

SECTION 3
LIFESAVING EVENTS

3.1 GENERAL

- (a) SLSA conducts many competitions that highlight the skills involved in rescue, resuscitation and first aid.
- (b) Details of lifesaving competition events are described in this Section and in separate Manuals and bulletins which may be issued from time to time.
- (c) SLSA reserves the right to introduce equipment and gear to assist in the judging of competitor performance in lifesaving events.

3.2 RESCUE & RESUSCITATION

- (a) The Rescue & Resuscitation (R&R) competition provides the opportunity for SLSA members to demonstrate in a competitive manner some Rescue and Resuscitation methods.
- (b) The rules and regulations of the Rescue and Resuscitation event are encompassed within the Rescue & Resuscitation Competition Manual and subsequent bulletins.

3.3 INFLATABLE RESCUE BOAT COMPETITION

- (a) The conduct of Inflatable Rescue Boat (IRB) Competition provides the opportunity for SLSA members to demonstrate in a competitive manner some rescue techniques using motorised craft. The aim of the competition is to:
 - (i) Improve the prowess of IRB drivers and crewpersons (collectively known as crews).
 - (ii) Encourage crews to correctly equip and maintain their IRB and motors for optimum safe performance and reliability for both lifesaving patrol duties and competition.
 - (iii) Allow crews to demonstrate their techniques and abilities ability to perform a rescue.
 - (iv) Bring crews together to discuss and improve their IRB techniques and operations.
 - (v) Promote safety awareness techniques for the crew and patients in simulated rescue scenarios.
- (b) The rules and regulations of the IRB events are encompassed within SLSA bulletins that are issued from time to time.

3.4 CHAMPION LIFESAVER

3.4.1 Aim

- (a) The Champion Lifesaver event provides individual SLSA members the opportunity to demonstrate in a competitive manner the physical, lifesaving and knowledge skills required of a Lifesaver.

3.4.2 Equipment

- (a) Each competitor shall provide as a minimum the following equipment, which shall be available for use by the competitor at the commencement of the competition:
- (i) One rescue board or Malibu racing board.
 - (ii) One rescue tube.
 - (iii) One pair of swim fins (optional).
 - (iv) One adult resuscitation manikin.
- (b) All equipment used shall meet SLSA specifications.

Note 1: If a rescue board is used in competition it is required only to meet the specification for Malibu racing boards.

Note 2: Any manikin provided by the competitor shall not be marked in any way to gain advantage in competition.

Note 3: The swim fins shall comply with the following dimensions:

- Maximum 65cm overall length including ‘shoe’ or ankle strap (ankle strap extended).
- Maximum 30cm width at the widest point of the blade.
- Swim fins are to be measured with the shoe or ankle strap extended but not stretched. The swim fins will not be permitted to be used if they do not conform to specifications or if they are considered a safety hazard.

Note 4: Event organisers reserve the right to expect competitors to use supplied manikins.

3.4.3 Uniforms

- (a) All competitors are to present themselves for the event wearing their competition cap and costumes as well as comfortable attire for the resuscitation and theory sections (footwear optional), provided such attire does not impede the judging process for the resuscitation section.

3.4.4 Procedure

- (a) The Champion Lifesaver event is determined on a point score basis with the competitor scoring the highest points being declared the winner. The total maximum points available are 120.
- (b) The three sections that comprise the Champion Lifesaver event and allocated maximum points are:
 - (i) Physical Skills 40 points
 - (ii) Questionnaire 40 points
 - (iii) Resuscitation 40 points
- (c) The Referee, taking into account the suitability of the area and the conditions, shall determine the order in which the sections are to be conducted.
- (d) Sections may be conducted concurrently, depending on the number of competitors and available time.
- (e) Draws for positions in the physical skills components will be made prior to each race. Similarly draws for competitor position order in the resuscitation section will be made prior to that section.
- (f) The rules, sections, points allocation and procedure for the conduct of the Champion Lifesaver event are detailed in the subsequent paragraphs.

3.4.5 Physical Skills

- (a) The Physical Skills section will comprise four components and the maximum points allocation is as follows:
 - (i) Surf Race 10 points
 - (ii) Board Race 10 points
 - (iii) Beach Sprint 10 points
 - (iv) Rescue Tube Race 10 points
- (b) The distances in the Surf Race, Board Race and Rescue Tube Races shall be as per the swim and board sections of the Ironman/Ironwoman events. The start, finish and conduct of these events shall be as per the conventional Swim, Board, and Rescue Tube events.
- (c) The use of swim fins is optional in the Rescue Tube Race and, if used, shall be placed with the Rescue Tube on the Rescue Tube line.
- (d) The Beach Sprint race shall be conducted as per the Beach Sprint event.
- (e) Competitor Limitations for events in heats, semi-finals and finals are outlined in Section 2 of this Manual.

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- (f) Each competitor must start in each of the Physical Skills components. Failure to start each component shall result in disqualification from the Champion Lifesaver Competition.
- (g) Failure of a competitor to complete the course within any time limit allocated (refer Section 2) or complete the course correctly will mean that nil points shall be allocated to that competitor in that particular component.
- (h) The first competitor to correctly finish the final of each of the four physical skills components shall be declared the winner of that component. Points allocation for each of the competition components is as follows:

Finish Position	Points
• 1st	10
• 2nd	9
• 3rd	8
• 4th	7
• 5th	6
• 6th	5
• 7th	4
• 8th	3
• 9th	2

3.4.6 Questionnaire

- (a) The theory paper section will consist of forty Multiple Choice Questions derived from the current Public Safety and Aquatic Rescue Manual and relevant to the minimum qualifications required to compete in the event. A thirty minute time limit shall be allowed.
- (b) The maximum points allocated for each competitor in this section is 40 points. Points allocation for this section of the competition is as follows:
Each question answered correctly One (1) point

3.4.7 Practical Resuscitation

- (a) The practical resuscitation section will comprise the following two parts:
 - (i) Part A – Live patient assessment including lateral position, (20 Points Maximum);
 - (ii) Part B – One person Cardiopulmonary Resuscitation (CPR) on a manikin, (20 Points Maximum).
- (b) The organising group shall arrange the live patient for this section.
- (c) The manikin can either be provided by the competitor or pre-arranged with sufficient notice for the organising group to provide.

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- (d) No watches are to be worn by any competitors during the resuscitation section.
- (e) The section will commence with a live person assessment including lateral (recovery) position.
- (f) At the conclusion of the live patient assessment the competitor shall maintain his position and await the direction of an appointed official who will give instructions to the competitor to move to the manikin.
- (g) Upon the direction of the appointed official the competitor shall undertake one person CPR on a manikin for 5 complete cycles. The time taken to complete the 5 cycles shall be timed.
- (h) At the conclusion of the 5th cycle the appointed official shall declare “Operator halt. The patient is now breathing.” The CPR on a manikin section is then concluded, resuscitation shall conclude and no further action is required.
- (i) The procedure and timing for CPR is as follows:
- (i) One complete cycle for one person CPR (for all patients) is an External Cardiac Compression (ECC) count of 30 immediately followed by 2 breaths. Each complete cycle is to take approximately 24 seconds with an optimum minimum of 5 cycles taking 2 minutes.
 - (ii) The ECC count shall be given aloud commencing with “1” then “5, 10, 15, 20, 25, 26, 27, 28, 29, 30” over an approximate 20 second period.
 - (iii) Immediately following delivery of the 30th compression, the competitor shall move to the head of the patient and deliver 2 inflations in approximately 4 seconds. The competitor will then commence the next cycle.
- (j) The point system for judging this section is designed with an emphasis on judgement of fact. A maximum of 20 points each will be allocated for the two parts of this section. Points will be allotted with deductions as follows:
- Major faults (each) 4.0 points deduction.
 - Minor faults (each) 0.5 points deduction.
 - Timing deductions (manikin) 4, 3, 2, 1 or nil points deduction.
- (k) For Part A or Part B of this section, if total deductions exceed the 20 points, the competitor will score zero for that part.

