



LIFESAVING SOCIETY

The Lifeguarding Experts

**BC & YUKON BRANCH
BARNESLEY CHAMPIONSHIP
2006 HANDBOOK**

August 25 & 26, 2006

West Vancouver Aquatic Centre

**2121 Marine Drive
West Vancouver, BC**

west vancouver

OVERVIEW

Annually the BC & Yukon Branch of the Lifesaving Society presents lifeguards and lifesavers with opportunities to test their lifeguarding and lifesaving skills in fair and challenging environments. Participants in these competitions have the opportunity to learn new techniques, share ideas and learn more about lifeguarding and lifesaving. All competitors and athletes, whether first year or seasoned veterans, benefit from these competitions.

The BC & Yukon Branch Lifeguard and Lifesaving Championships consists of:

- The Barnsley Championship – pool lifeguard championship
- The DB Perks Cup Championship – still water lifesaving sport championship
- The Christina Cup Championship – open water championship

The BC & Yukon Branch also provides championships in Junior and Master divisions.

The Barnsley Championship (pool lifeguard championship) provides the public with an opportunity to watch and understand the many skills needed to effectively train lifeguards. As the standard setting agency for lifeguards and lifesavers, the Lifesaving Society organizes competitions to promote an appreciation of lifeguards as dedicated professionals.

The Pool Lifeguard Championship consists of four technical events & two fitness events

- Pool Simulations
- First Aid
- Priority Assessment
- Individual First Aid
- Fitness: 4X50 Medley Relay, 4X25 Manikin Carry

The winner of the Pool Championships will be awarded the coveted Barnsley Shield, which was donated in 1936 by George Barnsley of England to commemorate the Golden Jubilee (1886 –1936) of the City of Vancouver. In the donation letter he expressed a desire that the Shield “encourage teamwork, rather than leaving individuals to flounder for themselves.”

If you have any questions or comments regarding the Barnsley Lifeguard Championship, please contact the Lifesaving Society Office at:

Phone: 604.299.5450

Email: guardcomps@lifesaving.bc.ca

CODE OF CONDUCT

1. The intention of these competitions is to compare, in a fair and unbiased manner, the participating lifeguard teams. In order to establish valid comparisons and determine a champion, both secrecy and lock-ups are necessary. Any attempt to breach either is a serious offense.
2. Any action by a team, which attempts to disrupt or interfere with another team, is a serious offense.
3. While participating in the Lifeguard Championship, teams are representatives of their sponsors, the Lifesaving Society, and the lifeguarding profession in general. As such teams shall conduct themselves in a professional manner during the competition and related activities.
4. Abuse of competition officials or unsportsmanlike conduct will result in disqualification of the individual(s) involved for at least one event, and possibly the competition itself.
5. Abuse of supplied equipment; willful damage to the venue site or property of others will result in the disqualification of the involved individual(s) from the competition.
6. Any protest against a competition event, score or team must be lodged in writing with the Head Referee within ten minutes of the event or the posting of the contested score. Protests regarding a judge's score will not be considered.
7. The Lifeguard Championship is considered closed at the conclusion of the Awards Banquet and any activity after that point is not considered a part, or related to, the Championship.

REGISTRATION DETAILS

REGISTRATION DEADLINE:

Early Registration Discount:

Monday, August 14, 2006

Final Registration Deadline:

Wednesday, August 23, 2006

NO Registrations will be accepted after 4:30 p.m., Wednesday August 23, 2006

REGISTRATION INFORMATION:

At the time of registration teams must submit:

1. Completed Registration Form.
2. Signed Waiver Form(s) for each competitor.
3. Full payment*.

* Affiliates that are sponsoring teams have the option of being invoiced. No refunds will be granted for teams that do not show up to the competition or withdraw after Wednesday, August 23, 2006.

TEAM ELIGIBILITY (ALL EVENTS):

1. All competitors must have a current National Lifeguard Service Award in order to compete in the Barnsley Championship.
3. All teams must meet the male/female ratio requirements as noted on the following section.

TEAM SIZE:

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BARNSELEY CHAMPIONSHIP

1. Teams will consist of no more than four competitors. Each team must have at least one male and one female competitor. All four competitors will compete in all events..

ENTRY FEES:

The Branch sponsors Regional Championship events throughout the summer months. These Regional winners receive a discount on their entry fees.

Early Registration \$36/person
Before August 14 2005

Regular Registration Fee..... \$44/person
Before August 23 2005

Regional Champion \$28/person
Before August 14 2005

Regional Champion \$36/person
Before August 23 2005

ALL ENTRY FEES INCLUDE GST.

