
ROYAL LIFE SAVING SOCIETY COMPETITION HANDBOOK



COMMONWEALTH
DROWNING
PREVENTION

October 2022 edition

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SECTION 1 THE ROYAL LIFE SAVING SOCIETY

The Royal Life Saving Society motto “Whomsoever you see in distress recognise in them a fellow human being” underpins the Society’s work to eliminate drowning across the Commonwealth.

To achieve our vision of Commonwealth Drowning Prevention, RLSS will:

- Empower people and communities to prevent drowning.
- Engage youth through lifesaving sport to support the drowning prevention mission.
- Contribute significantly to, and be a valued partner in, drowning prevention, lifesaving and lifesaving sport.
- Contribute to the achievement of Commonwealth Priorities.

Consistent with the RLSS’s Motto and Commonwealth Principles RLSS believes in:

- Respect for human life.
- Equity, diversity, inclusiveness.
- Friendship.

Unlike other international organisations involved in drowning prevention, RLSS operates specifically among the Commonwealth nations. On behalf of, and in support of our members we advocate for drowning prevention at an inter-governmental level, build the capacity of our member organisations and the drowning prevention and lifesaving sector and provide a collaborative network and opportunities for sharing and development.

In addition, RLSS provides a link to the Commonwealth network including, Heads of Government and the Secretariat, as well as other international lifesaving and injury prevention partners.

The Royal Life Saving Society is governed by a volunteer Commonwealth Council and Board of Trustees who are representative of the Member Branches across the Commonwealth. The Board is guided by the Commonwealth Advisory Council of Presidents, composed of the Presidents of all Member Branches.

1.1 Historical Snapshot

RLSS is the oldest established global lifesaving and drowning prevention organisation. Today the RLSS has Member Branches in 33 Commonwealth nations.

1891 The Life Saving Society founded by William Henry

1892 The Bronze Medallion introduced

1924 The Society incorporated by Royal Charter

1960 National Branches established in Supplementary Charter

1991 First Commonwealth Lifesaving Championships

2003 Commonwealth Sports Committee established (now known as the RLSS Sport Development Committee)

2018 The Society received its Supplemental Charter and Byelaws. A new membership structure was introduced, and Singapore became a National Branch and joined the Commonwealth Council.

Lifesaving competition has been an integral part of RLSS training throughout its history, and official Commonwealth Lifesaving Championships have been held since 1991:

- 1991 – Coventry, England
- 1994 – Dandenong, Australia
- 1996 – Coventry, England
- 2001 – Eastbourne, England
- 2003 – Durban, South Africa
- 2006 – Bath, England
- 2009 – Edmonton, Canada
- 2011 – Durban, South Africa
- 2013 – Canberra, Australia
- 2017 – Durban, South Africa
- 2019 – Leeds, England

1.2 RLSS Lifesaving Sport

The sport of lifesaving contributes to the drowning prevention mission of the Royal Life Saving Society. In pursuit of this mission, competition serves more than the needs of the high-performance athlete it also provides developmental opportunity for all aspects of lifesaving sport including:

- National teams.
- Potential national team competitors.
- Team coaches and team managers.
- Officials.
- Lifesaving sport management personnel.

In addition to providing an opportunity for teams to compete, lifesaving sport provides:

- An incentive for training and competitive improvement.
- Volunteer recruitment for the Royal Life Saving Society.
- An opportunity for educational exchange.
- An opportunity and incentive to improve lifesaving techniques and skills.
- Increased public awareness of the Royal Life Saving Society.

1.3 RLSS Authority / RLSS Commonwealth

The word "Commonwealth" shall only be used in connection with lifesaving activities or competition with the consent of the RLSS.

All Commonwealth Lifesaving Championships occur under the auspices of RLSS which awards the Championships. RLSS alone shall authorise any other Commonwealth Lifesaving Competitions which may include other events and activities such as educational development.

1.4 The RLSS Sport Development Committee

The RLSS Sport Development Committee's mandate is to develop lifesaving sport in Commonwealth nations and through the sport of lifesaving, engage youth in those nations to support and advance the RLSS's

drowning prevention mission. The RLSS Sport Development Committee has full control and authority over all aspects of competition for Commonwealth Lifesaving Championships. (Refer rule 2.5)

The RLSS Sports Development Committee may authorise Commonwealth Lifesaving Championships ('Championships') every two years for National and Development Teams. They may also authorise:

- Commonwealth Lifesaving Sport Development Programs for coaches, athletes, officials, local clubs and schools.
- Non-championship, demonstration or development events to be held in conjunction with the Commonwealth Lifesaving Championships.

1.5 The RLSS Code of Conduct for Sport and Competition

The RLSS expects the highest standard of conduct from all its members when representing the Royal Life Saving Society. This expectation, reflected in the RLSS Code of Conduct for Sport and Competition, applies to all participants in any RLSS competition and associated activities including social functions. These expectations underpin all the rules and guidelines found in this RLSS Competition Handbook and the ILS Competition Rule Book.

It is important that any competition be conducted in a spirit of goodwill, respect and sportsmanship.

Team members represent their nation (or organisation) and the RLSS. As such, team members shall, at all times, conduct themselves in an acceptable manner. RLSS expects all competitors, teams and officials to be respectful of their fellow participants and to co-operate at all times to ensure a positive public image.

The general conduct of all participants will be measured by the following Code of Fair Play (modified from the ILS Competition Rule Book). Competitors are required to abide by and compete within the rules.

For the purpose of applying the Code of Conduct, the definition of a 'team' includes competitors, coaches, assistants and spectators travelling with the team.

RLSS will:

- Promote and encourage fair play through its members.
- Impress upon competitors, coaches, officials, and administrators the need to maintain the highest standards of sportsmanship in lifesaving sport.
- Ensure that competition rules are fair, clearly understood by competitors, coaches, officials, and administrators, and properly enforced.
- Make every effort to ensure that competition rules are applied consistently and impartially.
- Treat all members equally, regardless of gender, sexual orientation, race, or physical characteristics.

Officials will:

- Abide by the rules and the spirit of the competition.
- Be honest, fair, and ethical in dealing with others.
- Be professional in appearance, action, and language.
- Resolve conflicts fairly and promptly through established procedures.
- Maintain strict impartiality.
- Maintain a safe environment for others.
- Be respectful and considerate of others.

- Be a positive role model.

Competitors will:

- Abide by the rules and the spirit of the competition.
- Treat officials with respect and accept the decisions of the Chief Referee and officials without question or complaint.
- Never consider cheating or attempt to improve their individual performance by the use of drugs.
- Exercise reasonable self-control at all times.
- Accept success and failure, victory and defeat, with grace and magnanimity.
- Treat their fellow competitors and team members with respect, both in and outside the competition arena.

Team managers and coaches will:

- Insist that competitors understand and abide by the principles of fair play.
- Never countenance the use of performance enhancing or recreational drugs by competitors.
- Never employ methods or practices that could involve risks to the long-term health or physical development of their competitors.
- Not attempt to manipulate the rules to take advantage of their competitors or their opponents.
- Respect the regulations and authority of the RLSS and its member organisations.
- Accept the authority of the Chief Referee and officials.
- Recognise the special role that they have in the establishment of standards by setting a good example of sportsmanship at all times.
- Respect the rights of other teams, competitors, coaches and officials and not exploit or deliberately act in a manner detrimental to them.
- Not endeavour to influence the result of a competition by any action not strictly within the rules and regulations or within the fundamental precepts of fair play.

Supporters and spectators will:

- Respect the authority and regulations of RLSS and not attempt to avoid or circumvent them.
- Accept the authority of the Chief Referee and officials.
- Abide by the spirit of the competitions.
- Exercise reasonable self-control and display good behaviour at all times.
- Be respectful and considerate in interactions with others.
- Acknowledge the performance of all involved in the competition with grace and magnanimity.

Consequences

Violations of this code may result in individual and/or team disqualification from the competition or activity as described in 1.7 Misconduct below.

Any breach of the rules will be reported to the Chief Referee, or their designate, who may initiate action such as event disqualification.

Behaviour likely to cause embarrassment, injury or damage to others and/or to the image of the RLSS brand or lifesaving competition will be referred to the Disciplinary Committee. Penalties may include expulsion of individuals or teams from the competition.

1.6 Anti-Doping Policy

The RLSS has a policy of drug-free competition with possible drug testing for all approved Commonwealth competitions. The RLSS abides by the ILS Anti-Doping Rules and policies (Refer ILS Rule 2.14). For the most up-to-date ILS Anti-Doping information refer to the RLSS website or <https://www.ilsf.org/lifesaving-sport/rules/anti-doping/>

The RLSS recognises that the host country of a Commonwealth competition may have laws or legal requirements in addition to the ILS Anti-Doping Rules. Competitors must be informed of such requirements as part of registration procedures.

A violation of the ILS Anti-Doping Rules will lead to disqualification of an athlete's individual results including forfeiture of points, medals and prizes as well as any suspension applied by, RLSS, ILS and WADA. If a member of a team, including management personnel, violates the ILS Anti-Doping Rules, the entire team may be disqualified from that event with the attendant loss of points, medals and prizes and suspension from future competition. The matter will also be referred to the RLSS Disciplinary Committee, ILS and the competitors' National Member Branch who may impose further sanctions.

There are doping control requirements for Commonwealth Lifesaving Records which are set out below.

1.7 Misconduct

1.7.1 Conduct and Discipline Generally

RLSS, either by pre-determined publicised penalties or by adopting the decision of a Disciplinary Committee (Rule 1.8), may, at its discretion, issue penalties to individual competitors or teams. These penalties may include exclusion from further participation in Commonwealth events and/or future participation in Commonwealth competitions.

If the Chief Referee disqualifies a competitor or team for an offence in competition, and feels the behaviour is of a serious nature, they may also choose to make a report to the Disciplinary Committee. This committee may decide to apply a further penalty against the competitor or team and its members.

1.7.2 Serious discipline offence

Should a competitor or team commit what could be a serious disciplinary offence, this should be immediately reported to the Chief Referee or Championship Organiser along with the details and/or the circumstances.

Allegations of a serious disciplinary offence shall be referred by the Chief Referee or Championship Organiser to the Disciplinary Committee. (Refer rule 1.8)

Failure to report a possible violation is itself an offence against the RLSS rules.

A serious offence includes but is not limited to.

- Breach of the Code of Conduct.
- Activities that result in wilful damage to the venue sites, accommodation sites or the property of others.
- Verbal or physical abuse of any official or Championship participants.
- Refusing to fulfil the conditions of entry.
- Competing unfairly.
- Unbecoming conduct by a team or its supporters.

- Any action by a team or competitor which attempts to disrupt, disadvantage or interfere with another team or competitor.

1.7.3 Competing unfairly

Competitors or teams who are deemed to have competed unfairly may be disqualified from an event(s) or expelled from the Commonwealth Lifesaving Championships. The Chief Referee and/or the relevant official(s) shall have absolute discretion in determining whether a competitor, team, or handler has competed unfairly. Examples of competing unfairly include:

- Attempting to or manipulation of the rules or procedures to gain an unfair advantage.
- Committing a doping or doping-related infraction.
- Impersonating another competitor.
- Competing twice in the same individual event.
- Competing twice in the same event in different teams.
- Purposely interfering with a course or equipment to gain an advantage.
- Attempting to defeat the ballot or draw for events or positions.
- Jostling or obstructing other competitors or handlers so as to impede their progress.
- Receiving physical or material outside assistance or other direction except where the event rules specifically allow it.
- Any action by a team or competitor which attempts to disrupt, disadvantage or interfere with another team or competitor.

1.8 Disciplinary Committee

The RLSS Sport Development Committee in conjunction with RLSS Commonwealth Headquarters shall appoint a Disciplinary Committee consisting of no less than three members.

The Host Organising Committee shall supply the Disciplinary Committee with the name, contact address, and phone number of every participating team member involved in an incident. This information will include a declaration by the Team Manager and only be used in accordance with privacy and data protection laws.

The Disciplinary Committee shall inquire into any written complaint of misconduct, or any matter referred to it by the Appeals Committee, Championship Organiser or Chief Referee.

The Disciplinary Committee may also initiate an inquiry to determine if an offence has been committed and make a complaint. The Disciplinary Committee may then proceed as if another person had made the complaint.

The Disciplinary Committee may assign appropriate penalties which may include event disqualification, removal from the Championships and forfeiture of titles or trophies. Entry fees shall not be refunded.

1.8.1 Procedure

Complaints must be received in writing, or the complainant must be prepared to attend a meeting or inquiry of the Disciplinary Committee. The member or members against whom the complaint is made shall be entitled to present information to the Disciplinary Committee accompanied by their team manager.

1.8.2 Inquiry guidelines:

- The complaint referred to the Disciplinary Committee shall be read to the competitor(s) or to the team(s) representative(s).

- The evidence of the complainant shall be presented.
- The evidence of the team member(s) against whom the complaint has been made shall be presented.
- Each witness shall be subject to examination by the party (if any) on whose behalf the witness is called and then to cross-examination by the opposing party or parties. The party calling the witness shall have the right to re-examination, but no other examination shall be allowed except by leave of the Disciplinary Committee.
- Hearsay and irrelevant evidence shall not be admitted.
- Witnesses, other than the person the complaint has been made against shall remain out of hearing of the inquiry until called upon to give evidence.

1.8.3 Notification of findings:

The Disciplinary Committee shall make its decisions 'in camera'. If the complaint is proven, the committee may impose a penalty which will take effect immediately. Notice of the finding and any associated penalty shall be given forthwith in writing by the Chair of the Disciplinary Committee to the team member concerned, their team management, and to the national governing body to which the team or individual is affiliated.

The Disciplinary Committee shall report in writing its inquiries and decisions to the RLSS, and the host organisation.

1.9 Records

1.9.1 Commonwealth Lifesaving Records

RLSS recognises and maintains separate male and female records for each open individual and relay speed event conducted at Commonwealth Lifesaving Championships and ILS sanctioned events as provided in these rules. A full list of the current RLSS Commonwealth and Commonwealth Lifesaving Championship records will be available on the RLSS website.

No records are maintained for the Simulated Emergency Response Competitions (SERC).

RLSS maintains two classes of records:

- Commonwealth Lifesaving Records may be set at a competition conducted by an RLSS Commonwealth member nation according to the *ILS Competition Rule Book* and either sanctioned by ILS or authorized by RLSS. They may also be set by a competitor or team from a Commonwealth Nation at an international event conducted by ILS or at a sanctioned ILS event conducted by an ILS member Nation.
- Commonwealth Championship Records may only be set at Commonwealth Lifesaving Championships.

RLSS Commonwealth Lifesaving Records can only be claimed by an athlete whose application has been endorsed by a RLSS Commonwealth member branch.

Records are only recognised where the events and competition are conducted in full compliance with the event, officiating and timing requirements as well as the pool specifications set out in the ILS Competition Rule Book and the RLSS Commonwealth Lifesaving Record requirements found in Appendix C of this Handbook.

Records achieved at a Commonwealth Lifesaving Championships will be automatically processed as part of the competition recording process. It is the athlete's responsibility to claim a record achieved at any other competition using the Record Claim Form. Refer to Appendix C for the Record Claim Form and an explanation of the procedure on how to claim a record.

Approval of RLSS Commonwealth Lifesaving Record applications must be through the RLSS Commonwealth Sports Development Committee.

1.9.2 General Record Conditions

It is preferable that Commonwealth Lifesaving Records are recorded using Automatic Operating Equipment (AOE) and touch pads, however, semi-automatic timing, button timers and manual stopwatches are also acceptable timing methods. The manual timing method used must be in accordance with the method described in Appendix C and the results notarised by the Chief Referee of the event.

All records must be recorded in increments of 1/100th of a second and smaller increments shall be disregarded.

Ties equal to 1/100th of a second are equal and will be deemed joint records.