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- (l) Refer to Appendix A for additional details on deductions schedule for major, minor and timing faults, in addition to commands given to competitors by officials.

3.4.8 Tied Scores

- (a) In the event of equal points at the completion of the competition, the winner shall be decided by a count back system in the following order:
 - Practical Resuscitation Part A
 - Practical Resuscitation Part B
 - Questionnaire
 - Surf Race
 - Rescue Tube Race
 - Board Race
 - Beach Sprint
- (b) If a winner cannot be determined by count back then a dead heat will be declared as provided in Section 2 of this Manual.

3.5 PATROL COMPETITION

3.5.1 Aim

- (a) The aim of the Patrol Competition is to demonstrate how lifesavers work as a team in performing some or all of the skills associated with surf rescue patrol work. Team members in the Patrol Competition must be members of the same club, but not necessarily be from the same club patrol.
- (b) The Patrol Competition includes a number of physical skills, practical and theory tasks involving racing, rescue and/or first aid situations.

3.5.2 General

- (a) The Patrol Competition is divided into four sections:
 - (i) Physical Skills 20 points maximum
 - (ii) Theory 20 points maximum
 - (iii) Resuscitation 20 points maximum
 - (iv) Scenario Task 40 points maximum

The total of all four sections is 100 points maximum.

- (b) Teams shall compete against each other in the components of the physical skills section.
- (c) Draws for positions in the two physical skills components shall be made prior to each race, as will the draw for position order for resuscitation and scenario task sections.

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- (d) The team with the greatest number of points awarded from all sections will be declared the winner.
- (e) The Referee, taking into account the suitability of the area and the conditions, shall determine the order in which the sections are to be conducted.
- (f) Depending on the number of teams and the availability of times, the sections of the event may, if possible, be conducted concurrently (e.g. Resuscitation and Board Tube Rescue Relay).
- (g) The organising group shall provide the patients, patrol equipment and relevant log books for the event. Teams shall provide equipment and uniforms as prescribed for this event.

3.5.3 Uniforms

- (a) All team members are to present themselves for the event in the following items of the respective SLSA patrol uniform, worn in conjunction with a club competition cap and team costume:
 - (i) Yellow shirt identified with the words “*Surf Rescue*” or “*Beach Patrol*”.
 - (ii) Red Shorts.
- (b) All uniforms must be in good condition.
- (c) Any advertising, lettering etc on club patrol uniforms shall be in accordance with SLSA’s current policy in respect to Patrol Uniforms. Further, competing teams shall be required to comply with SLSA’s Sponsorship Policy.

3.5.4 Equipment

- (a) Each team shall provide as a minimum the following equipment, which shall be available for use by the team at commencement of the competition.
 - (i) One rescue board or Malibu racing board.
 - (ii) One rescue tube.
 - (iii) A first aid kit (refer Appendix C)
 - (iv) One pair of swim fins (optional).
 - (v) One Air Bag Oxygen Resuscitation Unit (Air Bag).
 - (vi) One Automated External Defibrillator (AED) Trainer
 - (vii) One adult resuscitation manikin.
- (b) All equipment used shall meet SLSA specifications.

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Note 1: If a rescue board is used in competition it is required only to meet the specification for Malibu racing boards.

Note 2: Any manikin provided by the competitor shall not be marked in any way to gain advantage in competition.

Note 3: The swim fins shall comply with the following dimensions:

- Maximum 65cm overall length including ‘shoe’ or ankle strap (ankle strap extended).
- Maximum 30cm width at the widest point of the blade.

Swim fins are to be measured with the shoe or ankle strap extended but not stretched. The swim fins will not be permitted to be used if they do not conform to specifications or if they are considered a safety hazard.

Note 4: Event organisers reserve the right to expect competitors to use supplied manikins.

3.5.5 Team (Patrol) Competition

(a) The Team (Patrol) Competition shall be conducted in Open and Under 17 age categories. The Open competition shall consist of six members per team and the Under 17 competition shall consist of four members per team as follows:

(i) Open – each team shall consist of six competitors who are all proficient Bronze Medallion awardees and are all proficient Advanced Resuscitation Techniques (ART) Certificate holders.

In addition, at least one member of the Open team shall have an IRB Driver’s Certificate (IRBD) and at least one other member shall have either of the following awards:

- IRB Crew Certificate; and/or
- IRB Drivers Certificate (IRBD)

(ii) Under 17 – each team shall consist of four competitors who are all proficient Bronze Medallion awardees and are all proficient Advanced Resuscitation Techniques (ART) Certificate holders.

Note: In the Under 17 age category there is no requirement for any of the team members to hold IRB qualifications as the preparation and use of the IRB is not included in the Under 17 event.

(b) In both Open and Under 17 events all team members shall be involved in a draw to determine their individual team positions for the Board Tube Rescue Relay and the Resuscitation Sections.

(c) The Open event team members shall be designated as follows:

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- No.1 – Resuscitation Team (First Role – One person CPR Operator)
- No.2 – Resuscitation Team (First Role – Two person CPR, ECC Operator)
- No.3 – Resuscitation Team (First Role – Two person CPR, Prepares oxygen equipment and introduces mask)
- No.4 – AED Operator and Patient Swimmer (Board/Tube Relay)
- No.5 – Tube Rescuer (Board/Tube Relay)
- No.6 – Board Rescuer (Board/Tube Relay)

Note: The team members shall wear a numbered cap (No's 1 to 6) corresponding with their drawn position.

- (d) In the Under 17 Patrol competition Event there shall be two draws required for the Board/Tube Relay and for the Resuscitation sections. Team members shall be designated as follows:

(i) Board/Tube Relay

- No.1 – Patient Swimmer
- No 2 – Tube Rescuer
- No 3 – Board Rescuer
- No.4 – Observer

(ii) Resuscitation

- No.1 – Resuscitation Team (First Role – One person CPR Operator)
- No.2 – Resuscitation Team (First Role – Two person CPR, ECC Operator)
- No.3 – Resuscitation Team (First Role – Two person CPR, Prepares oxygen equipment and introduces mask)
- No.4 – AED Operator

- (e) Patrol Competition may also be conducted in other age groups. The conduct and rules for such events shall be promulgated by bulletin from time to time.

3.5.6 Substitution of Competitors

- (a) The substitution of team members prior to competitors being marshalled is permitted as per Section 2–General Competitive Conditions. However, once marshalling has been completed, no further substitution of competitors shall be permitted, for that round, semi-final or final.

3.5.7 Patrol Competition Format

- (a) The Patrol Competition event is determined on a point score basis with the team scoring the highest points being declared the winner. The total maximum points available are 100.

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- (b) Failure of a team (or team member/s) to commence a section or component of the Patrol Competition event shall result in disqualification of the team from the entire event.
- (c) If for some reason the team (or team member/s) do not correctly complete (or complete within the time limit) a section or component, the team will not be disqualified from the total Patrol Competition event. In this case the team will be given zero points for that section/component of the event.
- (d) The competition will consist of the following sections and points allocation:
 - (i) Physical Skills
 - Surf Teams (10 points maximum)
 - Board/Tube Rescue Relay Race (10 points maximum)
 - (ii) Theory
 - Theory (written paper) (20 points maximum)
 - Resuscitation – Live Patient Assessment and Manikin Resuscitation (20 points maximum)
 - (iii) Scenario Task
 - Lifesaving task (40 points maximum)

Details of the sections and components are as detailed in the following paragraphs.

