



# **SOUTH AUSTRALIA**



## **2022 Pool Rescue Handbook**

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## Introduction

Dear Team Managers,

Surf Life Saving SA recognises the importance of the Team Manager to the efficient running of Life Saving pool competition and has produced this handbook to assist you in this role. The "Pool Rescue Handbook" contains the information that may assist you in your role and your club's competitors during the winter pool carnival season.

The Pool Rescue Handbook ensures that competition information is accessible to all Team Managers and competitors.

Pool Rescue Events are open to members from U11 to Masters and test their rescue skills with events such as manikin tows, obstacle swims and tube swims carrying patients.

As a Team Manager or Athlete, it is important to understand that to be part of Australian Lifesaving Teams in the future, athletes generally need to be proficient in both beach and pool competition.

This year carnivals will be held late May & during June 2022 which will mainly focus on individual events plus Line Throw & Patient Tow to allow for maximum participation (and recording of times) for those seeking State team selection as well as create development opportunities prior to State and Australian Pool Rescue Championships. The State Championships will be held 2-3 July 2022 at the SA Aquatic & Leisure Centre. The Australian Pool Rescue Championships will be held 5-7 August 2022 on the Gold Coast for U12- Masters age groups.

The SA Pool Rescue State Championships will count towards the Overall Champion Club point score, where the club with the greatest point score from all Championships events (Junior, Senior, Masters, IRB). There will also be a Pool Rescue Champion club pennant awarded at the conclusion of the championships.

All clubs who participate in Pool carnivals will need supply volunteers this might be accredited officials, Timekeepers, pool setting, work party to enable the efficient running of carnivals.

During the season, Circulars will be issued regarding the SA State Team opportunities for athletes and team management.

We look forward to seeing you on pool deck this season,

Regards,  
Surf Sports Team

Surf Life Saving SA

## Pool Rescue Events 2022

Carnivals	Carnival Date	Entries close via SEMS	Complete Officials & Volunteer Roster
#1	Fri 27 May	10am, Wed 25 May	10am, Thurs 26 May
#2	Sun 5 June	10am, Wed 1 June	10am, Thurs 2 June
#3	Fri 17 June	10am, Wed 15 June	10am, Thurs 16 June
State Champs	Sat 2 July & Sun 3 July	10am, Tue 28 June	10am, Thurs 30 June

Note: all carnivals & state championships will be conducted at the SA Aquatic & Leisure Centre – 443 Morphett Road, Oaklands Park 5043.

## Carnival Program 2022

The following events will be conducted (if time permits):

Carnival 1 Fri 27 May	Carnival 2 Sun 5 June	Carnival 3 Fri 17 June
Line Throw (U11-Masters)	100m Patient Tow (U11-U13)	Line Throw (U11-Masters)
200m Obstacles (U14-Open)	50m Manikin Carry (U14-Masters)	50m Obstacles (U11-U13)
50m Obstacles (U11-U13 & Masters)	50m Fins (U11-U14 & Masters)	100m Manikin Tow (U14-Masters)
50m Fins (U11-Masters)	100m Rescue Medley (U15-Open)	50m Brick Carry (U11-U13)
100m Patient Tow (U11-U13)	50m Brick Carry (U11-U13)	50m Manikin Carry (U14)
100m Manikin Tow (U14-Masters)	100m Manikin Tow (U14 & Masters)	100m Carry with Fins (U15- Masters)
	200m Super Lifesaver (U15-Open)	

## State Championship Event List 2022

The following events will be conducted (if time permits):

Individual Events	U11	U12	U13	U14	U15	U17	Open	Masters
50m Freestyle Swim with fins	✓	✓	✓	✓	✓	✓	✓	✓
100m Obstacles	✓	✓	✓					60+
200m Obstacle				✓	✓	✓	✓	✓
50m Manikin Carry				✓ (35m)	✓	✓	✓	✓
50m Brick Carry	✓ (fins)	✓	✓					
100m Manikin Carry with fins					✓	✓	✓	✓
100m Manikin Tow with fins				✓	✓	✓	✓	✓
100m Rescue Medley					✓	✓	✓	
200m Super Lifesaver					✓	✓	✓	
Team Events	U11	U12	U13	U14	U15	U17	Open	Masters
12.5m Line Throw (M/F)	✓(10m)	✓(10m)	✓(10m)	✓(10m)	✓	✓	✓	✓
4x50 m Obstacle Relay		✓ NGS		✓ NGS			✓ M/F	✓ M/F
4x25 m Manikin/Brick Relay		✓ NGS		✓ NGS			✓ M/F	✓ M/F
4x50 m Medley Relay		✓ NGS		✓ NGS			✓ M/F	✓ M/F
100m Patient tow with Fins		✓ NGS						
4x50m Lifesaver Relay							2M/ 2F	

