resuscitation sections. Team Members shall be designated as follows:
- (i) Board/Tube Relay
- No.1 – Patient Swimmer
  - No.2 – Tube Rescuer
  - No.3 – Board Rescuer
  - No.4 – Observer
- (ii) Resuscitation
- No.1 – Resuscitation Team (First Role – One person CPR Operator)
  - No.2 – Resuscitation Team (First Role – Two person CPR, ECC Operator)
  - No.3 – Resuscitation Team (First Role – Two person CPR, Prepares oxygen equipment and introduces mask)
  - No.4 – Observer
- (g) Observer means that the team Member watches that particular section of the Event.
- (h) The team Members shall wear a numbered cap (No's 1 to 4) corresponding with their drawn position.
- (i) Patrol Competition may also be conducted in other age

groups. The conduct and rules for such Events shall be announced by Event Circular from time to time.

#### 11.3.6. Substitution of Competitors

- (a) The substitution of team Members prior to Competitors being marshalled is permitted as per section 1 of this Manual. However, once marshalling has been completed, no further substitution of Competitors shall be permitted, for that round, semi-final or final.



### 11.3.7. Patrol Competition Format

- (b) The patrol Competition is determined on a point score basis with the team scoring the highest points being declared the winner. The total maximum points available are 100.
  - (c) Failure of a team (or team Member/s) to commence a section or component of the patrol Competition shall result in disqualification of the team from the patrol Competition.
  - (d) If the team (or team Member/s) does not correctly complete (or complete within the time limit) a section or component of the patrol Competition, the team will not be disqualified from the total patrol Competition. In this case, the team will be given zero points for that section or component of the patrol Competition.
  - (e) The patrol Competition will consist of the following sections and points allocation:
    - (i) Physical Skills
      - Surf Teams (10 points maximum)
      - Board/Tube Rescue Relay Race (10 points maximum)
    - (ii) Theory
      - Theory (written paper) (20 points maximum)
      - Resuscitation – Live Patient Assessment and Manikin Resuscitation (20 points maximum)
    - (iii) Scenario Task
      - Lifesaving task (40 points maximum)
- Details of the sections and components are as detailed in the following paragraphs.

### 11.3.8. Surf Teams

- (a) All team Members for Open (six Members) and Under 19 (four Members) shall make up the surf team for this section of the patrol Competition.
- (b) The distance in the surf teams Race shall be as per the Masters surf Race. The start, finish, conduct and determination of placings of the surf teams Race shall be as per the conventional surf teams Event (refer section 3 of this

Manual).

- (c) Refer section 1 of this Manual for the total number of Competitors in a surf teams Event.
- (d) A time limit, as defined in section 1 of this Manual, may be set by the Arena Referee. When such a time limit is set, Competitors shall be notified prior to the start of the Event.
- (e) Total points allocated to each team in the surf teams component is as follows:

Finish Position	Points
1st	10
2nd	9
3rd	8
4th	7
5th	6
6th	5
7th	4
8th	3
9th	2

#### 11.3.9. Board/Tube Rescue Relay Race

- (a) The team Members that have drawn the relevant numbers shall contest this component of the patrol Competition. The numbers are: Open Team: No's 4, 5 and 6. Under 19 Team: No's 1, 2 and 3.
- (b) The course shall be set as per the rescue tube Race (refer section 3 – swimming Events):
  - (i) The two green flags shall indicate the start/finish line
  - (ii) If the option not to use swim fins is taken, the swim fins are not required to be placed with the rescue tube.
- (c) Each patient shall take up their position on the start line in the allotted position.
- (d) On the starting signal, each patient shall enter the water and swim to their allotted buoy. On reaching their allotted buoy, the patient shall place their forearm over the top of the buoy and then signal their arrival by raising their other arm to a vertical position whilst remaining in contact with the buoy. The said signal, subject to all conditions being fulfilled, shall



be the determining factor in judging the patient's arrival at their buoy. Should a Competitor swim to a wrong buoy and signal, the team shall be disqualified. The patient must then release contact with the swimming buoy, retire to the seaward side of the swimming buoys and await arrival of the rescuer.