1.9.3 World Records

It is the athletes' responsibility to undertake the procedures and documentation required by ILS to claim a World Record achieved at any competition, including the Commonwealth Lifesaving Championships. This includes completing the required documentation and obtaining the supporting official event results. The ILS Record Claim Form, the claim procedure details and the doping control requirements for World Records can be found in the ILS Competition Rule Book, Section 2, Rule 2.5

At Commonwealth Lifesaving Championships if there is an intention to claim a World Record the Championship Organiser must be advised at the earliest practicable time so that the required drug test can be arranged with the host nation's Anti-doping Authority. This is a mandatory requirement of ILS noting the drug test requirement does NOT apply to master's age category records.

1.9.4 Record Requirements – Drug Testing

Commonwealth Lifesaving Records and World Records shall not be recognised without a negative doping test certificate unless the record was achieved at the ILS Lifesaving World Championships, World Games, or ILS regional championships where there is in place a system of targeted and random tests in accordance with ILS anti-doping rules.

Any competitor establishing or equalling a Commonwealth Lifesaving Record shall submit to the "drug testing requirements" following the race. When a relay team breaks or equals a Commonwealth Lifesaving Record all competitors swimming in the relay may be tested.

If no doping control is conducted at the competition the competitor(s) shall submit to doping control no later than 24 hours after the race.

SECTION 2 – RLSS COMMONWEALTH CHAMPIONSHIPS

The RLSS Sport Development Committee establishes the programme of events for Commonwealth Lifesaving Championships. The Championships event rules are consistent with those in the *ILS Competition Rule Book*.

While the RLSS Sport Development Committee has full control and authority over the Commonwealth Lifesaving Championships the Host Organizing Committee will produce supplementary information specific to the Commonwealth Lifesaving Championships which should be read in conjunction with this Handbook. The supplementary information will include specific information about event timelines, dates and procedures and other official activities.

The RLSS Sports Development Committee reserves the right to delete, alter or otherwise vary any rule, competition criteria, timetable or other matter as it deems necessary. Every effort will be made to ensure that each team manager receives notice of any amendments. Protests resulting from such decisions will not be considered. Refer Rule 3.10.

2.1 Program of Events and Activities

The Commonwealth Lifesaving Championships includes two separate competitions where national teams compete against other national teams and development teams compete against other development teams. Both these overall Championships will be conducted on a point score basis, Refer Rule 3.1.

Additional associated activities or competitions may be added to the Commonwealth Lifesaving Championship program.

2.1.2 Program and Events – Overview

The competition shall include:

- The Commonwealth Lifesaving Championships for National Teams who compete to become the Commonwealth Lifesaving Champions. These are the elite element of the RLSS Commonwealth Lifesaving Sport.
- The Development Championships are conducted to develop both nations and their athletes in the skills of Lifesaving Sport and for future international events.
- Social events for participants and supporters organized by Host Organising Committee and endorsed by RLSS Sport Development Committee and the RLSS Commonwealth Headquarters.

| Commonwealth Lifesaving Championships Conducted under the rules of ILS and sanctioned by ILS and the Commonwealth Games Federation | |
|---|--|
| Participation | Descriptors |
| National Teams – from RLSS Members and Companion Organisations | The National Teams’ Championship provide members the opportunity to test their skills in the elite element of the Championships. |
| Development Teams – from RLSS Members and Companion Organisations | The Development Teams’ Championships provide opportunities to develop team members in the skills of Lifesaving Sport. |

| Social Events | |
|------------------------------|--|
| Function | Participants |
| Welcome to the Championships | Open to all participants to provide a suitable opportunity for social engagement |
| Presentation Dinner | Open to all participants. The occasion will recognise the achievements and contributions to the Commonwealth Lifesaving Championships. |

In addition, host branches are encouraged to include a Lifesaving Sport Development Program that includes a range of events that encourages youth participation and in the different disciplines. The following is a sample of the types of events that can be included.

| Lifesaving Sport Development Program | |
|---|--|
| The following is a sample of the types of events that may be included | |
| Program | Participants and Activities |
| Sport Development Workshop | For all lifesaving sport coaches, managers and officials |
| Athlete Skill Development | Elite athletes and coaches conduct a range of skill development sessions. |
| Young Lifesavers Roundtable | Young lifesavers (e.g. under 30 years) gather together to share development opportunities and challenges |
| Officials' development | Provide officials with mentoring and development opportunities through workshops, practical experience and accreditation assessment. |
| Local Lifesaving Community | Engage with the local lifesaving community within the host area. |

Sample Program

The following is a sample program to be used as a guide for the Host.

| Day 1 | Day 2 | Day 3 | Day 4-6 | Day 7 |
|----------|---|---|---|------------|
| Arrivals | Training Registration - Teams and Individuals Managers Meetings Officials Meetings Welcome to the Championships | Training Sport Development Youth Round Table Officials' Workshop | Competition Day 6 Presentation Dinner | Departures |

Commonwealth Lifesaving Championship Events

Where possible the events to be included in the Commonwealth Lifesaving Championships point score will be provided to RLSS Members at least 6 months prior to the first day of the Commonwealth Lifesaving Championships.

Note Additional events may be added to the program at the discretion of the RLSS Sports Development Committee in consultation with the Host Nation.

Speed Events

Events will be conducted for both male and female in both National Teams and Development Teams categories. The speed events to be conducted will be selected from the following:

| Speed Events | Point score Events | Maximum Entries Per Team |
|------------------------------|--------------------|----------------------------------|
| 200m Obstacle Swim | Yes | 2 competitors |
| 50m Manikin Carry | Yes | 2 competitors |
| 100m Rescue Medley | Yes | 2 competitors |
| 100m Manikin Carry with Fins | Yes | 2 competitors |
| 100m Manikin Tow with Fins | Yes | 2 competitors |
| 200m Super Lifesaver | Yes | 2 competitors |
| 12.5m Line Throw | Yes | 2 teams (2 competitors per team) |
| 4 x 25m Manikin Relay | Yes | 1 team (4 competitors per team) |
| 4 x 50m Obstacle Relay | Yes | 1 team (4 competitors per team) |
| 4 x 50m Medley Relay | Yes | 1 team (4 competitors per team) |

2.1.3 Participation opportunities

At the Host Committee's discretion and with the RLSS Sport Development Committee approval development opportunities may be provided so additional team members may enter individual events as exhibition competitors. As such the team is not required to nominate which competitor scores team points. Only the fastest two team competitors will be seeded into the finals and score points as outlined in Rule 3.2.

Simulated Emergency Response Competition (SERC) Events

The SERC events to be conducted will be selected from the following:

| Simulated Emergency Response Events (SERC) | Point score Events | Maximum Entries Per Team |
|--|--------------------|---------------------------------|
| Aquatic (Wet) SERC - team event | Yes | 1 team (4 competitors per team) |
| Non-Aquatic (Dry) SERC -individual | Yes | 5 male and 5 female |

The Team SERC shall be conducted without separate male and female categories. Teams may consist of any combination of males and females.

2.2 Right to Participate

All nations recognised by the Commonwealth Games Federation are eligible to enter the Commonwealth Lifesaving Championships. Each Nation may enter one National Team and one Development Team.

Commonwealth "Nations" are defined by the Commonwealth Games Federation as all Commonwealth countries, colonies, and dependent or associated territories. The list of eligible nations can be found at the web site of the Commonwealth Games Federation at link <https://thecgf.com/countries>

The Championships are intended for bona fide lifesavers from Commonwealth nations who have demonstrated a commitment to lifesaving; people who are lifesavers first, competitors second. RLSS considers it unethical to recruit competitors whose lifesaving credentials are tenuous or merely convenient for the purposes of competition. Team management personnel and coaches are the key to preventing such unethical practices and must display "play within the rules" behaviour at all times. Refer to the Code of Conduct outlined in Section 1.5 of this Handbook.

Each national lifesaving organisation shall provide an endorsement declaring that its competitors meet the eligibility criteria outlined below.

2.2.1 Eligibility to compete:

To be eligible to compete as a member of a National Team or Development Team, athletes must:

- Be a citizen or subject of an eligible Commonwealth nation.
- Be qualified lifesavers in good standing with their national lifesaving organisation and hold an RLSS Bronze Medallion Award or equivalent.
- Be a minimum of 16 years of age on or before December 31st in the year that the Championships are to be held.
- For purposes of out-of-competition testing, be registered with their national organisation responsible to the World Anti-Doping Agency (WADA) prior to the first day of the competition.

To be eligible to compete as a member of a Development Team:

- An athlete must not now, or ever have been, a member of an Open National Team at any Commonwealth or ILS international sanctioned events.
- An athlete may have been a member of a National Youth Team.
- Athletes may be selected multiple times to a development team.

2.2.2 Nationality

A competitor who is a citizen or subject of more than one nation must choose which to represent. Competitors born in a Commonwealth country who have also a common citizenship/passport with other Commonwealth nations may initially represent either their nation of birth or another nation for which they hold citizenship.

A competitor who has represented one nation at a Commonwealth Lifesaving Championship may only represent another nation in future Commonwealth events with the approval of the RLSS and the national lifesaving organisations of the two nations concerned.

If an issue or question arises over a competitor's national eligibility, then the RLSS Sport Development Committee should be approached to resolve the issue.

2.2.3 Team Composition

A team may consist of a minimum of one competitor and a maximum of five female and a maximum of five male competitors (totalling ten).

Team Officials – Team management and coaching personnel are not counted as team members for the purpose of this rule unless they are also participating as competitors.

National Team and Development Teams are not required to have separate management personnel.

2.3 Entry Procedures

2.3.1 Registration

All teams must register prior to the Championships in accordance with the procedures and timelines established by the RLSS and the Host Organising Committee. Entry fees must be paid with the team registration.

Late registrations may be subject to terms and conditions established by the Host Organising Committee.

2.3.2 Entry fees

The Host Organising Committee shall recommend the entry fees to the RLSS in accordance with the Memorandum of Understanding between the Host and the RLSS.

2.3.3 Entry Times

Competitors' best times in the 12 months prior to the closing date for registrations should be included with their entries. If no time is submitted, then the competitor will be seeded in the last heat.

2.3.4 Team Changes after entry.

Team composition may be changed up until the conclusion of 'Team Briefing' held prior to the start of the Commonwealth Lifesaving Championships. After that time, there shall be no further alteration to team composition. Competitors who subsequently withdraw due to injury or other reason **may not** be replaced. An exception may be granted in the event of illness or injury on presentation of independent medical certification. Substitution may also be permitted where the Chief Referee and the Championship Organiser are satisfied the withdrawal is the result of genuine misadventure.

In such instances a change shall be accepted up to 2 hours prior to the team's first entry into a competition event provided the details and supporting documentation are submitted in writing by the team manager to the Championship Organiser in sufficient time to meet the 2 hour requirement.

The details must include the name and event number(s) of the withdrawn competitor together with the same details for the substitute athlete, including entry times and proof of registration and endorsement. Re-seeding of affected events will only occur where it doesn't disrupt the running of the Commonwealth Lifesaving Championships.

2.4 Participation Requirements

2.4.1 Uniform (Competition attire)

Each Team shall have a uniform suitable for official ceremonies and award presentations.

When entering the competition area, no team member, competitor, or handler may have any advertising signage, logos, or corporate identification on team clothing, competition apparel, gear or equipment that the Chief Referee and/or the Championship Organiser deems to be objectionable or in conflict with RLSS sponsors.

Team managers, coaches, and assistants are encouraged to take part in the ceremonies and should wear their team uniform.

2.4.2 Swim caps

For event judging the use of swim caps assists in the identification of competitors and teams therefore, in all events competitors are required to wear their designated team cap when competing. The caps may be traditional chin-tie lifesaving caps or rubber/silicone swimming caps.

In both speed and SERC events the team caps must be worn on competitors' heads at the start of each event.

Manikin handlers must wear the dedicated team cap of their competitor.

2.4.3 Swim wear

The Chief Referee has the authority to exclude any competitor whose swim wear does not comply with the following standards:

- Competitors shall wear costumes, clothing or dress as approved by ILS Swimsuit Policy. See Appendix A of this handbook (ILS Rule 8.13).
- Swim wear shall be in good moral taste and not carry any symbol which may be considered offensive.
- All swim wear shall be non-transparent.
- Competitors shall not wear or use anything that may aid buoyancy or provide a competitive advantage.

Any requests for swimsuit exemptions to these guidelines for religious or medical reasons should be sent to the Host Organising Committee at least 6 weeks prior to the event being held.

Swim goggles may be worn in race events. Swim goggles **may not** be worn in the Aquatic SERC events. Optical glasses may be worn in all events so long as they are suitably designed for that event.

2.4.4 Footwear

Competitors shall not wear footwear during competition events unless otherwise specified in the event description or authorised by the Chief Referee.

Manikin handlers may wear footwear with good grip soles when on the pool deck.

2.4.5 Competition Equipment

Competitors must use the competition equipment provided by the Host Organising Committee.

Competitors are required to supply their own personal equipment, such as fins.

Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g., hand webs, armbands). Competitors may not apply any substance to their hands or a piece of equipment to improve their grip.

2.5 Management

The Commonwealth Lifesaving Championships are subject to a Memorandum of Understanding between the Host and the RLSS which details the framework and obligations of each party. The following sections includes a summary of these obligations.

The RLSS will apply to ILS and the Commonwealth Games Federation seeking approval for the Commonwealth Lifesaving Championship events to be sanctioned by these organisations.

Management organisation must follow the requirements set out in the Memorandum of Understanding and this Handbook noting that unexpected changes to conditions may require an adjustment to the time limits required.

No competition shall be conducted until the RLSS Sport Development Committee is satisfied that the competition facilities are safe, and that appropriate 'Safety and Emergency Plan', equipment, procedures and personnel are in place.

Six months prior to the start of the Commonwealth Lifesaving Championships the Host Organising Committee shall submit to the RLSS a final Event Management Plan, which will include a 'Safety and Emergency Plan'. Refer 2.5.2 below.

2.5.1 Responsibility for equipment:

The Host Organising Committee shall be responsible for the provision of all equipment and material required to conduct all Commonwealth Lifesaving Championship events. All competition equipment must meet the specifications as outlined in the current edition of the ILS Competition Rule Book, Section 8.

The Host Organising Committee shall provide the following equipment which must be used by all competitors:

- Rescue manikins
- Throw line
- Rescue tubes
- Obstacles
- Resuscitation manikins and SERC equipment

2.5.2 Competition Safety

The provision of a safe competition is essential and a priority in competition planning. The Host Organising Committee is responsible for the provision of adequate resources to ensure, so far as is reasonably practicable, the safety of those involved with the competition.

The Host Organising Committee shall submit a 'Safety and Emergency Plan' for approval by the RLSS. Following approval, a copy of the 'Safety and Emergency Plan' will be provided to the Chief Referee and other key officials.

If conditions change a revised plan to address the new conditions must be forwarded to RLSS as soon as practical.

Safety & Emergency Plan

The Host Organising Committee shall prepare a plan that includes procedures and processes to ensure:

- The general safety of competitors, competition personnel and spectators.
- The personnel and procedures are in place in case of minor or major emergencies involving injury to or illness of competitors, competition personnel, or spectators.
- Competition safety.
- Adequate infection control such as COVID requirements
- Address specific venue management safety requirements

The Host Organising Committee in consultation with the RLSS Sport Development Committee shall appoint a Safety Officer who is responsible for ensuring that the Safety requirements detailed in the Safety and

Emergency Plan are in place at the beginning of the Commonwealth Lifesaving Championships. Throughout the Commonwealth Lifesaving Championships, they will monitor the Competition area and venue to ensure the ongoing safety of all participants. The Safety Officer may be required to undertake the role of an Infection Control Marshall, or a separate individual may be appointed to the role. For details of the responsibilities of the Safety Officer and Infection Control Marshall refer to ILS Rule 2.4.26 and 2.4.34

The Chief Referee or the appointed Safety Officer (as named in the Safety and Emergency Plan) shall assume control of emergencies arising during competition.

Relocation Contingency Plan

The Host Organising Committee shall prepare a contingency plan, which details the protocols and procedures to be followed if the event conditions threaten the conduct of part or all of the Commonwealth Lifesaving Championships.

