



## COMPETITIONS

Dear Lifesaver,

Thanks for agreeing to come along to a competition they are lots of fun! The details will be posted on the website shortly, here is a brief description of what happens at every competition:

When we get to the venue we'll register then get changed into swimming costume, shorts and t-shirt and trainers for the dry incident. When everyone is ready there will be a captains' briefing to explain the rules and then everyone will go into isolation. This is to make sure you don't know what's in the incident so you'll need an escort to go to the loo after that. During isolation bring some munchies and something to do (knitting/essay/magazine/pack of cards) as depending on the size of the competition we might be in there for over an hour.

The teams are called out one by one to do the dry (usually B teams first, A teams last), then it will be straight onto the wet incident. After the wet you will get to sit on poolside and watch everyone else tackle the incident.

After the incident there will probably be a short warm up in the pool then it will be the relays starting with the 12m Rope Throw. It is very easy to get disqualified from the rope throw by inadvertently breaking the rules so here's a quick summary:

- 1) During the event you will be holding onto a taut horizontal line stretching across the pool at 12m with one hand.
- 2) You can only take hold of the thrown rope if the end lands right next to (or beyond) you, you cannot tug on the line to retrieve it.
- 3) You must only let go of the taut line when you have the thrown rope in your hand.
- 4) There will be a 2m "back" line on poolside you must not go beyond this when pulling in your casualty.
- 5) You must not get in the way of or impede any other team's throw one yours is complete.

After that it's the 50m swim and tow, again there are rules that are very easy to break here:

- 1) You must touch above the water line at every end of the pool including when you pick up, no tumble turns.
- 2) The casualty cannot kick their legs or assist you in any way during the tow.
- 3) You must do a recognised stroke i.e. lifesaving backstroke or side stro

The competition will be over by about 5pm when you're free to go home or come out for food with the club.

You will need to bring:

- Swimming stuff and towels
- Shorts and t-shirt and trainers
- Goggles
- Money for lockers/dinner/transport
- Bod card

Everyone has to wear a sexy club swimming hat (so your university can be identified) which we'll supply, also wear a t-shirt or hoody with "Oxford" on it if you have one. Any questions or problems ring Hilary (07766254066) or Katie (07763908552).

Please be aware that as of the 2005/6 season, if the club promises a team for a competition we still have to pay the entry fee (£25) even if people don't turn up. We are a poor club so if you drop out after the deadline the team can't compete, you will all have to share the fee between the 4 of you.

Manikin crosses:

If you come across a manikin (or even a person) in an incident you may see a black or red cross. This indicates the breathing and circulation of that casualty.

**X** = no breathing

**X** = no breathing and no signs of life

Remember that you still have to go through the motions of checking for breathing and circulation for 10s each.