- (e) The swimming buoy is described as the buoy only and does not include any attaching ropes or straps.
- (f) In the interim, each rescue tube swimmer shall take up their position on the starting line in the allotted position and await the arrival signal from the patient.
- (g) On receiving the patient's signal, the rescue tube swimmer shall don the rescue tube and swim fins (if used) at their own discretion and swim to the allotted buoy.
- (h) On reaching the allotted buoy, the rescue tube swimmer shall place their forearm over the top of the buoy and then signal their arrival by raising their other arm to a vertical position whilst remaining in contact with the buoy. The said signal, subject to all conditions being fulfilled, shall be the determining factor in judging the rescue swimmer's arrival at their buoy. Should a Competitor swim to an incorrect buoy and signal, the team shall be disqualified. The rescue tube swimmers must then release contact with the swimming buoys, retire to the seaward side of the swimming buoys with their patient and await arrival of their board rescuer.
- (i) The swimming buoy is described as the buoy only and does not include any attaching ropes or straps.
- (j) Each board rescuer shall take up the allotted position with their board on the starting line, to await the signal from the rescue tube swimmer.
- (k) On receiving the signal, the board rescuer shall enter the water and paddle to and around the allotted buoy. The board rescuer shall turn the buoy from left to right unless otherwise directed by the Event Referee.

The patient shall make contact with any part of the board on the seaward side of the swimming buoy. The patient pick up shall be effected on the seaward side of the buoy. The patient may position themselves on the front or rear of the board, with or without assistance, and may assist

the rescuer by paddling the board on the return to shore.

- (l) A team shall not be disqualified if part of the board extends onto the shoreward side of the buoy during the patient pick up process.
- (m) Losing control of patient and/or board – the board rescuer may lose control/contact and then regain control of the board on the way to their turning buoy. The rescuer and patient may lose contact with the board on the return journey. However, both the rescuer and patient must be in contact with the board when crossing the finish line.
- (n) The finish is judged on the chest of the first Competitor of the team (i.e., patient or rescuer) crossing the start/finish line on their feet, with both the rescuer and patient being in control and in contact with the board.
- (o) The rescue tube swimmer then returns back to the beach and, as such, is not regarded as having any further part of the board rescue section of the Event.
- (p) Total points allocated to each team in board/tube rescue relay component is as follows:

**Finish Position      Points**

1st	10
2nd	9
3rd	8
4th	7
5th	6
6th	5
7th	4
8th	3
9th	2

### 11.3.10. Theory

- (a) In the Open Event, all six Members of the team shall contest this component of the Event. In the Under 19 Event, all four Members of the team shall contest this component of the Event.
- (b) The theory section will consist of 20 Questions on general surf lifesaving, patrol requirements, communication, basic first aid and surf awareness. The questions may be drawn from any current SLSNZ Training Manual relevant to the minimum qualifications required for the Event. Each team Member will receive the same paper and each will individually complete the paper.
- (c) A total time limit of 15 minutes will be allowed.
- (d) To determine the total points in the Open Event, all team Members' correct answers shall be added and then divided by 6 to give a score out of 20.
- (e) To determine the total points in the Under 19 Event, all team Members' correct answers shall be added and then divided by 4 to give a score out of 20.



### 11.3.11. Practical Resuscitation

- (f) This practical resuscitation section will comprise two parts:
  - (i) Part A—Live patient assessment including recovery position; and
  - (ii) Part B—Cardiopulmonary Resuscitation (CPR) on a manikin.
- (g) The team Members that have drawn No's. 1, 2 and 3 shall contest this section of the Competition. These team Members shall operate as a resuscitation team rotating after the delivery of each five cycles of CPR (i.e., one cycle is the delivery of 30 ECC and two breaths).
- (h) The practical resuscitation section shall consist of four components:
  - (i) Two person assessment of a live patient
  - (ii) CPR on a manikin (1 person)
  - (iii) CPR on a manikin (2 person)
  - (iv) CPR with oxygen on a manikin (3 person)
- (i) The practical resuscitation section will also involve:
  - (i) Assessment of teamwork
  - (ii) Assessment of timing
  - (iii) Checking of air bag and oxygen equipment
  - (iv) Introduction of the air bag
- (j) The Event Management Committee shall arrange the live patient for this section.
- (k) The manikin can either be provided by the Competitor or pre-arranged with sufficient notice for the Event Management Committee to provide.
- (l) A single draw will be held to determine if the “patient” (both live and manikin) is to be a child or an adult. This draw will remain the same for all Competitors.
- (m) No watches are to be worn by any Competitors during the resuscitation section.

