



COMMONWEALTH
DROWNING
PREVENTION

Commonwealth Festival of Lifesaving Manual

Standards and Procedures for the Festival of Lifesaving including
Commonwealth Lifesaving Championships

2018 Edition

Contents

Privacy	4
1.0 The Royal Life Saving Society (RLSS)	5
1.1 RLSS Lifesaving Sport.....	5
1.2 RLSS Commonwealth	6
2.0 Commonwealth Festival of Lifesaving	7
2.1 Festival program.....	7
2.2 Eligibility and right to participate.....	8
2.3 Management of the Festival	10
2.4 Entry Procedures.....	11
2.5 Festival Events.....	11
2.6 Official Ceremonies	13
2.7 Awards.....	14
2.8 Point score.....	15
2.9 Competition Safety.....	18
3.0 General rules and procedures	19
3.1 Officials.....	19
3.2 Uniforms and Equipment	19
3.3 Code of conduct	21
3.4 Misconduct.....	23
3.5 Disciplinary Committee	24
3.6 Doping Control	25
3.7 Commonwealth Records.....	26
3.9 Timekeeping and Determination of Placing.....	28
3.10 Disqualifications and “Did not Finish” Classifications	29
3.11 Protests and Appeals.....	30
4.0 General Competition Rules.....	33
4.1 General Conditions for Pool Competition.....	33
4.2 Starts	33
4.3 Event rules.....	36
4.4 Manikins	37
5.0 Pool Event Descriptions (ILS)	40
5.1 Manikin Carry (50m).....	40
5.2 Manikin Carry with Fins (100m)	40
5.3 Manikin Tow with Fins (100 m).....	40

5.4	Super Lifesaver (200m)	41
5.5	Manikin Relay (4 x 25 m).....	41
5.6	Medley Relay (4 x 50 m).....	42
5.7	Line Throw – individual event	42
5.8	50m Non-Contact Tow (human victim).....	43
5.9	Lifesaving Medley Swim – 100m.....	45
6.0	Simulated Emergency Response Competition (SERC)	47
6.1	General Conditions for SERC	48
6.2	Aquatic SERC Competition	50
6.3	Dry SERC Competition (resuscitation test).....	51
7.0	Disqualification summary	52
7.1	General Disqualification Codes	52
7.2	RLSS Challenge Event Disqualification Codes.....	53
7.3	SERC Disqualification Codes (ILS)	53
7.4	Time penalty code	53

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Standards and Procedures for the Commonwealth Festival of Lifesaving including the Commonwealth Lifesaving Championships.

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In any discrepancy between the official English electronic version of the Commonwealth Festival of Lifesaving Manual and any print editions, the most recent Official electronic version is deemed to be the definitive text.

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Privacy

Personal details provided for registration/entry purposes, are for the sole use of the RLSS Commonwealth and its designated officers and officials to conduct a competition or Festival. Disclosure to third parties is limited to organisations who have a statutory or administrative requirement when working for or on behalf of RLSS in the conduct of the Festival. E.G. drug testing agencies engaged for the meet, health and other emergency

workers in the event of an incident requiring their attendance/assistance. No data shall be sold or otherwise provided to any third party. The use of competitors' images for official social media, news and media organisations is permitted, provided the competitors have given consent in advance.

1.0 The Royal Life Saving Society (RLSS)

The Royal Life Saving Society is working to eliminate drowning across the Commonwealth. Our mission is Commonwealth Drowning Prevention and our vision is 'No person in the Commonwealth should drown'.

Unlike other international organisations involved in drowning prevention, RLSS operates specifically amongst the Commonwealth nations. Our focus is on effecting change at the grassroots level to reduce drowning. In addition, RLSS provides a link to the Commonwealth network including, Heads of Government and the Secretariat, as well as other international lifesaving and injury prevention partners.

The Royal Life Saving Society is governed by a volunteer Board of Trustees representative of the Member Branches across the Commonwealth. The Board is guided by the Commonwealth Council of Presidents, composed of the Presidents of all Member Branches.

The Royal Life Saving Society is the oldest established global lifesaving and drowning prevention organisation. Today, the Society has Member Branches in 27 Commonwealth nations.

Historical Snapshot

- 1891 The Life Saving Society founded by William Henry
- 1892 The Bronze Medallion introduced
- 1924 The Society incorporated by Royal Charter
- 1960 National Branches established in Supplementary Charter
- 1991 First Commonwealth Lifesaving Championships

1.1 RLSS Lifesaving Sport

The sport of lifesaving contributes to the drowning prevention mission of the Royal Life Saving Society. In pursuit of this mission, competition serves more than the needs of the high-performance athlete. Lifesaving competition also provides developmental opportunity for all aspects of lifesaving sport including:

- National teams
- Potential national team competitors
- Team coaches and team managers
- Officials
- Lifesaving sport management personnel

Lifesaving competition has been an integral part of RLSS throughout its history, and Commonwealth Lifesaving Championships have been held since 1991:

2017 – Durban, South Africa

2013 – Canberra, Australia

2011 – Durban, South Africa

2009 – Edmonton, Canada

2006 – Bath, England

2003 – Durban, South Africa

2001 – Eastbourne, England

1996 – Coventry, England

1994 – Dandenong, Australia

1991 – Coventry, England

In addition to providing an opportunity for teams and individuals to compete, lifesaving sport provides:

- an incentive for training
- volunteer recruitment for the Society
- an opportunity for educational exchange
- an opportunity and incentive to improve techniques
- increased public awareness of the Royal Life Saving Society

1.2 RLSS Commonwealth

The Royal Life Saving Society Commonwealth alone shall authorise the Commonwealth Festival of Lifesaving which may include, Championships and Challenge events. The word "Commonwealth" shall only be used in connection with any lifesaving activity or competition with the consent of the Royal Life Saving Society Commonwealth. RLSS Commonwealth may authorise the following Commonwealth competitions every two years.

- Commonwealth Lifesaving Championships - National Teams and Development Teams
- Commonwealth Lifesaving Challenge - Individual Athletes
- Commonwealth Lifesaving Sport Development Programs - Coaches, athletes, officials, local clubs and schools.

RLSS Commonwealth may also authorise non-championship, demonstration or development events to be organised under the umbrella of a Commonwealth Festival of Lifesaving (the Festival).

2.0 Commonwealth Festival of Lifesaving

2.1 Festival program

The RLSS establishes the programme of events for the Commonwealth Festival of Lifesaving.

The Festival shall include:

- Commonwealth Lifesaving Championships – approved ILS events as per current ILS Competition Rule Book.
- Commonwealth Lifesaving Challenge – events as outlined in this Manual
- Commonwealth Lifesaving Sport Development - as approved by RLSS
- Social events for participants and supporters

Commonwealth Festival of Lifesaving – Overview

Commonwealth Lifesaving Championships Conducted under the rules of ILS and sanctioned by ILS and the Commonwealth Games Federation (CGF)	
Participation	Descriptors
National Teams – from RLSS Members and Companion Organisations	The National Teams' Championship form the elite element of the Festival, during which National Teams shall compete to become Commonwealth Lifesaving Champions
Development Teams – from RLSS Members and Companion Organisations	The Development Teams' Championships serve to further develop team members in the skills of Lifesaving Sport.
Commonwealth Lifesaving Challenge	
Participation	Descriptors
Open to individuals from all RLSS Members and Companion Organisations and individual lifesavers from nations recognised by the Commonwealth Games Federation where there is no RLSS Member or Companion Organisation	The Commonwealth Lifesaving Challenge forms the lifesaving skills element of the Commonwealth Festival of Lifesaving, during which individuals will be tested on an international stage. The Challenge will be conducted for individuals in both male and female categories. The Challenge should include equipment that is free or at low cost.

Commonwealth Festival of Lifesaving – Overview cont.

Lifesaving Sport Development	
Participation	Descriptors
Sport Development Workshop	For all lifesaving Sport Coaches, Managers and Officials
Athlete Skill Development	Elite athletes from RLSS member countries will conduct a range of skill development sessions
Young Lifesavers Roundtable	Young lifesavers (e.g. under 30 years) gather together to share development opportunities and challenges
Officials Development	To provide Officials with mentoring and development opportunities through practical experience.
Local Lifesaving Community	Engagement with the local lifesaving community in the area in which the Festival of Lifesaving is being held.
Social Events	
Participation	Descriptors
Welcome to the Festival	Open to all participants to provide a social platform for social engagement
Festival Dinner and Prize Giving	Open to all participants which will recognise the achievements and contributions to the Festival.

Sample Program

The following is a sample program to be used as a guide for the Festival Host.

Day 1	Arrivals
Day 2	Training Registration – Teams and Individuals Managers' Meetings Technical Officials' Meetings Welcome to Festival
Day 3	Lifesaving Sport Development Young Lifesavers Round Table
Day 4	Competition Day 1
Day 5	Competition Day 2
Day 6	Competition Day 3 Festival Dinner and Prize Giving
Day 7	Departures

2.2 Eligibility and right to participate

"Nations" are defined by the Commonwealth Games Federation as all Commonwealth countries, colonies, and dependent or associated territories.. The list of eligible nations can be found at the web site of the Commonwealth Games Federation at link

<https://thecgf.com/countries>

The Festival is intended for bona fide lifesavers from Commonwealth nations who have demonstrated a commitment to lifesaving; people who are lifesavers first, competitors second. RLSS considers it unethical to recruit competitors whose lifesaving credentials are tenuous or merely convenient for purposes of competition. Team management personnel and coaches are the key to preventing such unethical practices and must emphasise “play within the rules” behaviour. The personal conduct of team managers and coaches, as well as competitors, is measured by the International Lifesaving (ILS) code of fair play that RLSS has adopted.

Eligibility to compete:

Individual competitors entering any competition at the Festival must:

- Be a citizen or subject of an eligible Commonwealth nation (see Note 1 below).
- Be qualified lifesavers in good standing with a lifesaving organisation and hold an RLSS Bronze Medallion Award or equivalent (see Note 2 below).
- Be a minimum of 16 years of age on or before December 31st 2019 to compete in a Commonwealth Lifesaving Championships National Team.

Be a minimum of 16 years of age on or before December 31st 2019 to compete in a Commonwealth Lifesaving Championship Development Team and Commonwealth Lifesaving Challenge events. In addition, to be eligible to compete in a National Team or Development Team, competitors shall:

- For purposes of out-of-competition testing, be registered with their national organisation responsible to the World Anti-Doping Agency (WADA) prior to the first day of the Festival.
- Competitors who have been a member of a National Youth Team are eligible to compete in a Development Team. Membership of a Development Team is not open to a competitor who has been a member of an Open National Team at any Commonwealth or ILS sanctioned event. team.
- Competitors may be selected to a Development Team multiple times.

Note 1: A competitor who is a citizen or subject of more than one nation must choose which nation to represent. Competitors born in a Commonwealth country who have also a common citizenship/passport with other Commonwealth nations may initially represent either their nation of birth or the other nation for who they are eligible for such citizenship. A competitor who has represented one nation at a Commonwealth Lifesaving Championship may only represent another nation in future Commonwealth events with the approvals of the RLSS and the national lifesaving organisations of the two nations concerned.

