

The ISRM and IQL
**National
Lifeguard
Championships**



THE REGIONAL POOL LIFEGUARD CHAMPIONSHIPS 2008 RULES OF COMPETITION

Team Managers and Competitors must each be issued with a copy of these Rules of Competition and ensure that they are conversant with them. Points of clarification must be sought from the Regional Heat Co-ordinator before the championships are held

ISRM and IQL Regional Pool Lifeguard Championships

Rules - First Edition 2008

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ISRM and IQL Regional Pool Lifeguard Championships

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A. General Considerations

A1. Timing

The competition shall be held annually over a period to be determined by the ISRM & IQL National Competition Organising Committee.

A2. Regional Competition Organising Committee

The Competition Organising Committee shall consist of:

1. Regional Co-ordinator/Chairperson
2. Secretary to Committee
3. Management Representative of the host facility
4. Co-opted representatives who will be elected onto the committee from time to time as considered appropriate.

A3. Duties of the Regional Competition Organising Committee

The Regional Competition Organising Committee shall:

- a) Decide upon the date of their regional heat, which will be held within the period notified by ISRM & IQL National Competition Organising Committee.
- b) Appoint officials and others and in particular the following:
 1. Referee(s)/Starters (who will also be timekeepers for modules 1 – 3)
 2. Time Keeper(s) (required one to each lane on module 4)
 3. Judges (for modules 1 – 3)
 4. Recorders (event results team)
 5. Master of Ceremonies and prizes Steward
 6. Event Runners (to take score sheets to recorders)
 7. Marshalls (for security during modules 1 – 3)
 8. Incident Organisers
- c) RCOC Shall make arrangements for the draw to determine the competing order for all teams, to be made immediately after the closing date for team entries.
- d) Shall approve the overall arrangements and timing for the modules in holding the regional heat.

A4. Finance

IQL UK Ltd shall be responsible for the collection of team entry fees (£250 + VAT per team) a payment of £75 +VAT per team, from each entry fee shall be retained by IQL, being the administrative costs towards the organisation of both the regional heats and the national final. The balance shall be paid to each host venue for the RCOC to manage in support of their local regional competition. The budget may be enhanced

by arranging finance through sponsorship or otherwise, in agreement with ISRM & IQL. On conclusion of the event a profit/loss balance sheet shall be prepared and approved by the Regional Competition Organising Committee and a copy sent to ISRM & IQL respectively.

A5. Disagreement Between Committee Members

In the event of a disagreement between members of the Regional Competition Organising Committee, the matter shall be decided by the Regional Co-ordinator/Chairperson whose decision shall be accepted and final.

A6. Action in Adverse Circumstances

In the event of inclement weather and / or other circumstances, outside the control of the Regional Competition Organising Committee, the Regional Co-ordinator/Chairperson may after consultation with the Regional Competition Organising Committee, ISRM and IQL , cancel, curtail or postpone any of the modules in the event and amend as considered necessary the conditions of the competition for the regional heat.

B. Competition Officials / Others and their duties

B1. The following are guidelines to the duties of the officials / others:

a. Referee(s)/Starters

Competition Referee/Starter

If so appointed, is responsible to the Regional Competition Organising Committee for the overall conduct of the competitive events in accordance with these rules; has the authority to intervene at any stage of the competition to ensure the observance of these rules.

Module Referee/Starter

Is responsible to the Regional Competition Referee, has the authority to intervene at any stage of the Module to ensure the observance of these rules; disqualify any team not complying with them and make the final decision on matters of fact in the event of disagreement between judges. Also for the transmission of results to the recorders after consultation with the referee as appropriate

b. Timekeeper(s)

Chief Timekeeper

If so appointed, responsible for the time keeping and timekeepers as required by these rules; and for the transmission of results to the recorders after consultation with the referee as appropriate

Timekeepers

Responsible to the Referee and Chief Timekeeper respectively, for duties allocated to them.

c. Judges

Responsible to the Referee/Starter and the for duties allocated to them.

d. Recorders

Responsible for collating and recording times, marks and points for each Module in the competition and for calculating the results of the various Modules in accordance with these rules. Responsible for preparing the final results sheet and copying this to the Master of Ceremonies for announcement at the end of the competition proceedings.

