



8th. Zambales Lifeguard Challenge

Saturday March 02 2019

Guide to Senior and Junior TEAM events.

Eligibility:

There will be events for both Senior, 16 years and above and Juniors 14 – 15 years.

All competitors under 18 years of age will need a Parents / Guardians consent form duly signed by the Parent / Guardian and must include a copy of a photo ID of the signing Parent / Guardian.

Teams will consist of two (2) persons, seniors can be male, female or combination. Juniors 1 male & 1 female.

One member of each team can be a "Novice" refer invitation letter for guide on this.

General Rules:

1. Events will be prepared by Zambales Lifesaving Inc.
2. At least one team member must be the holder of a Lifeguard or Junior Lifeguard certificate or equivalent from any authorized organization. (Please note for all teams, we will consider that 1 member of the team can be a novice, that is an accredited swimmer with open water skills, but the other member must be a certified lifeguard, novice seniors may be required to attend a swim test on the weekend before the event, day and time will be decided once we know numbers, they will also be instructed in CPR as one event requires 2 man CPR. Novice competitors from outer areas can avail of a certificate of competency from their local lifesaving or swimming director in lieu of attending the pre-qualifying.)
(Experienced younger juniors, below 14 can also be accepted for junior team events, subject to approval of the events committee)
3. Participants must be physically fit and have the ability to swim and perform water rescue skills and personal rescue skills.
4. Lifesaving Organizations, Resorts, Clubs, Chapters Etc. may send a maximum of two (2) teams. (However if you are sending multiple teams, we ask that you mark their priority, so should the event be oversubscribed, your priority team will be given priority of entry acceptance.)
5. Competitors will be restricted to maximum 20 teams, seniors and juniors included; selection will be based on order of receipt of entries. (First 20 (single) entries received, however if any organization has entered 2 teams, the lower priority team may be replaced by another organization, as per clause 4)
6. Participants must submit 1 (2X2 ID) picture and photocopy of training certificates.

Entry fee, on or before February 01 2019 of PHP 4,500.00 per team of 2. Late Entry Fee will be PHP 5,500.00 up to **February 25 2019**. (Inclusions: Lunch and competition singlet.)

NOTE: Entries may be considered on the day if space available, however copies of the competitors Lifeguard Certification must be supplied. On day entry fee will be P6,500.00.

Local and Provincial teams can make direct deposit to Metrobank Iba Zambales
A/C# 472-3-47222401-9 Savings account. Zambales Lifesaving Inc.

For convenience International teams can pay on the day.

7. Team Compositions: **2 Players.** Can be Male, Female or combined male and female. (A special Female class exists for female teams, provided a minimum of 3 all female teams enter, there will be a special award for best female team) Of the 2 players, one must be designated as the Team Leader. (Player A) the other is player B. If possible prize money will be added.
8. The corresponding points for all events will be as follows:
Points will be allocated as follows. 1st. 20 pts.) (2nd. 17 pts.) (3rd. 15 pts.) (4th. 12 pts) (5th. 10 pts) (6th. and below 5 pts.) and (Did Not Finish-DNF - 0 pts Disqualification-DQ – 0 pts.).
9. All events placing will be based on times, all events will be finals, with exception of Beach flags.
10. Individual event points will be allocated to the overall team score.

EVENTS:

Beach Flags. (Only 1 player per team.)

Ironman Challenge. (Only 1 player. Victim will be your team player)

Run – swim – run medley relay.

Rescue Tube and transfer relay.

Rescue Board and transfer relay.

Rescue and resuscitation assessment relay.

Lifeguard Challenge relay.

Rescue Board Race.

Not necessarily in the order they will be run.

11. A suitable amount of time will be allowed for each event.
12. The start umpire will be in charge of giving the go signal to start by using a whistle or louder signaling equipment. There will be a maximum of (5) minute interval between heats. Intervals can be shortened as needed. In the event that the game needs to be stopped or suspended, the umpire will make the necessary announcement.
13. Time of finish is recorded once the team has completed the required tasks, and team member's raise/s their hand/s after crossing the finish line.
14. Once the end of event signal sounds off from the umpire, all team members, finished or not, shall go back to their respective areas.
15. For accurate and fair judging, at least three judges will be assigned for every event. A timer will be assigned to record the time of each team in every event.
16. The following are grounds for points deduction or possible disqualification of a team from the event where they violate the following;
 - a. Any deliberate action or misbehavior of the members (i.e. arguing with each other) which causes delay to the event; 10 – 60 seconds added to your event time, or disqualification from that event.
 - b. Any deliberate action that causes confusion or may affect other team's performance; 10 – 60 seconds added to your event time, or disqualification from that event.
 - c. Did not perform the specified entry, stroke, direction, method or distance. 30 – 60 seconds added to your event time, depending on any advantage gained.
17. Miss handling of victim, incorrect pick up or loss of towed victim. 20 Points.
Incorrect CPR. (Note CPR will be evaluated including DRSABC) 10 to 20 Points, dependent on the severity of the infringement.
18. The team which garnered the highest score / points will be declared Champion, 2nd place and 3rd these placing only will receive awards. Medals will be awarded for 1st. 2nd. and 3rd. for all events.
Note: The organizers will post the result of each event and the overall placing as soon as possible after each event, any team that considers that these are incorrect may in written form, submit a protest to the host organizer within 15 minutes of posting. Any such protest will be adjudicated by the officials, as soon

as possible after receipt of protest so as to hear the information / evidence posed by the protesting team, after deliberation and consideration the judge's will render a decision, which will be final.