Note 2: Each lifesaving organisation shall provide an endorsement declaring that its competitors meet the eligibility criteria. For Challenge events if the competitor’s nation does not have a ILS recognised national life saving organisation the endorsement shall be by an RLSS approved body such as a companion organisation or that nation’s Commonwealth Games committee.

Commonwealth Lifesaving Championships – National and Development Teams

The Commonwealth Lifesaving Championships are open to one National Team and one Development Team per nation. All nations recognised by the Commonwealth Games Federation are eligible to enter. The competition will be conducted in two sections. National teams will compete against other national teams and Development teams will compete against other Development teams.

Composition of a National or Development Team: A team may consist of a minimum of one competitor and a maximum of five female and a maximum of five male competitors (totalling ten), in addition to any non-competitive management or coaching personnel. It is not mandatory to have both male and female competitors on a team. Teams may not increase the number of male or female competitors beyond five.

Commonwealth Lifesaving Challenge

The Commonwealth Lifesaving Challenge is open to any individual lifesaver in good standing with a nation recognised by the Commonwealth Games Federation. They may also be members of a national or development team at the same Commonwealth festival.

2.3 Management of the Festival

The Festival, incorporating the Commonwealth Lifesaving Championships, are overseen and/or managed by the RLSS through the RLSS Sport Development Committee who will liaise with the Host Organizing Committee.

The RLSS Sport Development Committee shall appoint senior officials for the Festival and approve the appointment of the officials selected by the Chief Referee.

Venue inspection:

The RLSS shall appoint a representative to visit the host venue for the Festival preferably six months prior to the commencement of the Championships, and at least three months, prior to inspect all facilities and technical aspects.

The host country shall pay the travel and accommodation expenses incurred in connection with an inspection visit.

Responsibility for equipment:

The Host Organizing Committee shall be responsible for the provision of all equipment and material required to conduct all Festival events. Where required equipment must meet the specifications as outlined in the current edition of the ILS Competition Rule Book.

The following equipment where used, must be provided and used by all competitors;

- Rescue manikins
- Throw lines

- Rescue tubes
- Obstacles
- Resuscitation manikins and SERC equipment
- Challenge equipment e.g. Non-contact towing cloth

Note: Athletes' personal equipment is excluded from this requirement e.g. Fins etc.

2.4 Entry Procedures

All teams must register prior to the Festival in accordance with the procedures and timelines established by the RLSS and the Host Organizing Committee.

Registrations received after the closing date may be subject to terms and conditions established by the Host Organizing Committee for late registration.

Seeding shall be used for National and Development Teams. Competitors' best times in the 12 months prior to the entry closing date, shall be submitted on the entry forms. Competitors shall be ranked according to the entry times.

2.5 Festival Events

Event definitions

Individual events: An individual event shall be contested by a single competitor. An individual may be assisted by handlers (e.g., Super Lifesaver). There can be no substitution of individuals in an event or between rounds. If a competitor is disqualified for a breach of the rules, doping offence, etc, the competitor will lose all standing in the event being contested.

Team events: A team event is contested by competitors from the same National Team, and Development Team. These competitors compete together as a single unit. Team members may be substituted between rounds, but there shall be no substitution of a team member while an event is being conducted. If one or more team members are disqualified for a breach of the rules, doping offence, etc., the entire team loses all standing in the event being contested.

Commonwealth Lifesaving Championships

The Commonwealth Championships for National Teams will form the elite element of the Festival, where National Teams compete to become the Commonwealth Lifesaving Champions.

The Development Championship will be conducted to develop both nations and individual competitors in the skills of lifesaving sport and future international events.

Both of these overall Championships will be conducted on a point score basis.

At its discretion the RLSS may include challenge events in the Championship point score.

This will be announced to RLSS members at least 6 months prior to the Festival.

The following events may be conducted:

Events	National Teams Max Entries Per Team	Development Teams Max Entries Per Team
50m Manikin Carry	2 competitors	2 competitors
100m Manikin Carry with Fins	2 competitors	2 competitors
100m Manikin Tow with Fins	2 competitors	2 competitors
200m Super lifesaver	2 competitors	2 competitors
4 x 25m Manikin Carry Relay	1 team*	1 team*
4 x 50m Medley Relay	1 team*	1 team*

*Team (4 competitors per team)

The Championships event rules will be consistent with those in the current ILS Competition Rule Book and shall be conducted in both male and female categories.

Note Additional events may be added to the program at the discretion of the Sport Development Committee.

Commonwealth Lifesaving Challenge

The Challenge events will form the combined lifesaving skills element of the Festival, during which individuals will test their skills on an international stage. The Challenge will test the judgement, skill, knowledge and ability of lifesavers in a five-event contest. At the discretion of the RLSS, these Challenge events may be included in the Commonwealth Championship point scores.

The Challenge will be conducted for individuals in both male and female categories in the Elite, Development and Novice categories.

Note: A Novice competitor is an individual who has never competed for their national body as a member of their national or development team. This Challenge competition will include the following events:

- Aquatic Simulated Emergency Response Competition
- Dry Simulated Emergency Response Competition (includes resuscitation)
- 50m Non-Contact Tow
- 12.5m Line Throw (individual)
- 100m Lifesaving Medley Swim

Any events not described in the current ILS Competition Rule Book can be found in sections 5 and 6 of this Manual.

Note Additional events may be added to the program at the discretion of the RLSS Sport Development Committee.

2.6 Official Ceremonies

Official ceremonies conducted at the Festival and other Commonwealth events shall include the following:

- Assembly of teams and officials
- Official welcome on behalf of the host organization
- Administration of athletes' and officials' oaths
- Official welcome on behalf of the Royal Life Saving Society and the opening declaration

Competitors Oath

"In the name of all competitors, I promise that we shall respect and abide by the rules of this Championship, competing with a spirit of sportsmanship and fair play".

Officials Oath

"In the name of all officials, I promise that we shall officiate in this Championship with impartiality, honouring the rules which govern this competition and the spirit of fair play which inspires them".

Oath for Team Managers and Coaches

"In the name of all team managers and coaches, I promise that we shall commit to exemplary leadership consistent with the code of conduct and its guiding principles".

Official Opening Declaration

"On behalf of the Royal Life Saving Society, I declare these Championships officially open".

Award presentations

Official presentations of awards shall be conducted throughout the Festival. All award presentations shall share the following characteristics:

- Presentations shall be staged on a podium or dais.
- An official presenter will place medals on ribbons around competitors' necks.
- Official photographs will be taken.

If possible, the national anthem of the first-place team will be played, and nation flag or banner displayed.

Flags and Banners

Each team/individual shall bring to the Festival a flag or banner indicating the team's/individuals' nation. Flags and banners shall be carried at the official opening ceremony. In addition, organisers

may request flags and banners to be displayed at the competition sites, official functions, and award presentations.

2.7 Awards

Individual and team awards shall be presented for the first three places in every competition event held in the Commonwealth Festival.

Competitors will compete in one of three categories within the Lifesaving Challenge Competition (a minimum of three competitors are required to contest a category):

- Elite (national team competitors)
- Development (Development team competitors)
- Novice

Commonwealth Championships

The titles of Commonwealth Lifesaving Champion National Team and Commonwealth Life Saving Development Champion Team are awarded based on the overall point score between the competing teams in each category detailed below.

Based on the overall point score for all events, medals shall be presented to each member of the first, second, and third placed National and Development Teams respectively and to a maximum of two management/coaching personnel per team.

Individual awards shall be presented to the first three places in the A-final of all events in the National Teams Championship. The event winners shall be recognised as Commonwealth Lifesaving Champions.

National Teams:

The Prince Michael of Kent Salver shall be presented to the first place National Team.

The Langland Bay Men's Cup shall be presented to the top scoring individual male from a National Team.

The Langland Bay Women's Cup shall be presented to the top scoring individual female from a National Team.

Development Teams:

The John Long Trophy shall be presented to the first place Development Team

The Mrs Henry Cup shall be presented to an individual from a developing nation who is identified by a culmination of points scored and on participation and engagement throughout the Festival. Factors to be taken into consideration for participation and engagement include: support of their team, support of other competing teams and engagement with other competitors and officials.

The recipient for this Cup will be decided upon by a Selection Committee who will comprise of:

- Chief Referee for the Championships
- RLSS Sport Development Committee Chairperson or their nominated representative
- A Member of the RLSS Board of Trustees or their nominated representative
- Competition Manager for the Festival.

Lifesaving Challenge: Competitors earn points for their performances in each Lifesaving Challenge event. There will be Individual awards based upon these point scores to determine the male and female overall Commonwealth Lifesaving Challenge Champion.

2.8 Point score

Commonwealth Lifesaving Championships

National Team and Development Teams shall be scored and posted separately to each other and any challenge events.

Commonwealth Championships and Challenge events – point allocation

Commonwealth Championship Events - Points are based on team member placing in finals.

Challenge Events - Individuals are allocated points based on their placing in the timed finals.

Speed Events – including both the Commonwealth Championships and Challenge events, point allocation is as follows:

Place	Points	Place	Points	Place	Points	Place	Points
1 st	20	5 th	13	9 th	8	13 th	4
2 nd	18	6 th	12	10 th	7	14 th	3
3 rd	16	7 th	11	11 th	6	15 th	2
4 th	14	8 th	10	12 th	5	16 th	1
17 th place and after will be zero points.							

Point Score Blocking

There shall be no point score blocking in either National Teams or Development Teams Championships.

Team Point Score

The team point score is an amalgam of all the points earned by members of a National or Development team in individual or team events. If one or more competitors are disqualified for a

breach of the rules in an individual or team event, then no points are awarded for those particular events, but the team may retain standing in the point score unless otherwise determined by RLSS.

Ties in Events

Ties (dead heats) in finals shall be declared as such and the points will be awarded according to the place allocated to the teams or individuals involved. For example, in a two-way tie for first place, 20 points shall be allocated to each team/individual. The next place allocated would be third and points awarded accordingly.

The rank order position allocated to competitors tying for a place, will be the position that the highest of them would have occupied had they not tied. (e.g. 3 teams tying for third position in an event will all be placed as though they had come third in that event; the next team will be placed sixth).

Disqualification

Competitors who are disqualified or do not finish an event (whether in heats or finals) shall not earn any placing points for a team or individual point score.

Event Cancellation

No points shall be credited to any team should an event be cancelled – even if some heats have been run.

Should all heats have been completed and the finals are not able to be conducted, the event places shall be decided by rank ordering the times and awarding place medals to the competitors with the three fastest times.

Point Score Ties

Ties in overall team point scores shall be broken using the following system:

- Most first-place final finishes;
- Most second-place final finishes;
- Most third-place final finishes; and so on.

Simulated Emergency Response Competitions (Aquatic and Resuscitation)

Competitors will be allocated marks based on their rescue response or resuscitation performance and ranked according to their final position with points awarded accordingly.

