



Introduction To Competitions

Overview

Mixed teams of four will compete in four different events:

- A Land-based Incident
- A Water-based Incident
- A 4 x 8m Rope-Throw Relay Race
- A 4 x 25m Swim & 25m Tow Relay
- A lifesaving medley relat

General Rules for all Races

- You *can* wear goggles.
- After your leg of the relay, get out of the water without getting in anyone else's way! Unless...
- ...it's the end of the race, in which case you should stay in the water until told to get out!

Starting Procedure for Races

- Competitors may start on the starting platform, or on the pool deck, or in the water with one hand in contact with the starting wall.
- BULSCA competitions have a "one-start rule". This means that if you start before the whistle goes (a "false start") your team will be disqualified from that event - you don't get any second chances.
- On the long whistle, you should step onto the starting platform and remain there.
- When the starter says "Take your marks", you should assume a starting position with at least one foot at the front of the starting platform.
- When competitors are stationary, the starter gives the acoustic starting signal (a whistle, horn or buzzer).

Land Based Incident (also called a Simulated Emergency Response Competition or SERC)

Event Description:	<p>The team have 2 minutes to use their first-aid skills to tackle a land-based incident. Before tackling the incident, teams wait in “isolation” so they won’t know what the incident involves until they enter the incident.</p> <p>Judges award marks for teamwork, prioritisation, communication, and treatments.</p>
Important Rules:	<ul style="list-style-type: none"> • You must not use electronic devices during isolation. • You must wear your swimming hat • You must not go into areas that are “out of bounds” (typically marked with red and white tape). • Do <i>not</i> do abdominal thrusts or CPR on a real person! To treat choking you can use <i>simulated</i> back blows. • The situation is “as you find it”. This means that manikins will not be breathing normally – <u>but you still need to clear their airway and check their breathing!</u> You may come across a real person who isn’t breathing normally – <u>when you do your checks</u>, the judge will substitute a manikin for the real person so that you can do CPR.
Tactics:	<p><u>Incident Timings</u></p> <ul style="list-style-type: none"> • Recognise Problem } Should take about 10-15 secs • Assess Situation } worth about 1/3 of the marks. • Plan a course of action } • Carry out the rescue ≈ 80 secs – 1/3 of marks • Aftercare ≈ 30 secs – 1/3 of marks <p><u>Captain</u></p> <ul style="list-style-type: none"> • Your work starts in isolation: <ul style="list-style-type: none"> ○ Brief your team and understand what conditions / casualties they are confident treating. ○ Talk them through the contents of your first-aid kit. ○ Agree your strategy (who’s going in first, who’ll call 999, etc.) ○ Answer any questions that they might have.

- 60% of your work is done in the first 10 Secs of the SERC!
- Scan the entire area for hazards, aids, casualties and bystanders
- Make a plan (Rescuer - Aid - Casualty)
- Once you've dispatched your team it's their job to rescue as they see fit.
- DO send for help but DON'T send for help too early!

Team

- For the first 10 seconds keep out of your captain's way (and keep any bystanders out of their way too)!
- Tell you captain if you spot:
 - An aid / first aid kit
 - A hazard
 - A mobile phone
- Once you've been allocated a casualty, carry out your treatment safely, effectively and quickly, with a high level of "casualty care" and reassurance:
 - Ensure safety of yourselves, any bystanders and the casualty
 - Provide appropriate treatment quickly
 - Adopt a calming and reassuring manner
 - Communicate with you captain
- If you're not sure how to treat your casualty – ask your captain, or move on to another casualty.
- Clear Communication is critical (don't just shout at your captain—wait until you've got their attention and *then* deliver your message)

Prioritising casualties (highest to lowest priority):

- CPR or Unconscious Casualties
- Breathing difficulties (e.g. asthma and choking)
- Bleeding
- Broken bones/burns

Water Based Incident (also called a Simulated Emergency Response Competition or SERC)