NGS = Non Gender Specific

Note: Masters individual & line throw events will be conducted in 3 age categories 30 – 44, 45- 59 and 60+

State Champs Program: Proposed events to be conducted on Sat 2 July are **highlighted**. Extra events may be added subject to entries received.

## Carnival Entry Fees

The following is the list of entry fees for season 2022

Carnival Type	Fees	Payment Method
Carnivals 1-3	\$7 (spectators \$2)	Pay online prior to event, link to be provided
State Championships	\$45 +GST	Clubs to be invoiced after the championships

- Prices are per person
- Volunteers (Officials, Team Managers & Pool Setters) Do not need to pay entry for carnivals provided they are listed on the volunteers sheet

All entries must be submitted via SEMS

- A guide to entering entries can be found [here on our website](#)
- If you require SEMS access for another Club officer/s tasked with entering competitors for carnivals; please request this via email to [ithelp@slsa.asn.au](mailto:ithelp@slsa.asn.au)

## Individual Event Limits

In line with Australian Pool Rescue Championships and due to time constraints competitors must compete in their specific age category ONLY and are not eligible to compete in any other age individual events except instances where their age group is not offered in an event (ie masters competitors are able to contest Open Super Lifesaver, Rescue Medley).

## Seeding

To provide a higher quality racing opportunity for competitors and program efficiency we are planning to have all competitors entered into their respective age groups. However on race day they will all swim in the one combined event and seeded based on previous results where possible for all carnivals and State Champs. For State Champs points & medals being split into the respective age groups based on times.

## Rules

All events will be run per:

- This Handbook (including the local rules set out in the handbook).
- The [ILS Competition Manual](#)
- The [Surf Sports Manual](#) (as relevant and as referenced in this handbook).
- All current [circulars](#) issued by Surf Life Saving SA.

## Local Rules

- **U11 50m Brick Carry** will follow the same rules are 11.4.2 in the SLSA Surf Sport Manual with the expectation that competitors can wear fins.
- **State Champ Composite Team requests** are to be made on SEMS. After the close of entries composite teams will be allocated and communicated. Preference will be given to clubs who do not have a 1<sup>st</sup> team in that event.
- **Line Throw & Patient Tow Teams at Carnivals 1-3**  
Each competitor can only enter one age group/event unless approved to be patient in another race or age group for someone else not to miss out and avoid composite teams where possible. U11-U14 Athletes can either compete in their own age group or the age group above
- **Line Throw U11-U14 athletes**  
U11-U14 Athletes can only compete in 1 line throw event. This can either be in their own age group or 1 age group above.
- **U15s & Team events**  
SLSSA policy allows for Under 15 competitors WITH a proficient Bronze Medallion to compete up in U17/U19 &/or Open TEAM EVENTS only whilst still adhering to maximum of two age groups for any one team event.

### Eligibility- Carnival 1-3

<b>SLSC Membership</b>	Registered in Surfguard for 2021/22. Members are only eligible to compete for the Club with which their Competitive Rights are held
<b>Award/s</b>	U11 competitors = Be the holder of the U11 competition skills evaluation award U12 competitors = Be the holder of the U12 competition skills evaluation award U13 competitors = Be the holder of the U13 competition skills evaluation award U14 & U15 competitors = Be the holder of a proficient <sup>1</sup> Surf Rescue Certificate (or Bronze Medallion) U17, U19 & Open competitors = Be the holder of a proficient <sup>1</sup> Bronze Medallion  New Members- gained or is gaining the required award/s in 2021-22 = Hold 'Award for non-award holders' <sup>2</sup> as a minimum &/or be the holder of a bronze medallion <sup>1</sup>
<b>Patrol Hours</b>	No minimum patrol hour requirement applies for non-championship carnivals.
<b>Other</b>	Must not be in default with their Club or SLSSA in relation to their service, financial or discipline obligations