The contingency plan should:

- Identify the decision-making authority and protocol for suspension, cancellation, postponement, or relocation of part or all of the competition.
- Identify alternative locations where part or all of the competition may be safely conducted within the timeframe set down.
- Specify the responsibilities and procedures for communicating decisions and directions concerning suspension, cancellation, postponement or relocation.
- Outline the logistical plan for relocating competitors, competition personnel and equipment to an alternate location.
- Outline the responsibilities for event set-up and re-scheduling at the alternate location(s).

2.6 Officials

All officials must be accredited by their national governing body for lifesaving sport and their applications endorsed by their national organisation prior to notification of appointment as an official. The appointment of officials to the Commonwealth Lifesaving Championships will be in accordance with the official roles and responsibilities outlined in the ILS Competition Rule Book 2.4

The RLSS Sport Development Committee shall call for, and appoint, the following key officials for the Commonwealth Lifesaving Championships:

- Chief Referee
- Deputy Referee(s)
- SERC Organiser(s)

All other officiating roles will be appointed by the Chief Referee in consultation with the relevant deputies. Officiating roles for SERC events will be appointed by the SERC Organiser(s) in consultation with the Chief Referee. These appointments must be approved by the RLSS Sport Development Committee in consultation with the Host Organising Committee

Officials will ensure that all competition events are conducted fairly and within the rules and procedures detailed in this Handbook. Officials can come from any ILS recognised nation, even if their country is not recognised by RLSS Commonwealth.

As a condition of entry each competing teams is expected to provide at least one official to support the Host Organising Committee. Therefore, a nation entering both a National Team and Development Team should supply two officials.

Teams are encouraged to bring any additional individuals who may wish to shadow an official, help or support the Host Organising Committee with the operational delivery for the event as an unqualified helper.

Appointed officials may not 'coach' or similarly assist a competing team. An official found to be in violation of this rule shall be declared ineligible to continue in an officiating role. Officials conducting seminars or clinics for groups which include competitors are not in violation of this rule.

Officials are required to attend the appropriate briefings to review officiating logistics, judging sheets and event procedures.

2.6.1 Dress

If the Host Organising Committee does not supply a Commonwealth Lifesaving Championship uniform, officials should wear a white top with white or navy-blue shorts, pants, or skirt. Hats, if worn, should be navy. Officials should wear shoes with good grip.

2.7 Official Ceremonies

Official ceremonies conducted at the Commonwealth Lifesaving Championships and other Commonwealth events shall include the following:

- Assembly of teams and officials.
- Official welcome on behalf of the host organisation.
- Administration of Oaths.
- Official welcome on behalf of the Royal Life Saving Society and the opening declaration.

Athlete's Oath

"In the name of all competitors, I promise that we shall respect and abide by the rules of this Championship, competing with a spirit of sportsmanship and fair play."

Official's Oath

"In the name of all officials, I promise that we shall officiate in this Championship with impartiality, honouring the rules which govern this competition and the spirit of fair play which inspires them."

Team management and coach's Oath

"In the name of all team managers and coaches, I promise that we shall commit to exemplary leadership consistent with the code of conduct and its guiding principles."

Official Opening Declaration

"On behalf of the Royal Life Saving Society, I declare these Championships officially open."

Flags and Banners

Each team/individual shall bring to the Commonwealth Lifesaving Championships a flag or banner indicating their nation. Flags and banners shall be carried at the Official Opening Ceremony. In addition, organisers may request the flags and banners to be displayed at the competition sites, official functions and award presentations.

2.8 Awards

2.8.1 Individual and Team Events

Medals or certificates shall be presented for the first three places in the A-final of all events in the National Team Championships and the Development Team Championships.

The event winners in all National Team Championships shall be recognised as the Commonwealth Lifesaving Champions.

2.8.2 Overall Individual Category

The Overall Individual Category is awarded to the highest placed male and female athlete in the National Teams category. A point score is conducted over all individual National events and the athlete with the highest placed results will be declared the winner.

Medals shall be presented to the first, second, and third placed male and female athlete.

2.8.3 Team Categories

Overall point score awards are presented based on the overall point score conducted in each category, National Teams and Development Teams respectively. The titles of Commonwealth Lifesaving National Team Champion and Commonwealth Life Saving Development Team Champion are also awarded.

Medals shall be presented to each member of the first, second, and third placed and a maximum of two management/coaching personnel per team.

2.8.4 Perpetual Awards

As well as the Commonwealth Lifesaving Championship event medals the following will also be presented.

National Teams:

The Prince Michael of Kent Salver shall be presented to the first placed National Team.

The Langland Bay Men's Cup shall be presented to the top scoring individual male from a National Team.

The Langland Bay Women's Cup shall be presented to the top scoring individual female from a National Team.

Development Teams:

The John Long Trophy shall be presented to the first placed Development Team

The Mrs Henry Cup shall be presented to an individual from a developing lifesaving sport nation who is identified by a culmination of points scored and on participation and engagement. Factors to be taken into consideration for participation and engagement include support for their team, support for other competing teams, engagement with other competitors and officials.

The recipient for this Cup will be decided by a Selection Committee who will comprise of:

- Chief Referee for the Commonwealth Lifesaving Championships
- RLSS Sport Development Committee Chairperson or their nominated representative
- A Member of the RLSS Board of Trustees or their nominated representative.

2.8.5 Medal and Award Presentations

Official presentations of awards shall be conducted throughout the Commonwealth Lifesaving Championship Program. All award presentations shall share the following characteristics:

- Presentations shall be staged on a podium or dais.
- An official presenter will place medals on ribbons around competitors' necks.
- Official photographs will be taken.

If possible, the National Anthem of the first-place team will be played. Where available, the national flag or banner should be displayed by appropriate means.

SECTION 3 – GENERAL RULES AND PROCEDURES

3.1 Point score

There shall be 4 separate point scores.

- One each for the highest overall National Team and overall Development Team.
- One each for the highest scoring individual male and female competitor in the National Teams' competition.

3.1.1 Individual Point score

The male and female individual point score is restricted to National Team members. It is calculated by awarding points earned by an athlete in the final of the individual National Team point score events only.

3.1.2 Team Point score

National Team and Development Team point scores will be calculated separately.

The team point score result is the total of all the placing points earned by a team in all their category's individual and team point score events.

There shall be no points blocking in Teams Championships.

3.2 Point Allocations

Using the table below, points are allocated to a teams' two highest placed competitors in finals only.

In speed events the points for first (1st) to eighth (8th) place are from the A final while points for ninth (9th) to (16th) are from the B Final. No points shall be allocated for heats unless they are conducted as timed finals.

3.2.1 Event Ties

Ties (dead heats) in finals shall be declared as such. Competitors finishing in an equal position shall receive the points for that position as set out in the table below.

Points resume from the next available place which is the total number of competitors who finished before them + 1.

For example; in a two-way tie for third (3rd) place, 16 points shall be allocated to both teams/individuals. The next place allocated would be fifth (5th) and points awarded accordingly i.e., 13 points.

3.2.2 Point allocation table

The following table provides the point allocations for all Commonwealth Lifesaving Championship events including speed events and Wet and Dry Simulated Emergency Response Competition events.

| Place | Points | Place | Points | Place | Points | Place | Points |
|-----------------|--------|-----------------|--------|------------------|--------|------------------|--------|
| 1 st | 20 | 5 th | 13 | 9 th | 8 | 13 th | 4 |
| 2 nd | 18 | 6 th | 12 | 10 th | 7 | 14 th | 3 |
| 3 rd | 16 | 7 th | 11 | 11 th | 6 | 15 th | 2 |
| 4 th | 14 | 8 th | 10 | 12 th | 5 | 16 th | 1 |

17th place and after will be zero points.

3.2.3 Disqualification

Competitors who are disqualified (DQ) or do not finish (DNF) an event, whether in heats or finals, shall not earn any points for a team or individual point score in that event.

3.2.4 Event cancellation

No points shall be credited to any team if an event is completely cancelled – even if some heats have been run.

If all heats have been completed but the finals are not able to be conducted, the event places, medals and points shall be decided as if the event was a timed final (i.e., event placings calculated by ordering the times).

3.2.5 Overall Point score Ties

Ties in overall team point scores shall be broken using the following system:

- Most first-place final finishes;
- Most second-place final finishes;
- Most third-place final finishes, and so on.

3.3 Event Organisation and Recording

3.3.1 Entry times

Competitors will be seeded into heats based on entry times submitted with registration. Competitors who have no submitted entry times shall be seeded into the slowest heat.

3.3.2 Lane assignment

Lanes shall be assigned for all heats and finals by placing the fastest competitor or team in lane four of an eight-lane pool. The competitor having the next fastest time is placed on the left of the fastest (lane 5), then alternating other competitors to right and left in accordance with the submitted times. Competitors with identical times shall be assigned lane positions by draw with the aforesaid pattern. This is referred to, in some countries as the circle method of seeding.

Placement of competitors with identical times, or of more than one competitor without times, shall be determined by a draw.

3.4 Seeding

At Commonwealth Lifesaving Championships all speed events are conducted as heats and finals. In exceptional circumstances the Host Organising Committee, in consultation with the RLSS Sport Development Committee, may conduct the speed events as 'Timed Finals' Both procedures are outlined below.

Note: Competitors entered under Rule 2.1.3, Participation Opportunities, will not be seeded separately in the heats but where finals are held each team may only be represented by 2 team members.

3.4.1 Seeding for heats and finals

Heats: National Team and Development Team competitors (male and female) shall be seeded together for each event. This allows for more competitive races in heats.

Where events are conducted as heats and finals (according to the entries received), competitors shall be seeded in heats in the following manner:

- a) If one heat: it shall be seeded as a final and swum during the final session.

- b) If two heats: Using the circle method, i.e., the fastest competitor shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc.
- c) For more than two heats, the fastest 24 competitors are distributed between the first three heats and then all remaining swimmers are allocated to the remaining heats, as recommended by ILS lane allocation using the circle method as explained by FINA protocols.
- d) All heats must have at least 2 competitors.

Finals: All finals are based on times recorded in heats. Competitors are seeded separately for both National Teams and Development Teams.

If there are nine entries in an event, heats shall be conducted, but only an A-final shall be conducted. If there are 10 or more entries in an event, heats shall be conducted, and both an A- and B-final shall be conducted.

The fastest 8 times recorded in the heats will progress to the final. If a B final is held then the next 8 fastest times will progress to this final.

In speed events, when competitors in heats have equal times registered to 1/100 of a second for either the eighth place or sixteenth place, there shall be a swim-off to determine which competitor shall advance to the appropriate final.

Where one or more competitors do not marshal for, or withdraw from, either an A or B final alternate competitors shall be called forward. If time permits the final may be re-seeded.

3.4.2 Seeding in Timed Finals

Where events are conducted as timed finals National Teams and Development Teams are seeded separately. Competitors shall be seeded into heats according to submitted times in the following manner:

- a) If one heat: it shall be seeded as a final.
- b) If two or more heats: the fastest competitors shall be seeded in the last heat, the next fastest competitors into the second last heat, and so on until all competitors have been allocated a heat and lane according to submitted times.

Note: Competitors entered under Rule 2.1.3, Participation Opportunities, will be seeded according to their team membership and team points will be allocated according to Rule 3.2.

3.5 Simulated Emergency Response Competitions (SERC) – Wet and Dry

National Teams and Development Teams are seeded separately. The order of SERC events shall be determined by a draw in a method approved by the Chief Referee in consultation with the Championship Organiser.

Preliminary rounds (heats / semi-finals) will be held for all SERC events (Wet SERC and Dry SERC) where the registered number of entries is too large to allow competition to be conducted satisfactorily in a single round (final). Where preliminary rounds are held, all competitors must compete in, and qualify through, these rounds. The same principles will apply to both male and female competitors.

Progression / qualification to the final will be based on positions in the heats. At least 16 competitors/teams will be put through to the final where more than 16 competitors/teams are taking part. When a tie occurs in heats that qualify for a final, the tied competitors/teams advance to the final.

Note: Team Points awarded in SERC are allocated according to Rule 3.2

3.6 Event Substitution

Only the team manager may substitute team competitors with another member from the same team. Team managers must notify the appropriate officials of substitution no later than 30 minutes prior to the start of the event or prior to the commencement of marshalling – whichever comes first.

Competitors who have been replaced in an event may not be resubstituted back into that same event, but they may contest other events in the Commonwealth Lifesaving Championships.

Once an event is marshalled there can be no substitution into that event.

In relay events, team members may be substituted between rounds, but there shall be no substitution of competitors while a race is being conducted. This does not apply to the order that team members compete.

3.7 Did Not Finish (DNF)

Where a competitor does not finish an event (DNF), the event results shall not include a place or time for that competitor.

3.8 Timekeeping and Place Judging

At Commonwealth Lifesaving Championships, Automatic Officiating Equipment should be used for all speed events to record the time and determine the place of each competitor. In addition to the electronic timekeeping a minimum of two timekeepers per lane is required. These officials shall provide back-up timing by operating manual or semi-automatic timing devices.

For all speed events each individual competitor/team is timed from the starting signal until the competitor touches the finish wall to complete their race.

3.8.1 Automatic Officiating Equipment (AOE)

Any equipment installed must not interfere with competitors' start and turns.

The AOE must be activated by the Starter and must provide easy digital readings of competitors' times.

Times recorded by AOE shall show results recorded to 1/100 of a second.

The placing and times determined by AOE shall have precedence over the decision of place judges and timekeepers. Should the electronic equipment break down or fail, or if a competitor has failed to activate it, the time recorded by the human timekeepers shall be official.

3.8.2 Manual timekeeping and officiating

In lifesaving competitions where an AOE result is unavailable, the time of each competitor must be recorded by three timekeepers using either a manual or semi-automatic timing device i.e., stopwatch or timing button. There shall be two additional timekeepers designated, either of whom shall be directed to replace a timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time.

Watches are started on the start signal and stopped when it is clearly visible to the timekeeper that the competitor has touched the finish wall with any part of their body.

With three timekeepers, where two of them have the same time, this time shall be considered official. If the three timekeepers differ, the middle time shall be official. If one watch fails, the average of the other two times shall constitute the competitor's official time.

Where the finish order indicated by the times recorded by manual timekeepers does not coincide with the finish order determined by the Place Judges, the Place Judges' placings prevail. The times assigned to the competitors involved shall be identical followed by an 'abc' designation to indicate the allocated judge's place. Therefore, if two

competitors are involved, the times assigned shall be the average of their individual times e.g., the times would be shown as 34.67A for 1st place followed by 2nd place shown as 34.67B.

3.8.3 Place Judging

Where AOE is not in use or it has failed, place judges determine the order of finish for each race. They must be positioned to ensure they have a clear unobstructed view of the event finish.

Note: Place Judges determine finishing order only, Lane Judges (often referred to as technical judges) assess whether competitors' technique complies with specific event rules.

3.9 Event Disqualification

Competitors or teams may be disqualified from an event or from the entire competition.

Where a competitor is disqualified for any reason, in a heat or a final, the place he or she would have held shall be awarded to the competitor who finished next and all lower placing competitors shall be advanced one place. The event results shall not include a place or time for the disqualified competitor.

In team events, if one or more competitors are disqualified for a breach of the rules the entire team is deemed to be disqualified and as such loses all standing in the event being contested.

Disqualification from events

Behaviour which may result in disqualification of individuals or teams from an event, include:

- i) Failure to present to marshalling for an event.
- ii) Being absent at the start of an event.
- iii) Infraction of the "General conditions" for events or infraction of event rules.

Every attempt will be made by the Chief Referee or authorised judge to notify competitors of their disqualification from an event at the completion of the race. Competitors shall not leave the designated competition area until dismissed by the Chief Referee or another authorised official.

If an error by an official causes a fault by a competitor, the fault by the competitor may be expunged, at the Chief Referee's discretion.

Disqualification from competition

Behaviour which may result in disqualification of individuals or teams from the whole the competition is included in 1.7 Misconduct and ILS Rule 2.15 and 2.16.

ILS Disqualification codes will be used for all Commonwealth Lifesaving Championship events. Specific event disqualification codes are found in the ILS Competition Rule Book as appendices of Section 3 Pool Events and Section 5 – SERC.