Event Description:	<p>The team have 2 minutes to use their skills to tackle a water-based incident. Before tackling the incident, teams wait in “isolation” so they won’t know what the incident involves until they enter the incident.</p> <p>Judges award marks for teamwork, communication, and treatments.</p>										
Important Rules:	<ul style="list-style-type: none"> • You must not use electronic devices during isolation. • You must wear your swimming hat • You must <u>not</u> wear goggles • You must not go into areas that are “out of bounds” (typically marked with red and white tape). • Do <u>not</u> do abdominal thrusts or CPR on a real person! To treat choking you can use <i>simulated</i> back blows. • The situation is “as you find it”. This means that manikins will not be breathing normally – <u>but you still need to clear their airway and check their breathing!</u> Sometimes you’ll come across a real person who isn’t breathing normally – <u>when you do your checks</u>, the judge will substitute a manikin for the real person so that you can do CPR. • Sometimes an orange towing manikin will be used to simulate an unconscious casualty on the bottom of the pool. 										
Tactics:	<p><u>Incident Timings</u></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">• Recognise Problem</td> <td style="padding: 2px;">} Should take about 10-15 secs</td> </tr> <tr> <td style="padding: 2px;">• Assess Situation</td> <td style="padding: 2px;">} worth about 1/3 of the marks.</td> </tr> <tr> <td style="padding: 2px;">• Plan a course of action</td> <td style="padding: 2px;">}</td> </tr> <tr> <td style="padding: 2px;">• Carry out the rescue</td> <td style="padding: 2px;">≈ 80 secs – 1/3 of marks</td> </tr> <tr> <td style="padding: 2px;">• Aftercare</td> <td style="padding: 2px;">≈ 30 secs – 1/3 of marks</td> </tr> </table> <p><u>Captain</u></p> <ul style="list-style-type: none"> • Your work starts in isolation: <ul style="list-style-type: none"> ○ Brief your team and understand what conditions / casualties they are confident treating. ○ Talk them through the contents of your first-aid kit. 	• Recognise Problem	} Should take about 10-15 secs	• Assess Situation	} worth about 1/3 of the marks.	• Plan a course of action	}	• Carry out the rescue	≈ 80 secs – 1/3 of marks	• Aftercare	≈ 30 secs – 1/3 of marks
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- Agree your strategy (who's going in first, who'll call 999, etc.)
- Answer any questions that they might have.
- 60% of your work is done in the first 10 Secs of the SERC!
- Scan the entire area for hazards, aids, casualties and bystanders
- Mentally split the pool into sections – Deep End, Shallow End, Poolside – and dispatch a rescuer to each zone
- Make a plan (Rescuer - Aid - Casualty)
- Once you've dispatched your team it's their job to rescue as they see fit.
- DO send for help but DON'T send for help too early!

Team

- For the first 10 seconds keep out of your captain's way!
- Tell you captain if you spot:
 - An aid / first aid kit
 - A hazard
 - A mobile phone
- Once you've been allocated a casualty, carry out the rescue
- Think about your own safety. Shout / Signal / Throw / Reach rescues score a lot more marks.
- Sometimes it will be obvious that a casualty can't be rescued from the poolside. In these circumstances, do a "token" shout / signal / throw rescue, but don't waste time: once you've made the decision to get in, then get on with it!
- If you must get in:
 - Use a slide-in entry
 - Always take a floating aid (or two)
 - Avoid direct contact with conscious casualties.
 - Swim Fast – once you've decided to get in, then you need to explode into action and reach your casualty as quickly as possible.
- Once you've reached your casualty...

- Remember to do a standoff.
- Tell your captain what you've got.
- Collect your casualties to the same place on poolside.
- Always treat for shock (aftercare = 1/3 marks)
- If you're not sure how to treat your casualty – ask your captain, or move on to another casualty.
- Clear Communication is critical (don't just shout at your captain—wait until you've got their attention and *then* deliver your message)
- You only have time to swim out and back once, so grab / secure / rescue several casualties!

Prioritising casualties:

- Mobilize the mobile casualties (e.g. those who can get themselves to safety such as non-panicking swimmers).
- Secure the safety of those in imminent danger (e.g. panicking casualties and injured swimmers).
- Recover and resuscitate those in need of continuous care (e.g. unconscious, non-breathing, or suspected spinal-injured victims).

4 x 8m Rope-Throw Relay Race

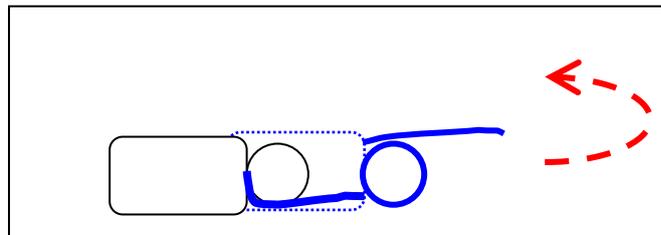
Event Description:	Team members take it in turns to coil a rope, throw it 8m to their team-mate, and pull their team-mate into the side. There is a time limit of 2mins 30 seconds.
Important Rules:	<p><u>The Start</u></p> <ul style="list-style-type: none">• Competitor 1 will start facing their casualty, with their legs together and arms beside their body, holding the end of the rope in one hand.• Competitor 2 will start treading water on the near side of the crossbar, with one hand holding the rope and one hand holding the crossbar.• When the whistle blows, Competitor 2 releases the rope, allowing Competitor 1 to coil the rope, throw it back to the victim and pull them to the poolside. <p><u>Throwing the Rope</u></p> <ul style="list-style-type: none">• Competitors must keep at least 1 foot wholly within the throw-zone (indicated by a line 1.5m away from the pool edge).• If you fall in, you must retrieve and recoil the rope before pulling your casualty into the wall. <p><u>Grabbing the Rope</u></p> <ul style="list-style-type: none">• Casualties <u>may not</u> reach into adjacent lanes to grab the rope.• Casualties <u>may not</u> let go of the crossbar before they've grabbed the rope with their hand.• Casualties <u>may</u> use their foot to manoeuvre the rope to a position where they can grab it with their hand. <p><u>Being Pulled in</u></p> <ul style="list-style-type: none">• Casualties <u>must</u> hold the rope with both hands.• Casualties <u>must</u> lie on their front, with their arms outstretched and their head up.• Casualties <u>may not</u> kick their legs or "climb up" the rope.

