

North Peace Leisure Pool

# 2010 Lifeguarding & Lifesaving Competition

## Participant Information Package

The North Peace Leisure Pool is inviting lifeguard and junior lifeguard teams from all over Northern BC and Northern Alberta to participate in Fort St John's first ever Lifeguard Competition.

### General Information

Lifeguard Competitions help develop skills, knowledge and technique. They are designed to engage both youth and adults to challenge their current lifesaving skills and encourage a stronger dedication to the sport. The goal of the Fort St John Lifeguard Competition is to introduce and build enthusiasm for lifesaving competition in northern BC. We will strive to provide a positive, fun and engaging environment for all participants while ensuring proper competition protocol is upheld. Participants will be challenged in four events: Priority Action Approach, Fitness, Pool Simulations and First Aid Simulations.

### Who Can Participate?

Any team of three people can participate. There must be representation from each gender. You must be 16 years or older to participate in the Lifeguard Competition and between 8 and 16 years old to participate in the Junior Lifeguard Competition. Individuals can contact the North Peace Leisure Pool to be assigned a team.

### When is the Competition?

The Lifeguard Competition will take place on Friday, October 1, 2010 from 6:00pm – 9:00pm and Saturday, October 2, 2010 from 8:30am – 4:00pm.

The Junior Lifeguard Competition will take place on Saturday October 2, 2010 from 5:00pm – 9:00pm.

### Where is the Competition taking place?

The Fort St John 2010 Lifeguarding and Lifesaving Competition will take place at the North Peace Leisure Pool located on 9505 - 100 Street in Fort St John.

### How do I Register?

A team can register online by logging onto [www.fortstjohn.ca/activenet](http://www.fortstjohn.ca/activenet). The cost is \$75.00 per team or \$25.00 per individual. The fee includes prizes, lunch and a t-shirt. Registration deadline is September 17, 2010.



---

The North Peace Leisure Pool  
Event Coordinator: Darsey Hartford  
Phone: 250.787.5784  
E-Mail: [dhartford@fortstjohn.ca](mailto:dhartford@fortstjohn.ca)  
Fax: 250.787.8181

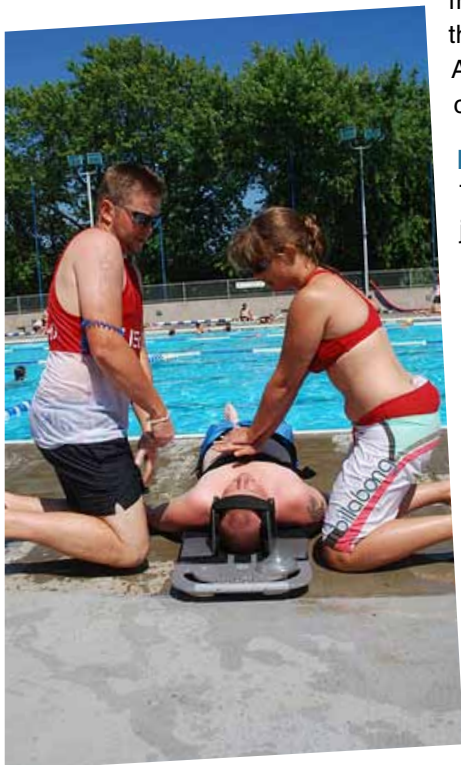
---



## 2010 Lifeguarding and Lifesaving Competition Overview

### Friday, Oct 1<sup>st</sup> 6:00pm - 9:30pm

Competitors in the Lifeguard Competition will be requested to meet at 6:00pm on Friday night to enter into "lockup". Lockup ensures that all teams have equal opportunity, preventing competitors from seeing scenarios in advance. Once in lockup the event coordinator will explain the rules and expectations for each team. One team will compete at a time. The Priority Action simulation will commence at 7:00pm followed by the fitness component with the competition ending at 9:30pm.



#### Priority Action Approach Event (PAA)

This event will be held in the deep end of the lap pool. There will be 8 victims and 8 judges. Victims will be located in random areas around the deep end and judges will be spread out. Each team will have 90 seconds to save as many victims as they can.

#### Fitness Event

The details of this event vary from competition to competition but always involve a 3-person relay of some sort. Some competitions use traditional legs of a relay (such as swimming with a brick, carrying a patient, head-up swimming, etc.) while others get more creative (swimming in a wavepool, retrieving underwater objects, underwater ladders, etc.).

<b>5:45pm</b>	<b>Volunteer meeting and set-up Lifeguard Competition</b>
<b>6:00pm</b>	<b>Competition Kickoff</b>
<b>6:15pm</b>	<b>Competitors in lockup</b>
<b>6:30pm</b>	<b>Competitor meeting</b>
<b>7:15pm</b>	<b>PAA start</b>
<b>8:30pm</b>	<b>Fitness</b>
<b>9:45pm</b>	<b>Wrap-up</b>

### Saturday, Oct 2<sup>nd</sup> from 9:00am - 4:00pm

On Saturday the Lifeguard Competition Competitors will meet at 9:00am for lockup where they will have a meeting to review rules and expectations for the day. Teams will be brought out one at a time to compete in the First Aid Component. Pool simulations will begin at 1:00pm and end at 4:00pm with the awards to follow. Teams are encouraged to stay for the Junior Lifeguard Competition to show support and encouragement.

#### First Aid Simulation

Teams enter a staged accident scene with only a basic first aid kit and must assess and manage simulated patients and bystanders. Teams will not be told where the scene will be staged; it may be located indoors or outdoors.