3.10 Protests and Appeals

A competitor or team manager may protest to the Chief Referee through the Competition Liaison, and subsequently dispute a Chief Referee's decision through appeal in the manner prescribed below.

The assistance of video or other electronic equipment may be used to consider protests or appeals. However, it must be available for viewing within 10 minutes of the protest/appeal being lodged with the Chief Referee/Appeals Committee Convener or Competitor Liaison.

3.10.1 Protest /Appeal Fee

There shall be no protest fee. However, there is a fee payable whenever a matter is referred to the Appeals Committee, whether by the Chief Referee directly or by a team appealing a Chief Referee's decision.

Where the dispute is dismissed but the Appeals Committee / Convenor determines it was submitted in good faith and that the team had a genuine belief as to its merits (i.e., it was not frivolous), they may return the fee to the relevant team.

3.10.2 Direct Referrals to the Appeals Committee

Direct referral of a protest to appeal is at the sole discretion of the Chief Referee. An appeal fee is required and remains subject to refund or forfeit in accordance with the Appeals authority above.

A referred protest will be heard by the Appeals Committee as detailed in Section 3.12.

3.11 PROTESTS

3.11.1 Types of protests

Protests, which may lead to the imposition of penalties, fall broadly into the following categories:

- Protests arising from entry procedures or entry eligibility.
- Protests arising from scrutineering or equipment eligibility.
- Protests arising during participation in the competition and/or breaches of rules.

3.11.2 Exceptions and Exclusion

Protests on matters pertaining to general meet/competition administrative matters are not permitted.

No protest is permitted against decisions of the Starter, judges' order-of-finish and judges' points allocations (or deductions).

Protest time limits may be extended beyond the expiry of the published times where it can be demonstrated that an act or omission by event officials or meet organisers prevented the lodging of a protest within the published time limits.

3.11.3 Lodging a protest

The conditions relating to the lodgement of protests shall be as follows:

- a) A protest against the conditions under which an event or race is to be conducted must be made verbally to the Chief Referee, or their designated representative prior to the event or race. Before the start of the event or race, the Chief Referee or appointed official shall inform the competitors in that event or race of such a protest.
- b) A protest against a competitor or a team, or against a decision of an official, must be lodged verbally with the Chief Referee within 15 minutes of the posting of the result of the event or within 15 minutes of being notified verbally by the Chief Referee of the decision, whichever occurs first. Within 15 minutes of the submission of the verbal protest, a protest written in English must be lodged with the Chief Referee through the Competitor Liaison.
- c) The Chief Referee will ensure that the official result of an event is withheld until any protest is decided.

3.11.4 Adjudication of protests

The conditions relating to the adjudication on protest shall be:

- a) As soon as possible after the correct lodgement of a protest, the Chief Referee shall adjudicate on the matter. The Chief Referee at their discretion may also refer the matter direct to the Appeals Committee.

- b) The Chief Referee shall rule on the protest and advise the competitor and relevant officials of their decision and any penalty imposed. Reasons for the decision may be briefly given verbally but must be recorded on the protest form.
- a) Where the Chief Referee adjudicates the matter, the decision may only be disputed by way of lodging an appeal.

3.12 APPEALS

3.12.1 Lodging an Appeal

The conditions relating to the lodgement of an Appeal shall be as follows:

- a) An appeal against a protest decision must be lodged, verbally with the Appeals Committee Convenor within 15 minutes of the competitor or their representative being advised of the protest decision.
- b) Within 15 minutes of the submission of the verbal appeal, a written dispute (in English) and accompanied by the protest fee shall be lodged with the Appeals Committee convenor.

3.12.2 Appeals Committee

- a) The RLSS in consultation with the Host Organising Committee shall appoint a person of suitable experience and practical knowledge to act as the Appeals Committee Convenor.
- b) The Appeals Committee Convenor selects members for the appeals committee, based on their backgrounds and experience, to adjudicate individual cases.
- c) While three people should ordinarily sit on an appeals committee, the quorum for appeals shall be two persons.
- d) The membership shall not include a person who has previously participated in the making of the decision that is the subject of dispute.

3.12.3 Authority

- a) The Appeals Committee shall deal with all protests or appeals referred to it by the Chief Referee or Appeals Committee Convenor.
- b) The decision of the Appeals Committee shall be final, without the right of appeal. If the appeal is upheld, the fee is returned: if ruled against, the fee is forfeit.
- c) The Appeals Committee may refer serious breaches of the Code of Conduct to the Disciplinary Committee.

3.12.4 Procedure

- a) There shall be a fee payable whenever a matter is referred to the Appeals Committee.
- b) The Appeals Committee shall adjudicate after both sides have had an opportunity to state their case.
- c) Guidelines for an appeals committee inquiry are similar to the Disciplinary Committee procedure (refer to Section 1.8).
- d) The assistance of video or other electronic equipment may be used to consider an appeal.
- e) After hearing all available and relevant evidence, the Appeals Committee shall make its decision 'in camera'.
- f) The decision to uphold the protest or rule against the appeal shall be delivered verbally or in writing by the Appeals Committee Convenor to the competitor and/or team member concerned, to the Chief Referee and Team Manager and the reasons for the decision may be briefly given verbally but must be recorded on the Appeal Form.

SECTION 4 – SPEED EVENT RULES

Unless otherwise specified below, Commonwealth Lifesaving Championship events are conducted according to the event rules found in of the *ILS Competition Rule Book Sections 3 – Pool Events* (current edition) which can be viewed or downloaded at www.ilsf.org. This section includes a summary of those rules:

PART A – GENERAL EVENT RULES

4.1 General Conditions for Pool Competition

Team management and competitors are responsible for being familiar with the competition schedule, and with the rules and procedures governing events. For a more detailed list of general events rules refer to ILS Rule 3.1

General Conditions –

- a) Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g., hand webs, armbands).
- b) Competitors shall wear their team swim caps in all events. Rubber or silicone caps may be worn. (Refer Rule 2.4)
- c) A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event.
- d) Competitors may swim on their back, side or front and may use any kick or stroke while towing or carrying the manikin.
- e) Manikin handlers are required to wear the designated team cap of their competitor and may wear good grip footwear. (Refer 4.3)
- f) Competitors may not be permitted to start in an event if they are late reporting to the marshalling area.
- g) A competitor or team absent from the start of an event shall be disqualified.
- h) Start decisions by the Event Director, Starter or Chief Referee (or Chief Referee’s designate) are not subject to protest or appeal. (Refer Rule 4.2)
- i) Order-of-finish decisions, whether by place judges or automated timing equipment, are not subject to protest or appeal. (Refer Rule 3.8)
- j) Only competitors and officials shall be allowed on the pool deck in the designated competition area. Competitors and officials must leave the designated competition area when not competing or officiating.

Note: Throughout these rules where the term “Surface” is used it means the horizontal plane of the surface of a Stillwater pool.

4.2 Starts

The duty of the Event Director and Starter is to ensure a fair start. The start procedure for all events will follow the described ILS rules. (Refer ILS Rule 3.2)

The following is a summary of those rules:

- The one-start rule shall be used.
- All starts are on an acoustic signal.

- Dive start procedure is outlined in ILS Rule 3.2.1
- Any competitor may start on the starting platform, on the pool deck, or in the water with one hand in contact with the starting wall.
- The In-water start procedure is used for the Manikin Relay and Line Throw. The procedure for a two-whistle start, commonly referred to as an in-water start procedure is outlined in ILS rule 3.2.2
- If the Starter or Event Director decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back and the race shall be started again.

4.2.1 Disqualification – starts

All competitors who start (i.e. commence a starting motion) before the starting signal has been given, shall be disqualified. Movement by itself is not a disqualification. Anticipating the starting signal and commencing a starting motion is a disqualification. Refer to ILS Rule 3.2.3.

Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements are not a disqualification.

4.3 Manikins

The rules governing manikins is detailed in Section 3 Rule 3.3 of the ILS Competition Rule Book. Where there is a conflict between the following summary information and the current edition of the ILS Competition Rule Book the latter will prevail.

4.3.1 Surfacing the manikin:

Competitors may push off the pool bottom when surfacing with the manikin. Competitors must

- Break the surface while holding the manikin with at least one hand.
- Have the manikin in the correct carrying position when the top of the manikin’s head passes the 5m line (Manikin Carry, Rescue Medley, Super Lifesaver) or 10m line (Manikin Carry with Fins).
- Not re-submerge after surfacing.
- The competitor cannot swim underwater beyond the designated 5/10m line and must remain at the surface with the manikin throughout the race beyond these lines.

4.3.2 Carrying the manikin:

In events where the manikin is carried, the manikin (as a victim) is presumed to be non-breathing. Water over the face is not a judged criterion.

- Competitors must carry the manikin with at least one hand always in contact with the manikin.
- The manikin may not be “pushed” – a push is defined as the manikin’s head is forward of the competitor’s head.
- The manikin must not be gripped or grasped by the throat, mouth, nose, or eyes.
- The competitor and manikin are considered to be one unit and either must remain at the surface.

Note 1: “Surface” means the horizontal plane of the surface of a Stillwater pool.

Note 2: If the competitor and manikin are both fully “below the surface”, it is a disqualification.

Note 3: If the competitor and manikin are both below surface as the result of the competitor’s final stroke/lunge to touch the turning or finish wall/edge or for a relay exchange, it shall not be a disqualification.

- Carrying the manikin judging criteria applies only when the top of the manikin’s head passes the 5m or 10m line.

Manikin relay carry conditions.

- The hand of one competitor must be in contact with the manikin at all times.
- The incoming competitor may assist their outgoing competitor, but only as long as the top of the manikin’s head remains within the changeover zone.
- Competitors are not judged on “carrying the manikin” criteria within the start zone and any changeover zones.

4.3.3 Towing the manikin:

In events where the manikin is towed, the manikin (as victim) is presumed to be breathing.

Before the tow, competitors must secure the manikin correctly within the 10m pick-up zone. Correctly means the rescue tube is secured around the body and under both arms of the manikin and clipped to an O-ring.

- Competitors may return back into the 10m change over zone to re-secure the manikin provided the manikin’s head has not passed the 10m line.
- Competitors may swim on their back, side or front and may use any kick or stroke while towing the manikin.
- Beyond the 10m pick-up zone, competitors must tow the manikin correctly secured with the manikin face above the surface of the water.
- The line of the rescue tube must become fully extended by the time the top of the manikin’s head passes the 10m line.
- Competitors shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if the rescue tube slips from under one arm of the manikin during the tow, provided that the rescue tube was “secured correctly” at the 10m line and the face of the manikin remains above the water surface.
- Competitors shall be disqualified if the line of the rescue tube is or becomes wrapped around the manikin as it is deemed to be shortening of the line.
- Competitors shall not be disqualified if the manikin rotates in the rescue tube as long as the manikin’s face remains above the surface of the water. In addition, the manikin does not need to be carried head first provided it was secured correctly at the 10m line and the manikin’s face remains above the surface of the water.

4.3.4 Manikin handlers

A member of the competitor’s team assists as manikin handler in the Manikin Tow with Fins and the Super Lifesaver events. With the Chief Referee’s approval, non-team members may act as handlers, provided they are registered to participate at the Commonwealth Lifesaving Championships in some capacity.

- a) Before the start and during any event involving a tow, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane.
- b) Manikin handlers may not intentionally enter the water during the event.
- c) The manikin handler immediately releases the manikin when the competitor touches the wall.

PART B- EVENT DESCRIPTIONS- Speed

Unless otherwise specified below the following event descriptions are based on the current edition of the ILS Competition Rule Book. Detailed event information including equipment required and the event disqualifications are detailed in the Current ILS Competition Rule Book Section 3 and 8 and should be referred to for further information.

National Team and Development Team events include:

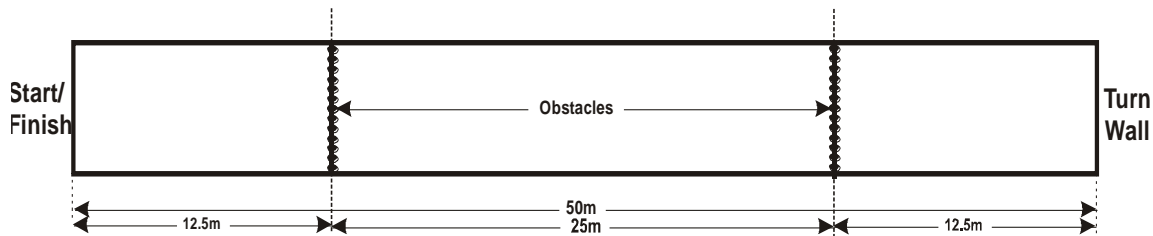
| | | |
|------|------------------------------|---------------|
| 4.4 | 200m Obstacle Swim | ILS Rule 3.7 |
| 4.5 | 50m Manikin Carry | ILS Rule 3.8 |
| 4.6 | 100m Rescue Medley | ILS Rule 3.9 |
| 4.7 | 100m Manikin Carry with Fins | ILS Rule 3.10 |
| 4.8 | 100m Manikin Tow with Fins | ILS Rule 3.11 |
| 4.9 | 200m Super Lifesaver | ILS Rule 3.12 |
| 4.10 | 12.5m Line Throw | ILS Rule 3.13 |
| 4.11 | 4 x 25m Manikin Carry Relay | ILS Rule 3.14 |
| 4.12 | 4 x 50m Obstacle Relay | ILS Rule 3.15 |
| 4.13 | 4 x 50m Medley Relay | ILS Rule 3.16 |

ILS Disqualification codes will be used for all events (Refer appendices of ILS Section 3)

4.4 Obstacle Swim (200m) – ILS rule 3.7

Event description

The competitor passes eight (8) times under the immersed obstacles.



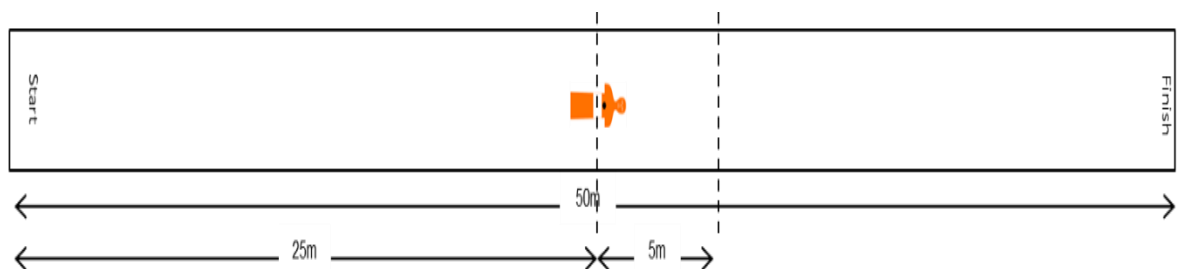
The competitor swims the 200m course passing under the immersed obstacles to touch the finish wall of the pool.

- (a) Competitors must surface after the dive entry and before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle.
- (b) Competitors may push off the pool bottom when surfacing from under an obstacle.
- (c) "Surfacing" means the competitor's head breaks the plane of the surface of the water.
- (d) Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

4.5 Manikin Carry (50m) – ILS rule 3.8

Event description

The competitor swims 25m freestyle and then dives to recover a submerged manikin and brings it to the surface within 5m of the pick-up line. The competitor then carries the manikin to touch the finish wall of the pool.

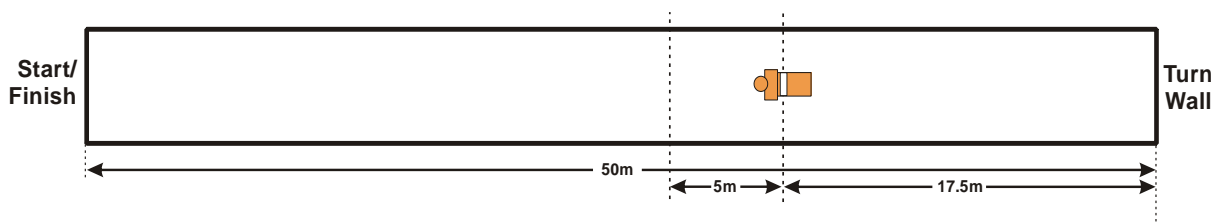


4.6 Rescue Medley (100m) – ILS rule 3.9

Event description

The competitor swims 50m freestyle then turns, dives and swims 17.5m underwater to a submerged manikin.