- (n) All changes of resuscitation techniques and rotations shall be undertaken without break, simulating the need to maintain continuous resuscitation on a patient who is not breathing.
- (o) The time taken by the resuscitation team to complete each of the five cycles in each of the resuscitation techniques shall be timed.
- (p) Team Members No.1 and No.2 shall undertake the live patient assessment, including recovery position placement and demonstration of ECC hand positions by No.1.
- (q) At the conclusion of the live patient assessment, teams shall maintain their positions and await the direction of a judge who will give the instructions to the team to move to the manikin for CPR assessment on a manikin.
- (r) Upon the direction of the judge, team Member No.1 shall undertake one person CPR (adult or child) on a manikin for the initial five cycles (over a timed period).
- (s) While one person CPR by No.1 on the manikin is being undertaken, team Member No.2 takes up a kneeling at ease position ready to commence ECC in two person CPR and No.3 prepares the oxygen equipment.
- (t) Two person CPR will commence immediately following completion of the fifth cycle of one person CPR. Team Members shall move without ceasing CPR from the one person to the two person CPR technique. No commands for team Members to rotate will be given by the judge.
- (u) The resuscitation team will carry out two person CPR with No.1 undertaking rescue breathing and No.2 undertaking cardiac compressions for the next five cycles of CPR (over a timed period).
- (v) It is permissible for No.1 or any other team Member to count/declare the number of completed cycles of CPR.
- (w) While two person CPR is being performed, No 3 shall become responsible for the preparation and checking of the oxygen equipment including the introduction of the mask to the patient (when ready during any of the five cycles).
- (x) Two person CPR using air bag resuscitation will commence immediately following completion of the fifth cycle of two

person CPR and without ceasing CPR. No commands for team Members to rotate will be given by the judge.

- (y) As CPR using air bag resuscitation is introduced, team Members shall rotate their roles. No.1 shall ensure backward head tilt and mask seal, No.3 shall undertake ECC and No.2 shall introduce/operate the Air Bag and monitor the oxygen equipment.
- (z) At the conclusion of the fifth CPR cycle using Air Bag Resuscitation, the judge shall declare "Operators halt. The patient now has signs of life and is breathing."
- (aa) It is permissible for No.1 or No.2 or any other team Member to count/declare the number of completed cycles of CPR
- (bb) The CPR on a manikin section is then concluded, resuscitation shall conclude and no further action is required from teams. The total period of resuscitation is therefore 15 cycles of CPR over an approximate continuous period of six continuous minutes as follows:
  - (i) 1 person CPR (5 cycles, approximately 2 minutes);  
to
  - (ii) 2 person CPR (5 cycles, approximately 2 minutes);  
to
  - (iii) CPR with oxygen (5 cycles, approximately 2 minutes).
  - (iv) (v) The procedure and timing for CPR is as follows:
- (cc) One complete cycle for both one person and two person CPR (for all patients) is an ECC count of 30 immediately followed by two breaths Each complete cycle is to take approximately 24 seconds with an optimum minimum of five cycles taking two minutes.
  - (i) The ECC count shall be given aloud commencing with "1" then "5, 10, 15, 20, 25, 26, 27, 28, 29, 30" over an approximate 20 second period.
  - (ii) In the one person operation immediately following delivery of the 30th compression, the operator shall move to the head of the patient and deliver two inflations in approximately four seconds. The operator will then commence the next cycle.