<sup>1</sup> Proficient is defined as the award expiry date being later than the date of close of entries for the relevant event

<sup>2</sup> For Under 14 age category members this is the Junior Activities Competition Evaluation – Under 14. Other criteria apply (refer Use of SLSSA Equipment Policy 1.02)

### Eligibility- State Championships

	Continuing Members	New Members	Returning Members
	<i>Gained the required award/s in 2020/21 season or earlier &amp; was proficient in 2020/21</i>	<i>Gained or is gaining the required award/s in 2021/22</i>	<i>Gained the required award/s in 2019/20 or earlier AND was not proficient in 2020/21</i>
<b>SLSC Membership</b>	Registered <sup>2</sup> in Surfguard for 2021/22	Registered <sup>2</sup> in Surfguard for 2021/22	Registered <sup>2</sup> in Surfguard for 2021/22
<b>Award/s</b>	U11 competitors = Be the holder of the U11 competition skills evaluation award + hold the Surf Safe Two Award U12 competitors = Be the holder of the U12 competition skills evaluation award + hold the Surf Smart One Award U13 competitors = Be the holder of the U13 competition skills evaluation award + hold the Surf Smart Two Award U14 & U15 competitors = Be the holder of a proficient <sup>1</sup> Surf Rescue Certificate (or Bronze Medallion) U17, U19, Open & Masters competitors = Be the holder of a proficient <sup>1</sup> Bronze Medallion		
<b>Patrol Hours (applicable for <u>U15-Open competitors only</u>)</b>	Minimum 16* personal patrol hours completed from 1 January 2021 – 31 December 2021	Minimum patrol hours required is based on the date that the Bronze Medallion <sup>1</sup> is attained: Award attained in Oct/Nov = minimum 8 patrol hours by 31/12/21 Award attained in Dec = minimum 4 patrol hours by 31/12/21 Award attained in Jan-May = minimum 4 patrol hours by close of entries	Minimum patrol hours required is based on the date that the Bronze Medallion <sup>1</sup> proficiency completed: Proficiency completion date in Oct/Nov = minimum 8 patrol hours by 31/12/10 Proficiency completion date in Dec = minimum 4 patrol hours by 31/12/21
<b>Other</b>	Must not be in default with their Club or SLSSA in relation to their service, financial or discipline obligations		

<sup>1</sup> Proficient is defined as the award expiry date being later than the date of close of entries for the relevant event

<sup>2</sup> Members are only eligible to compete for the Club with which their Competitive Rights are held

\*Reserve active members = 8 hours; Clubs may recognise alternative voluntary service hours & if so, maximum 50% of the minimum required hours can be endorsed as service hours (requires formal endorsement by SLSC Club Board and subsequent advice to SLSSA). Life members & long service members are exempt from patrol hour obligations related to championships entry eligibility.

**If a member is not showing as eligible in SEMS then there could be a problem with either their registration, membership category/competition rights and/or award proficiency.** Please contact us if you have any queries.

## General Carnival information

### Handlers

Clubs must supply people to act as handlers for all events which require them (Manikin Tow & Super Lifesaver).

Handlers must be wearing their registered Club cap or skull cap. Handlers may be allowed to handle for another club however needs to be wear the competitors respective cap. Clubs should bring spare caps in case handlers from other clubs are required.

If a club does not provide a handler for an event, the event will begin with any person available to handle positioning the manikin. No protest or appeal will be allowed if a Club does not supply a handler and consequently their competitors suffer disadvantage and/or disqualification because of the replacement handlers' actions.