The competitor surfaces the manikin within the 5m pick-up line, and then carries it to touch the finish wall. Competitors may breathe during the turn, but not after their feet leave the turn wall until they surface with the manikin.



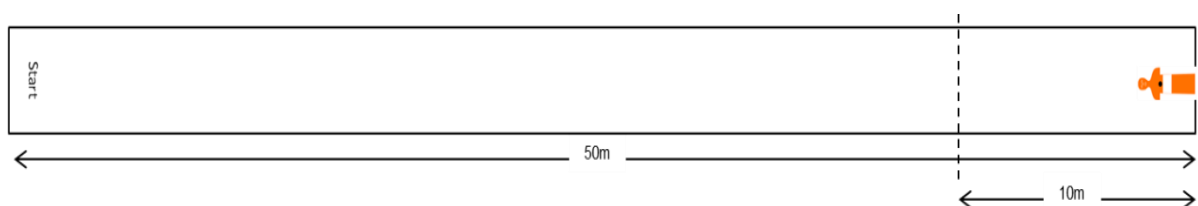
4.7 Manikin Carry with Fins (100m) – ILS rule 3.10

Event description

The competitor swims 50m freestyle wearing fins and then recovers a submerged manikin located at the turn wall and brings it to the surface within 10m of the turning wall. The competitor carries the manikin to touch the finish wall.

The competitor is permitted to swim the whole first lap underwater before surfacing with manikin or may surface one or more times before diving to retrieve the manikin.

The competitor is not required to touch the turn wall of the pool.

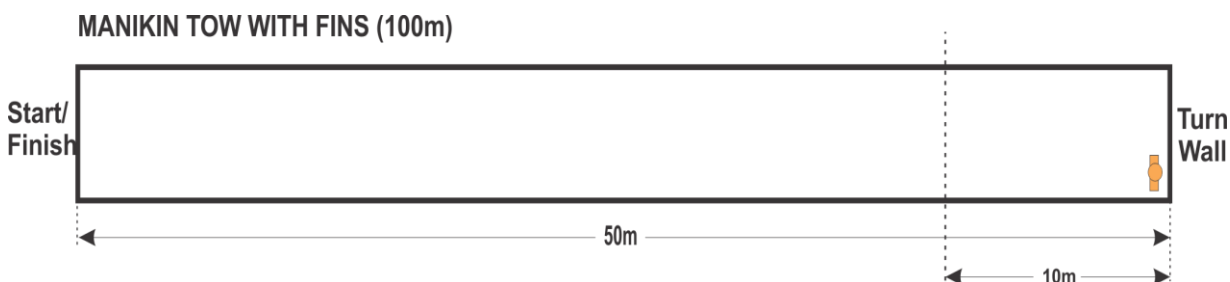


4.8 Manikin Tow with Fins (100m) – ILS rule 3.11

Event description

The competitor swims 50m freestyle with fins and rescue tube. After touching the turn wall, and within the 10m pick-up zone, the competitor fixes the rescue tube correctly around a floating (half filled) manikin and tows it to the finish.

The competitor is permitted to swim the whole lap underwater before touching the turn wall.

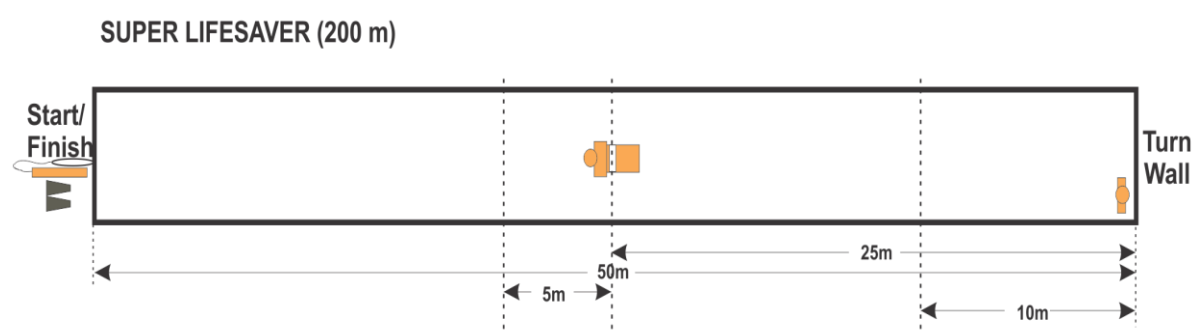


4.9 Super Lifesaver (200m) – ILS rule 3.12

Event description

The competitor swims 75m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5m pick-up zone and carries it to the turn wall. After touching the wall, the competitor releases the manikin.

While still in the water, the competitor dons their fins and rescue tube and swims 50m freestyle. After touching the wall, and within the 10m pick-up zone, the competitor fixes the rescue tube correctly around a floating (half filled) manikin and tows it to the finish.

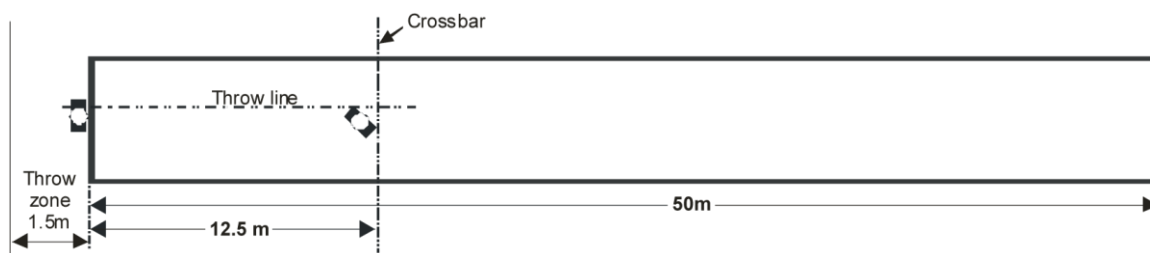


4.10 Line Throw – ILS rule 3.13

This is a team event where both the thrower and the ‘victim’ are members of the same team.

Event description

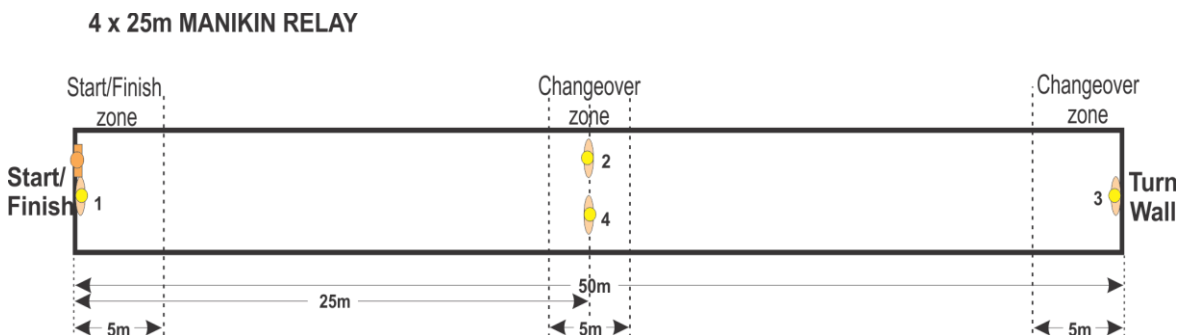
In this 45 second timed event, the competitor throws an unweighted line to their team member ‘victim’ located in the water on the near side of a rigid crossbar located 12.5m distant. The competitor pulls this ‘victim’ back to the finish wall of the pool.



4.11 Manikin Relay (4 x 25m) – ILS rule 3.14

Event description

Four competitors in turn, carry a manikin approximately 25m. At the start of the event all competitors are in the water.



Each competitor carries the manikin and then passes it to their next team member within the 5m changeover zone. The hand of at least one competitor must be in contact with the manikin at all times including during the start and manikin exchanges.

The first competitor starts in the water holding the pool wall or starting block with one hand and the manikin with the other hand.

The third competitor is in the water holding the pool wall or starting block with one hand and may only touch the manikin after the second competitor has touched the turning edge.

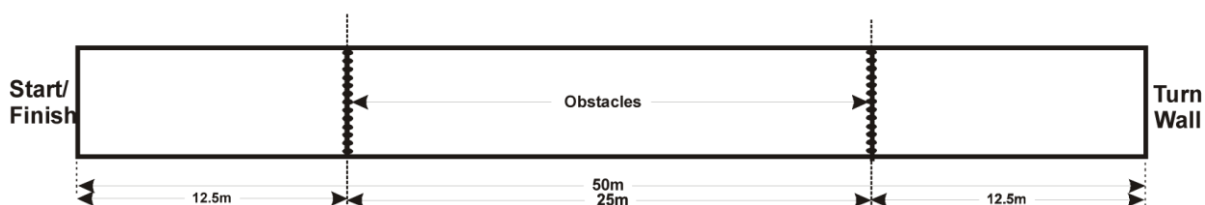
Only the incoming and outgoing competitors may participate in the manikin exchange within their changeover zones. The incoming competitor may assist the outgoing competitor.

Competitors are not judged on “carrying the manikin” criteria within the changeover zone or in the 5m start zone.

4.12 Obstacle Relay (4 x 50m) – ILS rule 3.15

Event description

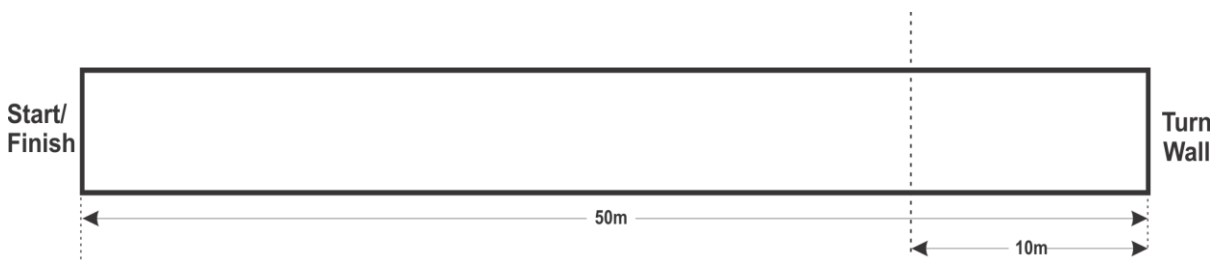
Each competitor swims 50m freestyle passing under two obstacles. Competitors must surface after the dive entry before the first obstacle and after passing under each obstacle. Competitors may push off the pool bottom when surfacing from under the obstacles.



4.13 Medley Relay (4 x 50m) – ILS rule 3.16

Event description

The first 3 competitors start with a dive start and swim 50m. The fourth competitor starts in the water and may only enter the water after the second competitor has started their lap.



The first competitor: swims 50m freestyle *without* fins.

The second competitor: swims 50m freestyle wearing fins.

The third competitor: swims 50m freestyle *without* fins towing a rescue tube and after touching the turning wall passes the rescue tube to the fourth competitor. They then playing the role of 'victim' holding the rescue tube with both hands while being towed 50m by the fourth competitor. As the 'victim' they may kick while being towed, but no other assistance is permitted

The fourth competitor wearing fins: is in the water with at least one hand on the turn wall until the third competitor touched the turn wall. Once the third swimmer has touched the turn wall they may let go of the wall and don the harness. They then tow the third competitor 'victim' 50 m to the finish.

The victim must be in contact with the rescue tube before passing the 10m line.

SECTION 5 – SIMULATED EMERGENCY RESPONSE COMPETITION

Unless otherwise specified below, Commonwealth Lifesaving Championship events are conducted according to the event rules found in of the *ILS Competition Rule Book Section 5 – SERC* (current edition) which can be viewed or downloaded at www.ilsf.org. This section includes a summary of those rules.

SERC scenarios are unknown until the start of each event. SERC competitions at Commonwealth Lifesaving Championships are conducted as Aquatic (Wet) and Non-Aquatic (Dry) events under the following conditions.

- Wet SERC will be conducted as team events with a recommended duration of between 90 seconds to 3 minutes.
- Dry SERC will be conducted as an individual event with a duration of 90 seconds

Specific event disqualification codes are found in the ILS Competition Rule Book as an appendix of Section 5 – SERC

5.1 Principles of Rescue

SERC competitors are expected to respond as lifesavers who are prepared to respond appropriately in unexpected emergencies without the benefit of specialised equipment, back-up, or established procedures and communications systems. In such circumstances, the personal safety of the lifesaver is paramount, and this shall be reflected in the marking sheets.

Competitors apply the following basic rescue steps:

- Recognition of a problem
- Assessment of the situation
- Plan a course of action to overcome the problem
- Action to affect the rescue
- Care of the victim

The action plan should establish control of the situation and aim to preserve as many lives as possible. In brief, rescuers should manage the situation as follows:

- Mobilise the mobile
- Secure the safety of those in imminent danger
- Recover and resuscitate those in need of continuous care

When a suitable plan has been devised it should be put into action promptly. Competitors should be alert to changes in the situation and adapt their plan of action to respond to such changes.

Competitors must ensure the safety of both themselves and the victims. While performing a rescue is a priority, the actual movement of victims must be done safely to ensure there is not a potential to cause injury to the victim.

5.2 General Conditions for SERC

Competitors will compete in draw order.

- An acoustic signal will indicate the start and finish of each test.
- Any written instructions provided in security shall be provided in English. Each competitor may bring a translator who will remain in security with them.

- Any individual or team absent from the security at the start of the competition will be disqualified.
- Competitors shall wear their team cap in all events, refer to Rule 2.4.
- CPR must only be performed on a manikin. Chest compressions performed on a live victim will result in disqualification or a penalty awarded, however simulated CPR may be performed.
- A manikin will be used to denote a victim who is not breathing normally. No other indication will be given and a full assessment should be made
- *More than one manikin* may be used as a victim.
- Competitors who verbally or physically abuse a victim may be assigned a penalty or disqualified.

Note: The giving of any unfair assistance or unauthorised information will result in disqualification from the competition.

5.2.1 Scenario Design, Judging and Marking

Officials shall be allocated to a judging position to award marks for the competitors' performance.

Before the competition start, judges shall be briefed on the situation scenarios, scoring procedure and marking priorities.

If a judge observes an unexpected or unscheduled change to a condition during the competition, they shall inform the SERC Referee who may adjust marks to ensure that no competitor gains an advantage or is disadvantaged by the change in the scenario condition/s. The reason for any mark adjustment must be recorded on the mark sheet.

5.2.2 Security and lock-up

The security area (lock-up) includes the marshalling area, holding area and any transition areas between the holding area and the starting position for the SERC event. Competitors will be held in security from the time the security room closes until called to compete and are not permitted to leave unless escorted by an official.

Competitors are prohibited from bringing into security any electronic, telecommunication or other type of device that would allow communication.

The SERC scenario, actors, and equipment shall be secret from the non-competing team members and spectators until competitors' security has been closed.

5.2.3 Competition Start

Competitors/teams are escorted from security to the competition area entry point where, following an acoustic signal, they are confronted with "victims" in various locations who need various types of assistance.

Once in the competition area competitors respond to the victims, within the time limit, in any manner they consider appropriate to make all victims safe.

5.2.4 Competition area

Prior to security being closed competitors/teams shall be clearly briefed on.

- The competition area.
- The location of both entry and exit points applicable to the scenario area.
- Any fittings within the competition area, such as steps which may be used/ or not to be used.

Unless otherwise advised, competitors shall assume that the conditions in the competition area are "as found."

Where practicable spectators may watch the competition and after competing, competitors/teams may enter the spectator area to observe subsequent competitors/teams compete.

5.2.5 Victims, bystanders and manikins

Additional to manikins, human actors will role play a variety of simulated, but recognisable conditions or problems necessitating different types of emergency actions.

Bystanders may also be included as a person who does not require aid but who does require control and direction by the competitors.

