

Sport Circular

Date: 31 May 2023
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, Senior events on Friday, Saturday & Sunday and Masters events on Saturday & Sunday. The specifics of this will be dependent on entries.

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.

Composite Teams:

Composite Relay Teams (4 person) will again be available in the junior divisions to support the development and participation of clubs with smaller numbers. These teams will be eligible for medals, but not points 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

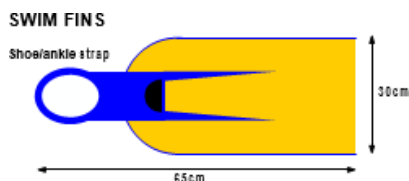
Fins:

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.

Age Group	Fin Style	Example
Juniors	Pool or Ocean Fins: Closed foot or heel band rubber fins	
U15	Saver Fin: Fin blade made of fibreglass / carbon fibre reinforced plastic rubber fins. Pool or Ocean Fins: Closed foot or heel band rubber fins	

U17 U19 Open Masters	<p>Rocket Fin: Blade made of fibre glass / carbon fibre reinforced plastic (angled ankle).</p> <p>Saver Fin: Fin blade made of fibreglass / carbon fibre reinforced plastic rubber fins.</p> <p>Pool or Ocean Fins: Closed foot or heel band rubber fins</p>	
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SPECIFIC EVENT UPDATES

50m Rescue Medley (Brick)

- U11 & U12 Division - changes from 17.5m underwater to 12.5m
- U13 Division - no change (17.5m underwater start with fins)
- 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, clip them into the tube 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
6. Separate Trophies for Junior, Senior & Masters Divisions + Overall Trophy for New Zealand Pool Rescue Championships
7. Introduction of the 200m Super Lifesaver for U17 division and 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:

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