e. Master of Ceremonies and Prizes Steward

Responsible for overall pre-event introduction, hand over to the Referee, announcement of results after each module and an accumulative result announcements service throughout the competition. The Master of Ceremonies shall further more be responsible for any miscellaneous announcements deemed necessary throughout the regional competition. Responsible for the collection and security of all prizes until their presentation and for the compilation of a list of Prize Holders for transmission to the Regional Co-ordinator/Chairperson immediately after the regional competition.

f. Event Runners

Responsible for collecting mark sheets from the judges and taking them to the Recorders for collation of results. Any other communication duties as may from time to time be delegated.

g. Chief Marshall

Responsible for the control of personnel (both spectators and competitors) in and around the competition areas and for security during modules 1 - 3 and marshalling at the starting position for each module and the presentation ceremony.

Marshalls

Responsible to the chief Marshall for the duties allocated to them.

i. Starter(s)

Responsible for the operation of an adequate starting/finishing signal and for each module.

j. Incident Organiser(s)

Responsible for the setting up of the incidents in Modules 2 & 3, as set by ISRM and IQL and for the briefing of those acting as casualties or subjects, Officials and Competitors and for organising appropriate casualty make-up for realism consistent with the injuries or medical conditions of the casualties set within the respective module, as appropriate.

k. Host Venue Lifeguard Service

The host will be responsible for the provision and co-ordination of an adequate pool lifeguard service for all pool modules throughout the competition in accordance with their facility Pool Safety Operating Procedures.

B2. Dress and Disposition of Officials / Others

The Referee(s) shall ensure that all Officials, Marshalls, Runners and subjects in the competition area(s) are positioned and clothed in such a way as to prevent confusion or hindrance to the Competitors.

C. Entry requirements and other considerations

C1. Team Eligibility to Enter

The competition is open to qualified Pool Lifeguards employed at swimming pools within the United Kingdom. Invitation teams may take part at the discretion of the ISRM & IQL National Competition Organising Committee and subject to any special requirements that may be placed upon their participation. Team members must not be qualified Trainer Assessors or be employed in a position above that of Duty Manager/Supervisor. All Teams participating must be linked to either an IQL Approved Training Centre (ATC) or have their training and certification process undertaken by an IQL Approved Training Provider (ATP).

C2. Despatch of Details

Full details of the competition, including a copy of the current rules, information on entry requirements, closing date for entries and a blank entry form, shall be either sent out by post or displayed on both the ISRM and IQL UK Ltd websites as download documents for teams to enter into each year of the regional competition, as appropriate.

C3. Entry Forms

Entries must reach IQL UK Ltd by 5pm on **Friday, 25th April 2008**, or sooner if the maximum number of places have been filled. They shall be on the official entry form and specify, in full, the information required.

C4. Absence from Briefings

If the Team Manager (or his/her nominee) is not present at the published starting time of the Team Managers briefings, the team shall be disqualified from the competition. In an emergency, a nominee of the Team Manager (who need not be a member of his/her team) may attend on his/her behalf providing the name of the nominee is notified to the Competition Referee at the start of the Team Managers briefing.

C5. Numbers in a Team

Teams shall consist of six Lifeguards (3 male & 3 female). All six members will be entered for each module of the competition, unless otherwise advised by the Regional Co-ordinator/Referee.

C6. Age and Qualification Pre-requisites

Members of the team shall fulfil the following conditions:-

- a. Be at least 16 years of age and employed at Swimming Pools within the United Kingdom and Republic of Ireland, unless invitation team approval has been given by the National Competition Organising Committee.
- b. Hold a current RLSS UK National Pool Lifeguard Qualification.
- c. Team competitors **must** consist of qualified Pool Lifeguards unless written approval has been gained from the National Competition Organising Committee to include those with other industry standards.
- d. Failure to fulfil the above conditions will disqualify the team.

C7. Substitutions

Each team will consist of six members as detailed in Rule C5, substitutions will only be permitted under the following conditions:

- a. That the team members have been entered officially by name on the official team entry form, or in unforeseen circumstances notified to the Regional Co-ordinator/Referee prior to the start of the particular module **and** that they fulfill **and** produce evidence of the prerequisite requirements in Rule C6.
- b. The composition of the team for each module is 3 male and 3 female competitors, unless otherwise notified by the Regional Co-ordinator/Referee.
- c. A team member or substitute may not subsequently compete in any Module for another team.