3.5.8 Surf Teams

- (a) All team members for Open (six members) and Under 17 (four members) shall make up the Surf Team for this component of the event.
- (b) The distance in the Surf Teams race shall be as per the Masters Surf Race. The start, finish, conduct and determination of placings of the Surf Teams race shall be as per the conventional Surf Teams event (refer Section 4 – Swimming Events).
- (c) Refer Section 2 – General Competitive Conditions for the competitor limitations of the total number of competitors in a Surf Teams event.
- (d) A time limit, as defined in Section 2 – General Competitive Conditions, may be set by the Referee. When such a time limit is set, competitors shall be notified prior to the start of the event.
- (e) Total points allocated to each team in the Surf Teams component is as follows:

Finish Position	Points
1st	10

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2nd	9
3rd	8
4th	7
5th	6
6th	5
7th	4
8th	3
9th	2

3.5.9 Board Tube Rescue Relay Race

- (a) The team members that have drawn the relevant numbers shall contest this component of the event. The numbers are:
- (i) Open Team: No's 4, 5 and 6
 - (ii) Under 17 Team: No's 1, 2 and 3
- (b) The course shall be set as per the Rescue Tube Rescue Event (refer Section 4 – Swimming Events):
- (i) The two green flags shall indicate the start/finish line
 - (ii) The rescue tube (and swim fins, if used) shall be placed on a line approximately 10m from the start line and opposite and at 90 degrees to each team's individual buoy position peg. The rescue tube swimmers may lay the rescue tube and or swim fins to suit themselves provided that the rope or belt harness shall not extend on the seaward side of the tube.
 - (iii) If the option not to use swim fins is taken the swim fins are not required to be placed with the rescue tube.
- (c) Each patient shall take up their position on the start line in the allotted position.
- (d) On the starting signal, each patient shall enter the water and swim to their allotted buoy. On reaching his allotted buoy, the patient shall place his forearm over the top of the buoy and then signal his arrival by raising his other arm to a vertical position whilst remaining in contact with the buoy. The said signal, subject to all conditions being fulfilled, shall be the determining factor in judging the patient's arrival at their buoy. Should a competitor swim to a wrong buoy and signal the team shall be disqualified. The patients must then release contact with the swimming buoys, retire to the seaward side of the swimming buoys and await arrival of their rescuer.

Note: The swimming buoy is described as the buoy only and does not include any attaching ropes or straps.

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- (e) In the interim each rescue tube swimmer shall take up his position on the starting line in the allotted position and await the arrival signal from the patient.
- (f) On receiving the patient's signal the rescue tube swimmer shall race up the beach and take hold of the rescue tube and swim fins (if used). He shall don the rescue tube and swim fins (if used) at his own discretion and swim to his allotted buoy.
- (g) On reaching his allotted buoy, the rescue tube swimmer shall place his forearm over the top of the buoy and then signal his arrival by raising his other arm to a vertical position whilst remaining in contact with the buoy. The said signal, subject to all conditions being fulfilled, shall be the determining factor in judging the rescue swimmer's arrival at their buoy. Should a competitor swim to an incorrect buoy and signal the team shall be disqualified. The rescue tube swimmers must then release contact with the swimming buoys, retire to the seaward side of the swimming buoys with their patient and await arrival of their board rescuer.

Note: The swimming buoy is described as the buoy only and does not include any attaching ropes or straps.

- (h) Each board rescuer shall take up the allotted position with his board on the starting line, to await the signal from the rescue tube swimmer.
- (i) On receiving the signal the board rescuer shall enter the water and paddle to and around the allotted buoy. The board rescuer shall turn the buoy from left to right unless otherwise directed by the Referee. Each patient shall make contact with any part of the board on the seaward side of the swimming buoy. The patient pick up shall be affected on the seaward side of the buoy. The patient may position himself on the front or rear of the board, with or without assistance and may assist the rescuer by paddling the board on the return to shore.

Note: A team shall not be disqualified if part of the board extends onto the shoreward side of the buoy during the patient pick up process.

- (j) Losing control of patient and/or board – the board rescuer may lose control/contact and then regain control of the Board on the way to his turning buoy. The rescuer and patient may lose contact with the board on the return journey. However, both the rescuer and patient must be in contact with the board when crossing the finish line.
- (k) The finish is judged on the chest of the first competitor of the team (i.e. patient or rescuer) crossing the start/finish line on their feet, with both the rescuer and patient being in control and in contact with the board.

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- (l) The rescue tube swimmer then returns back to the beach and, as such, is not regarded as having any further part of the board rescue section of the event.
- (m) Total points allocated to each team in Board/Tube Rescue Relay component is as follows:

Finish Position	Points
1st	10
2nd	9
3rd	8
4th	7
5th	6
6th	5
7th	4
8th	3
9th	2

3.5.10 Theory

- (a) In the Open event, all six members of the team shall contest this component of the event. In the Under 17 event, all four members of the team shall contest this component of the event.

The theory section will consist of 20 Multiple Choice Questions answer paper on general surf lifesaving, patrol requirements, communication, basic first aid and surf awareness, based on questions drawn from the current Public Safety and Aquatic Rescue Manual and relevant to the minimum qualifications required to compete in the event. Each team member will receive the same paper and each will individually complete the paper.

- (c) A total time limit of 15 minutes will be allowed.
- (d) To determine the total points in the Open event, all team members' correct answers shall be added and then divided by 6 to give a score out of 20.
- (e) To determine the total points in the Under 17 event, all team members' correct answers shall be added and then divided by 4 to give a score out of 20.

3.5.11 Practical Resuscitation

- (a) This practical resuscitation section will comprise two parts:
 - (i) Part A – Live patient assessment including lateral (recovery) position; and
 - (ii) Part B – Cardiopulmonary Resuscitation (CPR) and Defibrillation on a manikin.

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- (b) The team members that have drawn No's. 1, 2, 3 and 4~~3~~ shall contest this section of the competition. These members shall operate as a resuscitation team rotating after the delivery of each five cycles of CPR (i.e. one cycle is the delivery of 30 ECC and 2 breaths).
- (c) The practical resuscitation section shall consist of four components:
 - (i) Two person assessment of a live patient
 - (ii) CPR on a manikin (1 person)
 - (iii) CPR on a manikin (2 person)
 - (iv) CPR with oxygen on a manikin (3 person)
 - (v) Defibrillation Procedure on a manikin (4 person)
- (d) The practical resuscitation section will also involve:
 - (i) Assessment of teamwork
 - (ii) Assessment of timing
 - (iii) Checking of Air Bag and oxygen equipment
 - (iv) Introduction of the Air Bag
 - (v) Defibrillation Procedure Technique
- (e) The organising group shall arrange the live patient for part of the practical resuscitation section.
- (f) The manikin can either be provided by the competitor or pre-arranged with sufficient notice for the organising group to provide.
- (g) No watches are to be worn by any competitors during the resuscitation section.
- (h) All changes of resuscitation techniques and rotations shall be undertaken without break, simulating the need to maintain continuous resuscitation on a patient who is not breathing.
- (i) The time taken by the resuscitation team to complete each of the 5 cycles in each of the resuscitation techniques shall be timed.
- (j) Team members No.1 and No.2 shall undertake the live patient assessment including lateral position placement and demonstration of ECC hand positions by No.1.
- (k) At the conclusion of the live patient assessment teams shall maintain their positions and await the direction of an appointed official who will give the instructions to the team to move to the manikin for CPR and defibrillation assessment on a manikin.

