



# Sheffield Life Saving Club



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## **IMPORTANT NOTICE**

**Only two teams from each club in each age section can be entered**

Dear Colleague,

We at Sheffield would like to invite you to compete at the *28th Life Saving Competition* to be held at:

**Venue:** Eckington Pool, Gosber Street, Eckington, Sheffield  
**Date:** Saturday 23rd October 2010.  
**Time:** Booking in 12.30 p.m.  
Captains Brief 12.45 p.m.  
Isolation 1.00 p.m.  
Start Time: 1.30pm

***At the Captain's briefing only 'the captain' of a team should be present from each club as space is limited as to where we hold this meeting. Thank you.***

**Teams:** Rookies 12 and under  
Rookies 14 and under  
Juniors 16 and under  
Seniors 17 +

The teams will consist of 4 members, at least one of each gender. Rookie teams will consist of 6 swimmers but only 4 will swim in each race.

**Events:** Event 1 Incident  
Event 2 Rope Throw  
Event 3 Body Board Relay (Rookies)  
Event 4 Tow Relay (Juniors & Seniors)  
Event 5 Medley Relay  
Event 6 Family Tow

**Cost:** £20 per team for Rookies, Juniors & Seniors

## **Buffet & Disco**

**Buffet & Disco:** At Eckington Civic Centre after the competition.

**Buffet Tickets:** £3.00 per person which must be ordered and paid for at the same time as team entries are paid please.

**Buffet will be open from 7pm – NO EXCEPTIONS**

# Sheffield Life Saving Club Entry Form

(Cost £20 per team)

Name of Club .....

Rookie Team -12 & under .....

Rookie Team – 14 & under .....

Junior Team .....

Senior Team .....

**Total Cost** .....

Please make cheques payable to 'Sheffield L.S.C.'

**Please provide the number of people wishing to attend the buffet and disco and include cost of tickets with entry fee.**

**Disco Attendance numbers..... Payment of.....**

**ALL ENTRIES TO BE IN NO LATER THAN  
4th OCTOBER 2010**

Please pass a copy of this form to any other clubs who may be interested in participating.

## **Club Contact Details**

Name of Contact .....

Address of Contact .....

Phone Number .....

Position of Contact in Club .....

Email address .....

**PLEASE NOTE: The centre management has asked that – No person is to leave the poolside without adequate clothing/towel and footwear, in order to prevent the steps becoming wet and unsafe.**

**Rules for the Sheffield L.S.C Annual Competition**

## General Rules

**1. In all events the referee's decision is final**

**2. In case of any doubts refer to rule 1.**

- All life saving techniques must be in accordance with the latest edition of R.L.S.S. manuals.
- The competition will be divided into two sections: -

**Incident** where the teams with the highest points will be awarded trophies. If 2 or more teams have the same points then the Chief Judges points will decide the position.

**Speed** where the winning team will be awarded 1<sup>st</sup> place = 1 point, 2<sup>nd</sup> place = 2 points, 3rd place = 3 points etc. in each event. The winning team being the one with the least points. If 2 teams are on the same points then the lowest aggregated times will win.

### **Incident**

#### **Clothes will be required for the incident –**

- **Males – full length trousers and shirts. (Over swimwear)**
- **Females – full length trousers or knee length skirt and long sleeved shirt or blouse (Over swimwear)**
- **NO SHORTS OR VESTS**
- **Pool shoes or flip flops must be worn in changing rooms and to go up and down stairs at ALL TIMES.**
- No Goggles allowed (*unless prescription, written proof required please*)
- No coaches/non-swimmers allowed in the changing rooms during isolation.

### **Speed**

- Each event will be a team event, each team consisting of 4 participants for Juniors & Seniors and up to 6 with 4 competing for Rookies
- No diving or Tumble turns in the shallow end of the pool for Safety reasons, this will result in disqualification from that event.
- Goggles will be allowed. Contact lenses and glasses at owner's discretion.
- The penalty for any participant during any event will be 10 seconds per infringement.
- Every effort will be made to keep the deduction of penalty points to a minimum. Outright disqualification will only be used if there is a deliberate attempt to gain unfair advantage by an unfair act.
- **Only competitors and coaches are allowed on the pool side.**
- At no time in the competition shall a subject assist the competing teams in any way.
- The incident and lane draw will be made prior to the competition by a senior S.L.S.C official.
- Anyone wishing to use photographic equipment, including mobile phones, **must register their details with SLSC prior to the start of the competition.** Anyone not adhering to this will be either asked to leave the premises or have the equipment confiscated until after the competition.
- **Anyone found damaging property or the building in any way will have his/her team disqualified from the competition.**

***If there are any queries about any of this information they will only be dealt with BEFORE the competition by e-mail or telephone. Please do not raise any issues on the day as we reserve the right to hold no further discussion regarding the rules or information provided. Team Managers/Coaches are responsible for making sure all their team members have appropriate footwear to put on when leaving poolside***

### **1. Incident and Resuscitation**

**Competitors only** are allowed in isolation. Once teams have entered isolation the only contact allowed will be with the SLSC official who passes on any official information and in the case of foreign competitors an exact interpretation of the same. The resuscitation test will be run in the same incident. Penalties for infringement will be disqualification from this event. Mobile phones are not allowed in isolation.