Place / Rank	Points	Place / Rank	Points	Place / Rank	Points	Place / Rank	Points
1 st	40	5 th	26	9 th	16	13 th	8
2 nd	36	6 th	24	10 th	14	14 th	6
3 rd	32	7 th	22	11 th	12	15 th	4
4 th	28	8 th	20	12 th	10	16 th	2
17 th place and after will be zero points.							

2.9 Competition Safety

The provision of safe competition is essential and a priority in competition planning. The host lifesaving organisation is responsible for the provision of adequate resources to ensure the safety of those involved with the competition, so far as is reasonably practicable.

The Host Organizing Committee shall prepare a safety and emergency plan to ensure:

- The general safety of competitors, competition personnel and spectators.
- The personnel and procedures are in place in case of minor or major emergencies involving injury to or illness of competitors, competition personnel, or spectators.
- Competition safety.

The Host Organizing committee shall submit to the RLSS its Event Management Plan, which will include a safety and emergency plan no later than six months prior to the start of the Festival. A copy of the Safety and Emergency Plan will be provided to the Chief Referee following approval by the RLSS.

No competition shall be conducted until the RLSS is satisfied that the competition facilities are safe, and that the appropriate safety and emergency plan, equipment, procedures and personnel are in place.

The Chief Referee or the appointed Safety Officer (as named in the Safety and Emergency Plan) shall assume control of emergencies arising during competition.

The Host Organizing Committee shall prepare a Contingency plan. This Plan will detail the protocols and procedures to be followed in the event of unexpected conditions threatening the conduct of part or all of the Festival.

The Contingency Plan should:

- Identify the decision-making authority and protocol for suspension, cancellation, postponement, or relocation of part or all of the competition.
- Identify alternative locations where part or all of the competition may be safely conducted within the timeframe set down.
- Specify the responsibilities and procedures for communicating decisions and directions concerning suspension, cancellation, postponement or relocation.
- Outline the logistical plan for relocating competitors, competition personnel and equipment to an alternate location.
- Outline the responsibilities for event set-up and re-scheduling at the alternate location(s).

3.0 General rules and procedures

The Host Organizing Committee will produce supplementary information which should be consulted in conjunction with this Manual. This information will include event timelines, dates and procedures relating to the Festival events.

The RLSS reserves the right to delete, alter or otherwise vary any rule, competition criteria, timetable or other matter relating to the Festival as it deems necessary. Every effort will be made to ensure that each team manager receives notice of any amendments. Protests resulting from such decisions will not be considered.

3.1 Officials

Officials will ensure that all Festival events are conducted fairly and within the rules and procedures detailed in this Handbook. Officials can come from any ILS recognised nation, even if their country is not recognised by RLSS Commonwealth.

The RLSS Sport Development Committee shall call for and appoint the following officials for the Festival:

- Festival Competition Manager
- Chief Referee
- Deputy Referee(s)

All other appointments will be made by the Host Organizing Committee in consultation with the Chief Referee and the RLSS Sport Development Committee.

Separate competition managers may be designated for each competition within the programme. The Chief Referee in conjunction with competition managers shall appoint all other officials in consultation with the Host Organizing Committee.

All Festival officials must be accredited by their national governing body for lifesaving sport. All officials' applications must be endorsed by their national governing body for lifesaving prior to notification of appointment as a Festival official.

As a condition of entry all National teams will be expected to provide at least two technical officials to support the Host Organizing Committee. In the event of a Development Team competing without a National team being present, such team will supply one technical official.

All other competitors are encouraged to bring an individual who may wish to shadow a technical official, help or support the Host Organizing Committee with the operational delivery for the event as an unqualified helper.

3.2 Uniforms and Equipment

Each competitor shall have a uniform suitable for official ceremonies and award presentations. Team managers, coaches, and assistants will be encouraged to take part in the ceremonies and shall wear the team uniform.

When entering the competition area, no team member, competitor, or handler may have any advertising signage, logos, or corporate identification on team clothing, competition apparel, gear, or equipment.

Swim Caps

For event judging, the use of swim caps assists in the identification of competitors and teams. National and Development team members are required to wear a designated team swim cap when competing in all events. All other competitors shall wear a distinguishing swim cap different from the national and development team caps.

In race events and in the SERC events, the chin-tie cap or rubber or silicone cap must be worn on the competitor's head at the start of each event.

A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event.

Handlers and human victims are required to wear the team cap of their competitor.

Swim Wear

The Chief Referee has the authority to exclude any competitor whose swim wear does not comply with the following standards:

- Competitors shall wear costumes, clothing or dress as approved by ILS Swimsuit Policy.
- The swimwear of all competitors shall be in good moral taste and not carry any symbol which may be considered offensive.
- All swim wear shall be non-transparent.
- Competitors shall not wear or use anything that may aid buoyancy.

Refer to ILS Competition Rule Book Section 8 Facility and Equipment Standards and Scrutineering Procedures.

Any requests for swimsuit exemptions to these guidelines for religious or medical reasons should be sent to the Host Organizing Committee at least 6 weeks prior to the event being held. The swimsuit must not improve buoyancy or provide an advantage to the competitor. Swim goggles may be worn in race events. Neither goggles nor masks are permitted in the Simulated Emergency Response events.

Footwear

Competitors shall not wear footwear in competition events unless otherwise specified in the event description.

Manikin handlers may wear footwear with good grip soles.

Competition Equipment

Competitors must use the competition equipment provided by the Host Organizing Committee. Competitors' personal equipment is excluded from this requirement e.g. Fins etc. Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g., hand webs, armbands). Competitors may not apply any substance to their hands or a piece of equipment to improve their grip.

3.3 Code of conduct

Code of conduct for competitors and officials

The Festival is a high profile public event and the RLSS expects the highest standard of conduct of its competitors, officials, and members. These expectations are reflected in the rules for competition detailed by the ILS, in the ILS Competition Rule Book, Section 2 and in this Manual.

The RLSS expects all competitors and officials to co-operate to ensure a positive public image. Behaviour likely to cause embarrassment or damage to the RLSS brand or lifesaving competition will be referred to the Disciplinary Committee. Penalties may include expulsion of individuals or teams from the competition.

For the purpose of applying the Code of Conduct, the definition of a 'team' includes competitors, coaches, assistants, spectators, etc., travelling with the team. Violations of this code may result in individual and/or team being disqualified from the competition.

Fair-Play Code for Lifesaving Competitions

It is important that any competition be conducted in a spirit of goodwill and sportsmanship. Competitors are required to abide by and compete within the rules. Any breach of the rules will be reported to the Chief Referee, or their designate, who may initiate action as described in 3.4 Misconduct.

Team members represent their nation (or organisation) and the RLSS. As such, team members shall at all times conduct themselves in a proper manner during the Festival and related activities including social functions. The following are considered serious offences and will be dealt with as such:

- Unbecoming conduct by a team or its supporters.
- Any action by a team or competitor which attempts to disrupt, disadvantage or interfere with another team or competitor.
- Verbal or physical abuse towards any official or participant at the Festival

The general conduct of all participants will be measured by the following code of fair play (modified from the ILS Competition Rule Book):

RLSS will:

- Promote and encourage fair play through its members.
- Impress upon competitors, coaches, officials, and administrators the need to maintain the highest standards of sportsmanship in lifesaving sport.
- Ensure that the Festival competition rules are fair, clearly understood by competitors, coaches, officials, and administrators, and properly enforced.
- Make every effort to ensure that the Festival competition rules are applied consistently and impartially.
- Treat all members equally, regardless of gender, race, or physical characteristics.

Officials will:

- Abide by the rules and the spirit of the competition.
- Be honest, fair, and ethical in dealing with others.
- Be professional in appearance, action, and language.
- Resolve conflicts fairly and promptly through established procedures.
- Maintain strict impartiality.
- Maintain a safe environment for others.
- Be respectful and considerate of others.
- Be a positive role model.

Competitors will:

- Abide by the rules and the spirit of the competition.
- Accept the decisions of the Chief Referee and officials without question or complaint.
- Never consider cheating or attempt to improve their individual performance by the use of drugs.
- Exercise reasonable self-control at all times.
- Accept success and failure, victory and defeat, with grace and magnanimity.
- Treat their fellow competitors and team members with respect, both in and outside the competition arena.

Team Managers and Coaches will:

- Insist that competitors understand and abide by the principles of fair play.
- Never countenance the use of drugs by competitors.
- Never employ methods or practices that could involve risks to the long-term health or physical development of their competitors.
- Not attempt to manipulate the rules to give an advantage to their competitors.
- Respect the regulations and authority of the RLSS and its member organisations.
- Accept the authority of the Chief Referee and officials.

- Recognise the special role that they must play in the establishment of standards by setting a good example of sportsmanship at all times.
- Respect the rights of other teams, competitors, coaches and officials and not exploit or deliberately act in a manner detrimental to their rights.
- Not endeavour to influence the result of a competition by any action not strictly within the rules and regulations, or within the fundamental precepts of fair play.

Supporters and spectators will:

- Respect the authority and regulations of the RLSS and not attempt to avoid or circumvent them.
- Accept the authority of the Chief Referee and officials.
- Abide by the spirit of the competitions.
- Exercise reasonable self-control at all times.
- Be respectful and considerate in interactions with others.
- Acknowledge the performance of all involved in the competition with grace and magnanimity.

3.4 Misconduct

Conduct and Discipline Generally

RLSS, either by pre-determined publicised penalties or by adopting the decision of a disciplinary committee, may, at its discretion issue penalties to individual competitors or teams. These penalties may include exclusion from further participation in Festival events.

Competing Unfairly

Competitors or teams who are deemed to have competed unfairly may be disqualified from an event(s) or expelled from the Festival., The Chief Referee may refer the competitor or team to the disciplinary committee for consideration of further penalty. Examples of competing unfairly include:

- Committing a doping or doping-related infraction.
- Impersonating another competitor.
- Competing twice in the same individual event.
- Competing twice in the same event in different teams.
- Purposely interfering with a course or equipment to gain an advantage.
- Jostling or obstructing other competitors or handlers, and by so impeding their progress.
- Receiving physical or material outside assistance or other direction except where specifically excluded by the rules of the event).

The Chief Referee and/or the relevant official(s) shall have absolute discretion in determining whether a competitor, team, or handler has competed unfairly.

Serious Discipline offence

Should a competitor or team commit what could be a serious discipline offence, this should be immediately reported to the Chief Referee or Festival Organizer and the details and/or the circumstances provided.

Allegations of a serious discipline offence shall be referred to the Disciplinary Committee.

Failure to report a possible violation is itself an offence against the RLSS rules.

A serious offence includes but is not limited to:

- Breach of the Code of Conduct
- Attempting to defeat the ballot or draw for events or positions
- Activities that result in wilful damage to the venue sites, accommodation sites or the property of others.
- Abuse of officials or other Festival participants.
- Refusing to fulfil the conditions of entry
- Competing unfairly

Should the Chief Referee disqualify a competitor or team for an offence in competition, and feels the behaviour is of a serious nature, they may also choose to make a report to the Disciplinary Committee. This committee may decide to apply a further penalty against the competitor or team and its members.