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- (l) Upon the direction of the appointed official team member No.1 shall undertake one person CPR on a manikin for the initial 5 cycles (over a timed period).
- (m) While one person CPR by No.1 on the manikin is being undertaken team member No.2 takes up a kneeling at ease position ready to commence ECC in two person CPR. No.3 prepares the oxygen equipment and No.4 prepares the AED equipment.
- (n) Two person CPR will commence immediately following completion of the 5th cycle of one person CPR. Team members shall move without ceasing CPR from the one person to the two person CPR technique. No commands for team members to rotate will be given by the Judging official.
- (o) The resuscitation team will carry out two person CPR with No.1 undertaking Rescue Breathing and No.2 undertaking cardiac compressions for the next 5 cycles of CPR (over a timed period).

Note: It is permissible for No.1 or any other team member to count/declare the number of completed cycles of CPR.

- (p) While two person CPR is being performed No 3 shall become responsible for the preparation and checking of the oxygen equipment including the introduction of the mask to the patient (when ready during any of the 5 cycles).
- (q) Two person CPR using Air Bag Resuscitation will commence immediately following completion of the 5th cycle of two person CPR and without ceasing CPR. No commands for team members to rotate will be given by the Judging officials.
- (r) As CPR using Air Bag Resuscitation is introduced team members shall rotate their roles. No.1 shall ensure backward head tilt and mask seal, No.3 shall undertake ECC and No.2 shall introduce/operate the Air Bag and monitor the oxygen equipment.
- (s) At the conclusion 5th CPR cycle using Air Bag Resuscitation the appointed official shall declare “The patient still has no has signs of life and is not breathing.”

Note: It is permissible for No.1 or No.2 or any other team member to count/declare the number of completed cycles of CPR

- (t) No. 4 will then immediately introduce the AED equipment and undertake a defibrillation procedure. Nos. 1, 2 and 3 will continue the two person CPR with oxygen procedure while the AED equipment is introduced.

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- (u) At the conclusion of the defibrillation procedure the appointed official shall declare “Operators halt. The patient now has signs of life and is breathing.”
- (v) The CPR and defibrillation procedure on a Manikin section is then concluded, resuscitation shall cease and no further action is required from teams. The total period of resuscitation is therefore 15 cycles of CPR plus defibrillation procedure over an approximate continuous period of 6-8 continuous minutes as follows:
- (i) 1 person CPR (5 cycles, approximately 2 minutes); to
 - (ii) 2 person CPR (5 cycles, approximately 2 minutes); to
 - (iii) CPR with oxygen (5 cycles, approximately 2 minutes).
 - (iii) Defibrillation Procedure (approximately 2 minutes).
- (w) The procedure and timing for CPR is as follows:
- (i) One complete cycle for both one person and two person CPR (for all patients) is an ECC count of 30 immediately followed by 2 breaths Each complete cycle is to take approximately 24 seconds with an optimum minimum of 5 cycles taking 2 minutes.
 - (ii) The ECC count shall be given aloud commencing with “1” then “5, 10, 15, 20, 25, 26, 27, 28, 29, 30” over an approximate 20 second period.
 - (iii) In the one person operation immediately following delivery of the 30th compression, the operator shall move to the head of the patient and deliver 2 inflations in approximately 4 seconds. The operator will then commence the next cycle.
 - (iv) In the two person CPR operation immediately following the count of 30, the ECC operator shall stop counting while the Rescue Breathing Operator delivers 2 inflations in approximately 4 seconds. The ECC Operator will then commence the next cycle.
 - (v) One complete cycle is an ECC count of 30 immediately followed by 2 breaths. Each complete cycle is to take approximately 24 seconds with an optimum minimum of 5 cycles taking 2 minutes.
- (x) The point system for judging this section is designed with an emphasis on judgement of fact. A maximum of 20 points will be allocated to this section with team deductions as follows:
- Major faults (each) 4.0 points deduction.
 - Minor faults (each) 0.5 points deduction.
 - Timing deductions (manikin) 4, 3, 2, 1 or nil points deduction.

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- (y) If total deductions exceed the 20 points for the section the competitors will score zero.
- (z) Refer to Appendix B for additional details on deductions schedule for major, minor and timing faults, in addition to commands given to competitors by officials.

3.5.12 Scenario Task

- (a) In the Open event, all six members of the team shall contest this component of the event. In the Under 17 event all four members of the team shall contest this component of the event.

Note: The event scenario in Championship competition shall be judged over a total of 15 minutes with the following time periods:

- Set-up 3 Minutes
- Task 9 Minutes
- Pack-up 3 Minutes

- (b) Each team shall be given the same task involving a rescue or number of rescues. First aid or other situations that confront patrols may also be involved. The prevailing conditions of the day shall be taken into account. The team's assessment will include:
 - (i) The Patrol Captain's effective use of the patrol to carry out the task.
 - (ii) The initiative of Patrol Captain.
 - (iii) Effecting the rescue(s).
 - (iv) Effective utilisation of patrol equipment.
 - (v) Effective use of communications and signals.
 - (vi) Correct assessment and treatment of patients.
 - (vii) Use of log books.
- (c) All assessments shall be made from the current SLSA Training Manual.
- (d) Scoring shall be weighted (this may be done by a spread weighting from a total of 240 points for the Open Team and 160 points for the Under 17 Team for the individual parts of the scenario section. These points shall be totalled and divided by the number of team members to give a score out of 40).
- (e) The points to be allocated to this section total 40 points maximum.
- (f) When entering the designated area for the scenario task, team members shall be wearing their patrol uniform and competition cap and shall carry their First Aid Kit and Air Bag Oxygen Resuscitation Unit. Each team

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member has the option of wearing one bum bag. No other gear or equipment can be carried by team members.

Note 1: The kit “bum” bag can only house the following items: Gloves (two pairs only), whistle, blank notepad, pen, pocket mask, roller bandage (one only) and triangular bandage (one only). Items that can be included in each bum bag are exclusive from the items contained in the First Aid Kit.

Note 2: First Aid Kits must meet the first aid kit requirements as set out in Appendix C.

- (g) Teams will have their equipment checked by an official prior to entering this component of the event.
- (h) Teams will be provided with Patrol Log and Incident Report Form and any other equipment required for the scenario shall be made available by the organisers e.g. rescue equipment, stiff neck collars, signage, etc.
- (i) Prior to the commencement of the scenario section all teams shall go into isolation and shall be marshalled from the isolation area for the scenario task assessment. The Referee has the discretion to either have the teams that have completed the scenario section, either to return to the isolation area or be permitted to observe any remaining teams completing the section.
- (j) The Referee also has the discretion to manage isolation rules in relation to competitors competing in other events. Priority needs to be given to ensuring that isolation protocols are strongly adhered to, to enable effective and fair Patrol Competition conduct. Competitors should be aware of these requirements when entering the Patrol Competition event.

3.5.13 Tied Scores

- (a) In the event of equal points at the completion of the competition, the winner shall be decided by a count back system in the following order:
 - Scenario task
 - Resuscitation task
 - Board/Tube Rescue Relay Race
 - Surf Teams Race
 - Theory
- (b) If a winner cannot be determined by count back then a dead heat will be declared as provided in Section 2 of this Manual.