### Marshalling of Events

**Due to the timing system used it is critical that competitors marshal correctly and on time.**

All clubs must remind their competitors of the following requirements:

- Marshalling will be called over the PA system
- Competitors must move to the Marshalling room below the grandstand.
- Competitors must have their name checked off and they will then be allocated a lane
- Competitors must **remain in the marshaling room and in this allocated lane** and take the appropriate seat.
- If they are required to leave they **MUST** have someone take that position for them until they return
- Again, once marched onto pool deck they must stay in lane allocated order

## Club Requirements

### Officials & Volunteers

Clubs will be rostered to undertake official duties. Please refer to [2022 Pool Rescue Officials & Volunteer Roster](#) for appointments & allocations.

### Pool Setters/Work Party

Clubs will be rostered to undertake pool setting / work party duties. **These volunteers are expected to assist with moving equipment in the water and should dress appropriately to enter the water (bathers, goggles etc.) and have some level of fitness. (Swim flippers can be worn)** Please refer to [2022 Pool Rescue Officials & Volunteer Roster](#) for appointments & allocations.

### Time Keepers

Clubs will be rostered to undertake time keeping duties. **These do not have to be accredited officials.** Please refer to [2022 Pool Rescue Officials & Volunteer Roster](#) for appointments & allocations.

## Carnival Day Logistics

### Team Changes

Changes to teams **MUST** be made prior to the first marshal call for any heat of a particular event using the Team Change Forms (copy attached to calendar event pages; hard copies available at the pool from the AOE Room).

### Competitor Withdrawals

Please advise of any competitor/full team withdrawals as soon as possible (ie first thing where known) using the Competitor Withdrawal Form (copy attached to calendar event pages; hard copies available at the pool from the AOE room).

### Pool Deck Access

**Spectators will NOT be allowed on pool deck.** Only Officials, Competitors, Volunteers, Team Managers, Coaches & accredited Photographers are permitted

## Car Parking

Car parking is available in the car park at the front and in the multi-story carpark.

## First Aid & Emergency Management

SA Aquatic & Leisure Centre staff will be responsible any emergency management or first aid required to attendees.

## Food & Drink

SA Aquatic & Leisure do have Café facilities locations and opening times to be advised prior to each carnival via the SLSSA event calendar page.

## Equipment

### Swim Caps

Club caps (or swim caps) must be worn and all must be consistent in team events including line throw. (excluding composite teams). Therefore, all team members wearing Skull caps or all wear swim caps. Swim caps must be able to identify the club.

### Fins

All competitors are required to supply their own fins (for specifications for compliance please refer SLSA Surf Sports Manual):

- Rubber fins for U11/12/13 athletes
- Fibreglass fins for U14 – masters athletes

### Rescue Tube, Manikins, Bricks & Ropes

SLSSA will supply the Rescue Tubes, Manikins, Bricks and Lines for the use of competitors during competition. Such equipment will comply with the ILS/SLSA specifications.

## Purchasing equipment

### Line Throw Ropes

For the Line Throw event, throw lines shall be plaited, buoyant polypropylene with non-memory characteristics:

- **Diameter:** 8 mm ( $\pm$  1 mm)
- **Length:** minimum 16.5 m; maximum 17.5 m

Marine Shops in Adelaide should have this type of rope available. Some are happy to cut to size etc.

### 3.5kg Bricks

<https://www.eyeline.com.au/rubber-dive-bricks>

### Fibreglass Fins

<https://www.leaderfins.com/us/rescue-lifesaving.html>

### Obstacle gates

These aren't available to purchase but can be made, depending on which pool you train in it sometimes the width needs to be slightly narrower than the competition standard. Check the ILS manual for more details.

## ILS Sanctioning

The State Championships will be sanctioned by the ILS and, as such, any World Records achieved for ILS recognized events will be recorded and submitted to ILS for processing as per the 2019 Edition (Revised February 2020, January 2021, March 2021, March 2022)

## Australian Pool Rescue Championships

The 2022 National and Interstate Pool Rescue Championships will be held at the Southport Aquatic Centre on Queensland's Gold Coast, from 5-7 August 2022. This event is open to U12 – Masters age groups and member compete under their club.

More events detail will be available at <https://sls.com.au/pool-championships/>

Note: Composites are not available at these championships however if anyone is looking for team members to do teams events contact the surf sports team.

