JUNIOR LIFEGUARD CLUB
MODIFIED EVENTS

Royal Life Saving | lifeguard

Contents Page

Royal Life Saving

Introduction

Pool Life Saving provides an opportunity for swimmers to advance their swimming by developing Life Saving Skills and knowledge. There are many different activities and events involved in Pool Life Saving which prepare swimmers for real life situations that may occur. These include basic CPR, self-preservation, rescue techniques, assisting multiple causalities in aquatic emergencies along with developing leadership & team work skills.

Pool Lifesaving also offers great opportunities for swimmers to compete in teams representing their club in the State Titles

About this Document

This document loosely describes the National Pool Lifesaving events with modified examples of each event to suit differing abilities and equipment available to your club.

Other resources available from Royal Life Saving along with this document to assist you with Lifesaving Sport include:

- Full conditions and protocol of all events can be found in the **RLSS Competition Handbook**.
- **Swimming and Lifesaving Manual –** this manual provides great information on rescue techniques, personal survival and emergency care.

Please note: the National Pool Lifesaving Championships are conducted in a 50m length pool the events in this document are described using this length pool, however a short course pool can also be used.

Each State team consists of 8 males and 8 females in the age categories of Under 16, under 19, open and over 30 (Current as of 2005). The relays are mixed made up of 2 females and 2 males of the same age category.

Equipment

The following is a list of the equipment used in Lifesaving Sport, as you will discover it is not essential to have this equipment when starting out:

- **Manikin**
- **Rescue tube**
- **Fins**
- **Throw Rope**
- **Obstacles**

If you would like to purchase any equipment or resource please contact RLSSWA. 9383 8200.

Event 1

100M MANIKIN CARRY WITH FINS

Equipment – Tow manikin and fins

Description of the event
The competitor wearing fins dives into the water and swims 50m. The competitor then dives to recover a submerged manikin & lift it to the surface within (10m) of the pick up line and tows the manikin to the finish edge
The competitor must make every effort to keep the manikins face out of the water. (there are many different ways to carry the manikin – check out the swimming and Lifesaving Manual for towing techniques)

Modified versions

- Shorten the distance covered, eg 50m event (25m swim, 25m carry).
- The manikin can be half filled with water to make it lighter and easier to carry.
- To simulate diving to the bottom if the manikin is not submerged the competitor can retrieve an object from the bottom, such as a dive brick or a coin.
- To replace the manikin a swimmer can act the role of a patient. Competitor simulates retrieving submerged patient then tows the patient to the finish.

NOTE: The tow can be contact or non- contact. For non-contact tows items such as kickboards, noodles, and towels could be used to keep distance between the patient and the rescuer.

Event 2

50M MANIKIN CARRY

Equipment: Lifesaving manikin (Full with water)

Description of the event
The competitor dives into the water and swims 25m freestyle. The competitor then dives to recover a submerged manikin, lifts it to the surface within five metres of the pick up line and tows the manikin to the finish edge.

Modified versions

The same variations can be made to this event as the 100m manikin carry.
Please see page 4, 100 m Manikins Carry with Fins.

Royal Life Saving

Event 3

200M SWIMMING WITH OBSTACLES

Equipment: Obstacles - 2 per lane over 50m length, 12.5m from edge (each obstacle is between 75cm and 100cm deep).

Description of the event

The competitor dives into the water and swims 200m freestyle course passing eight times under the immersed obstacles to touch the finish edge of the pool.
Competitors must surface after the dive entry and passing under each obstacle

Modified versions

- Shorter distance
  If obstacles are not available to your swimmers;
- Objects can be submerged at the 12.5m mark (or randomly), the competitor can dive to the bottom of the pool and break the surface of the water with the object, then place (not drop) the object back on the bottom.
- Place a hoop with a weight attached to a rope so the hoop sits half way between the surface and the bottom of the pool. Swimmer swims through the hoop.
- Connect a rope to the lane rope (contrasting colour to the water eg red). Competitors swim under the rope
- Use a net across the pool (tennis or Volley ball net)
- Competitor touches the bottom of the pool then pushes off the bottom to break the surface.

Event 4

100M MANIKIN TOW RESCUE WITH FINS & TUBE

Equipment: Rescue Tube, ½ filled manikin & Fins

Description of the event

The competitor dives into the water wearing fins and swims 50m freestyle with a rescue tube. The manikin is held by a handler at the turning end, they must let go of the manikin when the competitor touches the wall.

