



Keynsham

Rookie Festival

Keynsham Life Saving Club are pleased to be hosting a Rookie Lifeguard Festival! This is an informal event with an emphasis on taking part and having fun. So we might need to amend the rules to keep things simple and ensure everyone has a good time!

Overview

Teams of four will compete in the following events:

- A rookie lifeguard quiz
- A rope-throw relay
- An obstacle relay
- A torpedo tube tow
- A wading rescue
- A body-board relay (time permitting)
- An egg-and-spoon relay (time permitting)

Teams

- This event is open to rookie lifeguards from RLSS affiliated clubs in the West Region.
- We plan to have two age categories (for those aged 8-11 and 12-14 on the day of the competition).
- Teams of four people compete in the age category of their oldest member. If you can't field a full team, let us know and come along anyway - we'll match you up with others on the day!

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. No diving at the shallow end!
- When the starter says "Take your marks", you should assume your starting position.
- When competitors are stationary, the starter will blow a whistle to start the race.

Rookie Lifeguard Quiz

Event Description:	Teams answer questions based on content from the Rookie Lifeguard Syllabus (anything within the “Rookie Lifeguard” folder in the resources section of Tahdah).
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Rope-Throw Relay Race

Event Description:	<p>Team members take it in turns to coil a rope, throw it 8m (ages 8-11) or 10m (ages 12-14) to their team-mate, and pull their team-mate into the side.</p> <p>There is a time limit of 2mins 30 seconds.</p>
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. On the thrower’s first throw, casualties <u>may not</u> let go of the crossbar before they’ve grabbed the rope with their hand. If the thrower’s first throw misses, they may throw again.

- Casualties may use their foot to manoeuvre the rope to a position where they can grab it with their hand.
- On the thrower's second throw, casualties may let go of the crossbar and swim until they can grab the rope with their hand. < NOTE: this is a special rule that we've introduced to make this competition more accessible – don't try this at any other lifesaving event because you'll be disqualified! >

Being Pulled in

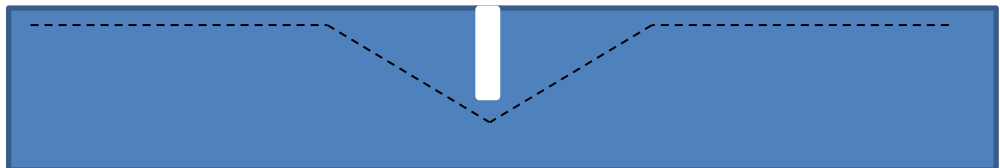
- Casualties must hold the rope with both hands.
- Casualties must lie on their front, with their arms outstretched and their head up.
- Casualties may not kick their legs or "climb up" the rope.
- Rescuers may hand the end of the rope to the next rescuer.

Obstacle Relay

Event Description:

Competitor 1 swims 25m (ages 8-11) or 50m (ages 12-14) passing under an 70cm deep obstacle once each length.

After the first competitor touches the turning wall the second, third, and fourth competitors repeat the procedure in turn.



Important Rules:

- 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.

Torpedo Tube Tow

Event Description:	<p>Competitor 1 (wearing a torpedo tube) starts in the water.</p> <p>Competitor 1 swim 25m to where Competitor 2 is waiting.</p> <p>Competitor 1 passes the float of the torpedo tube to Competitor 2, who grabs it.</p> <p>Competitor 1 swims 25m towing Competitor 2.</p> <p>After a short break, repeat the event with competitors 3 & 4.</p>
Important Rules:	<ul style="list-style-type: none"> • Start in the water • Be aware that the metal clip on the end of the torpedo tube can cause injury. When passing the tube to the casualty, Competitor 1 should push the tube gently across the surface of the water to Competitor 2.

Wading Rescue

Event Description:	<p>Competitor 1 starts on the poolside at the shallow end.</p> <p>Competitor 2 plays the role of 'non-panicking casualty'. They are positioned in the water 5m from the poolside.</p> <p>A selection of rescue aids will be available (including a pole, woggle/noodle, float, plastic bottle).</p> <p>Competitor 1 should effect a wading rescue in accordance with the Rookie Skills Guide (see also: Slide-In Entry, Wading Entry/Wading Through Water, Wading Rescue, Support position).</p> <p>The event ends when Competitor 1 has placed Competitor 2 in the Support Position (or after 2 minutes 30 seconds, whichever is shorter).</p> <p>After a short break, repeat the event with competitors 3 & 4.</p>
Important Rules:	<ul style="list-style-type: none"> • This event will be marked by judges, with points awarded for safe, effective rescues, in accordance with the Rookie Lifeguard skills guide.

Body Board Relay

Event Description:	<p>Competitor 1 starts in the water holding the body board.</p> <p>Competitor 1 paddles the body board 25m, touches the wall and then passes the board to Competitor 2.</p> <p>Competitor 2 paddles the body board 25m, touches the wall and then passes the board to Competitor 3.</p> <p>Competitor 3 paddles the body board 25m, touches the wall and then passes the board to Competitor 4.</p>
Important Rules:	<ul style="list-style-type: none">• Start in the water• You must touch the wall before passing the body board to the next swimmer.

Egg and Spoon Relay

Event Description:	<p>Competitor 1 starts in the water holding a spoon with a ball balanced on it.</p> <p>They swim 25m holding the spoon. If the ball falls off the spoon, they must stop and retrieve it.</p> <p>On reaching the other end, they pass the spoon and ball to competitor 2; and so-on until the whole team have swum.</p>
Important Rules:	<ul style="list-style-type: none">• Start in the water• You must not hold the ball onto the spoon.• If the ball falls off, you must stop and retrieve it.