## State Team

The State Team compete at the Australian Pool Rescue Championships. The State Teams generally have their Relay at the end of day with their individual times will be ranked against other state teams and will also be ranked with all club competitors competing at the Australian Pool Rescue Championships. Athletes interested in being selected on the State to compete in the interstate championships should express interest when nominations open.

### How to submit an Expression of Interest:

- Complete the [online Expression of Interest submission](#) by **10am Wednesday 25<sup>th</sup> May 2022**.
- All nominating members are asked to familiarise themselves & comply with the following documents:
  - [SLSSA State & Representative Team Criteria](#) , and
  - [SLSSA Athlete & Management Agreement](#).

### Team Composition

The anticipated team will comprise:

- 2 x each Under 14 Female & Under 14 Male
- 2 x each Under 15 Female & Under 15 Male
- 2 x each Under 17 Female & Under 17 Male
- 2 x each Under 19 Female & Under 19 Male
- 4 x each Open Female & Open Male

NOTE: age groups are as per 2021/22 season

Selectors may also consider athletes to represent the state in an older age group, however athletes would still compete in their own respective age group for their individual events.

### Athlete Selection

In accordance with the SLSSA State & Representative Teams Criteria, selection for the SA team will be based on:

- Results from 2021 Pool Rescue Carnivals & State Championships
- Results at the 2022 Pool Rescue Carnivals
- Results from any other Pool Rescue events in 2022
- Current training performances
- Team balance and composition
- SLSSA Time Trials may also be conducted and considered if necessary.

It is anticipated that the athletes will be announced in the week following the final pool rescue carnival.

### Team Trainings

Weekly training will be conducted at the SA Aquatic & Leisure Centre after the team is selected (7-8pm Wednesday evenings- TBC)

### Team Member Costs

Athletes selected in the SA Pool Rescue State Team will be required to cover the costs associated with travelling as a member of the team. For those who have not yet made travel/accommodation arrangements, SLSSA will make group arrangements & will keep costs to a minimum with an expected total of approximately \$900 per person inclusive of airfares, accommodation, ground transport & meals.

Team uniform will be provided at NO COST to all selected athletes.

### Australian Teams

Every 2 years an Australian Team is selected in both open & youth to compete at the World Lifesaving Championships.

Depending on which year opportunities outside the world lifesaving championships can arise with Australian Teams in youth and open teams. Some of these are just pool rescue teams, which have travelled overseas and competed at events like,

- NZ Nationals Pool Rescue Championships
- Orange Cup (Netherlands)
- German Cup (Germany)

### Lifesaving World Championships

The Lifesaving World Championships is an event that is contested biennially, consisting of events spread across the pool, beach, and ocean in both Open & Youth age categories. It is an event which attracts the best lifesaving nations in the world, all vying to be crowned the world's best. Pool Rescue Events account for approx 50% of the events at these championships.

There are a couple of different competitions run as part of the world lifesaving Championships,

- National Teams (Open & Youth) 6 Male & 6 Female per country
- Interclub (Open & Youth) 10 Male & 10 Female per a club (Not being conducted in 2022)
- Masters Interclub

Upcoming World Lifesaving Championships,

- 2022 Riccione, Italy 23 September to 9 October 2022. (No Open or Youth Interclub)
- 2024 Gold Coast in August/September.
- 2026 Agadir, Morocco in September.

## Event Descriptions & Videos

**Obstacle Swim:** competitors swim freestyle a total of 200 metres, passing under eight immersed obstacles. 100m metres, passing under four immersed obstacles for U11-U13 & 60+.

[Video 1](#)- a few different techniques shown across the 8 obstacles

[Video 2](#)- LWC 2018 race video with some underwater shown

[Video 3](#)- different techniques for Deep & Shallow pools with detailed analysis

**Obstacle Relay:** four team members swim freestyle 50 metres, passing under two immersed obstacles.

**Line Throw:** a timed event where the competitor throws an unweighted line to a team member in the pool and then pulls him/her 12.5 metres back to the poolside. 10 metres for U11-U13.

[Video 1](#)- Many Different techniques

**Freestyle with Fins:** with a dive entry, competitors swim 50 metres freestyle with fins.

**Patient Tow (Juniors):** with a dive entry, the rescuer swims 50 metres freestyle with fins and rescue tube, where their patient is waiting. The rescuer secures the rescue tube around the patient and both return to the start.