3.5 Disciplinary Committee

The RLSS shall appoint a Disciplinary Committee consisting of no less than three members.

The Host Organizing Committee shall supply the Disciplinary Committee with the name, contact address, and phone number of the manager of every participating team. This information will include a declaration by the team manager and only be used in accordance with privacy and data protection laws.

Authority: The Disciplinary Committee shall inquire into any written complaint of misconduct or any matter referred to it by the Appeals Committee, Festival Organizer or Chief Referee.

The Disciplinary Committee may also initiate an inquiry to determine if an offence has been committed or make a complaint. The Disciplinary Committee may then proceed as if another person had made the complaint.

The Disciplinary Committee may assign appropriate penalties which may include: event disqualification, removal from the Festival and forfeiture of titles or trophies. Entry fees shall not be refunded.

The Disciplinary Committee shall report in writing its inquiries and decisions to the RLSS or host organisation.

Procedure: Complaints must be received in writing and the complainant must be prepared to attend a meeting or inquiry of the committee.

The member or members against whom the complaint is made shall be entitled to be present at every hearing accompanied by the team manager.

Inquiry Guidelines:

- The complaint referred to the committee shall be read to the competitor(s) or to the team(s) representative(s).
- The evidence of the complainant shall be presented.
- The evidence of the team member(s) against whom the complaint has been made shall be presented.
- Each witness shall be subject to examination by the party (if any) on whose behalf the witness is called and then to cross-examination by the opposing party or parties. The party calling the witness shall have the right to re-examination, but no other examination shall be allowed except by leave of the committee.
- Hearsay and irrelevant evidence shall not be admitted.
- Witnesses other than the party charged shall remain out of hearing of the inquiry until called upon to give evidence.

Notification of Findings:

The committee shall make its decisions 'in camera'. If the complaint is proven, the committee may impose a penalty which will take effect immediately. Notice of the finding and any associated penalty shall be given in writing by the Chair of the Disciplinary Committee, the team member concerned team management, and to the national governing body to which the team or individual is affiliated.

3.6 Doping Control

The RLSS has a policy of drug-free competition with possible drug testing for all approved Commonwealth competitions including the Festival and Commonwealth Regional Championships. The RLSS abides by the ILS Anti-Doping Rules and policies. View or download ILS Anti-Doping Rules on the RLSS website and at www.ilsf.org.

The RLSS recognises that the host country may have laws or legal requirements in addition to the ILS Anti-Doping Rules. Competitors must be informed of such requirements as part of registration procedures.

A violation of the ILS Anti-Doping Rules leads to disqualification of an athlete's individual results including forfeiture of points, medals and prizes. In a team event, if a member of a team violates the ILS Anti-Doping Rules, the entire team shall be disqualified from that event with the attendant loss of points, medals and prizes. The matter will also be referred to the RLSS Disciplinary

Committee and the competitors' National Member Branch and ILS who may impose further sanctions.

For purposes of doping control, the event definitions stated in the event definitions shall apply.

Note 1: The definitions above for "individual events" and "team events" are the same as the definitions of "individual sport" and "team sport" used in the ILS Anti-Doping Rules.

Doping control requirements for Commonwealth and World Records are set out below and by reference to Section 2 of the ILS Competition Rule Book.

3.7 Commonwealth Records

Drug Testing Requirements

Commonwealth records shall not be recognised without a negative doping test certificate unless the record was achieved at the Festival where there is in place a system of targeted and random tests in accordance with ILS Anti-Doping rules.

Any competitor establishing or equalling a Commonwealth record shall submit to "doping control" following the race. When a relay team breaks or equals a Commonwealth record all competitors swimming the relay shall be tested.

If no doping control is conducted at the competition the competitor(s) shall submit to doping control no later than 24 hours after the race.

3.8 Seeding

Entry times

Competitors' best times in the 12 months prior to the entry deadline of the Championships shall be submitted on entry forms. Competitors' times are required to be submitted for both individual and team events.

For all speed events the following procedure will be used. All events will be seeded into heats where entry times have been provided. There must be at least two (2) or more registered entries to run an event.

Assignment of Lanes

Lanes shall be assigned for all heats and finals by placing the fastest competitor or team in lane four of an eight-lane pool. (Lane one is on the right side of the pool viewed from the starting end.) The competitor having the next fastest time is placed on the left of the fastest, then alternating other competitors to right and left in accordance with the submitted times. Competitors with identical times shall be assigned lane positions by draw with the aforesaid pattern.

Competitors shall be ranked according to the entry times. Competitors for who no times are submitted shall be considered to have the slowest times. Placement of competitors with identical times, or of more than one competitor without times, shall be determined by a draw.

Seeding for Heats and finals

National and Development Team competitors (male and female) shall be seeded together in heats for each event based on entry times submitted with registration. This allows for more competitive races in heats.

Where events are conducted as heats and finals (according to the entries received), competitors shall be seeded in heats according to submitted times in the following manner:

- a) If one heat: it shall be seeded as a final and swum during the final session.
- b) If two heats: using the cycle method, ie the fastest competitor shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc.
- c) for more than two heats; using the cycle method as explained by FINA protocols.

The fastest 8 times recorded in the heats will progress to the final. If a B final is held then the next 8 fastest times will progress to this final.

In speed events, when competitors in heats have equal times registered to 1/100 of a second for either the eighth place or sixteenth place, there shall be a swim-off to determine which competitor shall advance to the appropriate final.

Seeding in Time-Finals

Where events are conducted as time-finals, competitors shall be seeded into heats according to submitted times in the following manner:

- a) If one heat, it shall be seeded as a final.
- b) If two or more heats, the fastest competitors shall be seeded in the last heat according to assignment of lanes detailed in the next section, the next fastest competitors into the second last heat, and so on until all competitors have been allocated a heat and lane according to submitted times.

Commonwealth Lifesaving Championships - Finals

In National Team events there must be two or more entries registered to run a final.

If there are nine entries in an event, heats shall be conducted, but only an A-final shall be conducted. If there are 10 or more entries in an event, heats shall be conducted, and both an A- and B-final shall be conducted.

Where one or more competitors do not marshal or withdraw from an A-final, alternate competitors shall be called forward from the B-final, and the A-final may be re-seeded.

Where one or more competitors do not marshal or withdraw from a B-final, alternate competitors shall be called forward according to times recorded in the heats, and the B-final may be re-seeded.

Simulated Emergency Response Competitions – Aquatic and Dry

Preliminary rounds (heats/semi-finals) will be held for both SERC events (Aquatic SERC and Dry SERC - Resuscitation) in which the registered number of entries is too large to allow competition to be conducted satisfactorily in a single round (final). Where preliminary rounds are held, all competitors must compete in, and qualify through, all such rounds. The same principles will apply to both male and female competitors.

Progression/qualification to the final will be based on positions in the heats. At least 16 individuals will be put through to the final where more than 16 competitors are taking part.

The order will be determined by draw in a method approved by the Chief Referee.

3.9 Timekeeping and Determination of Placing

Automatic Officiating Equipment should be used for all pool events to record the time of each competitor and to determine the place of each competitor.

For all speed events each individual competitor/team is timed from the starting signal until the competitor touches the finish point to complete their race.

Automatic Officiating Equipment

Any equipment installed must not interfere with competitors' starts and turns.

The automatic officiating equipment must be activated by the Starter and must provide easy digital readings of competitors' times.

Times recorded by automatic officiating equipment shall be used to determine the winner and all placings, and the time applicable to each lane. Results shall be recorded to 1/100 of a second.

The placing and times determined by automatic officiating equipment shall have precedence over the decision of place judges and timekeepers. Should the electronic equipment break down or fail, or if a competitor has failed to activate it, the decisions of the human timekeepers shall be official.

In addition to the electronic timekeeping, a minimum of two timekeepers per lane is required.

Manual Timekeeping and Officiating

In lifesaving competitions where automatic officiating equipment is unavailable, the time of each competitor must be recorded by three timekeepers. There shall be two additional timekeepers designated, either of whom shall be directed to replace a timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time.

Watches are started when the starting signal is given and stopped when the competitor touches (clearly visible to the timekeeper) the finish wall with any part of the competitor's body.

With three timekeepers, where two of them have the same time, this time shall be considered official. If the three timekeepers differ, the middle time shall be official. Should one watch fail, the average of the other two times shall constitute the competitor's official time.

Should the order of finish indicated by the times recorded by manual timekeepers not coincide with the order of finish determined by the Finish Judges, the Finish Judges' placings prevail. The times assigned to the competitors involved shall be identical. For example, if two competitors are involved, the times assigned shall be the sum of their individual times divided by two.

Judging

Judges must be positioned to ensure they have a clear view of the lane/s they are judging. Lane Judges assess whether competitors' technique complies with specific event rules.

Place judges determine the order of finish for each race.

3.10 Disqualifications and "Did not Finish" Classifications

Competitors or teams may be disqualified from an event or from the entire competition.

Where a competitor is disqualified for any reason, in a heat or a final, the place he or she would have held shall be awarded to the competitor who finished next and all lower placing competitors shall be advanced one place.

Where a competitor is disqualified for any reason the event results shall not include a place or time for that competitor.

Did Not Finish (DNF): Where a competitor does not finish an event for any reason, in a heat or a final, the place he or she would have held shall be awarded to the competitor who finished next and all lower placing competitors shall be advanced one place.

Where a competitor does not finish an event (DNF), the event results shall not include a place or time for that competitor.

Disqualification from competition: Examples of behaviour, which may result in disqualification of individuals or teams from the whole the competition is included in 3.4 Misconduct.

Disqualification from events: Examples of behaviour, which may result in disqualification of individuals or teams from an event, include:

- i) Failure to present to marshalling for an event.
- ii) Being absent at the start of an event.
- iii) Infraction of the "General conditions" for events or infraction of event rules.

Where possible competitors shall be notified of their disqualification from an event at the completion of the race by the Chief Referee or authorised judge. Competitors shall not leave the designated competition area until dismissed by the Chief Referee or another authorised official.

If an error by an official causes a fault by a competitor, the fault by the competitor may be expunged, at the Chief Referee's discretion.

Refer to the ILS Competition Rule Book -Section 3 for a complete disqualification code list.

3.11 Protests and Appeals

A competitor or team manager may protest to a Chief Referee, and subsequently dispute a Chief Referee's decision through appeal in the manner prescribed below.

The assistance of video or other electronic equipment may be used to consider protests or appeals. However, it must be available for viewing within 30 minutes of the protest/appeal being lodged with the Chief Referee/Appeals Committee Convener.

No fee is required to lodge a protest, but a fee is required when lodging an appeal. The fee is set by the RLSS Sports Development Committee in consultation with the Host Organizing Committee. This fee is returned should the Appeal be upheld.

Types of protests

Protests, which may lead to the imposition of penalties, fall broadly into the following categories:

- Protests arising from entry procedures or entry eligibility.
- Protests arising from scrutineering or equipment eligibility.
- Protests arising during participation in the competition events and/or breaches of rules.

Exceptions and Exclusion

Protests on matters pertaining to general meet/competition administrative matters are not permitted.