After touching the turning edge the competitor fixes the rescue tube around the manikin floating on the surface and tows it to the finish.

Modified versions

- Reduce the distance
- To replace the manikin a swimmer can act as the patient. The competitor fixes the tube to the patient at the turning end. Towing patient to the finishing edge. Patient should not assist by kicking. Or the patient can hold onto the tube and be towed to the finish (rope on the tube fully extended, it is best if the patient floats on their back in a streamline position).
- If a rescue tube is also not available it can be replaced by a rescue aid, eg kickboard, noodle, towel
- The competitor can swim with the rescue aid or it can be placed at the same end as the patient on the pool edge.

Event 5

<div style="border:1px solid black; background:#cccccc; padding:10px;">

LINE THROW

Equipment: Throw Line & toggle line.

The toggle line is fixed to the far end of the pool (38m long), patient must hang onto this with one hand during the event & is not permitted to let go of the toggle until they have retrieved the throw line thrown by the rescuer.

Description of the event

The competitor will only be given 30sec time period to record a time. Patient is 12m away from the edge The rescuer may throw the line as they choose and any number of throws can be attempted within the 30sec.The line must fall within the rescuers own lane and within reach of the patient whilst they are holding the toggle line. Patients are permitted to kick whilst they are being pulled to safety.

</div>

Modified versions

- Shorten the distance
- Try both under arm and over arm throws, let individuals work out which on is more accurate for them.
- The rope can be weighted to make it easier to throw. Be careful with what you use as a weight. A good example would be a milk carton ¼ - ½ filled with water (not full)
- To replace the rope, competitors can still test their throwing skills by using a rescue aid, such as a kick board or life jacket. The competitor throws aid safely to the patient (any nominated distance). Aid must be in arms reach of the patient, and then the patient kicks into the finishing edge.
- Set a target number eg 15. Floating targets can be made out of hoops or milk cartons, each target has a number on it 1 – 5 (5 being the most difficult target), as individuals or a team these targets are hit by throwing a kick board or ball etc. The number are added up, the game is over once the target number has been reached.
- Make some throw ropes with a flotation device on the end, something that will flow through the air easily and will not harm the patient. A good example is a basket ball in a net and tied to the end of the rope; if you don't have a net a plastic shopping bag can be used.
- This event can also be done as a relay. One swimmer starts out of the water, three (or more) swimmers start in the water. Swimmer 1 rescues patient 1 using a rope, patient 1 then becomes the rescuer; this process is complete when all patients have been rescued.

Event 6

How to conduct an initiative

There are many different ways in which an initiative test can be set, taking into consideration the age and the ability level of the competitor. The number of patients (participants acting in a role of a person in difficulty) and choice of aids is entirely up to the coach/instructor and is best if each initiative varies from the next.

Before commencing with an initiative

The following is important to keep in mind prior to conducting an initiative:

- Safety is the number one priority, be clear when instructing the patients/actors that they are to act the role in a safe manner and not to put themselves or others in danger.
- Keep in mind the pool space you have available to you, set the boundaries of the arena before commencing. For example you can set it out as a beach or lake setting, therefore only a small section of pool deck (10m) can be used as entry/exits and to land patients on, the remaining of the arena will be "out of bounds."
- It is always a good idea to let the staff of the pool know that you are going to be simulating an aquatic emergency.

What are the rescuers confronted with during an initiative?

The rescuer even when working in a small group of patients is faced with the following issues:

- The categories of the persons in difficulty
- The number of rescue aids available
- Which rescue aid is most appropriate for each situation
- What approach to use
- What rescue technique to choose
- Which person to rescue first
- When to call for help.

Order of Rescue:

Remember to keep in mind the correct order of rescue:
- **Non-swimmer** - more likely to go unconscious if not attended to quickly
- **Weak swimmer** - generally a weak swimmer will be able to remain conscious longer than a non –swimmer and may respond to verbal instructions
- **Injured person** – will require attention after rescue, this will limit rescuer to be able to attend other patients
- **Unconscious person** – once you have attended an unconscious person you are unable to leave then, if you do attend to them first the other patients may all become unconscious creating a greater emergency.