FEES INCLUDE ONE T-SHIRT AND ONE AWARDS BANQUET TICKET

POOL CHAMPIONSHIPS EVENT INFORMATION

DIVISIONS

Teams may be divided into two divisions based on team experience as determined from the team profile form. The top three (3) teams in each division will compete in finals for the title of Barnsley Champion. The single highest placing team in each division in any one event (if they have not already advanced to finals) will also compete in this event.

If teams are not divided into divisions, the top six teams will advance to finals. The single highest placing team in any event (if they have not already advanced to finals) will compete in the event final.

Finals will be held for Pool Simulations, First Aid, and Individual Skills events. Fitness events will be timed finals. Scores from the Preliminary Priority Assessment will be carried forward.

GENERAL RULES AND REGULATIONS

2. Teams will be comprised of four competitors. Teams must consist of at least one male and one female competitor.
3. Teams will supply their own equipment. No “fake” equipment may be used.
4. Diving is not permitted in shallow water. A penalty will be assessed to any dive in shallow water. The penalty will be 25% of the maximum score possible for the event. In the event of a dive into shallow water, the simulation will not be stopped. Immediately following the conclusion of the simulation, the team will be notified of the penalty. Competitors are responsible for clarifying for themselves where safe diving is permitted and not permitted.
5. The BC & Yukon Branch encourages the use of new and innovative equipment. Teams are encouraged to inform event officials if they are using equipment that they feel may not be familiar to event judges. Event officials may, if deemed necessary, ask to see the competitors demonstrate competent use of the equipment to ensure that the competitors are suitably familiar with its proper use. It should be emphasized that while specialized equipment is encouraged, competitors can achieve full marks with the skills and equipment taught in NLS.
6. Communication devices such as walkie-talkies and cell phones must be turned in to security personnel while teams are in lock-up to ensure event security. They will be returned to competitors in the marshaling area prior to the start of each event. Competitors will be required to provide an extra walkie-talkie to event officials set to the correct channel to ensure that the judges score communication properly and event security is maintained. Competitors wishing to use a cell phone to make emergency phone call will be required to provide event officials with a spare phone, and an actual phone number. Competitors will then actually phone the judge when they wish to place their emergency call. It should be noted that these communication devices are not necessary to achieve full marks and any attempt to use them to cheat will result in team disqualification.
7. All competitors are strongly encouraged to use appropriate barrier devices in all events requiring the administration of rescue breathing or managing other situations where there is a risk of cross contamination. Event marking sheets are designed to award points for the proper use of barrier devices when warranted.
8. To ensure the safety of volunteer victims, competitors are to simulate chest compressions, abdominal thrusts, rescue breathing, and any other procedures that may harm or potentially transfer a disease to volunteer victims.
9. In the event of a real emergency, on-duty lifeguards will respond. If a competitor is first to respond to a real emergency, on-duty lifeguards will take over as soon as it is safe to do so.

SCORING

Scoring for the Pool Branch Championship is as follows:

Pool Simulations:	40%
First Aid:	30%
Priority Assessment:	10%
4X50 Medley Relay:.....	7.5%
4X25 Manikin Relay:	7.5%
Individual First Aid:	5%

TIES

When a tie exists in an event final, all tied teams will be co-champions of that event.

When a tie exists in the overall preliminary scores to determine a finalist, selecting the team to advance will be determined in the following order:

- Highest Score in Pool Simulations
- Highest Score in First Aid
- Highest Score in Priority Assessment
- Highest Score in Individual First Aid

When a tie exists for the overall Pool Championship, selecting the team to win the title will be determined in the following order:

- Highest Score in Pool Simulations
- Highest Score in First Aid
- Highest Score in Priority Assessment
- Highest Score in Individual First Aid

DESCRIPTION OF EVENTS

POOL SIMULATIONS

All four team members will guard the pool for eight 8 to 12 minutes during which time they must recognize and manage public relations incidents, water distress situations and aquatic and first aid emergencies. This event mirrors the pool simulations that are a standard part of the NLS program.

A lock-up system is in effect, with each set of simulations repeated several times within one grouping.

All teams within the same division will receive the same simulation.

Teams are provided one minute to set up prior to the start of the simulation. This time is for set up only. Teams are not expected to, nor should they, respond to anything they observe during this time.

Major simulations are designed such that they may not be prevented. Some minor incidents may be prevented. Teams preventing a minor incident will receive full marks for that incident.

Teams are to assume the actual bather load at the time of their simulation. The procedure for clearing the pool will be discussed by the organizers during the competitors meeting.

Facility specific information such as the location of emergency phones, water feature control shut offs, etc. will be clarified for competitors at the Competitors' meeting.

FIRST AID EVENT

Teams will enter a staged accident scene and must assess and manage simulated patients and bystanders. Teams will not be told where the scene will be staged and it may be located indoors or outdoors.