	<ul style="list-style-type: none">• Rescuers <u>may</u> hand the end of the rope to the next rescuer.
Tactics:	<p><u>Thrower</u></p> <ul style="list-style-type: none">• You can save time if you don't coil the whole rope (the rope is 15m-20m long so 7 or 8 coils should suffice).• Keep your elbow on your knee whilst coiling so that your coils rest on the floor – this will stop them getting tangled.• When throwing the rope:<ul style="list-style-type: none">○ Keep your arm straight○ Your coils should follow the line of the tiles○ Keep your wrist facing your casualty (parallel to the short edge of the pool)○ Look at the ceiling at the far end of the pool○ Put some aggression into the throw• If you miss: keep trying. You only need to get lucky once! <p><u>Catcher</u></p> <ul style="list-style-type: none">• Stretch out your arm and put one hand up as a target• If you can reach the rope, shout "Yes". If you can't reach the rope shout "No".• Climb out quickly, find the end of the rope, scoot the rest of the rope into the pool, and start to coil.

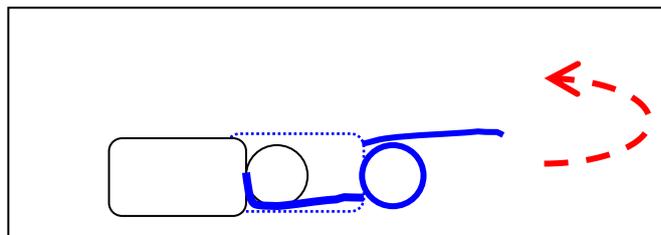
4 x 25m Swim & 25m Tow Relay

Event Description:	<p>Competitor 1 swims 25m, to where Competitor 2 is waiting (holding onto the wall with their elbows and shoulders below the water).</p> <p>Competitor 1 tows Competitor 2 for 25m. Once the casualty's head is within 5m of the finishing edge the casualty may raise one arm above their head.</p> <p>As soon as Competitor 1 touches the turning edge, they must release the casualty and provide no further assistance to the casualty.</p>
Important Rules:	<p><u>During the Tow</u></p> <ul style="list-style-type: none">• The casualty must be face up and moving head first.• The rescuer must grip the casualty's chin (and <u>not</u> their neck/throat)• The casualty's face must be clear of the water (except during the turn)• The rescuer must swim on their back or side <u>without</u> over-arm recovery (e.g. without bringing their swimming arm out of the water).• The casualty <u>may</u> tuck into a ball during the turn, but <u>must not</u> scull or kick at any time.
Tactics:	<p><u>Casualties</u></p> <ul style="list-style-type: none">• Take a deep breath, tip your head backwards, and push your hips towards the ceiling (this will help you float).• As you approach the wall and pass the 5m line (usually marked by flags) you should gently raise one arm above your head to touch the wall. <p><u>Rescuers</u></p> <ul style="list-style-type: none">• During the swim, mainly use your arms (save your legs for the tow).• Don't go all-out on the swim: save a bit of energy for the tow.

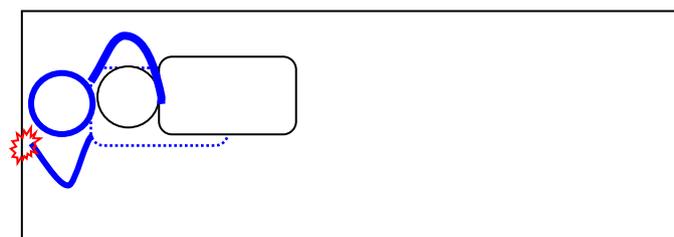
- You may wish to change arms after the turn, this is fine as long as you don't let go of the casualty, and don't bring your arm out of the water to take a stroke.
- When deciding which hand to tow with, consider facing your nearest competitor – it's always easier to chase them down if you can see them!
- Get a good push-off the wall at either end of the pool.
- If you are holding your casualty with your left hand, you should swim down the right-hand side of the lane, and turn them anti-clockwise.



- If you are holding your casualty with your right hand, you should swim down the left-hand side of the lane, and turn them clockwise.



- You must let-go of your casualty as soon as you touch the finish edge, so bring them as close to the wall as you can before you touch the edge (this will allow them to push off the wall as they start their swim).



4 x 50m Obstacle Relay

Event Description:	Competitor 1 swims 50m passing under an obstacle twice (once each length). After the first competitor touches the turning wall the second, third, and fourth competitors repeat the procedure in turn
Important Rules:	<u>During the Tow</u> <ul style="list-style-type: none">• You may push off the bottom of the pool• It doesn't matter if you swim into or touch the obstacle – as long as you swim under it.
Tactics:	<ul style="list-style-type: none">• Try and swim down at a shallow angle to the obstacle 