

Christian Castle Lifeguard Olympics Rules and Regulations 2019

SECTION 1- GENERAL INFORMATION

1.1 OBJECTIVES

The 5 basic objectives of Christian Castle Lifeguard Olympics (CCLO) are:

- a) To sustain and uplift employee morale;
- b) To stimulate personnel interest in rescue skill training; and
- c) To acquaint the public with water safety procedures and skills used daily by professional lifeguards to advance public safety at aquatic venues.
- d) It is the further objective of the Christian Castle Lifeguard Olympics to standardize the rules and regulations for championship events, thereby contributing toward more harmonious relationships among the various aquatic agencies and associated Drowning Prevention Coalition Partners.
- e) The objective of the competition events should be job relevant to the job of lifeguarding.

1.2 POLICY

At no time must said CCLO or personnel participation in said competition be permitted to interfere with established lifeguard operations or effective public safety in the membership's aquatic facilities. All lifeguard personnel competing or participating in Lifeguarding Olympics must be fully qualified lifeguards in good standing.

1.3 SPONSOR

Approval or consent of the Drowning Prevention Coalition given to the Host of any lifeguard event for the utilization of the Christian Castle Lifeguard Olympics Rules and Regulations of said event. The rules and regulations are to be followed in all Christian Castle Lifeguard Olympics events.

1.4 HOST

Drowning Prevention Coalition of El Paso

1.5 EVENT REGISTRATION & FEES

- (a) All competitors must register prior to the lifeguarding competition in accordance with the procedures and deadlines established by the host organizing committee and the CCLO Committee.
- (b) Each participating organization must designate and register one team captain prior to the start of the competition.
- (c) Relays are to be registered by Team Captains Only..

1.6 ELIGIBILITY

Each individual must be a certified professional lifeguard of an organization.



SECTION 1- GENERAL INFORMATION (CONTINUED)

1.7 COMPETITION CATEGORIES

- a) Each team will consist of 4 members
- b) Each team must have at least one female and one male member
- c) **Events**

1) Tow Relay (test speed and endurance)

This will be a sprint relay with participants completing one complete circle of the racecourse. This will be in the Little Rio Lazy River. 1st person runs $\frac{1}{4}$ of the distance of the Little Rio against the current, and then becomes unconscious. 2nd Rescuer secures the 1st person to the rescue tube and tows the victim to the 3rd rescuer. The 2nd rescuer becomes the unconscious victim, and the 3rd rescuer tows the victim to the 4th victim. The 3rd victim becomes the victim, and the 4th rescuer tows the victim to the finish line. The race is over when all 4 participants have completed their length. This race will be run in heats and scored according to time.

2) 2 Minute Drill (test skill and speed)

This event will be in the Deep Lake area of the park. The water depth is approximately 9 feet and the rescuer will rescue a submerged victim and swim the victim approximately 15 yards to the exit side of the pool. Once the victim is removed from the water, the team members will do an initial assessment of the victim and provide care as needed.

3) Shallow water back boarding (test skills) (Soaker Blaster).

This is timed event.

4) Backboard Tread Competition (time and endurance) (Shotgun Lake)

Teams of four will tread water while holding a backboard above their heads. Once the board touches, the water time is stopped.

5) Mass Casualty Scenario (test skills)

All team members will conduct an initial assessment on 4 victims, and then provide appropriate care for the most serious victim(s). This event will be scored through skill and time. All ties will be broken with a 30 question written exam on CPR/AED skills, Cardiac Emergency Care and First Aid.

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SECTION 1- GENERAL INFORMATION (CONTINUED)

1.8 SCORING

Points will be awarded in each Championship event according to the following schedule:

- First Place: 12 points
- Second Place: 10 points
- Third Place: 9 points
- Fourth Place: 8 points
- Fifth Place: 7 points
- Sixth Place: 5 points
- Seventh Place: 4 points
- Eighth Place: 3 points
- Ninth Place: 2 points
- Tenth Place: 1 point

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

- a) Most first-place finishes in all events
- b) Most second-place finishes in all events.
- c) Most third-place finishes in all events and so on.
- d) Ties (dead heats) in finals shall be declared as such and the points divided equally among the teams involved. For example, in a 2-way tie for first place, 11 points shall be allocated to each team.
- e) No points shall be credited to any team if an event is cancelled-even if some events have been run.

