



## INVITATION

To all Life saving, swim clubs, schools, resorts, life saving clubs and Surfing organizations.

Greetings from Zambales Lifesaving Inc.

This coming March 2<sup>nd</sup>. 2019 we will be holding the Standard Insurance 8<sup>th</sup>. Zambales Lifeguard Challenge, a lifesaving sports event for lifeguards, last year we introduced a full day of events for "Rookie" juniors and we will be doing this again, these events will be on Sunday March 3<sup>rd</sup>.

Senior competitors must be 16 years old and above, be the holder of a current lifeguard / life saving certificate from any recognized training organization, this includes, Philippine Red Cross, Philippine Lifesaving, HHID, Philippine Coast Guard, Zambales Lifesaving Inc. and any other recognized national or international organization. Copy of lifeguard certification must be supplied. (16 and 17 year olds will require parental consent.)

Please note for all teams, we will consider that 1 member of the team can be a novice, that is an accredited swimmer/surfer with open water skills, but the other member must be a currently certified lifeguard / lifesaver, novice seniors may be required to attend a swim test before the event, 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.

See attached Mechanics for event details.

To request an entry form Email: [skszambales@gmail.com](mailto:skszambales@gmail.com)

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