No protest is permitted against decisions of the Starter, judges placings (where used) and judges' points allocations (or deductions).

Protest time limits may be extended beyond the expiry of the published times where it can be demonstrated that an act or omission by event officials or meet organisers prevented the lodging of a protest within the published time limits.

Lodging a protest

The conditions relating to the lodgement of protests shall be as follows:

- a) No protest shall be accepted which is a direct challenge to judges' order-of-finish decisions.
- b) A protest against the conditions under which an event or race is to be conducted must be made verbally to the Chief Referee, or their designated representative prior to the event or race. Before the start of the event or race, the Chief Referee or appointed official shall inform the competitors in that event or race of such a protest.
- c) A protest against a competitor or a team or a decision by an official must be lodged verbally with the Chief Referee within 15 minutes of the posting of the event result or within 15 minutes of being notified verbally by the Chief Referee of the decision, whichever occurs first. Within 15 minutes of the submission of the verbal protest, a protest written in English shall be lodged with the Chief Referee.
- d) The Chief Referee will ensure that the official result of an event shall be withheld until any protest is decided.

- e) The result of the protest shall be noted on the back of the event result card and on the protest form.
- f) There shall be no protest fee. There is a fee payable whenever a matter is referred to the Appeals Committee, whether by the Chief Referee directly or by a team appealing a Chief Referee's decision.

Adjudication of Protests

The conditions relating to the adjudication on protest shall be:

- a) As soon as possible after the correct lodgement of a protest. The Chief Referee shall adjudicate on the matter.
The Chief Referee at their discretion may also refer the matter direct to the Appeals Committee.
- b) The Chief Referee shall rule on the protest and advise the competitor and relevant officials of the decision and any penalty imposed. Reasons for the decision may be briefly given verbally but must be recorded on the protest form.
- g) Where the Chief Referee adjudicates the matter, the decision may only be disputed by way of lodging an appeal – see below for the process.

Lodging an Appeal

The conditions relating to the lodgement of an Appeal shall be as follows:

- a) A appeal against a protest decision must be lodged, verbally with the Appeals Committee Convenor within 15 minutes of the competitor or their representative being advised of the protest decision.
- b) Within 15 minutes of the submission of the verbal appeal, a written appeal (in English) accompanied by the appeal fee, shall be lodged with the Appeals Committee Convenor.

Appeals Committee

- a) The RLSS in consultation with the Host Organizing Committee shall appoint a person of suitable experience and practical knowledge to act as the Appeals Committee Convenor.
- b) The Appeals Committee Convenor selects members of the appeals committee, based on their backgrounds and experience, to adjudicate individual cases.
- c) While three people should ordinarily sit on an Appeals Committee, the quorum for appeals shall be two persons.
- d) The membership shall not include a person who has previously participated in the making of the decision that is the subject of dispute.

Authority:

- a) The Appeals Committee shall deal with all protests / appeals referred to it by the Chief Referee or Appeals Committee Convenor.

- b) The Appeals Committee shall rule on the appeal/protest and advise the competitor and relevant officials of the decision and any penalty imposed. Reasons for the decision may be briefly given verbally but must be recorded on the Appeal Form.
- c) The decision of the Appeals Committee shall be final, without the right of appeal. If the appeal is upheld, the appeal fee is returned, if ruled against, the appeal fee is forfeited.
- d) The Appeals Committee may refer serious breaches of the code of conduct to the Disciplinary Committee.

Procedure:

- a) There shall be a fee payable when a matter is referred to the Appeals Committee.
- b) The Appeals Committee shall adjudicate after both sides have had an opportunity to state their case.
- c) Guidelines for an Appeals Committee inquiry are similar to the Disciplinary Committee procedure – refer to Section 3.5.
- d) The assistance of video or other electronic equipment maybe used to consider appeals.
- e) After hearing all available and relevant evidence, the Appeals Committee shall make its decision ‘in camera’.
- f) The decision to uphold the protest or rule against the appeal shall be delivered verbally or in writing to the competitor and/or team member concerned, to the Chief Referee and Appeals Committee Convenor.

Conditions Relating to Direct Referrals to the Appeals Committee

Direct referral of a protest to appeal is at the sole discretion of the Chief Referee. An appeal fee is required and remains subject to refund or forfeit in accordance with the Appeals Authority (c) above.

A referred protest will be heard by a single Appeals Committee panel member acting as the delegate of the Chief Referee /Adjudicator noting the right to further appeal the adjudication is not diminished and the rules relating to Appeals, as set out above shall apply in full to any appeal from a referred protest determination.

An Appeals Panel member who acts in this capacity as an adjudicator shall not participate in any Appeals Committee convened to deal with any appeal arising directly from the protest which has been referred directly to appeal.

Protest /Appeal Fee

Where the dispute is dismissed but the Appeals Committee / official determines it was submitted in good faith and that the team had a genuine belief as to its merits (ie it was not frivolous), they may return the fee to the relevant team.

4.0 General Competition Rules

4.1 General Conditions for Pool Competition

Team management and competitors are responsible for being familiar with the competition schedule, and with the rules and procedures governing events.

General Conditions

- a) Only competitors and officials shall be allowed on the pool deck in the designated competition area. Competitors and officials must leave the designated competition area when not competing or officiating. (Refer rule 3.3)
- b) Unless specifically provided for in the rules, no artificial means of propulsion may be used in competition (e.g., hand webs, armbands). (Refer Rule 3.2)
- c) Manikin handlers are required to wear team caps and may wear footwear in pool events. (Refer Rule 3.2)
- d) Competitors shall wear their team swim caps in all events. Rubber or silicone caps may be worn. (Refer Rule 3.2)
- e) A competitor shall not be disqualified if the cap is lost after the start of an event provided that officials can identify that the competitor correctly completed the event. (Refer Rule 3.2)
- f) Handlers and human victims are required to wear the team cap of their competitor. (Refer 3.2)
- g) Order-of-finish decisions, whether by place judges or automated timing equipment, are not subject to protest or appeal. (Refer Rule 3.11)
- h) Competitors may not be permitted to start in an event if they are late reporting to the marshalling area. (Refer Rule 3.10)
- i) A competitor or team absent from the start of an event shall be disqualified. (Refer Rule 3.10)
- j) Start decisions by the Event Director, Starter or Chief Referee (or Chief Referee's designate) are not subject to protest or appeal. (Refer Rule 3.11)

4.2 Starts

Prior to the start of each race, designated officials shall:

- Check that all officials and judges are in position.

Check that competitors, manikin handlers and human victims:

- are properly attired and in correct positions.
- Check that all equipment is in a safe and correct position.
- Notify competitors to remove all clothing except for swim-wear and get ready to race.
- When competitors and officials are ready for a legal start, a designated official shall:

- Signal the official start of each race with a long whistle indicating that the competitors should take their position on the starting platform or enter the water (for in water starts).
- Signal the starter (that the competitors are under the starter's control) with an outstretched arm in the direction of the course.

Dive Start Procedure

The one-start rule shall be used.

- On the long whistle, competitors step onto the starting platform and remain there.
- On the starter's "**Take your marks**" command, competitors immediately assume a starting position with at least one foot at the front of the starting platform. When competitors are stationary, the starter gives the acoustic starting signal.
- Competitors may start on the starting platform, or on the pool deck, or in the water with one hand in contact with the starting wall.

In-Water Start Procedure

For events that require an 'in-water' start the rule is as follows:

- On the long whistle, competitors or human victims enter the water.
- At the second long whistle, competitors take up their starting position without undue delay.
- When all competitors have assumed their starting positions, the starter shall give the command "**Take your marks**". When all competitors are stationary, the starter gives the acoustic starting signal.

The following events use an in-water start procedure; Manikin Relay, Line Throw and Individual medley swim.

Turns

In all Challenge events, at the start of a race and after each turn the competitor's head must have broken the surface of the water and they must have commenced their stroke by the 15m mark. The 15m mark should be clearly identified, usually false start markers.

Disqualification - starts

All competitors who start (i.e. commence a starting motion) before the starting signal has been given, shall be disqualified. Movement by itself is not a disqualification. Anticipating the starting signal and commencing a starting motion is a disqualification

If the starting signal sounds before the disqualification is declared, the race shall continue and the competitor(s) shall be disqualified upon completion of the race.

If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining competitors shall be called back and start again.

The signal to call back the competitors shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the Chief Referee or Chief Referee's designate decides that the start is not fair, the Chief Referee or Chief Referee's designate shall blow a whistle, to be followed by the starter's signal (repeated).

Notes

The duty of the Event Director and Starter is to ensure a fair start. If the Starter or Event Director decides that a start is not fair, for any reason, including technical or equipment fault, the competitors shall be called back, and the race shall be started again.

The Starter and Event Director use their discretion in determining whether a competitor – or more than one competitor – has commenced a starting motion. Commonly, the early starting motion of one competitor causes movement by other competitors. Such movements are not a disqualification.

Start decisions by the Starter, Event Director or Chief Referee's designate are not subject to protest or appeal.

Human Victims

Where human victims are used the victim:

- Is not considered to be a competitor.
- May be from the same or different team or nation.
- Must be of similar gender as the competitor and a similar height and weight
- Shall provide no assistance to the competitor unless specifically provided for in an event condition.

Note: When applicable, it is the competitor's responsibility to select a human victim for their individual events.

The human victim is not a competitor for the purposes of point scores, awards or other benefits attached to a competitor. However, a human victim is deemed to be an extension of the competitor to the extent that if any of their actions provide an advantage to their competitor or disadvantage other competitors the actual competitor may be disqualified as if they had made the fault themselves.

At its discretion the Host Organizing Committee may provide a pool of human victims that competitors may draw on. The Host Organizing Committee bears no responsibility for the selection of a human victim by a competitor and it remains the responsibility of the competitor or their team management to ensure that human victims meet the criteria set out above.

The performance of a human victim, no matter how engaged, shall not be grounds for re-run or protest.

Marshalling – Events with a Human Victim .

The competitor's human victim should be present in the marshalling area with the competitor where the human victim requirements will be verified.

Once approved the competitor's human victim may not be changed without the approval of the Marshal or Chief Referee who shall check that the substitute human victim meets the event criteria.

Exception – a competitor may be marshalled without their human victim, if the human victim is unable to attend for a valid reason. The human victim must be checked by an authorised official before the competitor is allowed to start in the event. The competitor can request a human victim be checked in advance of marshalling with the approval of the Chief Referee or Marshal. Should the human victim not comply with the specified criteria or fails to arrive by the scheduled event start time the competitor will not be permitted to start in the event.

Time Penalty Code – Human Victim

For the individual Line Throw and Non-Contact Tow where it is determined that any breach or infringement by a human victim amounts to a disadvantage to another competitor/s or is a deliberate attempt to secure an advantage for their competitor, this action shall result in a disqualification of the competitor.

Breaches of event conditions and rules by human victims that gain no advantage to their competitor or disadvantages other competitors in the event may, at the Chief Referee's discretion, invoke a 10 second time penalty.