C8. Team Manager

Each team must nominate on its official entry form a Team Manager who may only act for one team. The Team Manager shall:

- a. Be present at the Team Manager briefings unless abiding by rule C4, and give subsequent briefings afterwards to his/her team.
- b. Be responsible for the conduct of the team throughout the competition.
- c. Be responsible for ensuring that the team is ready to participate in each event on time and report their readiness to the appropriate Marshall as necessary.
- d. Be responsible for ensuring that all team members are conversant with the "Rules of the Competition" and strictly abide by them throughout.
- e. Ensure that all team members are properly dressed for each event in accordance with these rules.
- f. Ensure full consultation with their employer, Pool Manager/ Centre Manager and seek agreement for team training in the months leading up to the competition.

C9. Dress

In all events of the regional competition, every competitor will wear appropriate poolside uniform which shall consist of swim wear, T-shirt, shorts, training shoe footwear and a whistle on a lanyard. No other clothing may be worn. Team Managers may wear either a tracksuit, trousers or skirt, shirt or blouse, tie or neckscarf and suitable footwear. Blazer/jacket is optional. Team members may discard footwear prior to entering the water as appropriate.

NOTE: With the exception of swimwear, poolside uniform must be manufactured from cotton/poly cotton or similar material. Lycra or other specialist sports garments will not be allowed. T- shirt sleeves must not be rolled up.

C10. Swimming Goggles

Goggles must not be worn at anytime during the competition.

C11. Reporting

Any team not reporting to the specific place by the specified time for any module of the competition shall not take part in that module.

D. Modules of the Competition

D1. List and order of the Modules

The modules and the order of the competition shall be:

Module	1	Team Skill Test (all 6 team members)
Module	2	First Aid Incident (3 team members randomly picked)
Module	3	Pool Emergency Incident (3 team members randomly picked)
Module	4	Team Torpedo Buoy Rescue Relay (all 6 team members)

All teams shall compete in all four modules and the end of competition Awards Ceremony.

D2. Module 1: Team Skill Test

- a. All six team members will compete: (3 male and 3 female). This will test individual knowledge and application in demonstrating a skill taken from the current RLSS UK NPLQ syllabus of land based skills.
- b. Each team member will be asked by their respective judge to demonstrate a skill taken from the current RLSS UK NPLQ syllabus, a time of 2 minutes will be allocated by the referee for each team member to demonstrate their knowledge and application of the skill. A start and finish signal will be given by the module Referee/Starter. All 6 team members will start and finish their skill at the same time.
- c. Each judge will have a maximum of 15 marks that they can allocate to each team member, all 6 judges mark sheets will be added together, along with the Referee's maximum of 10 bonus points for overall team competence. This will then determine overall team placings and points for this module.

D3. Module 2: First Aid Incident

A team of three will compete:-

- a. All six team members will be asked to retrieve a number from a envelope or other container, those with **odd numbers** will take part in this module.
- b. A staged first aid incident will not be previously known to competing teams, who will be held in security until called to compete in draw order.
- b. Any assistance or information from other than team members will result in disqualification from this module.
- c. Every effort will be made to ensure that each team is presented with the same emergency situation.
- d. A direct marking scheme will be used by the judges.
- e. Each judge will have a marking sheet with a maximum number of points allocated for the management of each casualty, together with an overall team effectiveness marking sheet by the referee. All mark sheets will be added together to give an overall team score which will be used to determine overall team placings and points in this module

D4. Module 3: Pool Emergency Incident

A team of 3 will compete:-

- a. All six team members will be asked to retrieve a number from an envelope or similar container, those with **even numbers** will take part in this module.
- b. The staged pool emergency situation will consist of an unknown incident. The incident will commence at the start signal once lifeguards from each team are in the poolside patrol positions.
- c. The lifeguard team will react to the situation as they see fit in accordance with best practice principles, commonly written into a swimming pool EAP.
- d. Upon the EAP being instigated and effective communication being demonstrated, back up lifeguards will report to the poolside and support the team.
- e. Each judge will have a marking sheet with a maximum number of points allocated for the management of each casualty, together with an overall team effectiveness marking sheet by the referee. All mark sheets will be added

together to give an overall team score which will be used to determine team placings and points in this module

NOTE: All towing and other rescue techniques must be in accordance with the current edition of the RLSS UK/IQL UK Ltd “The Lifeguard – The definitive development plan and personal record for professional lifeguards” handbook.