19. Designated member/s of the Committee may be appointed to hear any protest, along with the Judges of the competition who were appointed to the particular team / event.
20. Winners will be awarded as stipulated in the guidelines.
21. All teams are encouraged to have a Team uniform (Red and Yellow combination) and Team Banner for the opening and awarding.
22. The supplied competition shirts you will be issued are to be worn in all events.

INDIVIDUAL EVENT MECHANICS

1. Prior to the start of each event, all competing individual scheduled is required to report to the "Ready bench" prior to going to the designated STARTING LINE/POINT.
2. The team should only have one entry for this event. (As nominated on the entry form)
3. At the sound of the starting signal, the time of the event starts.
4. The player should run/swim to specified distance in the event.
5. A player may rest or pause at anytime.
6. The player should observe the proper execution beach entry, the stroke, e.g.; proper and coordinated hand and leg movement, correct carry methods.
7. The player who has the fastest time will be declared the event winner.

TEAM EVENTS MECHANICS

1. The standard rule of any relay game shall be observed in this event. That is, first player in line runs first and performs the task required in the event then, touches the hand of next player in line who will perform the next task.
2. At the sound of the starting signal, the time of the event starts. Failure to follow the event procedure will be the ground for loss of points / time or disqualification by the judge upon confirmation by the Referee / Umpire and judges. (Refer Clause 17)
3. The next player should stay at the starting line as the first player approaches and taps the hand of the next teammate who in turn would go and do the next required procedure. The procedure goes on until all the tasks are performed or the time allotted to the event expires.
4. During the Transfer/Carry/Tow events, Maximum Care of the "victim" shall be emphasized at all times. Mishandling of the "victim" (submerging, ABC compromised, etc.) will receive points deductions for that particular problem / procedure. In cases of a serious "Mishandling of "victim" (e.g. gets hurt or harmed), will get ZERO (0) scores or DISQUALIFIED. **Under all circumstances the "victim" must be protected from harm.**
5. A player may rest or pause anytime.
6. Any violation of event rules will be penalized by the judge assigned on that event. (Clauses 16 – 17)
7. The player should observe the proper execution of the water entry, stroke and carry techniques e.g.; (Rescue tube; Carry methods; Board pick up and use the proper and coordinated movement).
8. All Rescue board events **will use the "Wax up – wax down"** technique for loading the victim.
9. All Rescue tube events, once attached to the victim, the tow line must be fully extended and not held by the rescuer.
10. Players must transfer the victim properly using the appropriate transfer method.
11. The player - team who has the fastest time and correct techniques will be the event winner.
12. All subsequent places will be determined on subsequent times and techniques.
13. The Team that scores the highest number of points (after deductions) will be the overall Champions.

EVENT DESCRIPTIONS: (In all there will be eight events on the day)

INDIVIDUAL EVENTS (Distance - minimum of 20 meters and maximum of 600 meters)

Beach Flag Race - Elimination rounds, to 1 baton for the final.

Ironman Challenge - Run, Swim, Run, Paddle and Transfer the victim using one (1) man carry to the finish line. (Your team mate will be your victim)

TEAM EVENTS (Distance- minimum of 100 meters and maximum of 600 meters)

Run-Swim-Run Medley Relay - Team of 2 Players. 1st player will **run - swim (any stroke) – run** and tag the next player; 2nd player will **run - swim (any stroke) - run** to the finish line.

(This used to be breast stroke Player 1 and crawl Player 2)

Rescue Tube & Transfer Relay– Team of 2 players, with weak victim coming from the organizer.

Player 1 **run and pick up the rescue tube** and do the beach entry and swim towards the victim and **strap the tube to the victim and tow** to the shore line and **wave hands for assistance**, then 2nd player run to the victim and **players 1 and 2 carry** the victim using 2 men carry to the finish line and place the victim in recovery position and players raise their hands.

Rescue Board & Transfer Relay – Team of 2 players, with weak victim coming from the organizer. At the signal of start, number 1 **player run pick up the rescue board** and paddle towards the victim and **load the unconscious victim** to the board and paddle to the shore line and **wave hands for assistance**, then 2nd player run to the victim. **Players 1 and 2 carry** the victim using 2 men carry to the finish line and place the victim in recovery position and players raise their hands.

Rescue and Resuscitation Assessment Relay – Team of 2 Players **with unconscious victim** coming from the organizer. Player 1 **run and swim** towards the victim and **carry/tow** the victim towards the shoreline and **wave for assistance**, Player 2 **run** towards the victim and **players 1 and 2 carry** the victim with 2 man carry to the designated area and perform **3 minutes of 2 rescuer DRSABC**, the observer will advise you when the 3 minutes has expired, then place the victim in recovery position and raise their hands.

NOTE: Incorrect or bad CPR will be penalized by either points deduction or disqualification.

(Note: 3 minutes of CPR will be more than 1 set, so the judges can evaluate that they perform LLF and signs of life and exchange positions, also it will stop players rushing to complete their CPR to be faster)

Lifeguard Challenge Relay – Team of 2 Players. Player 1 **Run**, Player 2 **Swim**, Player 1 **Paddle**, Player 2 **Run** to the finish line.

Board Race Relay. This will be an endurance event, with player 1 running to the board, paddle the course and then run to a designated marker, upon touching the marker raise his / her hand to start player 2 who will run to the board, paddle the course and run to the finish. Player 1 may hold the board for the arrival of player 2.

The Organizers reserve the right to change some events should unseen problems arise, such as weather conditions, lack of equipments Etc. arises.

Questions; should you have any, can be Emailed to: slszambales@gmail.com

Please place Lifeguard Challenge in the subject line.