3.6 FIRST AID COMPETITION

3.6.1 Aim

- (a) The First Aid competition is a team event designed to promote and to demonstrate a high standard of First Aid prowess by SLSA members.

3.6.2 Nature of First Aid Competition

- (a) Each First Aid competition event shall be held with a set simulated accident scenario and a set time limit for each team in the event. The time limit shall be advised to teams prior to the commencement of the event.

Note: The event scenario in Championship competition shall be judged over the following time periods:

- | | |
|--------------|-------------|
| • Open & U19 | 12 Minutes |
| • U17 | 8 Minutes |
| • U15 | 8-6 Minutes |

- (b) The competition shall be based on SLSA First Aid standards.
- (c) The rates of resuscitation will be as per the current edition of the Surf Lifesaving Training Manual.
- (d) Less sophisticated competition than that described in this Manual is conducted for the Under 15 and below age categories. Refer to relevant competition entry bulletins for details.
- (e) The scenario, including props to specifications and casualties etc. shall be arranged by the Sectional Referee or his appointee.
- (f) Every effort shall be made to achieve realism with the scenario and in the presentation of casualties and to also give the competitors the correct atmosphere by using casualty make-up, acting and staging. As far as possible the injuries will be similar to those an SLSA Club First Aid member may be called upon to treat using the resources of the First Aid Room. Scenario examples may include but are not limited to spearing with a beach umbrella, surf boat overturning, heart attack on the beach, falls down rock walls, or over fences, etc. Each team in the competition will be judged on the same scenario.
- (g) Teams will be required to examine the casualty(s), make their diagnosis and then treat the casualty(s) using the materials provided and/or their first aid kit.
- (h) First aid kits shall be supplied by the team (refer Appendix C for a list of the contents).
- (i) Each competitor may also take their own kit (bum) bag into the competition arena. Kit bags shall contain a maximum of 20 items.

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Contents of the kit bag are to be comprised solely of items coming from the First Aid kit. Two pairs of gloves and up to six safety pins will be the only multiple items considered as single items in a kit. A note book with pens and/or pencils may be carried in the competitor's pocket and shall not be counted as part of the kit items. The Referee shall advise whether the gloves may be worn into the competition arena but it is mandatory that gloves are worn when undertaking treatments.

Note 1: First aid kits and personal kit bags shall be made available for inspection as advised by the Referee.

Note 2: A team shall not be permitted to start the scenario if the equipment does not meet the requirements laid down for this event.

3.6.3 Composition of Teams

- (a) Each first aid team shall be comprised of two members from the same club.

3.6.4 Competitors' Dress

- (a) Section 2.4 of General Competition Conditions shall apply to the dress of competitors in first aid events, except for the following provisos:
 - (i) No item worn by a competitor is permitted to be used to treat a casualty.
 - (ii) The wearing of footwear is optional.
 - (iii) Shorts and shirts may be worn provided such clothing does not impede the judging for the event. This also includes protective clothing if worn. A peaked cap may be worn under or over the top of the fastened club cap.

3.6.5 Competition in other Events

- (a) If a team member, who is in isolation, has to compete in another event, that competitor will be accompanied by an appointed official who will wait while the event is completed and then will return to the isolation area with the competitor.

3.6.6 Judging of the Competition

- (a) Judging at the competition shall be effected by utilising marking sheets which are related to the following seven sections of the scenario:
 - (i) Approach to casualty.
 - (ii) Examination of casualty and diagnosis of injuries
 - (iii) Specific points for all treatments
 - (iv) Disposal of casualty.

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- (v) Management of the incident.
 - (vi) First Aid kits.
 - (vii) Judges' discretion.
- (b) The marks allotted to the various sections may be varied for each different scenario.
- (c) To maintain a standard of values the percentage weighting allocation of total marks to the various sections should not exceed the following (provided that the total of the sections must equal 100%):
- (i) 60% – Specific points for all treatments.
 - (ii) 30% – Examination of casualty and diagnosis of injury.
 - (iii) 25% – Approach to casualty.
 - (iv) 20% – Management of the incident.
 - (v) 5% – Disposal of casualty.
 - (vi) 2% – Judges' discretion.
 - (vii) 2% – First Aid kits.
- (d) Placings shall be determined by the aggregation of points.
- (e) In the event of equal points at the completion of the competition, the winner shall be decided by a count back system using Clause 3.6.6 (c) and the order for the count back shall be sub-clause (i), (ii), (iii), (iv), (v), (vi), and (vii).
- (f) If a winner cannot be determined by count back then a dead heat will be declared as provided in Section 2 of this Manual.

3.6.7 Competition Administration and Officials Control

- (a) The event may be held as a separate event or as part of a surf competition and as such will come under the overall control of the Referee/Sectional Referee.

3.6.8 Sectional Referee

- (a) The immediate control of the competition should be allocated to a Sectional Referee who has knowledge of both SLSA competition and First Aid.
- (b) The relevant SLSA authority conducting the event shall appoint currently accredited SLSA competition officials and/or other suitably qualified persons to conduct the event. Appointment of officials should be based on First Aid knowledge. Further, other SLSA members may be used to assist or be involved in the tasks e.g. casualties.

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- (c) The Sectional Referee shall be responsible for the planning, preparation, distribution and organisation of all matters relative to the scenarios and tasks.
- (d) The Sectional Referee prior to the competition shall:
 - (i) Ensure that the appropriate SLSA authority has approved the rules for the competition.
 - (ii) Ensure that the competition area including the competitors' isolation area is organised.
 - (iii) Ensure no conflict takes place with any SLSA Manual.
 - (iv) Arrange for any locations or special equipment or props required for the event.
 - (v) Arrange for the scrutineering of First Aid equipment supplied by teams for use in competition.
 - (vi) Arrange for staging of the scenario and for any special equipment or personnel required.
 - (vii) Ensure casualties are fully briefed.
 - (viii) Ensure that the appropriate marking sheets are prepared.
- (e) At the conclusion of the competition the Sectional Referee may debrief/comment on the performance of teams.

3.6.9 The Judges

- (a) Judges should have a comprehensive knowledge of the rules governing the competition based on current SLSA First Aid practices and Manuals on which the competition is based.
- (b) Sufficient Judges should be appointed to adequately cover judging and administration of the event.

3.6.10 The Marshall

- (a) The Marshall shall:
 - (i) Ensure that entry conditions are not breached and that any infringements are reported to the Sectional Referee.
 - (ii) Escort each team from the isolation area to the competition area by the route indicated by the Sectional Referee.

3.6.11 The Isolation Judge

- (a) The Isolation Judge shall:
 - (i) Ensure teams are restricted to the isolation area prior to them being escorted to the competition arena.

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- (ii) Ensure that no communication takes place between the team and any unauthorised person during isolation.
- (iii) Ensure that the isolation conditions of the competition are not violated and immediately report any infringement to the Sectional Referee.

3.6.12 Casualties

- (a) One or more people may be required to act as casualties or act out a given role for the event and they must follow the instructions of the Sectional Referee and carry out the same procedure for each competing team.

3.6.13 Bystanders

- (a) SLSA members may be required to act as bystanders to assist in the scenario. They must follow the instructions of the Sectional Referee and carry out the same procedure for each competing team.

3.6.14 Competition Area

- (a) The competition area will be defined by the Referee.
- (b) The area will be roped off and sign posted to keep spectators clear and to avoid any confusion regarding the equipment and staging required. A First Aid post (tent) may be set up on the beach for the event.