1.9 COMPETITION AWARDS

Event Awards

Top 3 receive awards in each event

Overall point score team trophies will be awarded to the top three highest scoring teams.

Team Spirit Award (gift certificates)

Raffles for door prizes

1.10 CHAMPIONSHIP SCHEDULE

- a) No event shall be delayed due to equipment problems, subject to the discretion of the Head Official.
- b) The Christian Castle Lifeguard Olympics will be held over the period of one day. It is suggested that the competition begin at 8 am.
- c) The competition schedule may be changed to comply with local conditions or to avoid placing competitors, officials, spectators or equipment in danger.

1.11 COMPETITION COMMITTEE

The Drowning Prevention Coalition Competition Committee shall consist of the Competition Coordinator from each organization competing.

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SECTION 2 – ADMINISTRATION

2.1 EVENT OFFICIALS

Officials shall be appointed by the respective Competition Chairperson.

2.2 EVENT OVERSIGHT COMMITTEE

- a) The Competition Chairperson (or their designee) will be the Head Official.
- b) The Head Official will assign the Event Referees. The Head Official and Event Referees shall comprise the Event Oversight Committee.
- c) In consultation with the Host the Event Oversight Committee shall have the power to postpone or cancel any or all events, and to alter the venue of the competition, owing to weather or other unforeseen circumstances.
- d) The Committee shall make every effort within its power to see that all rules, requirements and operational procedures of the DPC Competition Manual are followed.

2.3 AREA ALLOCATION

The Head Official is empowered to define the respective competition and marshaling areas for all events.

2.4 RESCUE EQUIPMENT PLACEMENT

All rescue equipment shall be placed by the Host under the direction of the Head Official or their designee. Rescue placement must be done prior to the starting of the competition.

2.5 ASSOCIATION OFFICIALS IN CHARGE

Once the competition has begun the Event Officials are in charge.



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SECTION 3 – OFFICIALS AND THEIR DUTIES

3.1 NOTIFICATION

Officials should be notified of the competition and their appointment to a particular position at an event and of the time to report for briefing, etc. Notification should within be a reasonable amount of time.

3.2 OFFICIAL UNIFORMS

Officials shall be provided with and wear a distinctive uniform.

3.3 THE HEAD OFFICIAL

In conjunction with the Event Oversight Committee,

- (a) Shall be responsible for all matters relating to the actual conduct of the competition. Shall have the power to make any alteration in the schedule that they deem necessary. An announcement shall be made of such alteration.
- (b) Shall appoint a Protest Committee as required to consider and adjudicate protests
- (c) Shall consider and adjudicate on any unbecoming conduct during the competition or event
- (d) Shall, if required, exercise the power to disqualify or penalize a competitor. The Head Official is not required to give notification of any disqualification or penalty until the conclusion of the relevant event.

3.4 EVENT REFEREES

Event Referees shall be appointed by the Head Official to control and organize events of the competition. While in control of a particular event they shall be responsible only to the Head Official.

3.5 FINISH JUDGES

- (a) Determine the order of finishing of contestants.
- (b) Report on any infringement of competition rules to the Event Referee.
- (c) Position them to have an uninterrupted view of the finish line.
- (d) Assign finish places to the competitors as they complete the event.
- (e)

3.6 STARTER(S)

- (a) Has sole jurisdiction over the competitors for the start.
- (b) Recall the competitors by pistol shot (rapid), by whistle signal or by other means, if in their opinion the start is an unfair one. Recall signal must be consistent during the competition.

3.8 MARSHAL

- (a) Shall assemble the competitors for events and place the Competitors into heats
- (b) Shall insure that competitors are ready to compete, and that they present themselves with their equipment and competition attire when called to the event.
- (c) Shall insure that any competitors warming up after the start of the first heat must not interfere in any way with the conduct of any aspect of the competition.
- (d) Shall review the event details and rules with the competitors, including the start, the course and the finish.
- (e) Shall see that all competitors under his control are in proper uniform.

SECTION 3 – OFFICIALS AND THEIR DUTIES (continued)

3.9 COURSE RECORDERS

Shall record the order in which each placed competitor or team finishes in each event, together with the time where necessary.