5.2.6 Equipment

Competitors may use all material and equipment available within the competition area. Competitors must not bring their own equipment into the competition area or use equipment from outside the competition area. Use of unauthorised equipment will not be awarded points for any action involving that equipment and competitors may be placed in the last available position or disqualified from the event.

5.3 Aquatic (Wet) SERC Competition

The Wet SERC scenario will be designed using one or more of the following approaches:

- An amalgam of single or multiple-person situations which are related.
- A group of people involved in a number of situations which relate to a common theme, such as a pool party or an upturned crowded boat.
- A number of groups of people in a number of multiple themes.

Victims will include a variety of simulated, but recognisable types such as non-swimmers, weak swimmers, injured and unconscious victims as well as those requiring first aid.

Simulated emergencies shall be staged as realistically, and as safely, as possible, and should not test the competitors' imagination.

The scenario may evolve (e.g., a conscious victim becomes unconscious) during the course of the scenario providing that.

- Marks reflect the change.
- That the change is consistent throughout the event.

The system of marking shall conform to the Direct System of Marking as detailed in the ILS Competition Rule Book Rule 5.3. This states that one judge shall be allocated to mark the entire scenario while further judges will be allocated to mark victims within the scenario. It is acceptable for a judge to be assigned more than one victim.

Where possible, a countdown clock, such as a water polo countdown starting mechanism, should be used to start and time the Wet SERC.

5.4 Non-Aquatic (Dry) SERC Competition

The aim of the individual Dry SERC is to assess the competitors' knowledge and application of effective CPR, resuscitation and first aid skills in a specific scenario. Further details on the event conditions are detailed in Appendix D – Non-Aquatic (Dry) SERC Guidelines, a summary of which are included below.

A Dry SERC scenario shall be designed using the following elements:

- Conducted in an appropriate environment and location.

Note: If conducted adjacent to water, the test shall be set to ensure competitors are NOT required to enter the water.

- Victims requiring assessment / treatment will not be located in the water.
- Shall have one CPR manikin which will represent a victim requiring CPR.
- Shall have a minimum of one human victim and not more than three human victims.
- The human victims shall have one of the following five (5) medical conditions
 - cardiac arrest (heart condition)
 - seizure
 - shock
 - sprain/strain
 - bleeding
- It is expected that effective CPR and first aid will be performed in line with the Resuscitation and Emergency Care Guidelines detailed in Appendix D, Non-Aquatic (Dry) SERC Guidelines.

SECTION 6 – Appendices

The following Appendices provide additional information.

Appendix A – Swimwear Policy

Appendix B – ILS Equipment Information – Fins and Throw Rope

Appendix C – Commonwealth Lifesaving Records

Appendix D – Non-Aquatic (Dry) SERC Guidelines












APPENDIX A – SWIM WEAR POLICY

MARCH 2022 VERSION

INTRODUCTION

RLSS has adopted the ILS standards for Swimwear. The following extract from Section 8.13 of the ILS Competition Rule Book is provided for the convenience of our members.

- (a) Swimwear for Commonwealth Lifesaving Championship pool events must comply with the following standards:
- Swimwear worn by males shall not extend above the navel or below the knee.
 - Swimwear worn by females shall not cover the neck, shoulders or arms nor extend below the knees. Two-piece swimsuits that conform to this standard may also be worn.

| Male Swimsuits | | | | | |
|---|---|---|--|---|--|
| Full Length | Long | Long Legs | Knee length | Square Leg | Short |
| Not Allowed | Not Allowed | Not Allowed | Allowed | Allowed | Allowed |
|  |  |  |  |  |  |
| Female Swimsuits | | | | | |
| Full Length | Zippered Back | Knee Length, Open Back | Short, Open Back | Two Piece | |
| Not Allowed | Not Allowed | Allowed | Allowed | Allowed | |
|  |  |  |  |  | |

- (b) The material and construction used in swimwear to be worn shall be:
- Only textile woven fabric(s) shall be permitted.
 - Non-woven and/or non-permeable (e.g., wetsuit type) materials shall not be permitted.
 - The material used shall have a maximum thickness of 0.8 mm.
 - Other than string ties for the tops of male swimwear, the bottom and/or top of female two-piece swimwear, and the back of female one piece open back swimsuits, no zippers or other fastening systems shall be permitted.
 - The swimsuit worn by competitors shall not aid in their buoyancy.

- Swimwear that provides flotation, pain reduction, chemical/medical stimulation or other external stimulation or influence of any type shall be prohibited.
- No outside application on the material shall be permitted. (**Note:** manufacturer brandings, club names or similar are permitted).

Note: All swimwear stamped as being FINA compliant for Stillwater swimming shall be acceptable for use in competition.

APPENDIX B - ILS EQUIPMENT SUMMARY - Fins and Throw Rope

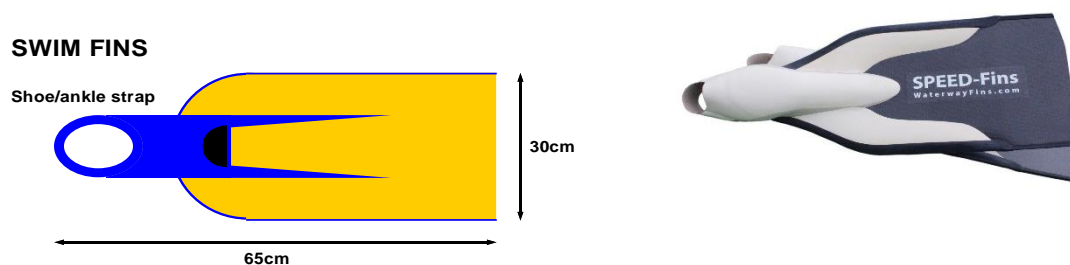
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RLSS has adopted the ILS standards for all competition equipment. The following extract is provided for the convenience of our members from Section 8 of the ILS Competition Rule Book and refers to equipment athletes commonly obtain for their personal use.

8.11 Swim Fins

Fins are measured while not worn. Swim fins used in competitions may be made of rubber or another material but shall comply with the following specifications:

- **Width:** 300 mm maximum at the widest point of the blade
- **Length:** maximum overall length 650 mm, including 'shoe' or ankle strap (ankle strap extended).



8.12 Throw Lines

For the Line Throw event, throw lines shall be plaited, buoyant polypropylene with non-memory characteristics:

- **Diameter:** 8 mm (± 1 mm)
- **Length:** minimum 16.5 m; maximum 17.5 m

8.12.1 Scrutineering procedure

- (a) For RLSS-managed events, a person appointed by the organising committee shall check the throw lines. Minimum measuring equipment required: tape measure (minimum 20 m with 1 mm increments).
- (b) For ILS-sanctioned events, the sanction application requires a declaration from the competition organisers that all pooled throw lines to be used in the competition will meet ILS standards.

APPENDIX C - COMMONWEALTH LIFESAVING RECORDS

RLSS Commonwealth Lifesaving Records

Commonwealth Lifesaving Records may only be achieved at competitions sanctioned by ILS, conducted by a Branch of RLSS or authorised by the RLSS.

Commonwealth Lifesaving Championship Records can only be achieved at a RLSS Commonwealth Lifesaving Championships event which has been approved by the RLSS.

Events

RLSS recognises and maintains a register of Commonwealth Lifesaving Records and Commonwealth Lifesaving Championship Records in the following events:

| | | | |
|------|--------|--------|-------------------------------|
| Open | Male / | Female | 200m Freestyle with Obstacles |
| Open | Male / | Female | 100m Rescue Medley |
| Open | Male / | Female | 100m Manikin Carry with Fins |
| Open | Male / | Female | 100m Manikin Tow with Fins |
| Open | Male / | Female | 50m Manikin Carry |
| Open | Men / | Female | 4 x 50 Medley Relay |
| Open | Men / | Female | 4 x 50 Obstacle Relay |
| Open | Men / | Female | 4 x 25 Manikin Relay |
| Open | Male / | Female | 200m Super Lifesaver |
| Open | Male / | Female | 12.5m Line Throw |

These events are part of the Commonwealth Lifesaving Championship program detailed in Section 2.1 of this Handbook and an overview of the event description can be found in Section 4.

For full details on the event description and the technical requirements of each event refer to the current edition of Section 3 of the ILS Rule Book.

Note: Commonwealth Lifesaving Records for Line Throw and manikin carry events were archived in 2014 following changes to the ILS Manikin Carry Rules and an increase in the distances of the ILS Line Throw event.

Facility

Commonwealth Lifesaving Records can only be claimed where the events are conducted in a facility that complies with the criteria detailed in the ILS Rule Book, Section 8 Facility and Equipment Stands and Scrutineering Procedures.

General Criteria

The following general requirements apply to all Commonwealth Record applications

- All records must be achieved in a scratch competition
- No pace-making shall be permitted, nor may any device be used, or plan adopted which has that effect.
- Records can only be set in the event the competitor or team competed in, irrespective of age.
- Records set in the course of one event series (heats, semi-finals etc.) may be provisionally recognised verbally by the announcer.
- Times which are equal to 1/100th of a second will be recognized as equal records and lifesavers achieving these equal times will be call 'Joint Holders'.

- At Commonwealth Lifesaving Championships Records that are achieved shall be approved and ratified by the RLSS Sport Development Committee.
- Records approved and ratified shall be published on the RLSS website and certificates issued to the Record holder following ratification.
- For relay events, a record certificate will be issued to each member of the relay team.

Timing requirements for Commonwealth Lifesaving Records

It is preferable that Commonwealth Lifesaving Records are recorded using Automatic Operating Equipment (AOE) and touch pads, however, semi-automatic timing, button timers and manual stopwatches are also acceptable timing methods. The manual timing method used must be in accordance with the method described in this Appendix C and the results notarised by the Chief Referee of the event

All records will be recorded in increments of 1/100th of a second and smaller increments shall be disregarded.

Automatic

Where Automatic Timing Equipment (AOE) is used, the rules as defined by FINA in their current Rulebook shall be used

Manual (Watch)

Any timing device actuated by an official shall be considered a watch. Such manual times must be taken by three timekeepers, appointed by the organisers, and preferably accredited with their National Organisation. All watches shall be certified as accurate by the Chief Timekeeper or Competition Organiser.

- Manual timing shall be registered to 1/100th of a second.
- If two of the three watches record the same time and the third disagrees, the two identical watches shall be the official time.
- If all three watches disagree, the watch with the intermediate time shall be the official time.

Anti-Doping requirements

Commonwealth Lifesaving Records, like World Records shall not be recognised without a negative doping test certificate unless the record was achieved at the ILS Lifesaving World Championships, World Games, or ILS regional championships where there is in place a system of targeted and random tests in accordance with ILS Anti-Doping rules.

Any competitor establishing or equalling a Commonwealth Lifesaving Record shall submit to the “drug testing requirements” following the race. When a relay team breaks or equals a Commonwealth Record all competitors swimming in the relay may be tested.

If no doping control is conducted at the competition the competitor(s) shall submit to doping control no later than 24 hours after the race.

The RLSS abides by the ILS Anti-Doping Rules and policies (Refer ILS Rule 2.14). For the most up-to-date ILS Anti-Doping information refer to the RLSS website or <https://www.ilsf.org/lifesaving-sport/rules/anti-doping/>

Application process

The application for a Commonwealth Lifesaving Record must be made on the Official Commonwealth Lifesaving Record Application Form in this Handbook as soon as possible and within 3 months of the record being achieved.

The form must be signed by the Chief Referee certifying that all regulations have been observed including a negative doping test certification.

Upon receipt of the Commonwealth Lifesaving Record application and review of the information contained in the application, it will be forwarded to the RLSS Sport Development Committee for consideration and ratification.

If the Commonwealth Lifesaving Record application is not accepted, the applicant will be provided with a summary of reasons for that decision.



Name of Competition: _____

Event: _____ Date of Event: _____

Name of Pool: _____

Length: _____ Depth: min _____ max _____ Lanes: _____

City and Country in which record created: _____

Name of Competitor: _____ Date of Birth: ___ / ___ / ___

Name of Team: _____

Name of Relay Team Members (*names in order of competing*)

1. _____ Date of Birth ___ / ___ / ___

2. _____ Date of Birth ___ / ___ / ___

3. _____ Date of Birth ___ / ___ / ___

4. _____ Date of Birth ___ / ___ / ___

Times Recorded: 1. _____ 2. _____ 3. _____

Date and time of race: _____

Was event a Heat/Semi Final/ Final?: _____

Name of Chief Timekeeper _____

Name of Chief Referee _____

RLSS USE ONLY

Record Time: _____

Received: _____ Date: _____

Approved: _____ Position: _____ Date: _____

Anti-doping test date: ___ / ___ / ___ Certification received Yes No

APPENDIX D - NON-AQUATIC (DRY) SERC GUIDELINES

The Non-Aquatic (Dry) SERC event is a dry land simulated emergency response competition conducted at the RLSS Commonwealth Lifesaving Championships in accordance with Rule 5.4.

The Dry SERC competition is consistent with the ILS SERC Principles “Basic Rescue Steps” (Refer 5.2). Competitors are regarded as volunteer lifesavers and as such the SERC event requirements are based on their basic lifesaving training. The Dry SERC event will follow ILS General Conditions summarised in this Handbook Rule 5.2.

1. Dry SERC Event aims

The primary aim of a Dry SERC is to assess a competitor’s:

- knowledge and application of effective CPR, resuscitation and emergency care.
- ability to quickly evaluate an emergency scenario.
- ability to prioritise victims appropriately.
- ability to treat victims effectively and appropriately.

2. Event Conditions

- Is an individual event of 90 seconds duration.
- Always has a CPR component for an adult.
- Is non-water based.
- There is a minimum of 2 judges.
- There will be an additional victim with a medical condition taken from the list below.
- There may also be a bystander who is present or arrives during the test, usually after a call by the competitor.

3. Victim Medical conditions

The victim medical conditions will be one of the following;

- Cardiac Arrest (Heart condition).
- Seizure.
- Shock.
- Sprain/ Strain.
- Bleeding.

Information for victim briefings is found in Section 8 – templates, below.

Note The treatment for medical conditions and CPR performance can vary slightly between countries. To provide guidance of the Judging criteria to be used, Section 7 is a standardised list of simulated symptoms and expected treatment.

The CPR treatment requirements are outlined in Section 6.

4. Scenario Design

The test design is a scenario which explains the victim conditions. The design should be straight forward yet challenging and as realistic as possible. It should require minimal use of equipment, props and victim simulation.

Simulated emergencies shall be staged as realistically, and as safely, as possible, and should not test the competitors' imagination. The scenario may evolve (e.g. a conscious victim becomes unconscious) during the course of the scenario providing that the change is consistent throughout the event.

Once the scenario is decided the description and victim details should be confirmed on page one of the applicable Judges sheet template (Refer Section 8). The judge will use the information found on the sheet to set the test and brief the actors.

Once the test is set it is the judge's responsibility to ensure that the actor simulation is conducted safely. It is especially important that the Judge closely monitors any simulation that requires fast or shallow breathing for signs of hyperventilation and also ensures that any seizure symptoms are not so vigorous that they could possibly cause injury to the actor.

5. Judging

5.1 Judges Sheets

Each Judges sheet will have 3 components for the judge to mark:

- Component 1 – CPR performance on a manikin.
- Component 2 – Treatment of a human victim.
- Component 3 – Mark for overall performance.

Templates of Judges' sheets for the CPR component and each of the medical conditions are provided in Section 8 and MUST be used accordingly.

5.2 Marking and Judging.

Each judge will individually mark each of the components for the whole of the scenario.

Any interactions with a bystander will be marked in the overall component.

All marks recorded by the judge shall be binary i.e., a yes/no decision. There is no graduation, or partial marks given. It is required that the specific actions shown on the scoring sheet MUST be performed to gain a mark. The mark allocated for the action performed is the full mark shown on the scoring sheet or, if the action was not observed then zero is allocated. Judges should delete (or strike through) the mark for those actions not observed.

5.3 Final Placings

The final mark, awarded to the competitor, will be the average of the combined judges' marks, i.e., the total of each judges' marks added together and then divided by the number of judges.

Ties in the final event places will be determined by countback based on.