3.6.15 Presentation, Diagnosis and Treatment of Casualties

- (a) The injuries or disabilities from which a casualty is suffering will be depicted as accurately as possible by casualty simulation.
- (b) A two minute period will be given to each team prior to receiving their scenario to inspect the first aid equipment.
- (c) One whistle blast will signal the start of the event for the team. Teams will be advised two minutes prior to finish time and subsequently two blasts of the whistle will signal the finish of practical work. Teams will be permitted to record details of the treatment after the finish of the practical work.
- (d) Competitors will be required to manage the situations, examine the casualties, diagnose the nature of the injuries and disabilities and carry out necessary treatment in priority order as dictated by the scenario.

3.6.16 Release of Competitors

- (a) When a team has completed its scenario, the team may be released.

3.6.17 Results

- (a) At the end of the scenario the Judge(s) shall hand their marking sheet to the Recording Judge. The Recording Judge(s) must immediately check

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that every item has, in fact, been marked and any alterations have been initialled by the Judge(s) before they leave the area.

- (b) The result shall then be determined.
- (c) The Sectional Referee shall check results and if correct arrange for placing results to be advised.

APPENDIX A

CHAMPION LIFESAVER PRACTICAL RESUSCITATION

The ‘Patient’ for this Section has been determined as either an adult or child.

Maximum Points Deduction:

For both Sections of the Champion Lifesaver practical resuscitation:

- Section A – Live Patient Assessment including Lateral Position
- Section B – Assessment of One Person C.P.R. on a Manikin

the maximum deduction for each Section shall be 20 Points.

Note: No competitor can earn less than 0 points in Section A or Section B in the practical resuscitation component of the event.

Points Deductions:

Points deductions for each Section will be as follows:

Major Faults:

Major Faults (on competition marking sheet indicated with a circle for Judges to mark)

- For each Major Fault, 4.0 Points to be taken off the total 20 points in the relevant Section being judged. (Judges to confer on any Major Faults).

Minor Faults:

Minor Faults (on competition marking sheet indicated with a square for Judges to mark)

- For each Minor Fault 0.5 Point to be taken off the total 20 points in the relevant Section being judged.

Section A Points Calculation – Live Patient Assessment including Lateral Position

Number Major Faults		X 4.0 points each	=
Number Minor Faults		X 0.5 points each	=
TOTAL POINTS DEDUCTION			=
20 POINTS MINUS TOTAL POINTS DEDUCTION			= /20

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Section B Points Calculation – Assessment One Person C.P.R. on a Manikin

Number Major Faults		X 4.0 points each	=
Number Minor Faults		X 0.5 points each	=
Timing Deductions: 4, 3, 2, 1 or Nil points			=
TOTAL POINTS DEDUCTION			=
20 POINTS MINUS TOTAL POINTS DEDUCTION			= /20
TOTAL SCORE OUT OF 40 POINTS FOR SECTION A PLUS SECTION B			= /40

SECTION A JUDGE’S MARKING SHEET

Live Patient Assessment Including Lateral Position

Command Given:

“A patient is found lying on the ground motionless, please assess the situation and declare patient assessment. Further instructions will be given at each stage of the segments”

Failure to assess for danger to self, bystanders or patient, and remove danger if necessary

Incorrect assessment of above

If asked by competitor “is there any danger” – respond appropriately

Failure to “Squeeze shoulders, shout and ask simple commands”

Incorrect assessment of above

Command given:

“Patient is not responsive, not moving and is unconscious. Foreign body and fluids are visible”

Failure to roll patient on to side

Incorrect method of rolling patient on side

Failure to place head in backward head tilt, apply jaw support correctly and open mouth with head turned slightly downwards

Incorrect assessment of above

Failure to assess patient’s airway and simulate inspection and cleaning of the mouth

Not looking inside mouth after simulating the cleaning out with fingers

Failure to assess patient’s breathing

Not placing ear over nose, cheek over mouth to assess for breathing

Not correctly observing/feeling chest and abdomen for movement

Command given:

“Patient has no signs of life and is not breathing”

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- Not declaring that the “Patient has no signs of life and is not breathing”
- Failure to roll patient on back
- Failure to attempt to obtain an open airway
- Incorrect pistol grip
- Failure to give 2 rescue breaths
- Incorrect method of delivering 2 rescue breaths
- Not achieving/maintaining head tilt for rescue breathing
- Not observing chest movement between breaths
- Failure to locate the position of compressing hand on the sternum for effective E.C.C.
- Not correctly feeling up the rib cage.....
- Not correctly positioning fingers at lower end of sternum.....
- Failure to correctly position compressing hand on the sternum for effective E.C.C
- Poor positioning of hands/arms for E.C.C.

Note: No pressure is to be applied to patient’s chest

After hand positions are assessed command given:-

“Patient has signs of life and is now breathing”

- Not declaring that the “Patient is now breathing”
- Failure to place patient into lateral (recovery) position
- Failure to maintain an open airway after securing the patient in the lateral position
- Incorrect patient roll (each occasion).....
- Incorrect placement of knee/leg in lateral position (each occasion)
- Incorrect position of patient’s arms (both) in lateral position
- Not pointing the head slightly downward for drainage from mouth

- Not monitoring the patient.....
- Rough handling of patient
- Other deductions (specify)

Command given: “Operator halt”

Note: Officials to complete/finalise markings for the live patient assessment – Section A

Competitor to prepare manikin for Section B

Total Number Major Faults		Total Number Minor Faults	
----------------------------------	--	----------------------------------	--

SECTION B JUDGE’S MARKING SHEET

Assessment of one person C.P.R. on a manikin

Command given:-

“The patient has been assessed as not responsive, not moving and is unconscious. The patient is not breathing after 2 initial rescue breaths have been delivered”.

Command given: – “Operator ready”

- Failure to immediately attempt to take up hand position for E.C.C.....
- Not correctly feeling up the rib cage.....
- Incorrect method of positioning fingers at the lower end of the sternum.....
- Totally incorrect position of compressing hand on the sternum for E.C.C.

Note: Upon hand position being located for E.C.C.

Command given: “Operator commence”

Note: timing for 5 complete cycles to commence on this command

- Failure to begin C.P.R. commencing with E.C.C.
- Failure to attempt rescue breathing.....
- Failure to maintain backward head tilt during rescue breathing
- Failure to consistently achieve a seal during inflations.....

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- Failure to consistently achieve correct chest inflation during rescue breathing.....
- Not maintaining correct hand/arm positions for E.C.C.....
- Not maintaining correct pressure for E.C.C.....
- Not maintaining a consistent rate during C.P.R.
- Not counting E.C.C compressions aloud
- Not Maintaining Correct Ratio of 30:2.....
- Incorrect rescue breathing technique
- Incorrect pistol grip for rescue breathing.....
- Occasional incorrect mouth seal during rescue breathing.....
- Occasional over/under inflation of lungs
- Not observing rise and fall of chest during rescue breathing
- Rough handling of patient (each occasion).....
- Other deductions (specify).....

Note: Assessor to time competitor over 5 complete cycles

Command given at the completion of the 5th cycle

“Operator halt. The patient is now breathing”

- Not declaring assessment that “Patient is now breathing”

Record of timing for 5 complete cycles

Record time taken for competitor to complete 5 full cycles – 30 compression / 2 rescue breaths = 1 cycle.

