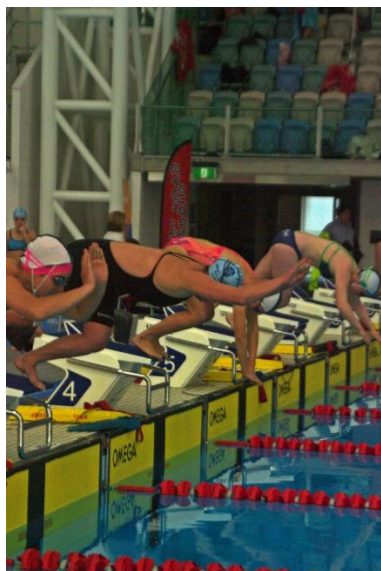


Fact Sheet

What is Pool Life Saving?

Pool Lifesaving competitions tests a lifesaver's skills in rescue, accident prevention and emergency care; teaching skills that will save lives and last a lifetime. Pool Lifesaving builds confidence, teaches teamwork, and is perfect for those who want to add an extra dimension to their swimming - and it is fun!



There are many different events in this competition...for example

Line throw – a timed event where the competitor throws an unweighted line to a team member in the pool and then pulls him/her 12 metres back to the poolside.

50metre Manikin – a competitor swims freestyle for 25metres then dives to recover a submerged manikin and then carries it to the finish edge of the pool.

100metre Manikin Carry – a competitor swims 50 metres freestyle wearing swim fins to recover a submerged manikin located at the 50 metre mark. The manikin is then carried back to the pool edge to finish.

200 metre Super Lifesaver – a competitor swims 75 metres freestyle to recover a submerged manikin, and then continues carrying the manikin to the turning edge. The manikin is released, fins are put on and the competitor tows a rescue tube 50 metres. At the pool turning edge, the rescue tube is placed around a floating manikin which is towed to the finish end of the pool.

100 metre Rescue Medley – this event involves swimming 50 metres in freestyle, turning and swimming underwater (20 metres for men and 15 metres for women) to a submerged manikin. After recovering the manikin it is carried to the finish edge of the pool.

200 metre Obstacle Swim – this event consist of swimming freestyle a total of 200 metres passing under eight immersed obstacles.

100 metre Manikin Tow – a competitor swims 50 metres freestyle with fins towing a rescue tube. At the tuning edge of the pool the rescue tube is placed around a floating manikin and is towed back 50 metres to the finish line.



100 metre Manikin Carry – after a 50 meters freestyle swim with fins, competitors dive to recover a submerged manikin and swim back to the finish carrying the manikin.

A full description of all the events follows. There are junior and senior divisions with different requirements for each division. The juniors (U12-U14) don't carry a manikin, they use a "brick. The manikins are considered "Living patients", so must be rescued to demonstrate the skills required to preserve life - the head must be kept above the water.

The "Bricks" are treated as "non-Living patients" so may be carried above or below the surface of the water.

Description of Events

	Events	Description of Events
1.	50m Freestyle with Fins	<p>With a dive entry, the competitor swims 50m freestyle with fins.</p> <p>Note: "Freestyle" means that in an event so designated the swimmer may swim any style including form strokes and underwater.</p> <ul style="list-style-type: none"> Following the dive entry the competitor may swim underwater for the entire 50m. Note: There is no requirement to surface but it is advisable that competitors finish at a depth that allows electronic timing to be activated. The event is completed when the competitor touches the finish edge of the pool.
2.	100m Obstacle	<ul style="list-style-type: none"> This event consist of swimming freestyle a total of 100 metres passing under four immersed obstacles. The obstacles are a small "barricade" that are placed 12.5 metres from the beginning of the pool and 12.5 metres from the end The important part of this event is to be able to duck dive under the obstacle With a dive entry on an acoustic signal, the competitor swims the 100 m course passing four times under the immersed obstacles to touch the finish wall of the pool.
3.	200 m Obstacle	<p>With a dive entry on an acoustic signal, the competitor swims the 200 m course passing eight times under the immersed obstacles to touch the finish wall of the pool.</p>
4.	50 m Manikin Carry - from 35m	<p>With a dive start, the competitor swims 25 m freestyle and then dives to recover a submerged manikin to the surface within 5 m of the pickup line. The competitor then carries the manikin to touch the finish wall of the pool.</p>
5.	100m Manikin tow with fins	<p>With a dive entry, the rescuer swims 50m freestyle with fins and rescue tube, where their patient is waiting with at least one hand on the turn wall.</p>