- (iii) In the two person CPR operation immediately following the count of 30, the ECC operator shall stop counting while the rescue breathing operator delivers two inflations in approximately four seconds. The ECC operator will then commence the next cycle.
- (iv) One complete cycle is an ECC count of 30 immediately followed by two breaths. Each complete cycle is to take approximately 24 seconds with an optimum minimum of five cycles taking two minutes.
- (v) The cycles are the same for both adults and children.

The difference is the depth of compression and amount of air delivered to the patient. Dependent on the manikin equipment utilised, this may or may not be able to be measured and judged. If manikins are supplied, teams are to be advised of the type and measuring equipment to be used prior to Competition.

- (dd) The point system for judging this section is designed with an emphasis on judgement of fact. A maximum of 20 points will be allocated to this section with team deductions as follows:
  - Major faults (each) 4.0 points deduction.
  - Minor faults (each) 0.5 points deduction.
  - Timing deductions (manikin) 4, 3, 2, 1 or nil points deduction.
- (ee) If total deductions exceed the 20 points for the section, the Competitors will score zero.
- (ff) Refer to Appendix B for additional details on deductions schedule for major, minor and timing faults, in addition to commands given to Competitors by Officials.

#### 11.3.12. Scenario Task

- (a) In the Open Event, all six Members of the team shall contest this component of the Event. In the Under 19 Event, all four Members of the team shall contest this component of the Event.
- (b) The Event scenario in Championship Competition shall be judged over a total of 15 minutes with the following time periods:
  - Set-up 3 minutes
  - Task 9 minutes

- Pack-up 3 minutes
- (c) Each team shall be given the same task involving a rescue or number of rescues. First aid or other situations that confront patrols may also be involved. The prevailing conditions of the day shall be taken into account. The team's assessment will include:
- (i) The patrol captain's effective use of the patrol to carry out the task.
  - (ii) The initiative of patrol captain.
  - (iii) Effecting the rescue(s).
  - (iv) Effective utilisation of patrol equipment.
  - (v) Effective use of communications and signals.
  - (vi) Correct assessment and treatment of patients.
  - (vii) Use of patrol captain and incident report forms.
- (d) All assessments shall be made from the current SLSNZ Training Manual.
- (e) Scoring shall be weighted (this may be done by a spread weighting from a total of 240 points for the Open team and 160 points for the Under 19 team for the individual parts of the scenario section. These points shall be totalled and divided by the number of team Members to give a score out of 40).



- (f) The points to be allocated to this section total 40 points maximum.
- (g) When entering the designated area for the scenario task, team Members shall be wearing their patrol uniform and Competition cap and shall carry their first aid kit and air bag oxygen resuscitation unit. Each team Member has the option of wearing one bum bag. No other gear or equipment can be carried by team Members.
- (h) The kit “bum” bag can only contain the following items: gloves (two pairs only), whistle, blank notepad, pen, pocket mask, roller bandage (one only) and triangular bandage (one only). Items that can be included in each bum bag are exclusive from the items contained in the first aid kit.
- (i) First aid kits must meet the first aid kit requirements as set out in Appendix C.
- (j) Teams will have their equipment checked by an SLSNZ Official prior to entering this component of the Event.
- (k) Teams will be provided with patrol captain and incident report forms and any other equipment required for the scenario shall be made available by the organisers, e.g., rescue equipment, stiff neck collars, signage, etc.
- (l) Prior to the commencement of the scenario section, all teams shall go into isolation and shall be marshalled from the isolation area for the scenario task assessment. The Arena Referee has the discretion to have the teams that have completed the scenario section, either to return to the isolation area or be permitted to observe any remaining teams completing the section.
- (m) The Arena Referee also has the discretion to manage isolation rules in relation to Competitors competing in other Events. Priority needs to be given to ensuring that isolation protocols are strongly adhered to, to enable effective and fair patrol Competition conduct. Competitors should be aware of these requirements when entering the patrol Competition Event.

### 11.3.13. Tied Scores

- (a) In the Event of equal points at the completion of the Competition, the winner shall be decided by a count back system in the following order:
  - Scenario task
  - Resuscitation task
  - Board/Tube Rescue Relay Race
  - Surf Teams Race
  - Theory
- (b) If a winner cannot be determined by count back then a dead heat will be declared as provided in section 2 of this Manual.