#### Pool Simulation

Each team will guard the pool for a pre-determined amount of time (unknown to competitors) during which they must recognize and manage public relations incidents, water distress situations and aquatic/first aid emergencies. This event mirrors the pool simulations that are a standard part of the NLS program.

<b>8:30am</b>	<b>Volunteer meeting and set-up Lifeguard Competition</b>
<b>9:00am</b>	<b>Competitors in lockup</b>
<b>9:15pm</b>	<b>Competitor meeting</b>
<b>9:30am</b>	<b>First aid simulations</b>
<b>12:00pm</b>	<b>Lunch</b>
<b>1:00pm</b>	<b>Pool simulations</b>
<b>4:00pm</b>	<b>Awards</b>

## Saturday, Oct 2<sup>nd</sup> from 5:00pm - 8:00pm

Beginning at 5:00pm the Junior Lifeguard Competitors will enter into lockup. The event organizer will go over rules and expectations. The simulations will commence at 5:30pm beginning with the Priority Action Event (PAA) followed by a fitness component and end at 7:30pm with awards beginning at 8:00pm.

### Priority Action Event (PAA)

This event will be held in the deep end of the lap pool. There will be 8 victims and 8 judges. Victims will be located in random areas around the deep end and judges will be spread out. Each team will have 90 seconds to save as many victims as they can.

### Fitness

The details of this event vary from competition to competition but always involve a 3-person relay of some sort. Some competitions use traditional legs of a relay (such as swimming with a brick, carrying a patient, head-up swimming, etc.) while others get more creative (swimming in a wavepool, retrieving underwater objects, underwater ladders, etc.).

<b>5:00pm</b>	<b>Volunteer meeting and set-up (Junior Lifeguards) Lifesaving Competition</b>
<b>5:15pm</b>	<b>Competitors in lockup</b>
<b>5:15pm</b>	<b>Competitor meeting</b>
<b>5:30pm</b>	<b>PAA</b>
<b>6:30pm</b>	<b>Fitness</b>
<b>7:30pm</b>	<b>Wrap-up</b>
<b>8:00pm</b>	<b>Awards</b>

---

## Scoring

The style of mark sheets we will use is a Rubric system. Each category is marked on a "0-1-2-3" scale.

### The values are as follows:

0-Item not performed;

1-Item performed but at an unacceptable level or below NLS standard;

2-item performed to the NLS standard;

3-item performed exceedingly well with attention to details ... may demonstrate skills above the NLS standard.

Judges will determine what level a competitor performed for each skill and circles a number. Each category has a multiplication factor which gives appropriate weight to each category. For example, in an obstructed airway patient the multiplication factor for the Critical Intervention of Clearing the airway may be 15 (total points = 45). However the multiplication factor for doing a pulse rate assessment for the same patient may only carry a multiplication factor of 1 (total points = 3).

The multiplication factor value should take into consideration the importance of this item to the victim's well-being and the time it takes to perform.

### The typical weighting of events is:

Pool Sims - 40%

First Aid - 30%

PAA - 15%

Fitness - 15%

**Total Comp = 100%**



## Billeting

**The North Peace Leisure Pool is coordinating a fun opportunity for teams to billet with a host family!**

### What is it?

Billeting is when a family welcomes a visiting athlete(s) into their home during the duration of training. This Host Family offers a safe place for athletes to call “home.”

### Responsibilities of a Host Family

Host families will be responsible for the following in order to provide a comfortable experience to the athletes:

- Treat the billet as you would want your child to be treated if he/she were away from home;
- Inform the athlete of your expectations and house rules;
- Make the athlete feel at home and comfortable (i.e., provide a suitable area for sleeping);
- Provide transportation to and from the training venue;
- Provide 3 meals a day as well as snacks for the visiting athlete;
- Provide use of laundry facility and detergent;
- Confirm with the athlete any allergies, medical conditions, and special dietary needs and support them with these requirements;
- Support the athlete, communicate with them and be understanding;
- Communicate all concerns regarding the billet to the North Peace Leisure Pool staff;
- Provide all the necessary information about their home and important contact information to North Peace Leisure Pool staff. All information must be current; and
- Complete a Criminal Record Check through [www.mybackcheck.com](http://www.mybackcheck.com) (no charge).

### Responsibilities of the Billested Athletes

While you are a guest in someone’s home, the North Peace Leisure Pool fully expects each billet to be well behaved. Some key expectations of the billested players are:

- Show gratitude to the host family for opening their home;
- Provide information to the host family regarding allergies, medical conditions, and special dietary needs;
- Respect the host family as they would their own parents;
- Respect the “house rules” as determined between the host family and the athlete; and
- When unsure of anything, always ask.

### Responsibilities of the North Peace Leisure Pool

The North Peace Leisure Pool is the general contact for the host family. However, the key contact will be the athlete’s team Coaching Staff. Any general questions regarding billeting should be forwarded to the North Peace Leisure Pool. Any specific athlete questions during training should be forwarded to the team’s Coaching Staff. The following information will be provided to billeting families:

- Event coordinators contact information
- Other pertinent information

---

The North Peace Leisure Pool  
Event Coordinator: Darsey Hartford  
Phone: 250.787.5784  
E-Mail: [dhartford@fortstjohn.ca](mailto:dhartford@fortstjohn.ca)  
Fax: 250.787.8181

---