		<ul style="list-style-type: none"> • As soon as the rescuer has touched the turning edge of the pool, the patient can let go of the wall and the “clip in” of the patient into the rescue tube can commence. • The rescuer and/or the patient secures the rescue tube around the patient’s body under both arms and clipped to an O-ring. • This clip in must be made within the 5 m pick up zone (judged by the top of the patient’s head). • The rescuer and patient may then are permitted to push off the wall. • The patient is permitted to assist by kicking and sculling under the surface of the water and kicking, but they must not swim with an out-of-water recovery. The patient must be towed on their back and the patient cannot be towed in any other way than clipped into the rescue tube. • The finish is determined on the rescuer touching the wall with one hand
6.	100m Manikin carry with fins	<p>With a dive start on acoustic signal, the competitor swims 50 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turn wall. The competitor carries the manikin to touch the finish wall of the pool.</p> <ul style="list-style-type: none"> • Competitors need not touch the turn wall of the pool. • Competitors may push off the bottom when surfacing with the manikin
7.	100m Rescue medley	<ul style="list-style-type: none"> • With a dive start, the competitor swims 50 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 17.5 m from • The turn wall. • The competitor surfaces the manikin within the 5 m pick-up line, and then carries it the remaining distance 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. • Competitors may push off the bottom when surfacing with the manikin
8.	200m Super Life Saver	<ul style="list-style-type: none"> • With a dive start on an acoustic signal, the competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the turn wall. After touching the wall the competitor releases the manikin. • In the water, the competitor dons fins and rescue tube and swims 50 m freestyle. • After touching the wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. • The event is complete when the competitor touches the finish wall of the pool
9.	Team Events	
10.	4x50m Obstacle relay	<p>With a dive entry on an acoustic signal, the first competitor swims 50 m freestyle passing under two obstacles. After the first competitor touches the turn wall the second, third, and fourth competitors repeat the procedure in turn.</p>

11.	50 m Brick Carry - from 25 m	<p>The “Brick” is a 3.5kg Rubber Dive Bricks which is not classified as a “living object and therefore it may be carried above or below the surface of the water as follows:</p> <ul style="list-style-type: none"> • With a dive start on an acoustic signal, the competitor swims 35m in freestyle and then dives to recover a submerged rubber brick to the surface within 5m of the pick-up line. • The competitor then carries the rubber brick to touch the finish edge of the pool. • Competitors may push off the bottom when surfacing with the rubber brick.
12.	100m patient tow with fins (Team event) Patient and Rescuer required	<ul style="list-style-type: none"> • With a dive entry, the rescuer swims 50m freestyle with fins and rescue tube, where their patient is waiting with at least one hand on the turn wall. • As soon as the rescuer has touched the turning edge of the pool, the patient can let go of the wall and the “clip in” of the patient into the rescue tube can commence. • The rescuer and/or the patient secures the rescue tube around the patient’s body under both arms and clipped to an O-ring. • This clip in must be made within the 5 m pick up zone (judged by the top of the patient’s head). • The rescuer and patient may then are permitted to push off the wall. • The patient is permitted to assist by kicking and sculling under the surface of the water and kicking, but they must not swim with an out-of-water recovery. The patient must be towed on their back and the patient cannot be towed in any other way than clipped into the rescue tube. • The finish is determined on the rescuer touching the wall with one hand.
13.	Line Throw (Team Event)	<p>In this timed event, the competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid crossbar located 12 m distant. The competitor pulls this “victim” back to the finish wall of the pool.</p>
14.	Team Events	
15.	Line Throw (Team Event)	<p>In this timed event, the competitor throws an unweighted line to a fellow team member located in the water on the near side of a rigid crossbar located 12 m distant. The competitor pulls this “victim” back to the finish wall of the pool.</p>
16.	4x50m Relay Obstacle	<p>With a dive entry on an acoustic signal, the first competitor swims 50 m freestyle passing under two obstacles. After the first competitor touches the turn wall the second, third, and fourth competitors repeat the procedure in turn.</p>
17.	Relay Manikin	<p>Four competitors in turn carry a manikin approximately 25 m each.</p>