4.3 Event rules.

The rules and procedures described in this manual apply to the Commonwealth Life Saving Championship events and the Challenge events.

National Team and Development Team events include:

- 50m Manikin Carry
- 100m Manikin Carry with Fins
- 100m Manikin Tow with Fins
- 200m Super Lifesaver
- 4 x 25m Manikin Carry Relay
- 4 x 50m Rescue Medley Relay

Commonwealth Lifesaving Challenge

- 50m Non-Contact Victim Tow
- 12.5m Line Throw
- 100m Lifesaving Medley Swim
- Aquatic Simulated Emergency Response Competition (SERC)

- Aquatic SERC
- Dry SERC (with resuscitation component)

ILS Disqualification codes will be used where applicable for all Challenge events.

At the Chief Referee’s discretion rather than a disqualification recorded, a time or points penalty may be imposed where an individual commits an event fault that has not disadvantaged another competitor. (see 4.2 above)

4.4 Manikins

The rules governing manikins is detailed in Section 3 of the ILS Competition Rule Book. Where there is a conflict between the following information and the current edition of the ILS Competition Rule Book the latter will prevail.

Surfacing the Manikin:

Competitors may push off the pool bottom when surfacing with the manikin. Competitors must

- Break the surface with the manikin
- Have the manikin in the correct carrying position when the top of the manikin’s head passes the 5m line (Manikin Carry, Rescue Medley, Super Lifesaver) or 10m line (Manikin Carry with Fins)
- Not re-submerge after surfacing

Note: The competitor must break the surface of the water while holding the manikin with at least one hand before the designated 5m or 10m line. The competitor may not swim underwater beyond the designated 5m or 10m lines and must remain at the water’s surface with the manikin throughout the race beyond these lines.

Surfacing the manikin judging criteria applies only when the top of the manikin’s head passes the relevant 5m or 10m lines.

When judging the manikin carry, the competitor and manikin are treated as one unit/entity. The judging focus is on the competitors’ actions, their carrying technique, and the position of the manikin. Water flowing over the manikin is not a judging criterion.

Note: “Surface” means the horizontal plane of the surface of a Stillwater pool.

Carrying the Manikin:

In events where the manikin is carried, the manikin (as a victim) is presumed to be non-breathing. Competitors must:

- carry the manikin face up with at least one hand always in contact with the manikin. The manikin’s face may be carried on an angle, but not more than 90 degrees from the horizontal plane of the surface or facing at a downward angle towards the bottom of the pool.

- avoid incorrect carrying technique such as: pushing the manikin; gripping the manikin's throat, mouth, nose, or eyes; or carrying the manikin below the surface. "Pushing" means the manikin's head is held forward of the competitor's head.

Note: If the competitor **and** manikin are "below the surface", it is a disqualification. The manikin need not break the surface if the competitor or manikin breaks the surface on each stroke. There is no disqualification if a competitor dips below the surface as part of the normal stroke or kick cycle provided that the competitor breaks the surface throughout the race with some part of his or her body such as their head or arm.

The official must be able to observe and judge a proper carrying technique. The manikin may not be covered by the competitor's body.

The term "avoid gripping" means avoid holding or grasping the manikin's throat, mouth, nose or eyes. Disqualification (DQ 19) for "gripping of the manikin's throat, mouth, nose, or eyes" also applies to covering the manikin's mouth, nose, or eyes with the competitors' hand, armpit, body and/or limb.

- a) Carrying the manikin judging criteria applies only when the top of the manikin's head passes the relevant 5m line or 10m line.
- b) In the 5m start zone or in the changeover zone of the Manikin Relay event, competitors are not judged on carrying the manikin criteria however competitors need to maintain contact with at least one hand with the manikin at all times and including during the manikin exchanges.

Note: Water over the face of the manikin is no longer a judging criterion.

For more information, refer to ILS Competition Rule Book Section 3 and [Technical Bulletin # 2 – Manikin Carry at www.ilsf.org](#).

Towing the Manikin:

In events where the manikin is towed, the manikin (as victim) is presumed to be breathing.

- a) Before the tow, competitors must secure the manikin correctly within the 5m 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.
- b) Competitors may swim on their back, side or front and may use any kick or stroke while towing the manikin.
- c) Beyond the 5m pick-up zone, competitors must tow the manikin correctly secured, face up at the surface. The manikin 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 become fully extended as soon as possible and before the top of the manikin's head passes the 10m line. Competitors must do nothing to delay or inhibit the line of the rescue tube becoming fully extended at the earliest possible moment.

- d) 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 of the water.
- e) The manikin’s face may be on an angle, but not more than 90 degrees from the horizontal plane of the surface, facing at a downward angle towards the bottom of the pool.

Note: A competitor shall be disqualified if the manikin rotates in the rescue tube resulting in the manikin’s head being face down at or below the surface (DQ20).

For more information, refer to ILS Competition Rule Book Section 3 and Technical Bulletin # 2 – Manikin Carry at www.ilsf.org.

Manikin Handlers:

- a) A member of the competitor’s team assists as manikin handler in the Manikin Tow with Fins and the Super Lifesaver events. With the Chief Referee’s approval, non-team members may act as handlers, provided they are registered to participate at the championship in some capacity.
- b) Before the start and during the race, the manikin handler positions the manikin – vertically and facing the wall – within the allotted lane.
- c) Manikin handlers must wear the team cap of the competitor
- d) Manikin handlers may not intentionally enter the water during the event.

5.0 Pool Event Descriptions (ILS)

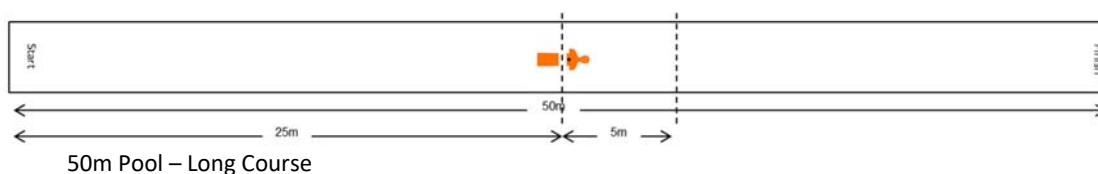
The following event descriptions are based on the current edition of the ILS Competition Rule Book. Detailed event information including equipment required and the event disqualifications are detailed in the ILS Competition Rule Book and should be referred to for further information.

5.1 *Manikin Carry (50m)*

Event Description

With a dive start on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin to the surface within 5m of the pick-up line. The competitor then carries the manikin to touch the finish wall of the pool.

Competitors may push off the pool bottom when surfacing with the manikin.

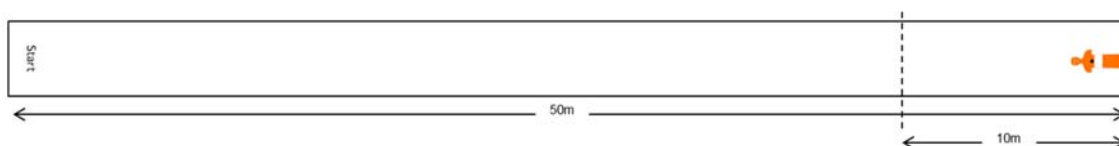


5.2 *Manikin Carry with Fins (100m)*

Event Description

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 10m of the turning wall. The competitor carries the manikin to touch the finish wall.

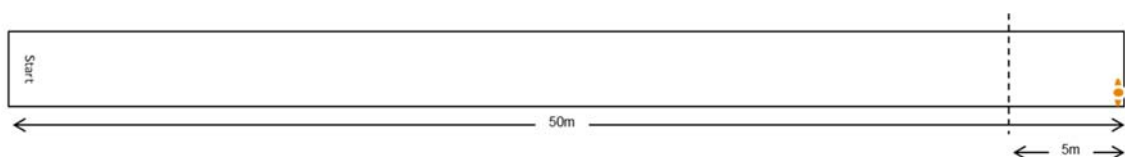
Competitors need not touch the turning edge of the pool.



5.3 *Manikin Tow with Fins (100 m)*

Event Description

With a dive start on an acoustic signal, the competitor swims 50m freestyle with fins and rescue tube. After touching the turning wall, and within the 5m 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 wall.

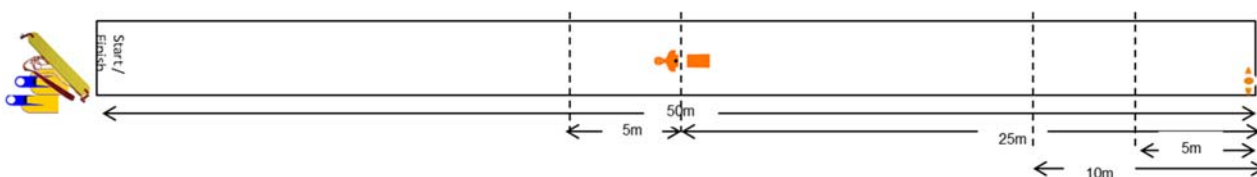


5.4 Super Lifesaver (200m)

Event Description

With a dive start on an acoustic signal, the competitor swims 75m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5m pick-up zone and carries it to the turning wall. After touching the wall the competitor releases the manikin.

In the water, the competitor dons fins and rescue tube and swims 50m freestyle. After touching the wall, and within the 5m 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 wall.



5.5 Manikin Relay (4 x 25 m)

Event description

Four competitors in turn carry a manikin approximately 25m each.

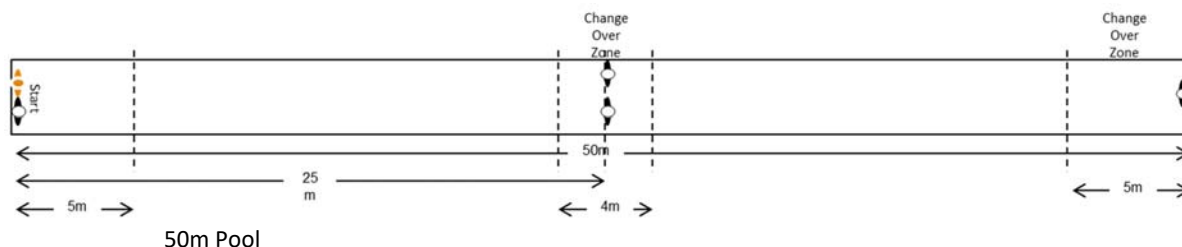
The first competitor: starts in the water holding a manikin with one hand (its mouth or nose above the surface) and the pool edge or starting block with the other hand. On an acoustic signal, the competitor carries the manikin and passes it to the second competitor within the 4m changeover zone situated between the 23m and 27m mark.

The second competitor: carries the manikin to touch the turning edge and passes the manikin to the third competitor who is in contact with the turning edge or starting block with at least one hand. The third competitor may touch the manikin only after the second competitor has touched the turning edge.

The third competitor: carries the manikin and passes it to the fourth competitor in the changeover zone between the 73m and 77m mark.

The fourth competitor: completes the event by carrying the manikin and touches the finish edge with any part of the competitor's body.

Competitors are not judged on "carrying the manikin" criteria within the changeover zone.