Note: Timing to start on first compression and timing to stop at the completion of the 2nd rescue breath on the 5th cycle

5 cycles completed in

Deductions:

Assessor to tick the appropriate timing deduction

- Slower than 2:05.00..... 4 point deduction
- 2:03.00 – 2:04.99..... 2 point deductions
- 2:01.00 – 2:02.99..... 1 point deduction

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- 1:58.00 – 2:00.99 Nil deduction
- 1:56.00 – 1:57.99 1 point deduction
- 1:54.00 – 1:55.99 2 point deduction
- 1:52.00 – 1:53.99 3 point deduction
- Faster than 1:51.99 4 point deduction

Note: Assessors to complete marking C.P.R. on manikin assessment

Total Number Major Faults		Total Number Minor Faults	
Timing Deductions			
Signature of Assessor			

APPENDIX B

PATROL COMPETITION PRACTICAL RESUSCITATION

The ‘Patient’ for this Section has been determined as either an adult or child.

Team positions:

The team members will draw for the positions of 1, 2 and 3 for the practical resuscitation. As per the rules of the event competitors in this section will assume different roles relevant to their draw.

Deductions:

A maximum of twenty (20) points will be allocated to this section with team deductions as follows:

Major Faults:

Major Faults (on competition marking sheet indicated with a circle for Judges to mark)

- For each Major Fault, 4.0 Points to be taken off the total 20 points in the relevant Section being judged. (Judges to confer on any Major Faults).

Minor Faults:

Minor Faults (on competition marking sheet indicated with a square for Judges to mark)

- For each Minor Fault 0.5 Point to be taken off the total 20 points in the relevant Section being judged.

Score

Number Major Faults		X 4.0 points each	=
Number Minor Faults		X 0.5 points each	=
Timing Deductions	(A)=	(B)=	(C)=
20 POINTS MINUS TOTAL POINTS DEDUCTION			= /20

Note: No teams can earn less than 0 points in the practical resuscitation section of the event.

JUDGE’S MARKING SHEET

2 person assessment of live patient – including Lateral position by numbers 1 and 2

First roles on the manikin will be:

- No.1 – 1 person C.P.R.,
- No.2 – 2 person C.P.R. as the E.C.C. operator,
- No.3 – preparing oxygen equipment and introduces mask in two person C.P.R.

Command given:

“A patient is found lying on the ground motionless, please assess the situation and declare patient assessment. Further instructions will be given at each stage of the segment”

Failure by No.1 and No.2 to assess for danger to themselves, bystanders or patient, and remove danger if necessary ○

Incorrect assessment of above □

If asked by competitor “Is there any danger” – respond appropriately

Failure of No.1 to “Squeeze shoulders, shout and ask simple commands” ○

Incorrect assessment of above □

Command given:

“Patient is not responsive, not moving and is unconscious. Foreign body and fluids are visible”

Failure to roll patient on to side position ○

Incorrect method of rolling patient onto side □

Failure of No.1 to place head in backward head tilt..... ○

Incorrect method of No.1 applying jaw support and opening mouth correctly..... □

Head not pointed down slightly □

Failure of No.2 to assess patient’s airway and simulate inspection and cleaning of mouth ○

No.2 not looking inside mouth after simulating the cleaning out with fingers □

Failure of No.1 to assess patient’s breathing ○

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Incorrect method of No.1 assessing for breathing – not placing ear over nose, cheek over mouth

No.2 not correctly observing/feeling chest and abdomen for movement

Command given:

“Patient has no signs of life and is not breathing”

No.1 not declaring that the “Patient has no signs of life and is not breathing”

Failure to roll patient on back

Failure of No.1 to attempt to obtain an open airway

Incorrect “pistol grip”

Failure of No.1 to give 2 rescue breaths

Incorrect method of delivering 2 rescue breaths

Not achieving/maintaining head tilt for rescue breathing

Not observing chest movement between breaths

Failure of No.2 to immediately attempt to take up hand positions for E.C.C.

No.2 not attempting to locate position of compressing hand on the sternum for E.C.C.

No.2 not correctly feeling up the rib cage.....

No.2 not correctly positioning fingers at the lower end of the sternum

Totally incorrect position of compressing hand on the sternum for effective E.C.C.

Poor positioning of hands/arms for E.C.C.

Note: No pressure to be applied to patient’s chest

After hand positions are assessed command given:-

“Patient has signs of life and is now breathing”

No.1 not declaring that the “Patient is now breathing”

Failure to place patient into lateral (recovery) position

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- Failure of No.1 to maintain an open airway after securing patient in the lateral position ○
- Incorrect patient roll (each occasion)..... □
- Incorrect placement of knee/leg in lateral position (each) by No.2 □
- Incorrect position of patient’s arms (each) in lateral position by No.2 □
- No.1 not positioning head slightly downward for drainage from mouth..... □
- No.1 and No.2 not monitoring the patient □
- Rough handling of patient □
- Other deductions (specify)..... □

Command given: “Operators halt”

Competitors to prepare manikin for Section B

One person C.P.R. assessment on a manikin by number 1

Command given:-

“The patient has been assessed as not responsive, not moving and is unconscious. The patient is not breathing after 2 initial rescue breaths have been delivered”

Command given:- “Operator ready”

- Failure to immediately attempt to take up hand position for E.C.C..... ○
- Not correctly feeling up the rib cage..... □
- Incorrect method of positioning fingers at the Lower end of the sternum □
- Totally incorrect position of compressing hand on the sternum for E.C.C. ○

Note: Upon hand position being located for E.C.C. by number (1)

Command given: “Operator commence”

Note: timing for 5 complete cycles to commence on this command

- Failure to begin C.P.R. commencing with E.C.C. ○
- Failure to attempt rescue breathing..... ○

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- Failure to maintain backward head tilt during rescue breathing
- Failure to consistently seal the nose during inflations
- Failure to consistently achieve correct chest inflation during rescue breathing.....
- Not maintaining correct hand/arm positions for E.C.C.....
- Not maintaining correct pressure for E.C.C.....
- Not maintaining a consistent rate during C.P.R.....
- Not counting E.C.C. compressions aloud
- Not Maintaining Correct Ratio of 30:2.....
- Incorrect rescue breathing technique
- Incorrect “pistol grip” for rescue breathing
- Occasional incorrect mouth seal during rescue breathing.....
- Occasional over/under inflation of lungs
- Not observing the rise and fall of chest during rescue breathing
- Rough handling of patient

Record of timing for 5 complete cycles – 1 person C.P.R.

Note: timing to start on first compression and timing to stop at the completion of the 2nd rescue breath on the 5th cycle

5 cycles completed in:

Timing (A) Assessor to tick the appropriate timing deduction

- Slower than 2:05.00..... 4 point deduction
- 2:03.00 – 2:04.99..... 2 point deduction
- 2:01.00 – 2:02.99..... 1 point deduction
- 1:58.00 – 2:00.99..... Nil deduction
- 1:56.00 – 1:57.99..... 1 point deduction
- 1:54.00 – 1:55.99..... 2 point deduction
- 1:52.00 – 1:53.99..... 3 point deduction
- Faster than 1:51.99 4 point deduction

Note: Immediately at the conclusion of the one Person C.P.R. (5 cycles) – two person C.P.R. shall commence without a break

- Failure of No.2 to inform No.1 of rotation from one to two person C.P.R.
- Failure of team to maintain timing and rhythm when transferring from one person to two person C.P.R.
- Totally incorrect position by No.2 of compressing hand on the sternum for E.C.C.
- Failure to begin C.P.R. cycle commencing with E.C.C.
- Not attempting rescue breathing
- Failure of No.1 to maintain backward head tilt.....
- Not attempting to seal the nose during inflations by No.1
- Consistent failure by No.1 to achieve correct chest inflation during rescue breathing
- Failure by No.3 to prepare oxygen equipment while 2 person C.P.R. is being performed
- Failure of No.3 to introduce the mask at some point while 2 person C.P.R. is being performed.....
- No.2 not maintain correct hand/arm positions for E.C.C.
- No.2 not applying correct pressure during E.C.C.
- Not maintaining a consistent rate during C.P.R.
- Not counting E.C.C. compressions aloud
- Incorrect rescue breathing technique by No.1
- Incorrect jaw thrust position for rescue breathing by No.1
- Occasional incorrect mouth seal during rescue breathing by No.1
- Occasional over/under inflation of lungs by No.1
- No.1 not watching for rise and fall of chest during rescue breathing.....
- Failure by No.3 to perform the following:
 - Switch on oxygen correctly

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- Check contents gauge
- Check air bag recoil
- Check patient valve working
- Check leaks in air reservoir bag
- Check patient expired air valve working
- Assemble correctly to compress air bag after reservoir bag filled first time with oxygen (to ‘purge’)
- Rough handling of patient

Record of timing for 5 complete cycles – 2 person C.P.R.