		<ul style="list-style-type: none"> • The first competitor starts in the water holding a manikin with one hand (its mouth or nose above the surface) and the start wall or starting block with the other hand. On an acoustic signal, the competitor carries the manikin and passes it to the second competitor within the 4 m changeover zone situated between the 23 m and 27 m mark. • The second competitor carries the manikin to touch the turn wall and passes the manikin to the third competitor who is in contact with the turn wall or starting block with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the turn wall. • The third competitor carries the manikin and passes it to the fourth competitor in the changeover zone between the 73 m and 77 m mark. • The fourth competitor completes the event by carrying the manikin to touch the finish wall with any part of the competitor's body.
18.	Relay Medley	<ul style="list-style-type: none"> • With a dive start on an acoustic signal, the first competitor swims 50 m freestyle without fins. With a dive start after the first competitor touches the wall, the second competitor swims 50 m freestyle with fins. • With a dive start after the second competitor touches the wall, the third competitor swims 50 m freestyle towing a rescue tube. The third competitor touches the turn wall. • The fourth competitor, in the water wearing fins with at least one hand on the turn wall, dons the harness. The third competitor, playing the role of "victim", holds the rescue tube with both hands while being towed 50 m by the fourth competitor to the finish.

Swim Fins

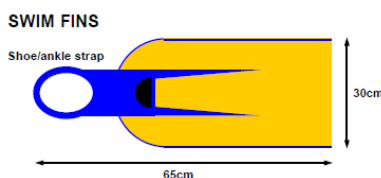
At the ILS World Championship events large “fibreglass” fin are used. Therefore any type of fin may be used in the U14 through to Open / Masters age groups, in those events that permit the use of such equipment, provided they comply with the following specifications:

SWIM FINS

Fins are measured while not worn. Swim fins used in competitions shall comply with the following specifications:

Length: maximum overall length 650 mm, including ‘shoe’ or ankle strap (ankle strap extended).

Width: 300 mm maximum at the widest point of the blade



- **All competitors in U12 and U13** are not eligible to use the “fibreglass” type of fin in any event.

Carry Techniques

The following examples are correct and incorrect lifesaving carrying and towing techniques from the International Life Saving (ILS) Manual.

Please note: there have been some changes to the rules with manikin carries and these were released in November 2013 by the International Life Saving Federation, whose rules we operate under.

“Based on feedback from Competitors, Coaches, Team and Technical Officials, and following an analysis of the disqualifications over the past two years at international lifesaving competitions, changes have been implemented in the 2013 ILS Competition Manual related to carrying and towing the manikin.

The rationale for the rule changes were to decrease the number of disqualifications and improve the performance of Competitors and provide rule clarification for Competitors, Coaches and Officials.

The expectations are that the carry and towing techniques will be generally similar to what has been used to date in competition with the exception that there will be no penalty if the manikin’s mouth or nose is not carried above the water.

DQ18 remains the same with clarification, “using an incorrect carrying technique”. The focus is on performing a correct carrying technique at the surface based on humanitarian principles. The

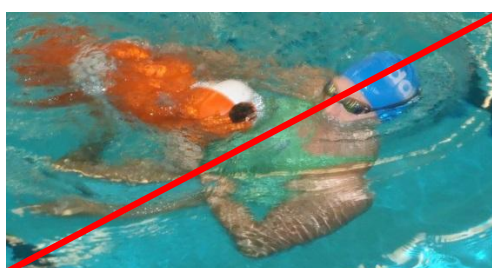
requirement to carry the manikin “above the surface of the water” has been replaced with “at the surface of the water”.