D5. Module 4: Team Torpedo Buoy Rescue Relay – Conscious Casualty

A team of six will compete (3 male & 3 female). This module will test speed, towing technique, stamina, physical fitness and teamwork.

- a. Team member 1 (**Male**) will be positioned at the deep end on the poolside with Torpedo Buoy Towing Strap over the shoulder and the Buoy held in their hand ready to enter the water. Team member 2 (**Female**) will place herself in the water ensuring that at least one hand is securely touching the pool wall or handrail at all times until instructed to lay on top of the Torpedo Buoy by the rescuer.

Team members 3 (**Male**), 4 (**Female**), 5 (**Male**) and 6 (**Female**) are to position themselves out of the water on the poolside in number order to await their turn to be casualty and position themselves as for team member 2 when acting as casualty for the rescuer.

- b. At the starting signal the first team member enters the water safely with a Torpedo Buoy, **swims head up** to a conscious casualty (**Team member no 2 Female**) using the buoyant aid, asks the casualty to lay on top of the buoy and hold the strap with both hands, then tows the casualty back to the start position.
- c. On the rescuer reaching and touching the pool wall, both team members climb out onto the poolside and swap the Torpedo Buoy over. Team member 2 (**Female**) can now enter the water safely and rescue team member 3 (**male**) with the Torpedo Buoy as for team member 1. Team member 1 (**male**) should make his way along the poolside to take up his position behind team member 6 (**Female**) in readiness to be a casualty.
- d. Team members numbered 3 to 6 **repeat the same**.

NOTE: All approach swims and towing must be in accordance with the current edition of the RLSS UK/IQL UK Ltd “The Lifeguard – The definitive development plan and personal record for professional lifeguards” handbook.

- e. The finishing time will be recorded with the last member completing the swim and tow upon touching the pool wall at the start position.
- f. **A penalty of 10 seconds** will be added to each teams time for any of the following faults or infringements:-

1. Any rescuer not adopting a headup approach swim when swimming towards the casualty.
 2. Any casualty not holding the end pool wall/rail during the rescuer's approach swim
 3. Any casualty that kicks their legs during the Torpedo Buoy rescue
 4. Any rescuer and casualty that do not climb out onto the poolside to exchange the Torpedo buoy to the next person.
- g. The team finishing order will be determined by the time recorded including penalties. The winning team will be that with the fastest finishing time/most points and so on.

D6. Diving into Shallow Water

WARNING

Competitors are reminded that diving into shallow water (less than 1.5 metres) is extremely dangerous if not properly trained or competent to do so.

All modules requiring a diving start will be from the deep end promenade, other entries must be in accordance with the site's NOP/SIGNAGE to ensure the health and safety of all competitors.

E. Marking, Results and Protests

E1. Disqualification

Disqualification will be that as detailed in these rules.

E2. Penalties

Penalties will be as that detailed in these rules.

E3. Position - Points Allocation

- a. The placing for all modules will be determined by the rank order method with points being awarded to each team as per their finishing position in each module. Each module carries the following number of maximum points:

Module	1	100 points
Module	2	100 points
Module	3	100 points
Module	4	100 points

Total maximum points in the overall regional competition is 400 points.

- b. Points for team finishing positions in each of the modules will be as follows:

1st	100	points	8 th	65	points	15 th	30	points
2nd	95	points	9 th	60	points	16 th	25	points
3rd	90	points	10 th	55	points	17 th	20	points
4th	85	points	11 th	50	points	18 th	15	points
5th	80	points	12 th	45	points			
6th	75	points	13 th	40	points			
7th	70	points	14 th	35	points			

- c. The marking system for modules 1 - 3 will be as per allocation by each judge/referee with each team member's marks being added together to give an overall team total. This will determine each teams finishing position in each module and points awarded accordingly as detailed in Rule E3(b).
- d. The winning team of the competition will be the one who gained the most marks with all other team placings being allocated accordingly.