## **2. Rope Throw Relay (shallow end)**

All team members will start in the water at the required distance from the pool side. On the starting signal number 1 swims freestyle to the side and picks up the already coiled rope and throws it to number 2. This is repeated until number 4 touches the side. Number 4 will not throw the rope. There will be a time limit placed on the event. The end of the rope may be passed to the next competitor but no other assistance is permitted.

	<b><i>Time Limit</i></b>	<b><i>Distance</i></b>
All Rookies	2 Minutes	8 Metres
Juniors	1 Min 30 seconds	10 Metres
Seniors	1 Min 30 seconds	12 Metres

***Penalties: number one must not have assistance from other team members when starting the race; subject not keeping their head out of the water, subject kicking whilst being pulled in, subject letting go of the backstop rope before holding the towrope, subject retrieving the rope from an opponents lane. subject pulling the backstop rope (this will result in disqualification of the race!!!!!!!!!!!!!!!)***

## **3. Body Board Relay 25m Rookies (shallow end start)**

Two team members will be stationed at the deep end and two at the shallow end.

Swimmer one starts on poolside with body board on their knees. On the starting signal they swim one length on the body board then swimmer one passes the BB to swimmer two who is sitting on poolside who then swims one length and then repeats the procedure with swimmer three then four.

The race finishes when the fourth swimmer touches the poolside.

Each swimmer must touch the poolside on changeover.

***Penalties: Starting before previous competitor has touched to poolside, swimming without being on the body board,***

## **4. Tow Relay (25m Juniors & Seniors – Using any recognised tow.(deep end start)**

On the starting signal competitor 1 will tow competitor 2, 25m.

Competitor 2 will then tow competitor 1 25m.

No 3 will then tow No 4 25m, and then No 4 will tow No 3 25m.

No over arm action will be allowed during the tow. **No assistance by the subject.**

Only the competitor towing needs to touch poolside at either end.

***Penalties: Starting before the previous competitor touches the poolside, not using a recognised tow. Assistance from the subject.***

## **5. Medley Relay (Rookies & Juniors 25m (shallow end start) / Seniors 50m (deep end start)**

The 1<sup>st</sup> team member starts in the water and swims 1 length life saving leg kick (legs only), hands out of the water. No dolphin leg kick. No tumble turns.

Number 2 one length breaststroke (one pull, one kick under water allowed).

Number 3 one length side stroke. No over arm action will be allowed (hand must not come out of the water).

Head must surface before the middle of the pool. Rookies & Juniors start in the water, seniors may dive.

Number 4 one length freestyle.

***Penalties: Starting before previous competitor has touched the poolside, Arm must not enter water when doing sidestroke, hands must be out of the water and visible at all times during lifesaving leg kick.***

## **6. Family Tow (25m)**

All team members will start in the water, swimmer 1 will have both hands on the pool side and chest up to the wall. Number 1 swims with both hands out of the water throughout the race. Number 2 will have one hand on chin and one hand on shoulder of No: 1. Number 3 will have one hand on chin and one hand on shoulder of No: 2. Number 4 will have one hand on chin and one hand on shoulder of No: 3. The competitors then complete a 25m tow with the line unbroken. If the line of swimmers breaks they must stop and reform before continuing. Disqualification will result if not adhered to. The finish will be when swimmer 4 touches the side with the line unbroken. ***Penalties: number one must keep hands out of the water at all times, all team members must not use arms to pull (sculling) through water.***

**This information is for ALL club managers/coaches/team captains.**

**Thank you to everybody who read this information and took notice of it in 2009, I hope every team will come suitably prepared this year.**

- You are responsible for your teams and their behaviour whilst taking part in the Competition.
- Unfortunately every year we give you this information and your swimmers choose to either ignore it or blame you for not telling them about the information below.

***PLEASE NOTE: The centre management has asked that – No person is to leave the poolside without adequate clothing/towel and footwear, in order to prevent the steps becoming wet and unsafe.***

- Every year the people who help on the day and ensure that the bags of belongings are at the door where the swimmers leave the poolside after the incident have to put up with verbal abuse, swimmers being rude in general and lots of people having to wait around and get in the way of the next team because they **'didn't know'** to bring appropriate clothing/towels/footwear to be able to leave poolside.
- If this happens this year we have no option but to give PENALTY POINTS to the teams involved as it seems that is the only way to make sure you do what the Eckington Leisure Pool Manager has asked us to ensure you do.

**We all want to enjoy the day and as most of you know running a competition is a very busy time so please make it easier for us and more convenient for yourselves and bring the correct items to isolation that you will need to leave poolside.**

**Thank you  
Sheffield LSC Management Committee**