Teams will enter the accident scene with staggered times. Competitors will not know the order in which they will enter until they are in the marshaling area, immediately prior to the start of the simulation. The order in which the lifeguards will enter the scene will be determined by draw.

Teams will not know when the second, third and fourth guards will enter the scene. The first guard entering the scene is not permitted to bring any equipment other than personal protective equipment such as gloves, a pocket mask, and/or protective goggles.

The "trigger" for back-up guards to enter the scene will be consistent for all teams. The "trigger" may be a predetermined time from the start of the simulation, or may be based on the time that back-up was requested by the first guard.

A partial lock-up system is in effect, with each set of simulations repeated several times within one grouping. All teams within the same division will receive the same simulation. The simulation will last between 5 and 10 minutes.

In the event that a judge concludes that a competitor's action or inaction would result in his or her own death, the competitor will be immediately retired from the event. The competitor will be asked to lie down on the spot. The competitor's teammates will be expected to assess and treat their "downed" teammate. Competitors will only be retired if they reasonably would be killed in the situation. In the event that more than one competitor on a single team is "downed", marks will only be available for the first competitor. Officials will immediately notify a team if they are providing treatment to a competitor who is not worth any marks. Skills taught and equipment used in the NLS and AEC programs will be sufficient to achieve full marks.

PRIORITY ASSESSMENT

Teams will enter the pool area and will have 90 seconds to assess and treat patients in varying degrees of distress in and around the water. The emphasis of treatment is on maintaining basic life support while treating as many patients as possible in the allotted time. To receive full marks, teams should assess and treat those most seriously injured first.

A partial lock up system is in effect, with each set of simulations repeated several times within one grouping. All teams within the same division will receive the same simulation. The general public will not be admitted to the event site during this event. The area that the competing teams are responsible for will be restricted to simulated victims and event officials.

Patients are divided into three categories:

Priority One: Patients in an immediately life-threatening situation.

Examples include:

- Drowning non-swimmer
- Airway obstruction
- Arterial bleeding
- Cardiac or respiratory arrest

Priority Two: Patients with serious injuries who, while not in an immediately life-threatening situation may progress to become life threatening if left un-treated.

Examples include:

- Unconscious patients on land with breathing and pulse
- Conscious patients with head injuries
- Serious burns
- Moderate bleeding
- Compound fractures
- Progressive shock

Priority Three: Patients with minor injuries, or public relations problems.

Examples include:

- Minor first aid such as small cuts, simple fractures, nose bleeds, slivers, sprained ankles, or stubbed toes.
- Public relations situations.

Teams are not required to verbally identify which category a patient is in.

Scoring for the event is divided into two parts, Priority Points and Treatment Points:

Priority Points: These points are based on how quickly a team assesses and begins effective patient management. To receive full marks, teams must begin assessment/treatment of Priority One patients within 30 seconds, Priority Two patients within 60 seconds, and Priority Three patients within 90 seconds. Teams do not need to treat patients in any order, however if teams delay in treating higher priority patients they will score lower than teams who identify and treat these patients earlier. For the purpose of Priority points, timing will stop when the lifeguard begins to perform an effective assessment and takes appropriate action to deal with the situation. Many lower priority patients can be effectively managed without the lifeguard making physical contact with them.

Treatment Points: These points are awarded for the appropriate assessment, care and handling of a patient. Points are also awarded for personal safety including the correct and appropriate use of barrier devices. Teams can achieve full marks with no supplies other than their own personal protective equipment.

The total number of patients in the simulation will not be known to competitors. The event is a drill and is not intended to present a realistic situation. Teams are not required to make an emergency phone call, complete incident reports, clear the pool, or any other similar actions.

INDIVIDUAL FIRST AID EVENT

This is a lock-up event. Team members will compete individually and will be given approximately four minutes to deal with an injured victim. Each team member will compete in a separate block with the top individuals from each block proceeding to a final round. The four individual placings

for each team will be combined for a total team score. Teams will be ranked for event points based on their total team score in Preliminaries. Awards will be presented to the top placing individuals in finals. Teams may bring in any equipment (with the exception of spine boards). Teams must divide equipment prior to marshaling, as each team member will be expected to perform independently of the others. The simulation may occur anywhere including in the pool area, and patients may or may not be in the water.

MEDLEY RELAY

The first competitor: with a dive start on an acoustic signal, swims 50m freestyle without fins.

The second competitor: with a dive start after the first competitor touches the wall, swims 50m freestyle with fins.

The third competitor: with a dive start after the second competitor touches the wall, and swims 50m freestyle pulling a rescue tube **without fins**. After the third competitor touches the wall, the third competitor passes the harness of the rescue tube to a fourth competitor

The fourth competitor: who is in the water **wearing fins**, with at least one hand on the turning edge, receives the tube from the third competitor. The third competitor, playing the role of “victim,” holds the rescue tube with both hands, while being towed 50m by the fourth competitor to the finish. At the start of this leg, the victim must be in contact with the rescue tube before passing the 5m line.