E4. Tie Breaks

- a. In the event of a tie break in a particular module the placing shall be determined by taking the team member gaining the most marks, or the top two members' highest scores added together and, if necessary, the top three members' highest scores added together.
- b. In the event of a tie break in the overall competition placings, then the higher place shall be awarded to the team given the highest combined points in modules 2 & 3.

E5. Prizes

Prizes and other mementoes shall be awarded to placed winners and others at the discretion of the Regional Competition Organising Committee. It shall be a condition of acceptance of any trophy that the team shall be responsible for the care of the trophy during the period it is held by the team, including its proper transmission, upon request, to the Regional Competition Organising Committee. Failure to do so will result in full replacement costs having to be met by the team. In addition those teams who win a trophy will be responsible for having their regional area and the year engraved upon it.

E6 Protests

Under no circumstances will any competition official or member of the Regional Competition Organising Committee accept or make a decision on any protest or appeal, whether received verbally or in writing.

To this end the point of clarification is that **no protest or appeal will be accepted in any form** and the Referee/Judges decision is final.

E7. 'Fair Play in Sport' Charter

Following clarification by the ISRM & IQL National Competition Organising Committee to establish and maintain standards of conduct and behaviour conducive to good sportsmanship, the ISRM & IQL National Competition Organising Committee has incorporated the CCPR Charter within the rules of both the regional and national level competitions.

NOTE

Team or individuals not abiding by the CCPR Charter will be disqualified from the competition.

Terms of the Charter

a. Governing Bodies

1. Must ensure that their rules are fair, thoroughly understood by competitors and officials and properly enforced.
2. Must make every effort to ensure that the rules are applied consistently and with absolute impartiality.
3. Must make every effort to impress upon participants and officials the absolute need to maintain the highest standards of sportsmanship in the organisation and practice of their sport.

b. Coaches/Team Managers

1. Must insist that competitors understand and abide by the principles of good sportsmanship.
2. Must not countenance the use of drugs by competitors.
3. Must never employ methods or practices that might involve risks to the long term health or physical development of their charges.
4. Must not attempt to manipulate the rules to the advantage of their charges.

c. Competitors

1. Must abide both by the laws and spirit of their sport.
2. Must accept that decisions of umpires and referees without question or protest.
3. Must not cheat and, in particular, must not attempt to improve their performance by the use of drugs.
4. Must exercise self control at all times.

5. Must accept success or failure, victory or defeat, with good grace and without excessive display of emotion.
6. Must treat their opponents and fellow participants with due respect at all times.
7. Must complete any medical questionnaire/disclaimer prior to the competition, which must meet those requirements set by the competition organisers.

d. **Sponsors and Promoters**

1. Must not seek improperly to influence the outcome of non-professional competitors by financial inducements.
2. Must understand and agree that the administration, operation and arrangements for the conduct of competitors and events are the exclusive responsibility of the Governing Bodies.

E8. **Health and Safety**

The competition will be managed in accordance with the highest level of Health and Safety consideration and as such participants are required to take note of the following:

- a. Be familiar with the appropriate sections of the Operational and Emergency Action Plans at each venue.
- b. Responsibility for the health and safety of competitors, spectators, officials and others associated with the event will rest jointly with the Regional Co-ordinator (acting on behalf of the event Organisers) and Facility Management..
- c. All competitors are reminded of their individual and collective responsibilities when entering the water and participating in relation to diving into swimming pools. (See rule D8).
- d. Each competitor must declare any physical or medical condition which is likely to effect their health and safety or welfare of themselves or colleagues throughout the event (particularly in those modules requiring physical effort).
 - i.e. Pregnancy, asthma, epilepsy, high/low blood pressure or other illness, or injury.
- e. Team Managers must ensure that in selecting their teams that each team member is entering into those modules for which they are able to compete, in accordance with the Health and Safety laws and regulations of both the United Kingdom and the European Community.

These rules were amended and agreed by the ISRM & IQL National Competition Organising Committee at its meeting on 1st November 2007.

Additional copies of these “ Rules of the Competition “ can be obtained on request from:

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