Method of Rescue

The order in which the methods of rescue should be considered, taking into account the safety of the rescuer is as follows:

- **Talk** – conscious patients/actors may respond to verbal instructions and encouragement.
- **Reach** – use aids to reach to those you can (remember to stay low)
- **Throw** – throw aids/floatation devises to patients and give further instructions.
- **Wade** – If possible this should be performed????
- **Row** – generally this rescue technique is not used during an initiative, depending on the aquatic environment being used
- **Swim** – If you need to swim out to a patient take an aid with you, they may be able to get to safety themselves with instruction and encouragement. Always approach with the defensive position as a safety precaution to rescuer.
- **Non contact tow** – Always put something between the patient and yourself
- **Contact tow** - this puts rescuer at the greatest risk, always consider above options before using a contact tow.

Useful Questions and Instructions

During the initiative it is important for the rescuer to speak in a strong clear and load voice. It is important to take control of the situation. The following are very useful for the rescuer helping to gather as much information as possible to assist with the emergency:

- What happened? Does anybody know?
- Everyone out of the pool now, we have an emergency.
- Is anybody missing someone?
- Do not get back in the water, stay over there. (point to where you would like them to assemble)
- Does anybody know first aid and or rescue skills? Do you have a bronze medallion? If yes please put your hand up in the air. (the rescuer is able to use bystanders if needed)
- Please stay calm, I will be back to help as soon as possible
- Can you swim to the edge?
- Where are you hurt?
- Calls 000 tell them what to say. Eg, "Ambulance to the Challenge Aquatic Centre we have an unconscious male, not breathing, young lady with severe cut to the lower leg and an asthma victim etc., etc., come back and tell me when you have called"

These questions are in no specific order (every initiative is different). Remember it is important to listen to the answers.

Please note: _Judgement should be taught progressively. From the time a trainee rescuer has learnt two basic skills – for example, a reach rescue and a throw rescue – simple initiative tests can be set._
Initiative Examples

Every initiative test is different. These examples can be changed in any way to suit participants involved.

Some basic examples of some initiatives are as follows:

NOTE: These equipment items can be placed anywhere on the pool decking or in/on the water, keeping in mind the safety of other users of the facility. If the equipment used in the examples is unavailable replace them with things that are available.

Example 1

- One rescuer, 5 patients/actors.1min 30sec time frame
- Equipment:
    - 1 rope knotted (not easy to uncoil, rescuer should avoid it)
    - asthma puffer
    - 1 kickboard.
    - Reach pole
    - **1 Lap swimmer** who is not under any risk and will exit the water if/when asked to.
    - **2 people running and jumping in the water** who will not stop when approached the first time but will stop and stay out of the water when the rescuer approaches the second time.
    - **1 weak swimmer approx. 5m from the edge** will listen and follow instructions from the rescuer.
    - **1 person having asthma attack on the dry edge** will respond to instructions but will go unconscious after 1min if the puffer has not been handed to them beforehand.

Example 2

- 1 rescuer, 3 patients/actors. 1min 30sec time frame
- Equipment
    - Pool noodle or reach pole
    - Bucket
    - Kick board or esky lid
- **1 injured swimmer –**Cramp in the lower leg, holding the leg, screaming in pain. Will listen to instructions. Although may take some time to get to the edge if left to do so on their own.
- **1 Bystander-** Wants to know what is going on, follows the rescuer, asks questions and will not go away when asked. This person is not in any danger; he/she is there to distract the rescuer and will not listen to instruction. Attention needs to be focused on who is in the most danger.
- **1 non -swimmer 1-2m from the edge** – will only be rescued if the rescuer gives the patient an aid. If an aid is thrown it must be in arms reach.

Example 3

- 1 rescuer, 6 patients/actors. 2min 30 sec time frame.
- Equipment
    - T – Shirt
    - Kick board
    - Reach pole or pool noodle
    - Knotted rope
    - 1 manikin (unconscious child) on the bottom of the pool. If this is unavailable you could use a milk carton or similar filled with water (or half fill so it floats, if it is too hard to see find something brighter) with marking on it such as a red X to indicate unconscious. Whatever this item is the group must be aware of what it is.

- **2 people 10m from edge fighting with each other –** One is weaker than the other, with the week swimmer being pushed under the water by the stronger one. They will only come apart when the rescuer approaches in the defensive position, places a rescue aid in between the two giving it to the weaker swimmer. The stronger swimmer can swim to the edge on their own when asked. Rescuer must use an assertive voice in this situation.
- **1 injured person on deck –** Bad cut on the lower leg, patient will continue to scream in pain until attended to.
- **Concerned mother –** Her child has been lost, she keeps asking the rescuer to help her find her child, very loud will not listen to instructions until child is found.
- **1 Non-swimmer –** Approx. 2m from the edge will go unconscious within 30sec of commencement of test.
- **1 bystander –** This person is lying on the deck, is not in any danger but is a qualified first aider and will assist if asked to by the rescuer.
- **1 manikin (unconscious child) on the bottom –** This is the mothers lost child

---

After the initiative
When the initiative is over it is important to have a group discuss as to how the competitor whet about the rescue. Was that the best option? Did they eliminate potential dangers before they occurred? Did they assist those in danger to the best of their ability and priorities the patients in need? What other questions may have been useful?

