



**DICKY BEACH SURF LIFESAVING CLUB**  
**PROCEDURE NO. ADM007**  
**CLUB CHAMPIONSHIPS**

**Document Control**

**Version Control**

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23.04.2017	1	Initial Introduction of Procedure	Secretary
20.10.2017	2	Review of Procedure	Secretary
25.05.2020	3	Annual review of policies	Secretary

**1. Purpose and Background**

- 1.1 To guide the Surf Sports and Competition Committee in conducting and recording the Club Championships
- 1.2 To determine through a structured competition the victors of the various age group club champions and ultimate recipients of dedicated trophies.

**2. Policy Statement**

- 2.1 The Surf Sports and Competition Committee is charged with conducting the Club Championships in conjunction with club surf sports officials at a time, place, preferably conducted in December each year, as determined by the Surf Sports and Competition Committee.

**3. Applicability:**

- 3.1 This procedure applies to all members of the Dicky Beach Surf Life Saving Club. The responsibility of implementing this policy/procedure rests with the Surf Sports and Competition Committee under the overview of the Board.

**4. Statutory/Constitution/By-Laws Requirements**

- 4.1 This procedure specifically relates to By-Laws 9.3.

**5. Considerations**

- 5.1 The list of events to be conducted at the Championships for each age group (except where indicated in the Competition Manual) shall be:

5.1.1	Physical Skills	Points
	Surf Race	10 Maximum
	Board Race	10 Maximum
	Beach Sprint	10 Maximum
	Beach Flags	10 Maximum
	Surf Ski	10 Maximum



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The best results in four races only will be counted for the Physical Skills section (40 Max Points).

Position	Points
1 <sup>st</sup>	10
2 <sup>nd</sup>	9
3 <sup>rd</sup>	8
4 <sup>th</sup>	7
5 <sup>th</sup>	6
6 <sup>th</sup>	5

5.1.2 Questionnaire:

20 questions from the current SLSA Manual with 1 point per question (20 Points) if there are five or more Competitors and (10 Points) if there are four or less Competitors

5.1.3 CPR

- a) One operator CPR on a manikin (20 Points) if there are five or more Competitors, (10 Points) if there are four or less competitors.
- b) Resuscitation Trophies shall be based on the current Champion Lifesaver Competition format. In the event of a tie, the winner will be decided on the person with the best timing.

5.1.4 In the event of a tie, a 'Count-Back' in the following order will decide the Age Champion: *Resuscitation, Questionnaire, Surf Race, Board Race, Beach Sprint, Beach Flags and Surf Ski.*

5.1.5 To be declared a Club Age Champion, a competitor must complete the Physical Skills, Questionnaire and Resuscitation Sections.

5.1.6 Other events – for example, Currimundi Cup, may be contested on a separate day.

**6 Procedures**

- 7.1 Members are to be notified of the event one month prior with a weekly reminder.
- 6.1 The Surf Sports and Competition Committee is to consult with the Officials Liaison Officer to appoint a referee and sufficient surf sports officials to conduct the championships
- 6.2 The Surf Sports and Competition Committee in consultation with the Club Captain, IRB officer and Gear and Equipment Officer is to arrange for sufficient competition equipment including buoys and anchors, flags and poles, starting line; water safety and manikins.
- 6.3 Recorder/s are to be appointed to compile results and forward them to the Club Secretary for compilation of trophy allocation.



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- 6.4 The resuscitation is to be judged on the template contained in the appendix to this procedure.
- 6.5 The conduct of the competition is based on the rules as set out in the current Surf Sports Competition Manual.

**Authority**

John Scott  
President



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**Appendix**

**RESUS MARKING SHEET**

**Command given: "Operator ready"**

**Command given: "Operator commence"**

**Note: timing for 5 complete cycles beginning with ECC to commence on this command**

No	Error description	points	deduct
	Failure to immediately attempt to take up hand position for ECC	1	
	Incorrect position of compression hand on the sternum for ECC	2	
	Failure to begin CPR commencing with ECC	1	
	Failure to attempt rescue breathing	2	
	Totally incorrect position of compressing hand on the sternum for ECC	2	
	Failure to maintain backward head tilt during rescue breathing	2	
	Failure to consistently seal the nose during inflations	2	
	Failure to consistently achieve correct chest inflation during rescue breathing	2	
	Failure to consistently achieve sufficient chest depth during ECC	2	
	Failure to consistently achieve correct hand/arm position for ECC	2	
	Occasional incorrect hand/arm positions for ECC	0.5	
	Occasional incorrect pressure for ECC	0.5	
	Not maintaining a consistent rate during CPR	0.5	
	Not counting ECC compressions aloud	1	
	Not Maintaining Correct Ratio of 30:2	0.5	
	Incorrect rescue breathing technique	2	
	Occasional incorrect mouth seal during rescue breathing	0.5	
	Occasional over/under inflation of lungs	0.5	
	Not observing the rise and fall of chest during rescue breathing	0.5	
	Rough handling of patient	0.5	
	TOTAL	25	
	RESUSCITATION TIMING DEDUCTIONS		
	<b>TOTAL DEDUCTIONS</b>		

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

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

5 cycles completed.in

**Timing (A) Assessor to tick the appropriate timing deduction**

2:03.00 – 2:04.99 4 point deductions

2:01.00 – 2:02.99 1 point deduction

1:55.00 – 2:00.99 Nil deduction

1:53.00 – 1:54.99 1 point deduction

1:50.00 – 1:52.99 2-point deduction

<p><b>TOTAL POINTS DEDUCTED</b> .....</p> <p><b>X .67 =</b> .....</p> <p><b>COMPETITOR:</b></p> <p>.....</p>
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