## 11.4. FIRST AID COMPETITION

### 11.4.1. Aim

- (a) The first aid Event is a team event designed to promote and to demonstrate a high standard of first aid prowess by Competitors.

### 11.4.2. Nature of First Aid Competition

- (a) Each first aid Competition Event shall be held with a set simulated accident scenario and a set time limit for each team in the Event. The time limit shall be advised to teams prior to the commencement of the Event.
- (b) The Event scenario in championship Competition shall be judged over the following time periods:
  - **Open & U19** 12 minutes
  - **U16** 8 minutes
- (c) The Event shall be based on SLSNZ First Aid standards.
- (d) The rates of resuscitation will be as per the current edition of the SLSNZ Surf Lifeguard Award Training Manual.
- (e) The scenario, including props, specifications and casualties, etc, shall be arranged by the Arena Referee or their appointee.
- (f) As far as possible, the injuries will be similar to those a Competitor may be called upon to treat using the resources of the first aid room. Each team in the Event will be judged

- on the same scenario.
- (g) Teams will be required to examine the casualty(s), make their diagnosis and then treat the casualty(s) using the materials provided and/or their first aid kit.
  - (h) First aid kits shall be supplied by the team (refer Appendix C for a list of the contents).
  - (i) Each Competitor may also take their own kit (bum) bag into the Competition Arena. Kit bags shall contain a maximum of 20 items. Contents of the kit bag are to be comprised solely of items coming from the first aid kit. Two pairs of gloves and up to six safety pins will be the only multiple items considered as single items in a kit. A note book with pens and/or pencils may be carried in the Competitor's pocket and shall not be counted as part of the kit items. The Arena Referee shall advise whether the gloves may be worn into the Competition Arena, but it is mandatory that gloves are worn when undertaking treatments.
  - (j) First aid kits and personal kit bags shall be made available for inspection as advised by the Arena Referee.
  - (k) A team shall not be permitted to start the scenario if the equipment does not meet the requirements laid down for this Event.

#### **11.4.3. Composition of Teams**

- (a) Each first aid team shall be comprised of two Competitors from the same Club.

#### **11.4.4. Competitors' Dress**

- (a) Rule 2.3.3 of patrol Competition Event shall apply to the dress of Competitors in first aid Events, except for the following provisos:
  - (i) No item worn by a Competitor is permitted to be used to treat a casualty.
  - (ii) The wearing of footwear is optional.

#### 11.4.5. Competition in other Events

- (a) If a team Member, who is in isolation, has to compete in another Event, that Competitor will be accompanied by a judge who will wait while the Event is completed and then will return to the isolation area with the Competitor.

#### 11.4.6. Judging of the Competition

- (a) Judging at the Event shall be effected by utilising marking sheets which are related to the following seven sections of the scenario:
  - (i) Approach to casualty.
  - (ii) Examination of casualty and diagnosis of injuries.
  - (iii) Specific points for all treatments.
  - (iv) Disposal of casualty.
  - (v) Management of the incident.
  - (vi) First aidkits.
  - (vii) Judges' discretion.
- (b) The marks allotted to the various sections may be varied for each different scenario.
- (c) To maintain a standard of values, the percentage weighting allocation of total marks to the various sections should not exceed the following (provided that the total of the sections must equal 100%):
  - (i) 60% – Specific points for all treatments.
  - (ii) 30% – Examination of casualty and diagnosis of injury.
  - (iii) 25% – Approach to casualty.
  - (iv) 20% – Management of the incident.
  - (v) 5% – Disposal of casualty.
  - (vi) 2% – Judges' discretion.
  - (vii) 2% – First aid kits.
- (d) Placings shall be determined by the aggregation of points.
- (e) In the event of equal points at the completion of the Event, the winner shall be decided by a count back system using rule 3.5.6 (c) and the order for the count back shall be sub-rule (i), (ii), (iii), (iv), (v), (vi), and (vii).
- (f) If a winner cannot be determined by count back then a dead

heat will be declared as provided in section 2 of this Manual.