3.10 SCOREKEEPER

The Scorekeeper shall:

- (a) Keep a running total of the points scored.
- (b) Provide official results and/or score sheet after the conclusion of the competition.

3.11 ANNOUNCER

The Announcer shall:

- (a) Receive and broadcast the official results as they are made available.
- (b) In cooperation with the Event Officials, notify competitors of the timing of upcoming events and appropriate venues.
- (c) Keep the spectators informed, acknowledge sponsors and, where applicable, describe the events and explain the running of the events to maintain public interest.
- (d) Shall be required to attend all briefings of the Competition Officials.

3.12 PRESENTATION OFFICIAL

The Presentation Official will be responsible for all awards presented during the event.



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SECTION 4 – GENERAL COMPETITION RULES AND PROCEDURES

4.1 EQUIPMENT

The following is a list of equipment to assist in running an efficient competition. This list is intended to outline basic equipment items and the Host of the competition can propose additions to the list for future competitions.

- (a) 10 pound bricks (City)
- (b) Rescue Tubes (City)
- (c) Backboards (WW or City)
- (d) Manikins (City)
- (e) AED Trainers (City)
- (f) BVMs (City)
- (g) P.A. System (Wayne)
- (h) Starting system (WW)
- (i) Whistles, pocket masks (Lifeguards)
- (j) Stop watches (City)
- (k) Submersible Manikin (City)

4.2 STARTS

- (a) Two Officials are needed for all starts: Starter and Event Referee.
- (b) The “One Start Rule” shall be in used in all events.
- (c) STARTING OF EVENTS
 - i. The process of starting events should commence with a signal, or command, that indicates “ready”, the Starter shall give the ready command “You are now in the hands of the Starter” at the beginning of the event and when the competitors are properly assembled at the starting line.
 - ii. Followed by a signal, or command, that indicates “set”.
 - iii. Followed by a signal, or command, that indicates “a start”. The Starter shall start the race by the sounding of the gun, air horn or whistle, when conditions allow and the line is stable.
 - iv. If, for any reason, the Starter has to speak to any competitor after either command, the start process shall be begin again.

4.3 DISQUALIFICATION

- (a) Failure to complete a part of the event will cause additional time added to the event.

4.4 PROTESTS

- (a) The Head Coach must submit a written protest to the Head Official prior to the start of the event.



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Christian Castle Lifeguard Olympics 2019 (Penalty Matrix)

***All lifeguards must bring their own fanny pack, mask and whistle for the events.**

***Goggles are not permitted for any event**

1. Mass Casualty Exercise

- a. Points are awarded for each correct skill on checklist
- b. Equipment: Crash Bags w/ Manikins(2), AED's(2), BVM's(2), fanny packs, gloves, pocket masks, towels,

2. Tow Relay

- a. Penalty – 10 second penalty for each of the following infractions:
 - i. Victim kicks
 - ii. Early take-off
 - iii. Victim falls off the tube
- b. Equipment: Stopwatches(1), rescue tubes(3), clipboards, pencils, and whistles
- c. No penalty for water shoes

3. Shallow Water Back boarding

- a. Penalty – 10 seconds for each infraction in skills checklist
- b. Equipment: Backboards(1), rescue tubes(2), clipboards, skills checklists, pencils, stopwatches(1)
- c. 30 second penalty for excessive waves/water movement upon pool entry and victim approach
- d. 15 second penalty for “sloppy” victim handling (excessive head/neck movement), not maintaining the spine in an in-line position
- e. 15 second penalty for “bouncing” of the backboard with victim on board upon removal from water

4. Backboard Tread Competition

- a. Backboard must remain above the surface the water
 - i. Penalty – Competition Over
 - ii. Lifeguard lets go of the backboard (both hands must remain on the backboard)
 - iii. Backboard touches the surface of the water
- b. Equipment: Backboard(1), clipboards, pencils, and stopwatches(1)

5. Two (2) – Minute Drill Rescue

- a. Penalty – 10 seconds for each infraction in skills checklist
- b. Equipment: Backboard (2), rescue tubes (2), clipboards, stopwatches(2), and pencils

All participants will be required to follow all Wet N' Wild rules and regulations throughout the course of the events and after.

Please respect our fellow lifeguards if you choose to stay after the events.