[Video 1](#)- Full Race video with a good example of the patient clip up

**Manikin Tow (Seniors):** a competitor swims 50 metres freestyle with fins towing a rescue tube. At the tuning edge of the pool the rescue tube is placed around a floating manikin and is towed back 50 metres to the finish line.

[Video 1](#)- LWC 2018 Male race video

[Video 2](#)- LWC 2018 Female race video

[Video 3](#)- A look view of the clip up technique with rescue tube on shoulder

**Rescue Medley (Seniors):** this event involves swimming 50 metres in freestyle, turning and swimming underwater 17.5m metres to a submerged manikin. After recovering the manikin it is carried to the finish edge of the pool.

[Video 1](#)- Full Race length training video, with underwater pick-up footage

**Manikin Carry (Seniors):** a competitor swims freestyle for 25 metres then dives to recover a submerged manikin and then carries it to the finish edge of the pool. U14s Swim 35 metres before covering the submerged manikin.

[Video 1](#)- LWC 2018 Male 50m Manikin Carry Race

[Video 2](#)- Full race length training video, with underwater pick-up footage.

**Manikin Carry with Fins (Seniors):** a competitor swims freestyle for 50 metres then dives to recover a submerged manikin and then carries 50 metres to the finish edge of the pool.

[Video 1](#)- LWC 2018 Male race video

[Video 2](#)- Full race length training video, with underwater pick-up footage.

[Video 3](#)- Another underwater pick technique

**Brick Carry (Juniors):** with a dive start, competitors swim 25 metres freestyle and then dives to recover a submerged rubber brick to the surface within 5 metres of the pick-up line. The competitor then carries the rubber brick to touch the finish edge of the pool. U11s can use flippers

**Brick Carry Relay (Juniors):** a relay of four competitors each swimming 25 metres while carrying a rubber brick.

[Video 1](#)- Full Race example

**Manikin Relay (Seniors):** a relay of four competitors each swimming 25 metres while carrying a manikin.

[Video 1](#)- Full race length training video, with underwater changeover footage.

[Video 2](#)- LWC 2018 Female race video

**Medley Relay:** a team event involving four legs: 50 metre freestyle without fins, 50 metre freestyle with fins, 50 metre freestyle towing a rescue tube without fins, 50 metre freestyle with fins towing a team member to the finish edge of the pool.

[Video 1](#)- Full race length training video, with a close up example of 3<sup>rd</sup> to 4<sup>th</sup> changeover

[Video 2](#)- LWC 2018 Male race video

**Super Lifesaver (Seniors):** competitors swim 75 metres freestyle to recover a submerged manikin, and continue carrying the manikin 25 metres to the turning edge. The manikin is released, fins are put on and the competitor tows a rescue tube 50 metres. At the pool turning edge, the rescue tube is placed around a floating manikin which is towed to the finish end of the pool.

[Video 1](#)- Full race length training video, with a close up & underwater view of fin on

[Video 2](#)- Good Fin on example at 3:27 mark

**Lifesaver Relay (Seniors):** a team event involving four legs (Must have 2 Male & 2 Female): 50 metre freestyle without fins, 50 metre freestyle with fins and picks up submerged manikin at the end, 50 metre carrying the manikin without fins, 50m metre carrying the manikin with fins to the finish edge of the pool.

[Video 1](#)- LWC 2018 Women's race video

## Coaching Resources

[SLSA Coaching Manual](#) available on our website & sports hub via the members area.

### SLSA Coaching Videos

#### [SLSA Surf Sports DVD 1 of 2](#)

**0:34** SLSA Pool Events Coaching DVD  
**1:49** Equipment  
**5:20** 50m Manikin Carry  
**6:59** 100m Manikin Carry with Fins  
**8:24** 200m Obstacle  
**10:43** 100m Manikin Tow

#### [SLSA Surf Sports DVD 2 of 2](#)

**0:02** 4 x 50m Medley Relay  
**1:27** 100m Medley Rescue  
**2:52** 4 x 25m Manikin Relay  
**3:51** Line Throw  
**5:06** 200m Super Lifesaver