- CPR marks (component 1) - The competitor who has the highest marks in the CPR component (Victim #1 on the scoring sheet).

Should the mark for the CPR component be the same, then the overall scenario mark (last component) will be considered.

6. Dry SERC CPR Requirements Overview

In all cases the application of CPR is to follow the principles of DRSABC:

| | |
|----------------------------|--|
| | Adult: |
| Dangers: | <u>Check for dangers to:</u> <ul style="list-style-type: none"> • Self • Victim • Any Bystanders |
| Response: | <u>Check victim for response</u> (talk and touch): <ul style="list-style-type: none"> • Loudly ask their name • Squeeze their shoulder |
| Send for Help: | <u>Phone emergency services</u> or ask another person to call advising the victim is: <ul style="list-style-type: none"> • Unconscious • Non-breathing |
| Airways: | <u>Check mouth and throat</u> is clear. <ul style="list-style-type: none"> • Remove any obvious blockages <u>Open Airway</u> using: <ul style="list-style-type: none"> • Head Tilt and • Chin Lift |
| Breathing: | <u>Look, Listen & Feel</u> for normal breathing: <ul style="list-style-type: none"> • Look for rise and fall of chest • Ear over mouth to listen for exhalation of breath • Feel abdomen • Pause to gauge victim response (assess) |
| CPR: | <u>Compressions:</u> <ul style="list-style-type: none"> • Location of correct pressure point - Center of chest Hand Position (for all compressions): <ul style="list-style-type: none"> • Heel of one hand in center of chest, with • Fingers of this hand exerting no pressure on the ribs • Second hand on top Application (for all compressions): <ul style="list-style-type: none"> • Arm kept straight • Apply vertical downward pressure (1/3 chest depth) • All pressure released after each compression. <u>Breaths:</u> <ul style="list-style-type: none"> • Head Tilt • Chin Lift • Effective Seal (mouth or nose) • Steady blow into mouth (not excessive) • Watch chest for rise and fall (exhalation) <u>Cycle:</u> Full cycle: 30:2 <ul style="list-style-type: none"> • 30 compressions • 2 breaths <u>Continuous CPR</u> (continue until): <ul style="list-style-type: none"> • The victim recovers • It is impossible for you to continue because you are exhausted • Ambulance arrives and a paramedic takes over or tells you to stop |
| Equipment Required: | Adult manikin (chest & head only or half/full body) |

7. Dry SERC – First Aid Requirements Overview

| Overview | CONDITION | | | | |
|--|--|---|---|--|--|
| | Cardiac Condition Template 1 | Seizure Template 2 | Shock Template 3 | Sprain Template 4 | Bleed Template 5 |
| Signs: Observations What can be seen | <ul style="list-style-type: none"> Clutching chest with one or both hands Look of fear on the face Breathing difficulties | <ul style="list-style-type: none"> Look of fright on the face Lying on the floor Uncontrollable movement of arms and legs (not violent) Clenched fists Knocking of head on the floor <p>NOTE: In consideration of the actor's safety the physical actions will not continue for longer than 30 secs</p> | <ul style="list-style-type: none"> Look of fright/concern on the face Confused Unstable on their feet – about to fall to the floor Fast shallow breathing | <ul style="list-style-type: none"> May be holding the affected limb (arm or leg). Expression of pain on their face. | <ul style="list-style-type: none"> Blood visible from a surface wound or nose bleed Holding the wounded area Loss of normal function in injured area Pale/cold/sweaty skin Cause of the bleed may be visible, for example a knife, broken bottle etc. |
| Symptoms: Verbal responses What they may tell you | <ul style="list-style-type: none"> I can't breathe properly I have a pain in the chest I've pain down my left arm. I'm lightheaded/dizzy. | <ul style="list-style-type: none"> Talking gibberish [nothing makes sense] Unable to answer questions asked Not talking clearly | <ul style="list-style-type: none"> I feel light headed I feel cold I feel my heart is racing. | <ul style="list-style-type: none"> How the injury occurred (eg: I fell over). My arm/leg hurts. I feel sick. My arm/ankle hurts. | <ul style="list-style-type: none"> I feel a little light headed I feel sick. Complains of pain in the affected area |
| Treatment Common actions | <ul style="list-style-type: none"> Ensure it is safe to approach the victim Calm approach both in movement and verbally Verbally reassure and calm when treating condition Continue verbal comforting and reassurance of the victim after treatment concluded <p># Note The "W" position – a victim sits on the floor either resting with their back against a wall, a substantial object, or the lifesaver with knees bent (supported by a cushion or similar). This position is referred to by many names but is commonly known as the "W" position.</p> | | | | |

First Aid Overview Continued

| Overview | CONDITION | | | | |
|--|---|---|--|--|--|
| | Cardiac Condition Template 1 | Seizure Template 2 | Shock Template 3 | Sprain Template 4 | Bleed Template 5 |
| Treatment: Specific actions | <ul style="list-style-type: none"> Help the victim into a comfortable position. Preferred -sitting on the floor & resting their back against a wall, a substantial object, or person. Commonly known as 'W' position. Half sitting position with knees bent and shoulders supported. Sitting on ground leaning back on support (back against wall or substantial object) Knees raised (pillow or prop placed under the knees if available) Call emergency services | <ul style="list-style-type: none"> Approach from the head. Talk as if they fully understand what is being said. Move any nearby objects that may cause injury to victim Do not restrain any other limb. Let the victim move Do not hold or restrain the head. Place something soft under the head to prevent the head banging on the floor. If nothing is available and its safe, protect the head from hitting the floor with own hands. Call emergency services. | <ul style="list-style-type: none"> Talk as if they fully understand what is being said. Instruct and help the victim to sit and then lay down. Be prepared to take hold of the victim [if they are standing] in case they suddenly start to fall. Keep the victim warm – use blanket. <p>NB: Lay down on back and raise legs (eg: use chair or similar for support if available)</p> | <ul style="list-style-type: none"> Instruct the victim to sit or lay down, ideally on the floor. Examine the area of the injury. Instruct victim to keep still and not to apply weight or pressure on the area. Provide an ice pack and instruct the victim to hold it on the affected area. Keep the victim warm – use blanket/coat. | <ul style="list-style-type: none"> Instruct the victim to sit or lay down, ideally on the floor. Examine the area of the bleed. Use gloves, if handling the patient. Wash the area of the wound and apply a dressing. Keep the victim warm – use blanket Apply/instruct direct pressure to wound Elevate limb Nose Bleed – hold head well forward and breath through mouth Pinch entire soft part of nose until bleed stops |
| Equipment: | <p><u>NIL</u></p> <ul style="list-style-type: none"> Possibly a pillow or prop to help with raising knees. | <ul style="list-style-type: none"> Stopwatch to time 30 secs (victim simulation from start of test) A blanket/towel or other soft object. Possibly a chair/table or other object that needs to be moved. | <p><u>NIL</u></p> <ul style="list-style-type: none"> Possibly a chair (or similar) to use for support. | <ul style="list-style-type: none"> Ice pack | <ul style="list-style-type: none"> Cause of the bleed (eg knife) Wound make-up False blood [Perhaps Tomato sauce] First aid gloves Sterile solution |

8. Dry SERC – Judges’ Sheet Templates

Template 1 DRY SERC: Adult CPR and Heart Condition

Competitor Name: _____ Male / Female Draw No _____

Team: _____ Category: National Development

Scenario Description:

To be completed by test designer. This description is to provide judges and victims with an overview of the scene and will also be used to provide a pre-competition briefing to the competitor.

This scenario consists of an unconscious, non-breathing victim (manikin), together with a victim having a heart attack requiring first aid.

This template and the accompanying judge’s sheet must be used for scoring. The test designer should remove actions not required.

Victim 1: Adult (manikin) unconscious, not breathing

Unconscious non breathing person (manikin).

Victim 2: Adult experiencing a heart condition (attack)

The victim will be co-operative and take direction.

They may be seen:

- To be clutching their chest with one or both hands
- To have a look of fear on their face
- To be having difficulty breathing

They may say:

- I can’t breathe properly
- I have a pain in my chest
- I have a pain running down through my left arm
- I feel light-headed/dizzy.

Judges Notes:

Victim 1:

As this victim will require continuous care, rescuers should ensure that there are no higher priority victims to be dealt with prior to assisting this victim. CPR should be commenced as soon as possible, and marks should reflect the efficiency and effectiveness of the CPR simulation, using the requirements shown in the scoring sheet.

Victim 2:

Rescuer is required to identify the signs of a heart attack by both observation and questioning, then undertake treatment. This victim should be treated promptly as without care their condition could deteriorate rapidly. ***(Judge to watch actor to ensure acting does not cause hyperventilation)***

Overall: You are required to mark the overall assessment and management of the incident. You must consider overall control of the scene and whether assistance was sought. Any person who is sent for help must be directed not to return.

Equipment: Pillow or towel (to prop legs)

Marking: Binary marking will be used; Either zero or the full mark is allocated, there should no partial marks awarded.

Binary Marking: requires that specific actions must be performed to gain the marks. The actions shown on the scoring sheet must be undertaken to attain any mark.

Template 1

DRY SERC: Adult CPR and Heart Condition

Competitor Name

Team

Draw No

| Areas of Marking | | Absolute Mark |
|---|---|--------------------|
| Victim #1: Adult non-breathing manikin (50%) | | /////// |
| Recognition / approach: | • Identification of victim | 2 |
| | • Safety – <i>ensuring no dangers to self, victim or any bystanders</i> | 5 |
| Assessment | • Check victim for response (<i>talk & touch</i>) | 4 |
| | • Open Airway – <i>look for head tilt & chin lift</i> | 4 |
| | • Look, Listen & Feel for normal breathing (<i>pause & assess – maximum 10 sec</i>) | 4 |
| Alert emergency services | <ul style="list-style-type: none"> • ES informed of correct patient condition - an unconscious non-breathing victim (<i>May alert ES or request another person to alert ES</i>) • Maybe be performed out of CPR sequence | 4 |
| Treatment Commence CPR | • Hand Position (for all compressions) / heel of one hand in center of victim’s chest with fingers exerting no pressure on the ribs / second hand on top | 3 |
| 30 chest compressions | • compression arm kept straight / vertical downward pressure | 4 |
| | • all pressure released after each compression | 4 |
| CPR continues 2 rescue breaths: | • Head Tilt and Chin Lift | 4 |
| | • Effective seal (<i>mouth or nose</i>)/ Steady blow into mouth (<i>not excessive</i>) | 4 |
| | • Watching chest for rise and fall (<i>exhalation</i>) | 4 |
| Full cycle = 30:2 | | 4 |
| Victim Care | • Continuous application of CPR once commenced | 4 |
| Victim #2: Adult with heart condition (40%) | | /////// |
| Recognition / approach | • Recognition that victim may need attention | 1 |
| | • Ensuring safety of rescuer | 1 |
| | • Ensuring safety of victim | 1 |
| Assesses relevant information | • Questions victim to assess information about the scenario <i>-Examples: What has happened? -How are you feeling?</i> | 3 |
| | • Listens to victim response. | 4 |
| | • Makes assessment and acts. | 2 |
| Treatment | • Rescuer provides directions or instructions to assist in the scenario | 2 |
| | • Helps/ directs the victim to get into a comfortable position to assist breathing. | 5 |
| | • Half sitting position, knees bent and head/shoulders supported “W” position: | /////// |
| | # Sitting on the ground leaning back on support (wall or solid object) | 5 |
| | # Knees raised (<i>Pillow or prop placed under the knees if available</i>) | 4 |
| Aftercare: Monitoring | • Periodically checking that victim has followed directions | 3 |
| | • Call an ambulance | 4 |
| | • Providing feedback and encouragement to victim | 2 |
| | • Calm in voice and action | 3 |
| Overall: 10% | | /////// |
| Assessment & Control of the Scene | • Overall assessment of the emergency | 2 |
| | • Rescuer took and maintained control of the scene | 2 |
| | • Identified correct rescue priorities | 1 |
| | • Maintained a calm confident manner | 1 |
| Communication | • Rescuer used effective questioning | 1 |
| | • Victims were given clear instructions | 1 |
| Use of resources | • Assistance was sought (<i>emergency services called</i>) | 1 |
| | • Effective use of resources (<i>victims and/or physical</i>) | 1 |
| TOTAL | | 100 |
| Judge’s Name: | | Judge’s Signature: |

Template 2

DRY SERC: Adult CPR and Seizure

Competitor Name: _____ Male / Female **Draw No** _____

Team: _____ **Category:** National Development

Scenario Description:

To be completed by test designer. This description is to provide judges and victims with an overview of the scene and will also be used to provide a pre-competition briefing to the competitor.

This scenario consists of an unconscious, non-breathing victim (manikin), together with a victim having a seizure requiring first aid.

This template and the accompanying judge's sheet must be used for marking. The test designer should remove actions not required.

Victim 1: Adult (manikin) unconscious, not breathing

Unconscious non breathing person (manikin).

Victim 2: Adult or child having a seizure

Seizure to last 30 seconds. The victim will be co-operative and take direction after seizure.

They may be seen:

- Lying on the floor, uncontrolled moving of the arms and legs. (shaking/quivering – not violent)
- Knocking head on the floor
- Have a look of fright on their face
- Clenching their fists

Verbally they may:

- Use words that are not understood (talking gibberish - nothing making sense)
- Not talk clearly.
- Be unable to answer questions asked.

Judges Notes:

Victim 1:

This victim will require a quick and continuous response. CPR should be commenced as soon as possible, and marks should reflect the efficiency and effectiveness of the CPR simulation, using the requirements shown in the scoring sheet.

Victim 2:

Rescuer is required to identify the signs of a seizure by both observation and questioning, then undertake treatment. Protective treatment from further injury is a priority. Judge ensures victim seizure simulation to only last 30 seconds and is not overly vigorous to ensure no injury to actor.

Overall: You are required to mark the overall assessment and management of the incident. You must consider overall control of the scene and whether assistance was sought. Any person who is sent for help must be directed not to return.

Equipment: stopwatch and timekeeper to determine 30 seconds from start of scenario to time seizure.
Soft object - towel / coat /blanket Chair or similar (danger object)

Marking:

Binary marking will be used; Either zero or the full mark is allocated, there should no partial marks awarded.

Binary Marking: requires that specific actions must be performed to gain the marks. The actions shown on the scoring sheet must be undertaken to attain any mark.

TEMPLATE 2

DRY SERC: Adult CPR and Seizure

Competitor Name

Team

Draw No

| Areas of Marking | | Absolute Mark |
|--|--|--------------------|
| Victim #1: Adult non-breathing manikin (60%) | | ////// |
| Recognition / approach: | • Identification of victim | 2 |
| | • Safety – <i>ensuring no dangers to self, victim or any bystanders</i> | 5 |
| Assessment | • Check victim for response (<i>talk & touch</i>) | 4 |
| | • Open Airway – <i>look for head tilt & chin lift</i> | 4 |
| | • Look, Listen & Feel for normal breathing (<i>pause & assess – maximum 10 sec</i>) | 5 |
| Alert emergency services | • ES informed of correct patient condition - an unconscious, non-breathing victim (<i>May alert ES or request another person to alert ES</i>) • May be performed out of sequence | 5 |
| Treatment Commence CPR 30 chest compressions | • Hand Position (for all compressions) / heel of one hand in center of victim’s chest with fingers exerting no pressure on the ribs / second hand on top | 5 |
| | • compression arm kept straight / vertical downward pressure | 5 |
| | • all pressure released after each compression | 5 |
| CPR continues 2 rescue breaths: | • Head Tilt and Chin Lift | 5 |
| | • Effective seal (<i>mouth or nose</i>) / Steady blow into mouth (<i>not excessive</i>) | 5 |
| Full cycle = 30:2 | • Watching chest for rise and fall (<i>exhalation</i>) | 5 |
| Victim Care | • Continuous application of CPR once commenced | 5 |
| Victim #2: Adult/Child having a seizure (30%) | | ////// |
| Recognition / approach | • Recognition that victim may need attention | 2 |
| | • Ensuring safety of rescuer | 1 |
| | • Ensuring safety of victim | 1 |
| Assesses relevant information | • Questions victim to assess information about the scenario <i>-Examples: What has happened? -How are you feeling?</i> | 3 |
| | • Listens to victim response. | 4 |
| | • Makes assessment and acts. | 2 |
| Treatment Provides direction and instructions: | • Rescuer provides directions or instructions to assist in the scenario | 2 |
| | • Places something under back of head to prevent head hitting the ground. | 5 |
| | • Reassures the victim | 3 |
| Aftercare: Monitoring and encouragement | • Periodically checking that victim has followed directions | 2 |
| | • Call an ambulance | 2 |
| | • Calm in voice and action | 3 |
| Overall: 10% | | ////// |
| Assessment & Control of the Scene | • Overall assessment of the emergency | 2 |
| | • Rescuer took and maintained control of the scene | 2 |
| | • Identified correct rescue priorities | 1 |
| | • Maintained a calm confident manner | 1 |
| Communication | • Rescuer used effective questioning | 1 |
| | • Victim’s were given clear instructions | 1 |
| Use of resources | • Assistance was sought (<i>emergency services called</i>) | 1 |
| | • Effective use of resources (<i>victims and/or physical</i>) | 1 |
| TOTAL | | 100 |
| Judge’s Name: | | Judge’s Signature: |

Template 3

DRY SERC: Adult CPR and Shock

Competitor Name: _____ Male / Female Draw No _____

Team: _____ Category: National Development

Scenario Description:

To be completed by test designer. This description is to provide judges and victims with an overview of the scene and will also be used to provide a pre-competition briefing to the competitor.