5.6 Medley Relay (4 x 50 m)

Event Description

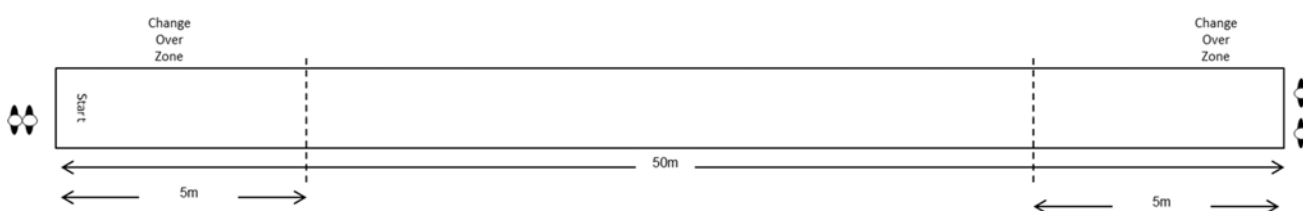
With a dive start on an acoustic signal, the first competitor swims 50m freestyle *without* fins.

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

With a dive start after the second competitor touches the wall, the third competitor swims 50m freestyle towing a rescue tube. The third competitor touches the turning wall.

The fourth competitor is in the water wearing fins with at least one hand on the turning wall.

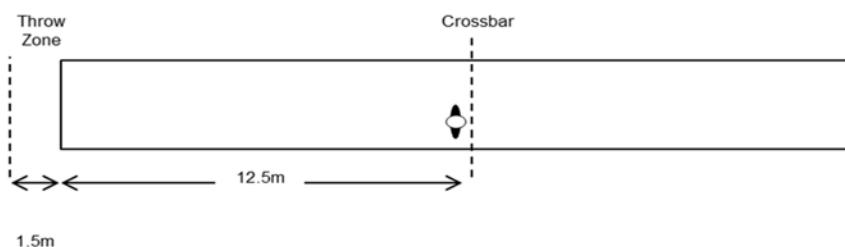
The fourth competitor dons the harness and the third competitor, playing the role of “subject”, holds the rescue tube with both hands while being towed 50m by the fourth competitor to the finish. The event is complete when the competitor touches the wall.



5.7 Line Throw – individual event

In this timed event, the competitor throws an unweighted line (16.5m to 17.5m in length, 8mm wide) to a human victim located in the water on the near side of a rigid crossbar located 12.5m distant. The competitor pulls the “human victim” back to the finish wall of the pool.

Human victims will be nominated by the competitor or provided from a pool and shall be of similar gender and a similar height and weight.



Disqualifications and Time Penalties

In addition to the General Rules (Section 4 of this Manual) and those outlined in Section 3 of the current ILS Competition Handbook the following apply:

DQ C1 Using a human victim who does not comply with the rules.

Time penalty TP1 - Breach by the human victim that was deemed to be not deliberate.

Code TP1 shall either add 10 seconds to the competitor's time or the time awarded will be the slowest time plus 10 seconds. (Refer to Section 4.2)

5.8 50m Non-Contact Tow (human victim)

The purpose of this event is to test the speed of a competitor performing a successful non-contact rescue of a co-operative person in need of rescue.

Event Description:

On an acoustic signal, the competitor, with the rescue aid enters the water and swims to the human victim located at the 25m mark. The competitor shall touch the designated 25m mark, present the rescue aid to the human victim who grasps it securely with one or both hands. The competitor tows the human victim to the finish wall.

The competitor and human victim must remain in contact with the aid throughout the race.

General conditions

- a) The tow is a non-contact tow using a piece of cloth as a rescue aid. The cloth must be in the competitor's possession at the start of the event and throughout the race.
- b) In a 50m pool the 25m shall be marked by rope, cross bar, movable boom or another suitable device.
- c) At the start of the event human victims shall be positioned in their competitor's lane at the 25m mark, with at least one hand on the 25m mark where they shall remain until the competitor touches the mark. The human victim may turn to observe the approach of the competitor.
- d) When the competitor has touched the 25m mark they pass the aid to the human victim who must maintain contact with the wall or 25m mark with one hand until they have grasped the aid with the other after. The human victim must use both hands to hold the aid for the remainder of the race.
- e) The human victim and competitor must be in the correct towing position within 5m from 25m pick-up. The 5m mark is determined by the top of the human victim's head.
- f) The event concludes when the competitor touches the finishing wall with the human victim still in contact with the aid.
- g) If the competitor loses contact with the aid during the first 25m they may retrieve the aid, secure it and complete the leg without penalty provided the Chief Referee is satisfied that the competitor did not gain an advantage.
- h) If either the competitor or human victim loses contact with the aid during the rescue leg the competitor may retrieve the aid, re-secure the human victim and continue the event provided they re-commence from the point where contact was lost.

Tow Method

This event uses a non-contact tow which requires the human victim to be pulled or dragged behind the competitor.

A competitor may use a boom or fixed wall marking the 25m to push off at the commencement of the rescue. They do not push off the pool bottom.

Movement of the human victim toward the finish point relies solely on being towed by the competitor.

During the tow leg the human victim must be towed while holding the aid with both hands and are not permitted to push off any wall, fixture or fitting.

The competitor must tow the human victim in such a way that they have them under observation during the tow. To maintain complete observation of the victim during the tow, the competitor:

- should perform the tow on their side or on their back using either an underwater or overarm recovery stroke.
- should not perform the tow on their front
- may change towing hands provided they maintain continuous contact with the aid and do not turn onto their front during the changeover.

Human Victims

Other than securing the aid when offered by the competitor and establishing and maintaining natural flotation and body position a human victim shall not provide or attempt to provide assistance to the competitor, for example the human victim cannot kick or provide propulsion.

The human victim shall remain on the back throughout the tow.

The human victim's arms may be fully extended over their head or at shoulder height. The position shall be established before passing the 5m mark. The human victim can reposition themselves or their grip provided that no forward progression or assistance is provided to the competitor. This may include fully extending their arms.

The human victim will not leave the wall or 25m mark until towed by the competitor

Equipment

The rescue aid is a piece of cloth of minimum size 500 x 300mm. The rescue aids (cloths) are to be supplied by the Host Organizing Committee and should be identical for each competitor.

Disqualifications and Time Penalties

In addition to the General Rules and the disqualifications outlined in Section 4 of this Manual, the following behaviours shall result in disqualification:

DQ C1 A human victim who does not comply with the event rules

DQ C2 The competitor using an incorrect rescue/towing technique.

DQ C3 The competitor not touching the wall before securing the human victim.

- DQ C4 The human victim losing contact of the wall before the competitor touched the wall
- DQ C5 The human victim or competitor making forward progress to regain contact with the aid
- DQ C6 The human victim assisted during the event (excluding body control)
- DQ C7 The human victim, when holding the aid, was not on their back
- DQ C8 The human victim holding the aid with only 1 hand during the tow.

Time penalty TP1 - Breach by the human victim that was deemed to be not deliberate.

Code TP1 shall either add 10 seconds to the competitor's time or the time awarded will be the slowest time plus 10 seconds. (Refer to Section 4.2).

5.9 Lifesaving Medley Swim – 100m

General

The purpose of this event is to test the speed and stamina of the competitor when performing survival techniques in a single event.

The event shall comprise of 50m lifesaving backstroke followed by 50m lifesaving sidestroke, in that order.

A competitor has finished the event when they touch the finishing wall with any part of their body.

Start / turn

It is permissible for the competitor to be completely submerged for a distance of not more than 15m after the start and during each turn. By the 15m point, the head must have broken the surface. The competitor must remain on the surface until the next turn or the finish.

At the start and at turns, a competitor is permitted one or more leg kicks but one only arm pull under the water which must bring them to the surface

All turns shall be in accordance with FINA turn requirements. During a turn the competitor may touch the turn point with any part of their body.

During the turn the shoulders may be turned over from the vertical to the breast after which an immediate, continuous single or simultaneous double arm pull may be used to initiate the turn. After leaving the wall the competitor must have taken up the position of the next stroke i.e. returned to the position on the back for lifesaving backstroke or on the side for sidestroke.

Stroke Definitions

At all times after a start or turn the designated stroke must comply with the conditions stated.

Competitors must remain on the surface of the water, except during the start and turn, The competitor's head must break the plane of the surface of the water at least once in each stroke cycle

- 'Surfacing' means the competitor's head breaks the plane of the surface of the water.
- 'Underwater Recovery' means no part of the hand/s can break the surface of the water during the stroke including during the recovery phase.

Lifesaving Back Stroke

- a) The competitor must remain on their back throughout each lifesaving backstroke leg and must use an underwater arm recovery.
- b) The use of both arms is permissible, but not mandatory, providing the action of the arms and hands is simultaneous and symmetrical without alternating movement.
- c) Any leg action is permissible except a flutter kick.
- d) The competitor's head position is not relevant except that it must break the surface of the water at least once in each stroke cycle.
- e) Provided the competitor continues to comply with all other stroke requirements they may change arm and leg actions at any time.
- f) A competitor not using a FINA backstroke turn may raise one of their arms over their head while on their back, to touch the end of the pool or turn point but may only do so once. No arm pull is to follow that overwater action until the turn has been completed.
- g) A turn into another stroke must follow the conditions stated above.
- h) A turn between consecutive laps on the back may be conducted using an acceptable FINA backstroke turn, i.e. roll onto the stomach to execute the turn so long as no arm pull follows the turn onto the front.

Lifesaving Sidestroke

- a) Use of both arms is permitted.
- b) The body must be on the side (i.e. vertical) but a forward incline of a maximum 45 degrees from the vertical plane is permitted to allow for body shape.
- c) An underwater recovery stroke is required. It is mandatory that the arm must be underwater from the hand. However the arm above the hand may break the surface of the water.
- d) Any leg action is permissible. A scissor, flutter, breaststroke or butterfly kick is permitted as long as the competitor stays on their side as described above.
- e) During the turn into a stroke on the side the competitor must touch the wall with one hand.
- f) The competitor may roll off their side when entering a turn but must have resumed a position on the side before they push off the wall or turn point.

Disqualification

In addition to the General Rules and the disqualifications outlined in Section 4 this Manual, the following behaviours shall result in disqualification:

- DQ C9 Failed to swim the event in the correct order of strokes.
- DQ C10 Failed to break the surface of the water during each stroke cycle.
- DQ C11 Performed an incorrect turn. (e.g. not staying on side)
- DQ C12 Used an incorrect stroke during the lifesaving backstroke leg.
- DQ C13 Used an incorrect stroke during the lifesaving sidestroke leg.

6.0 Simulated Emergency Response Competition (SERC)

The main reference for all Commonwealth SERC competitions is the International Life Saving Federation Simulated Emergency Response Competition (SERC) Coaches, Competitors, Judges and Technical Officials Guide, Revised – April 12, 2016 and the current edition of the ILS Competition Rule Book Section 5.

All SERC scenarios and associated documentation will conform to current ILS practice unless specifically stated otherwise in this Manual. All officials and competitors should read the ILS Competition Rule Book and bulletins related to SERC in conjunction with this Manual.