Carrying the manikin “below the surface” is a disqualification. The Competitor must break the surface with the manikin before the designated 5/10m line. The competitor must remain at surface with the manikin throughout the race beyond the designated 5/10m lines. The competitor and manikin are judged to be at the surface not just the manikin only.

Water over the face of the manikin is no longer a judging criterion. In addition, dipping below the surface of the water by a competitor as part of their stroke or kick technique is also not a disqualification provided that at some part of their stroke or kick of the competitor breaks the surface throughout the race.”

Cross-chest carry

- The competitor swims on their back and may use any kick or stroke.
- Competitors grip the manikin with one hand and arm around the torso, maintaining the manikin at the water surface.
- The manikin must be carried face up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.
- **Note:** The manikin may not be pushed, gripped by the throat, mouth, nose or eyes, or carried below the surface.



Double-hand head or chin carry

- The competitor swims on their back and may use any kick or stroke.
- Competitors grip the manikin with two hands on either side of the head, maintaining the manikin at the surface.
- The manikin must be carried face up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.

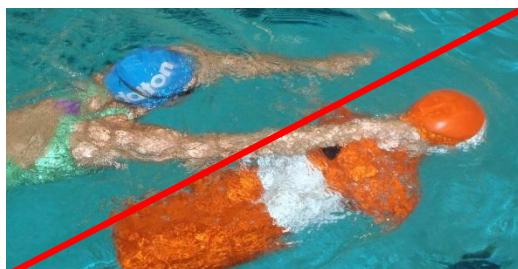
Note: The manikin may not be pushed, gripped by the throat, mouth, nose or eyes, or carried below the surface.



Single-hand chin carry

- The competitor swims on their back or side and may use any kick or stroke.
- Competitors grip the manikin with one hand using the fingers to grasp the chin maintaining the manikin at the surface.
- The manikin must be carried face up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.

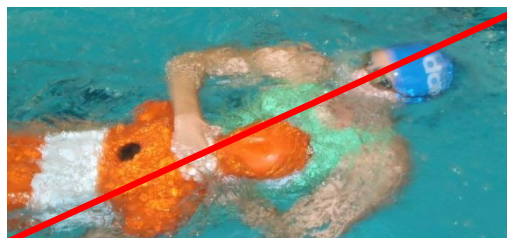
Note: The manikin may not be pushed, gripped by the throat, mouth, nose or eyes, or carried below the surface.



Double-hand under carry

- The competitor swims on their back and may use any kick or stroke.
- Competitors grip the manikin with two hands on either side of the torso beneath the arm buds, maintaining the manikin at the surface.
- The manikin must be carried face up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.

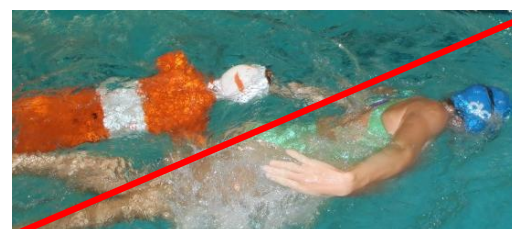
Note: The manikin may not be pushed, gripped by the throat, mouth, nose or eyes, or carried below the surface.



Back-of-neck carry

- The competitor swims on their back, side or front and may use any kick or stroke.
- Competitors grip the manikin at the back of the neck, maintaining the manikin at the surface.
- The manikin must be carried face up. It may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface.

Note: The manikin may not be pushed, gripped by the throat, mouth, nose or eyes, or carried below the surface.



Towing the manikin

- The competitor swims on their back, side or front and may use any kick or stroke.
- Before the tow, competitors must secure the manikin correctly within the 5 m 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 shall be disqualified if the rescue tube and manikin become separated. Competitors shall not be disqualified if
 - the rescue tube slips during the tow so that the manikin is secured only under one arm, provided that the rescue tube was “secured correctly” originally, and the manikin is towed face up at the surface.
- Beyond the 5 m pick-up zone, competitors must tow the correctly secured manikin face up at the surface. It may be towed on an angle, but not more than 90 degrees from the horizontal plane of the surface.
- The line of the rescue tube must be fully extended as soon as possible and before the top of the manikin’s head passes the 10 m line