This scenario consists of an unconscious, non-breathing victim (manikin), together with a victim suffering shock and requiring first aid.

This template and the accompanying judge's sheet must be used for marking. Test designer should remove actions not required.

Victim 1: Adult (manikin) unconscious, not breathing

Unconscious non breathing person (manikin).

Victim 2: Adult suffering from shock

The victim will be co-operative and take direction.

They may be seen:

- To be confused
- To have fast shallow breathing
- To be unstable on their feet – about to fall to the floor
- With a look of fear/concern on their face

They may say:

- I feel cold
- I feel my heart is racing
- I feel light-headed/dizzy.

Judges Notes:

Victim 1:

This victim will require a quick and continuous response. CPR should be commenced as soon as possible, and marks should reflect the efficiency and effectiveness of the CPR simulation, using the requirements shown in the scoring sheet.

Victim 2:

Rescuer is required to identify the signs of shock by both observation and questioning, then undertake treatment. ***(Judge to monitor actor to ensure victim simulation does not cause hyperventilation)***

Overall: You are required to mark the overall assessment and management of the incident. You must consider overall control of the scene and whether assistance was sought. Any person who is sent for help must be directed not to return.

Equipment: Chair (seat for support) towel / coat / blanket (warmth)

Marking:

Binary marking will be used; Either zero or the full mark is allocated, there should no partial marks awarded.

Binary Marking: requires that specific actions must be performed to gain the marks. The actions shown on the scoring sheet must be undertaken to attain any mark.

TEMPLATE 3

DRY SERC: Adult CPR and Shock

Competitor Name

Team

Draw No

| Areas of Marking | | Absolute Mark |
|---|--|--------------------|
| Victim #1: Adult non-breathing manikin (60%) | | /////// |
| Recognition / approach: | • Identification of victim | 2 |
| | • Safety – <i>ensuring no dangers to self, victim or any bystanders</i> | 5 |
| Assessment | • Check victim for response (<i>talk & touch</i>) | 4 |
| | • Open Airway – <i>look for head tilt & chin lift</i> | 4 |
| | • Look, Listen & Feel for normal breathing (<i>pause & assess – maximum 10 sec</i>) | 5 |
| Alert emergency services | • ES informed of correct patient condition - an unconscious, non-breathing victim (<i>May alert ES or request another person to alert ES</i>) • May be performed out of sequence | 5 |
| Treatment Commence CPR | • Hand Position (for all compressions) / heel of one hand in center of victim’s chest with fingers exerting no pressure on the ribs / second hand on top | 5 |
| | • compression arm kept straight / vertical downward pressure | 5 |
| 30 chest compressions | • all pressure released after each compression | 5 |
| CPR continues 2 rescue breaths: | • Head Tilt and Chin Lift | 5 |
| | • Effective seal (<i>mouth or nose</i>) / Steady blow into mouth (<i>not excessive</i>) | 5 |
| Full cycle = 30:2 | • Watching chest for rise and fall (<i>exhalation</i>) | 5 |
| Victim Care | • Continuous application of CPR once commenced | 5 |
| Victim #2: Adult suffering from shock (30%) | | /////// |
| Recognition / approach | • Recognition that victim may need attention | 2 |
| | • Ensuring safety of rescuer | 1 |
| | • Ensuring safety of victim | 1 |
| Assesses relevant information | • Questions victim to assess information about the scenario <i>-Examples: What has happened? -How are you feeling?</i> | 3 |
| | • Listens to victim response. | 4 |
| | • Makes assessment and acts. | 2 |
| Treatment Provides direction and instructions | • Rescuer provides directions or instructions to assist in the scenario | 2 |
| | • Helps the victim to lie on their back and raises legs (uses chair for support). | 5 |
| | • Reassures the victim | 3 |
| Aftercare: Monitoring and encouragement | • Periodically checking that victim has followed directions | 4 |
| | • Calm in voice and action | 3 |
| Overall: 10% | | /////// |
| Assessment & Control of the Scene | • Overall assessment of the emergency | 2 |
| | • Rescuer took and maintained control of the scene | 2 |
| | • Identified correct rescue priorities | 1 |
| | • Maintained a calm confident manner | 1 |
| Communication | • Rescuer used effective questioning | 1 |
| | • Victims were given clear instructions | 1 |
| Use of resources | • Assistance was sought (<i>emergency services called</i>) | 1 |
| | • Effective use of resources (<i>victims and/or physical</i>) | 1 |
| TOTAL | | 100 |
| Judge’s Name: | | Judge’s Signature: |

Template 4

DRY SERC: Adult CPR and Sprain

Competitor Name: _____ Male / Female

Draw No _____

Team: _____

Category: National Development

Scenario Description:

To be completed by test designer. This description is to provide judges and victims with an overview of the scene and will also be used to provide a pre-competition briefing to the competitor.

This scenario consists of an unconscious, non-breathing victim (manikin), together with a victim suffering from a sprained ankle or wrist requiring first aid.

This template and the accompanying judge's sheet must be used for marking. Test designer should remove actions not required.

Victim 1: Adult (manikin) unconscious, not breathing

Unconscious non breathing person (manikin).

Victim 2: Adult who has a sprain (ankle or wrist)

The victim will be co-operative and take direction.

They may be seen:

- Holding the affected limb
- With an expression of pain on their face

They may say:

- What happened to cause the pain
- It's painful in the area affected. (i.e., My ankle hurts)
- I feel sick

Judges Notes:

Victim 1:

This victim will require a quick and continuous response. CPR should be commenced as soon as possible, and marks should reflect the efficiency and effectiveness of the CPR simulation, using the requirements shown in the scoring sheet.

Victim 2:

Rescuer is required to identify the signs of a sprain by both observation and questioning, then undertake treatment.

Overall: You are required to mark the overall assessment and management of the incident. You must consider overall control of the scene and whether assistance was sought. Any person who is sent for help must be directed not to return.

Equipment: Ice Pack

Marking: Binary marking will be used; Either zero or the full mark is allocated, there should no partial marks awarded.

Binary Marking: requires that specific actions must be performed to gain any marks. The actions shown on the scoring sheet must be undertaken to attain any mark.

TEMPLATE 4

DRY SERC: Adult CPR and Sprain

Competitor Name

Team

Draw No

| Areas of Marking | | Absolute Mark |
|--|--|---------------|
| Victim #1: Adult non-breathing manikin (60%) | | //////// |
| Recognition / approach: | • Identification of victim | 2 |
| | • Safety – <i>ensuring no dangers to self, victim or any bystanders</i> | 5 |
| Assessment | • Check victim for response (<i>talk & touch</i>) | 4 |
| | • Open Airway – <i>look for head tilt & chin lift</i> | 4 |
| | • Look, Listen & Feel for normal breathing (<i>pause & assess – maximum 10 sec</i>) | 5 |
| Alert emergency services | • ES informed of correct patient condition - an unconscious, non-breathing victim (<i>May alert ES or request another person to alert ES</i>) • May be performed out of sequence | 5 |
| Treatment Commence CPR 30 chest compressions | • Hand Position (for all compressions) / heel of one hand in center of victim’s chest with fingers exerting no pressure on the ribs / second hand on top | 5 |
| | • compression arm kept straight / vertical downward pressure | 5 |
| | • all pressure released after each compression | 5 |
| CPR continues 2 rescue breaths: | • Head Tilt and Chin Lift | 5 |
| | • Effective seal (<i>mouth or nose</i>) / Steady blow into mouth (<i>not excessive</i>) | 5 |
| Full cycle = 30:2 | • Watching chest for rise and fall (<i>exhalation</i>) | 5 |
| Victim Care | • Continuous application of CPR once commenced | 5 |
| Victim #2: Adult with sprain (ankle. Wrist) (30%) | | //////// |
| Recognition / approach | • Recognition that victim may need attention | 1 |
| | • Ensuring safety of rescuer | 1 |
| | • Ensuring safety of victim | 1 |
| Assesses relevant information | • Questions victim to assess information about the scenario <i>-Examples: What has happened? -How are you feeling?</i> | 3 |
| | • Listens to victim response. | 4 |
| | • Makes assessment and acts. | 2 |
| Treatment Provides direction and instructions | • Rescuer provides directions or instructions to assist in the scenario | 2 |
| | • Instructs the victim to keep still and not to apply weight or pressure to the affected area. | 3 |
| | • Provides ice pack and instructs victim to hold on affected area. | 3 |
| | • Keep victim warm (provide blanket/coat) | 3 |
| Aftercare: Monitoring and encouragement | • Periodically checking that victim has followed directions | 2 |
| | • Providing feedback and encouragement to victim | 2 |
| | • Calm in voice and action | 3 |
| Overall: 10% | | //////// |
| Assessment & Control of the Scene | • Overall assessment of the emergency | 2 |
| | • Rescuer took and maintained control of the scene | 2 |
| | • Identified correct rescue priorities | 1 |
| | • Maintained a calm confident manner | 1 |
| Communication | • Rescuer used effective questioning | 1 |
| | • Victims were given clear instructions | 1 |
| Use of resources | • Assistance was sought (<i>emergency services called</i>) | 1 |
| | • Effective use of resources (<i>victims and/or physical</i>) | 1 |
| TOTAL | | 100 |

| | |
|----------------------|---------------------------|
| Judge’s Name: | Judge’s Signature: |
|----------------------|---------------------------|

Template 5

DRY SERC: Adult CPR and External Bleed

Competitor Name: _____ Male / Female Draw No _____

Team: _____ Category: National Development

Scenario Description:

To be completed by test designer. This description is to provide judges and victims with an overview of the scene and will also be used to provide a pre-competition briefing to the competitor.

This scenario consists of an unconscious, non-breathing victim (manikin), together with a victim suffering from an external bleed requiring first aid.

This template and the accompanying judge's sheet must be used for marking. Test designer should remove actions not required.

Victim 1: Adult (manikin) unconscious, not breathing

Unconscious non breathing person (manikin).

Victim 2: Adult suffering from an external bleed

The victim will be co-operative and take direction.

They may be seen:

- With a surface wound or nose bleed (NB: cause of bleed may be visible)
- Showing pain from skin surface wounds
- With pale/cold/ sweaty skin
- Holding the wounded area
- Loss of normal function in the injured area

They may say:

- It hurts (Complain of pain in the affected area)
- I feel light-headed/dizzy.
- I feel sick

Judges Notes:

Victim 1:

This victim will require a quick and continuous response. CPR should be commenced as soon as possible, and marks should reflect the efficiency and effectiveness of the CPR simulation, using the requirements shown in the scoring sheet.

Victim 2:

Rescuer is required to identify the signs of an external bleed by both observation and questioning, then undertake treatment.

Overall: You are required to mark the overall assessment and management of the incident. You must consider overall control of the scene and whether assistance was sought. Any person who is sent for help must be directed not to return.

Equipment: Selection of first aid items; First aid gloves, first aid dressing, sterile solution
Cause of wound e.g. pair of scissors/sharp object, wound make-up (fake blood/tomato sauce)

Marking: Binary marking will be used; Either zero or the full mark is allocated, there should no partial marks awarded.

Binary Marking: requires that specific actions must be performed to gain any marks. The actions shown on the scoring sheet must be undertaken to attain any mark.

TEMPLATE 5

DRY SERC: Adult CPR and Bleed

| Areas of Marking | | Absolute Mark |
|---|---|---------------|
| Victim #1: Adult non-breathing manikin (60%) | | /////// |
| Recognition / approach: | • Identification of victim | 2 |
| | • Safety – ensuring no dangers to self, victim or any bystanders | 5 |
| Assessment | • Check victim for response (<i>talk & touch</i>) | 4 |
| | • Open Airway – look for head tilt & chin lift | 4 |
| | • Look, Listen & Feel for normal breathing (<i>pause & assess – maximum 10 sec</i>) | 5 |
| Alert emergency services | <ul style="list-style-type: none"> • ES informed of correct patient condition - an unconscious, non-breathing victim (<i>May alert ES or request another person to alert ES</i>) • May be performed out of sequence | 5 |
| Treatment Commence CPR | • Hand Position (for all compressions) / heel of one hand in center of victim’s chest with fingers exerting no pressure on the ribs / second hand on top | 5 |
| 30 chest compressions | • compression arm kept straight / vertical downward pressure | 5 |
| | • all pressure released after each compression | 5 |
| CPR continues 2 rescue breaths: | • Head Tilt and Chin Lift | 5 |
| | • Effective seal (<i>mouth or nose</i>) / Steady blow into mouth (<i>not excessive</i>) | 5 |
| Full cycle = 30:2 | • Watching chest for rise and fall (<i>exhalation</i>) | 5 |
| Victim Care | • Continuous application of CPR once commenced | 5 |
| Victim #2: Adult or child with an external bleed (30%) | | /////// |
| Recognition / approach | • Recognition that victim may need attention | 1 |
| | • Ensuring safety of rescuer | 1 |
| | • Ensuring safety of victim | 1 |
| Assesses relevant information | • Questions victim to assess information about the scenario <i>-Examples: What has happened? -How are you feeling?</i> | 3 |
| | • Listens to victim response. | 2 |
| | • Makes assessment and acts. | 2 |
| Treatment; Provides direction and instructions | • Rescuer provides directions or instructions to assist in the scenario | 2 |
| | • Helps/ directs the victim to get into a comfortable position to assist with treating and stemming bleed. | 3 |
| | • Rescuer examines the bleed and uses any available first aid items. | 2 |
| | Actions may be performed by rescuer or instructed victim Wound without an embedded foreign object * Rescuer apply direct pressure to the wound and elevated limb (maximum of 30 cm. * Action may be performed by rescuer or instruct victim OR Nose Bleed – Rescuer instructs victim to * Hold head well forward and to breathe through mouth. * Pinch entire soft part of the nose until bleed stops | 6 |
| Aftercare: Monitoring and encouragement | • Periodically checking that victim has followed directions | 2 |
| | • Providing feedback and encouragement to victim | 2 |
| | • Calm in voice and action | 3 |
| Overall: 10% | | /////// |
| Assessment & Control of the Scene | • Overall assessment of the emergency | 2 |
| | • Rescuer took and maintained control of the scene | 2 |
| | • Identified correct rescue priorities | 1 |
| | • Maintained a calm confident manner | 1 |
| Communication | • Rescuer used effective questioning | 1 |
| | • Victims were given clear instructions | 1 |
| Use of resources | • Assistance was sought (<i>emergency services called</i>) | 1 |
| | • Effective use of resources (<i>victims and/or physical</i>) | 1 |
| TOTAL | | 100 |



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