SERC team events may be conducted with a recommended duration of between 90 seconds to 3 minutes. For the Challenge events SERC is an individual event that is 90 seconds in duration.

Principles of Rescue

SERC competitors are expected to respond as lifesavers, prepared to respond appropriately in unexpected emergencies without the benefit of specialised equipment, back-up, or established procedures and communications systems. In such circumstances, the personal safety of the lifesaver is paramount and shall be reflected in the marking sheets.

Competitors apply the following basic rescue steps:

- Recognition of a problem
- Assessment of the situation
- Plan a course of action to overcome the problem
- Action to affect the rescue
- Care of the victim

The action plan should establish control of the situation and aim to preserve as many lives as possible. In brief, rescuers should manage the situation as follows:

- Mobilise the mobile
- Secure the safety of those in imminent danger
- Recover and resuscitate those in need of continuous care

When a suitable plan has been devised it should be put into action promptly. Competitors should be alert to changes in the situation and adapt their plan of action to respond to such changes.

Competitors must ensure the safety of both themselves and the victim. While performing a rescue is a priority, the actual movement of victims must be done safely to ensure there is not potential to cause injury to the victim. This includes removing a victim from water. It is expected that competitor will abort any action they are physically unable to complete safely.

6.1 General Conditions for SERC

Competitors will compete in draw order

- An acoustic signal will indicate the start and finish of each test.
- Every effort will be made to ensure that each competitor is presented with the same emergency scenario.
- Any written instructions provided in Security shall be provided in English. Each competitor may bring a translator who will remain in Security with them.
- Any individual or team absent from the Security at the start of the competition will be disqualified.
- CPR must only be performed on a manikin. Chest compressions performed on a live victim will result in a disqualification or a penalty awarded.
- A manikin will be used to denote a victim who is not breathing normally. No other indication will be given and a full assessment should be made.
- One or more manikins may be used as victims.
- No clothing worn by SERC human victims can be marked with information regarding lifesaving or lifesaving club names
- Competitors who verbally or physically abuse a victim may be assigned a penalty or disqualified.

Note: The giving of any unfair assistance or unauthorised information will result in disqualification from the competition or the Festival as a whole.

Scenario Design, Judging and Marking

Officials shall be allocated to a judging position to award marks for the competitors' performance. One judge shall be allocated to mark the overall scenario. Further judges will be appointed to mark the rescue of individual actors within the scenario. At an international competition it is preferred that one judge is allocated to each actor however it is acceptable for a judge to be assigned more than one actor.

Before the competition start, judges shall be briefed on the situation scenario, scoring procedure and marking priorities.

If a change in a scenario condition occurs during a competition, the observing judge shall inform the SERC Referee who may adjust marks to ensure that no competitor gains an advantage or is disadvantaged by the change in the scenario condition/s. The reason for any mark adjustment must be recorded on the mark sheet.

The system of marking shall conform to the Direct System of Marking under which the mark sheet provides guidance on the principle areas of assessment and a predetermined weighting is applied by the SERC referee.

Security and lock-up

Marshalling for SERC events shall take place in the designated Security Area. Before the start and throughout the competition, competitors/teams are isolated in a secure “lock-up” area out of sight and sound of the competition arena. The SERC scenario, actors, and equipment shall be secret from the non-competing team members and spectators until security has been closed.

Competitors will be held in security from the time the security room closes until called to compete and are not permitted to leave.

Once security has closed competitors/teams are only permitted to see or communicate with those people in security and officials. Any electronic or telecommunication devices that would allow outside communication is prohibited.

Note The security area includes the marshalling, holding area and any transition areas between the holding area and the starting position for the SERC event.

Competition Start

One at a time, competitors/teams are escorted from lock-up to the competition area entry where, following an acoustic signal, they are confronted with “victims” in various locations who need various types of assistance.

Actors will begin their “victim” simulations immediately prior to the acoustic starting signal, and as the competitors enter the competition area. On the acoustic signal competitors respond to the victims in any manner they wish within the time limit.

Competition Area

The SERC may be held in a variety of indoor and outdoor environments.

The competition arena shall be clearly described to all competitors/teams in advance of Security being closed. Competitors/Teams will be informed clearly of the location of both entry and exit points applicable to the scenario area (e.g., which pool sides can be used) also if there are pool fittings e.g steps in the entry, exit or competition area and if they can be used.

Unless otherwise advised, competitors shall assume that the conditions in the competition area are “as found.”

The landing of victims and any aftercare administered outside the designated competition area will not be awarded any points.

Victims, Manikins and Bystanders

Victims will role play to present problems requiring different types rescue actions. Victims will simulate a variety of recognisable roles such as non-swimmers, weak swimmers, unconscious victims and injured victims requiring first aid.

Bystanders may be included in the scenario and will role play to indicate a victim who does not require aid but who does require control and direction by the competitors. Bystanders may be co-operative or uncooperative and may have information pertinent to the scenario. They may be able to assist in providing aid at the direction of a competitor.

Equipment

Competitors may use all material and equipment available only within the competition arena. Competitors must not bring their own equipment into the competition arena or use equipment from outside the competition area. Use of unauthorised equipment will not be awarded points for any action involving that equipment and may be placed in the last available position or disqualified from the event.

6.2 Aquatic SERC Competition

Simulated emergency scenarios are unknown until the start of the competition and shall be designed using one or more of the following approaches:

- An amalgam of single or multiple victim situations which are related.
- A group of victims involved in a number of situations which relate to a common theme, such as a pool party or an upturned crowded boat.
- Groups of victims in a number of multiple themes.

Simulated emergencies shall be staged as realistically (and as safely) as possible and should not test the competitors' imagination. For example, if a situation requires a burns victim there should be simulated evidence of a fire, or electrical wire, or chemicals.

NB The use of live wires, or actual chemicals or other evidence that could cause real danger to the victims or competitors shall not be used.

The role-playing may evolve (e.g., a conscious victim becomes unconscious) during the course of the scenario providing that:

- Marks reflect the change
- That there is consistent timing in the change
- That the change is consistent for every competitor throughout the competition.

6.3 Dry SERC Competition (resuscitation test)

The aim of the Dry SERC is to assess the application of a competitor's resuscitation and first aid skills in a specific incident where the observed condition of a victim requires emergency care i.e. resuscitation and first aid . The condition may include a heart attack and or a physical injury (fracture, burn and similar).

Like an aquatic SERC a Dry SERC is intended to assess the competitor's capacity to deal with a scenario requiring the prioritising of the victims most in need of emergency care.

- a) Competitors will have 90 seconds to respond to the test that will include CPR/resuscitation, first aid which will not be previously known to them.
- b) Shall have a minimum of one victim and not more than three victims.
- c) Chest compressions or CPR is not to be performed on a human victim, if CPR is to be performed then manikins **must** be used.
- d) Where the test includes only one victim, that victim will require CPR/resuscitation only.
- e) May include additional victims and bystanders with any medical or physical condition requiring emergency care such as an unconscious, shock, injured, or animal bite etc.
- f) Will be conducted in an appropriate environment and location. Where it is conducted adjacent to water the test shall be set to ensure competitors are NOT required to enter the water.
- g) Victims requiring assessment/treatment will not be in the water.
- h) It is expected that effective CPR will be performed in line with European Resuscitation Council Guidelines available at <https://cprguidelines.ee>

7.0 Disqualification summary

The disqualification codes described in this section apply to the Commonwealth Life Saving Championship events and the Challenge events.

ILS Disqualification codes will be used where applicable for all Challenge events as well as Championship events. A summary of the ILS general disqualification codes (Refer to Section 7.1) and ILS SERC codes (Refer to Section 7.3) is provided below. A full list of disqualification codes is found in the ILS Competition Rule Book Section 3 Pool Events and Section 4 –SERC.

For Challenge events where there is no comparable ILS disqualification code that relates to an event breach then the RLSS disqualification codes detailed in the event descriptions and summarised below will be used, refer to Section 7.2.

At the Chief Referee's discretion rather than a disqualification recorded, then a time or points penalty may be imposed. This may occur where an individual commits an event fault that has not disadvantaged another competitor.

7.1 *General Disqualification Codes*

- | | |
|-------|---|
| DQ 1 | Not completing the event in accordance with the event description or general rules |
| DQ 2 | A competitor, team or handler is deemed to have competed unfairly or displayed behaviour deemed to be misconduct. |
| DQ 3 | A competitor/team reported late to marshalling so was not permitted to start. |
| DQ 4 | A competitor /team absent from the start of the event. |
| DQ 5 | Activity that resulted in wilful damage to the venue site, accommodation site or the property of others. |
| DQ 6 | Abuse of an Official. |
| DQ 7 | Use of sticky tacky or adhesive substances (liquid solid or aerosol) on hands or feet or on the manikin or rescue tube to improve grip or push off the bottom of the pool |
| DQ 8 | Took assistance from the pool bottom. |
| DQ 9 | Left the water after an event before permission is given by an Official |
| DQ 10 | Commenced a starting motion before the starting signal was given |
| DQ 11 | Failure to touch the wall during the turn. |
| DQ 13 | Failure to touch the finish wall |
| DQ 14 | While surfacing the manikin taking assistance from pool fitting other than the pool bottom. |

7.2 RLSS Challenge Event Disqualification Codes

- DQ C1 Use of a human victim who does not comply with the rules
- DQ C2 The competitor used an incorrect rescue/towing technique.
- DQ C3 The competitor did not touch the wall before securing the manikin/human victim.
- DQ C4 The human victim lost contact of the wall before the competitor touched the wall.
- DQ C5 The human victim /competitor made forward progress to regained contact of the aid
- DQ C6 The human victim assisted during the event. (excluding body control)
- DQ C7 The human victim, when holding the aid, was not in a supine position (on their back).
- DQ C8 The human victim held the aid with only 1 hand.
- DQ C9 Failed to swim the event in the correct order of strokes.
- DQ C10 Failed to break the surface of the water during each stroke cycle.
- DQ C11 Performed an incorrect turn. (e.g. not staying on side)
- DQ C12 Used an Incorrect stroke during the lifesaving backstroke leg.
- DQ C13 Used an incorrect stroke during the lifesaving sidestroke leg.

7.3 SERC Disqualification Codes (ILS)

- DQ 7 Receiving outside assistance, direction, or advice.
- DQ 8 Taking a telecommunication device into the security area.
- DQ 9 Using equipment not provided as part of the competition.
- DQ 10 Competitor/s verbally or physically abused a victim.

7.4 Time penalty code

Time penalty TP1 - Breach by the human victim that was deemed to be not deliberate.

Where it is determined that any breach or infringement by a human victim amounts to a disadvantage to another competitor/s or is a deliberate attempt to secure an advantage for their competitor this action shall result in a disqualification.

Breaches of event conditions and rules by a human victim that gain no advantage to their competitor or disadvantage other competitors in the event may, at the Chief Referee's discretion, invoke a 10 second time penalty.

Code TP1 shall either add 10 seconds to the competitor's time or the time awarded will be the slowest time plus 10 seconds. (Refer to Section 4.2).