Note: timing to start on first compression and timing to stop at the completion of the 2nd rescue breath on the 5th cycle

5 cycles completed in:

Timing (B) Assessor to tick the appropriate timing deduction

- Slower than 2:05.00 4 point deduction
- 2:03.00 – 2:04.99 2 point deduction
- 2:01.00 – 2:02.99 1 point deduction
- 1:58.00 – 2:00.99 Nil deduction
- 1:56.00 – 1:57.99 1 point deduction
- 1:54.00 – 1:55.99 2 point deduction
- 1:52.00 – 1:53.99 3 point deduction
- Faster than 1:51.99 4 point deduction

Note: Immediately at the conclusion of the two person C.P.R. (5 cycles) – two person C.P.R. using oxygen equipment shall commence without a break

Failure by No.3 to have oxygen equipment ready prior to first cycle of 2 person C.P.R. using oxygen equipment ○

Failure by No.3 to fully inform No.2 and No.1 of qualifications to operate oxygen equipment, that the equipment is ready for the rotation to 2 person C.P.R. with oxygen ○

Failure of team to reasonably maintain timing and rhythm when transferring positions for 2 person C.P.R. with oxygen equipment ○

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- Totally incorrect position by No.3 of compressing hand on the sternum for E.C.C. ○
- Failure to begin C.P.R. cycle commencing with E.C.C. ○
- Not attempting rescue breathing using oxygen equipment ○
- Failure of No.1 to maintain backward head tilt..... ○
- Failure of No.1 to achieve jaw thrust to perform efficient mouth to mask resuscitation ○
- Consistent failure by team to achieve correct chest inflation during rescue breathing using oxygen equipment ○
- Incorrect instruction by No.3 as to oxygen equipment qualifications, readiness and rotation □
- No.3 not maintaining a correct hand/arm positions for E.C.C. □
- No.3 not maintaining correct pressure during E.C.C. □
- Not maintaining a consistent rate during C.P.R. □
- Not counting E.C.C. compressions aloud □
- Incorrect rescue breathing technique by No.2 using oxygen equipment □
- Incorrect jaw thrust grip for rescue breathing using oxygen equipment by No.1 □
- Occasional incorrect airbag/mask seal during rescue breathing by No.1 □
- Occasional over/under inflation of lungs by No.2 □
- No.2 not watching for rise and fall of chest during rescue breathing..... □
- Rough handling of patient (each occasion)..... □
- Other deductions (specify)..... □
- Command given: “The patient still has no has signs of life and is not breathing”**
- No.2 not declaring assessment that “Patient still has no signs of life and is not breathing” □

Record of timing for 5 complete cycles – 2 person C.P.R. using oxygen equipment

Note: timing to start on first compression and timing to stop at the completion of the 2nd rescue breath on the 5th cycle

5 cycles completed in:

Timing (C) Assessor to tick the appropriate timing deduction

Slower than 2:05.00.....	4 point deduction	<input type="checkbox"/>
2:03.00 – 2:04.99.....	2 point deduction	<input type="checkbox"/>
2:01.00 – 2:02.99.....	1 point deduction	<input type="checkbox"/>
1:58.00 – 2:00.99.....	Nil deduction	<input type="checkbox"/>
1:56.00 – 1:57.99.....	1 point deduction	<input type="checkbox"/>
1:54.00 – 1:55.99.....	2 point deduction	<input type="checkbox"/>
1:52.00 – 1:53.99.....	3 point deduction	<input type="checkbox"/>
Faster than 1:51.99	4 point deduction	<input type="checkbox"/>

Note: Immediately at the conclusion of the two (2) Person CPR using Oxygen Equipment (5 Cycles) – the Automated External Defibrillator (AED) Unit shall be introduced without a break with two person CPR with oxygen continuing.

Failure of Nos, 1, 2 and 3 to:

Continue the two person CPR with oxygen procedure while the AED unit is introduced.....

Failure by No. 4 to perform the following:

Check AED Unit correctly.....

Announce Qualifications and that the AED Unit is on the Beach

Confirm that the Patient Needs Defibrillation

Check that conditions are safe for a Defibrillation Procedure

Apply Electrode Pads to patient correctly.....

Deliver shock in an appropriate and safe manner when prompted

Maintain basic Life Support protocols, i.e. check for Signs of Life

No. (2) declaring assessment that “Patient now has a Pulse and is Breathing”

Rough handling of Patient □

Command given: “Operators halt.”

Note: Assessors to finalise total deductions for the resuscitation practical

Number Major Faults		Number Minor Faults	
Timing Deductions	(A)=	(B)=	(C)=
Signature of Assessor			

APPENDIX C

Contents First Aid Kit

The first aid kit shall contain as a maximum:

Item No	Maximum Size	Maximum Quantity	Item Description
1	n/a	10	Antiseptic wipes (not alcohol)
2	n/a	2	Disposable dressing trays
3	30ml	4	Sachets/steri-tubes antiseptic solution
4	15ml	6	Sachets/steri-tubes normal saline
5	n/a	50	Band-Aids
6	2.5cm	2	Conforming bandages
7	5cm	2	Conforming bandages
8	7.5cm	2	Conforming bandages
9	10cm	6	Crepe bandages
10	20cm x 20cm	6	Combine dressings
11	10cm x 10cm	8	Non-adherent sterile dressings
12	Standard	2	Cold packs
13	110cm	8	Triangular bandages
14	500mm	12	Safety pins
15	n/a	2	Padded splints (1 x arm & 1 x leg)
16	Single bed	1	Emergency rescue/space blanket
17	Single bed	1	Woollen/material type blanket
18	30cm x 40cm	6	Plastic bags
19	n/a	1 litre	Bags or plastic bottles of saline
20	20cm	1	Kidney dish
21	10cm	20	Gauze squares
22	7.5cm	1 roll	Adhesive tape/sticking plaster
23	2.5cm	1 roll	Paper/micro porous tape
24	Standard	2	Notebooks
25	n/a	3	Pens or pencils

Section 3 – Lifesaving Events

26	n/a	10 pairs	Rubber gloves
27	18cm	2 pairs	Scissors – stainless steel
28	n/a	2	Pocket resuscitation masks
29	Standard	2	Bum bags
30	Standard	1	First aid kit/container clearly identified as a first aid kit

Note 1: Items with expiry dates prior to competition date may be used, but they must be clearly marked – “FOR COMPETITION USE ONLY”.

Note 2: “Size” and “quantity” are estimated as the maximum allowable.

Note 3: All items to be presented for scrutineering.