#### **11.4.7. Competition Administration and Officials Control**

- (a) The Event may be held as a separate Event or as part of a Competition and as such will come under the overall control of the Carnival Controller.

#### **11.4.8. Arena Referee**

- (a) The immediate control of the Event is allocated to an Arena Referee who has knowledge of both SLSNZ Competition and first aid.
- (b) SLSNZ shall appoint currently accredited SLSNZ Officials and/or other suitably qualified persons to conduct the Event. Appointment of Officials should be based on first aid knowledge. Other Participants may be used to assist or be involved in the tasks, e.g., casualties.
- (c) The Arena Referee shall be responsible for the planning, preparation, distribution and organisation of all matters relative to the scenarios and tasks.
- (d) The Arena Referee prior to the Event shall:
  - (i) Ensure that SLSNZ has approved the rules for the Event.
  - (ii) Ensure that the Competition Area, including the Competitors' isolation area, is organised.
  - (iii) Ensure no components of the Event conflict with any SLSNZ Training Manual.
  - (iv) Arrange for any locations or special equipment or props required for the Event.
  - (v) Arrange for the scrutineering of first aid equipment supplied by teams for use in the Event.
  - (vi) Arrange for staging of the scenario and for any special equipment or personnel required. Ensure casualties are fully briefed.
  - (vii) Ensure that the appropriate marking sheets are prepared.

#### **11.4.9. The Judges**

- (a) Judges should have a comprehensive knowledge of the rules governing the Event based on current SLSNZ first aid practices and Manuals on which the Event is based.

- (b) Sufficient judges should be appointed to adequately cover judging and administration of the Event.

#### 11.4.10. **The Marshall**

- (a) The Marshall shall:
  - (i) Ensure that entry conditions are not breached and that any infringements are reported to the Arena Referee.
  - (ii) Escort each team from the isolation area to the Competition Area by the route indicated by the Arena Referee.

#### 11.4.11. **The Isolation Judge**

- (a) The isolation judge shall:
  - (i) Ensure teams are restricted to the isolation area prior to them being escorted to the Competition Arena.
  - (ii) Ensure that no communication takes place between the team and any unauthorised person during isolation.
  - (iii) Ensure that the isolation conditions of the Event are not violated and immediately report any infringement to the Arena Referee.

#### 11.4.12. **Casualties**

- (a) One or more Participants may be required to act as casualties or act out a given role for the Event and they must follow the instructions of the Arena Referee and carry out the same procedure for each competing team.

#### 11.4.13. **Bystanders**

- (a) Participants may be required to act as bystanders to assist in the scenario. They must follow the instructions of the Arena Referee and carry out the same procedure for each competing team.

#### 11.4.14. **Competition Area**

- (a) The Competition Area will be defined by the Arena Referee.
- (b) The Competition Area will be roped off and sign posted to keep spectators clear and to avoid any confusion regarding the equipment and staging required. A first aid post (tent) may be set up on the beach for the Event.

#### 11.4.15. **Presentation, Diagnosis and Treatment of Casualties**

- (a) The injuries or disabilities from which a casualty is suffering will be depicted as accurately as possible by casualty simulation.
- (b) A two minute period will be given to each team prior to receiving their scenario to inspect the first aid equipment.
- (c) One whistle blast will signal the start of the Event for the team. Teams will be advised two minutes prior to finish time and subsequently two blasts of the whistle will signal the finish of practical work. Teams will be permitted to record details of the treatment after the finish of the practical work.
- (d) Competitors will be required to manage the situations, examine the casualties, diagnose the nature of the injuries and disabilities and carry out necessary treatment in priority order as dictated by the scenario.

#### 11.4.16. **Release of Competitors**

- (a) When a team has completed its scenario, the team may be released.

#### 11.4.17. **Results**

- (a) At the end of the scenario the judge(s) shall hand their marking sheet to the recording judge. The recording judge(s) must immediately check that every item has, in fact, been marked and any alterations have been approved by the judge(s) before they leave the Competition Area.
- (b) The result shall then be determined.
- (c) The Arena Referee shall check results and if correct arrange for placing results to be advised.