Event 7

CARDIO PULMONARY RESUSCITATION (CPR) TEST

Equipment: CPR Annie
Description of the event.

On the starting signal the competitor will begin the test and will take into account the principles of DRSABCD. During the test the competitor will be required to perform CPR for a period of 1 minute (4 cycles)

Modified Versions

Also a good idea to break the skills down into sections. Don't move onto CPR until the participants have the basic skills covered such as the DRSABCD and turning the patient onto their side.

Team Events

Event 8

4 x 25m MANIKIN CARRY

Equipment: Tow Manikin - Full
Description of the event.
Each swimmer starts in the water, competitors swim 25m each keeping the manikins head above water.
There is a 4m change over zone in the middle, situated between 23m and 27m. Changeovers must be completed within this zone.
At the turn wall the 2nd competitor must touch the wall before the 3rd competitor (who is in contact with the wall) is able to touch the manikin.

Modified Versions

- Shorten the distance covered
- The manikin can be half filled with water to make it lighter and easier to carry.
- To replace the manikin a swimmer can act the role of a patient.

NOTE: The tow can be contact or non- contact. For non-contact tows items such as kickboards, noodles, and towels could be used to keep distance between the patient and the rescuer.

Royal Life Saving | lifeguard

Event 9

---

8 X 50M FREESTLYE RELAY WITH FINS

Equipment: Fins

Description of the event
(There is two teams from each state, one with all female, the other with all males from the state team).

Each competitor swims 50m with fins. Competitors may perform the majority of the lap under water (it is faster under water when wearing fins) but must take a full arm stroke above the water on completion of the lap.

Modified Version
- Shorten the distance
- Doesn't need to be 8 people, it can be more or less and a mix of boys and girls.
- Vary the strokes.

Event 10

---

4 x 50m RESCUE TUBE RELAY.

Equipment: 1ST **swimmer – no fins**
$\qquad$ 2nd *swimmer – fins*
$\qquad$ 3rd *swimmer – rescue tube, no fins*
$\qquad$ 4th *swimmer – fins*

Description of the event

1st *swimmer – 50m freestyle*
2nd *swimmer – 50m freestyle with fins*
3rd *swimmer – 50m towing rescue tube*
4th *swimmer – starts in water, tows 3rd swimmer using rescue tube wearing fins, 3rd swimmer is allowed to kick.*

Modified Version

- Shorten distance
- If a rescue tube is unavailable use another rescue aid e.g.: kick board, noodle, and beach towel.

Event 11

4 x 50m OBSTACLE RELAY
Equipment: Obstacles *(2 per lane over 50m length, 12.5m from edge)*

Description of the event
Each swimmer swims 50m each.

Modified versions
- Shorter distance
  If obstacles are not available to your swimmers;
- Objects can be submerged at the 12.5m mark, the competitor can dive to the bottom of the pool and break the surface of the water with the object, then place (not drop) the object back on the bottom.
- Place a hoop with a weight attached to a rope so the hoop sits half way between the surface and the bottom of the pool. Swimmer swims through the hoop.
- Connect a rope to the lane rope (contrasting colour to the water eg red). Competitors swim under the rope
- Use a net across the pool (tennis or Volley ball net)
- Each competitor touches the bottom of the pool then pushes of the bottom to break the surface

Event 12

Team Initiative
Please see individual initiative – Page 8

Things to note when running team initiatives
- Generally teams of four
- The arena is larger than that used in individual initiatives
- The scheduled time is longer
- The members of the team will select a captain/leader who will direct the other rescuers.
- Generally the captain will stay (dry) on pool deck administering first aid etc and overseeing the overall emergency. Having extra eyes on deck will lower the chances of missing anything in the arena. (it is harder to see things whilst you are in the water)
- Rescuers continually report back to the captain on what is happening.
  Tings to report to the captain include:
    o "I have an unconscious male"
    o "We have a lost child"
    o "These people know CPR

These are important for the captain to know, as they will be directing a bystander to call for emergency services.

Royal Life Saving | lifeguard