The event is complete when the fourth competitor touches the finish edge of the pool with the victim in contact with the tube.

The victim may kick while being towed, but no other assistance is permitted.

The victim must grip the main body of the rescue tube – not the rope or clip.

Equipment:

The BC & YUKON Branch will provide rescue tubes.

The City of Penticton is pleased to provide fins for competitors, however there is no guarantee that the appropriate size will be available. Competitors may provide their own fins, **however**, fins must have a maximum length of 65cm, including the ‘shoe’ or extended ankle strap and a maximum width of 30cm. The fins must be made of one solid material.

Retrieving lost fins: Competitors may retrieve fins lost after the start and the team may continue in the event. The team will not be permitted to start again in another heat.

Disqualification:

In addition to the code of conduct, the following behavior shall result in disqualification:

1. A false start.
2. The second and third competitors starting before the first and second competitors respectively touch the turning edge.
3. The fourth competitor taking the harness before the third competitor touches the turning edge.
4. The victim and fourth competitor not leaving from the turning edge (both competitors may kick off from the turning edge).
5. The victim holding the rescue tube by the rope or clip.
6. The victim helping with arm movements, or not holding the rescue tube with both hands.
7. The victim losing the rescue tube after crossing the 5m line.
8. One competitor completing two or more legs of the event (excluding the third competitor acting as a victim).
9. Failure to touch the finish edge.

4 X 25 MANIKIN RELAY – short course

The first competitor: starts in the water grasping the manikin with one hand (its mouth and nose above the surface) and holding the pool edge with the other. On an acoustic signal, the competitor carries the manikin 25m to touch the turning edge. The second competitor, who must be in contact with the turning edge with at least one hand, may touch the manikin only after the first competitor has touched the turning edge.

The second competitor: carries the manikin 25m to touch the start/finish wall. The third competitor, who must be in contact with the wall with at least one hand, may touch the manikin only after the second competitor has touched the edge.

The third competitor: carries the manikin 25m to touch the turning edge. The fourth competitor, who must be in contact with the turning edge with at least one hand, may touch the manikin only after the third competitor has touched the turning edge.

The fourth competitor: completes the event by carrying the manikin 25m to touch the finish edge with any part of the competitor's body.

In-water start procedure:

The Manikin Relay begins with an in-water start as follows:

1. On the long whistle by the referee, competitors enter the water.
2. At the second long whistle by the referee, competitors return without undue delay to the starting position.
3. The competitor starts in the water holding a manikin without one hand (its mouth and nose above the surface) and the pool edge with the other hand.
4. When all competitors have assumed their starting positions, the starter shall give the command "Take your marks." When all competitors are stationary, the starter gives the acoustic starting signal.

Surfacing, carrying, and towing manikins:

Surfacing the manikin: Competitors may push off the bottom when surfacing with the manikin. Competitors must surface submerged manikins using at least 1 hand.

Carrying the manikin: When a manikin carry is required, competitors must carry (not push) the manikin with at least 1 hand, and:

- Keep the manikin's mouth and nose above the surface (see note below).
- Chin carries are acceptable where the pressure is clearly on the chin. Avoid carrying the manikin by the throat or covering the mouth or nose.

Mouth and nose above surface: Events in which manikins are used to simulate a rescue within a race environment. Throughout the race competitors must demonstrate every intention of maintaining the manikin's mouth and nose above the surface.

Competitors shall not be disqualified if water covers the manikin's mouth and nose from time to time.

However, officials may disqualify competitors who do not maintain the mouth and nose of the manikin above the surface for the majority of the carry or tow. In judging whether the mouth and nose are above the surface, officials shall disregard the bow wave or wash created by the competitors and/or manikins.

Equipment:

The BC & Yukon Branch will provide manikins.

Disqualification:

In addition to the code of conduct, the following behavior shall result in disqualification:

1. A false start.
2. Not starting the event holding the manikin's face out of the water with at least 1 hand.
3. Using incorrect manikin carry technique as detailed above.

4. Not keeping the manikin's mouth and nose above the surface for the majority of the carry and during changeovers as detailed above.
5. Taking assistance from any pool fitting (e.g. land ropes, steps).
6. The manikin changing hands:
 - Outside the designated changeover zone
 - Before the incoming competitor touches the edge
7. The outgoing competitor releasing the pool edge before the previous competitor has touched the edge.
8. Releasing the manikin before a changeover.
9. Releasing the manikin before touching the finish wall.
10. Failure to touch the finish edge.

If you have any other questions regarding the events or rules regarding the events, please contact Lifesaving Society at 604.299.5450 or guardcomps@lifesaving.bc.ca