

Mt. Gilead Recreation Department Presents:

THE

2010 LIFEGUARD GAMES

General Event Information

When: Saturday, August 7, 2010 at 8:00am

Location: Mt. Gilead Pool

223 N. Cherry St.

Mt. Gilead, OH 43338

Cost: \$50 per team (4 lifeguards, which cannot be all 4 males)

Contact: Deanna Durham, Recreation Director

(419) 947-1708 Pool

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General Event Guidelines

- ❖ Please demonstrate good sportsmanship and camaraderie during the event
- ❖ Please respect the pool, the pool staff, volunteers, posted warning or instructional signs, and the general pool grounds (pick up your garbage, PLEASE!)
- ❖ We recommend not bringing any valuable items to the pool and to monitor your belongings at all times. (The pool is not responsible for any lost or stolen items.)
- ❖ Be on time and ready for each of your events
- ❖ Judges' and referees' decisions are final
- ❖ All team spirit items shall be appropriate for all ages. Those that are deemed inappropriate by Event Coordinators will be asked to remove those items immediately.

Event #1- Cold-Weather Relay

Team Requirements: Team of four lifeguards

Description: In this event, each of the four lifeguards will begin by putting on a sweatshirt; the lifeguards will enter the pool via a compact jump and swim 25 meters approach stroke with a rescue tube in proper position under the arms. Once they reach the other side of the pool, team members must exchange the rescue tube with the next person. **The previous swimmer must completely exit the water (on their own) before any exchange is made.** Each team member will continue this pattern until the last (fourth) person has completed his or her swim. (Apparel and equipment will be provided)

Scoring/Penalties: The objective is to complete this event with the fastest time. Teams will be scored from 1st to 10th place earning 16, 14, 12, 10, 8, 6, 5, 4, 3 and 2 points respectively for their overall finish in the event. All other teams will earn one point for participation. The clock starts on the judges' whistle and ends when the last person on the team has completed their swim and touched the end of the wall. There is a 5-second penalty for the following:

- ❖ Not using proper entry (*defined as "compact jump"*)

- ❖ Not using proper approach stroke (*defined as* “tube under arms with head OUT of the water”) **Penalized for each stroke taken improperly.**
- ❖ Per rescuer for losing contact with the rescue tube (*defined as* “slipping out from under both arms”). **Penalized for each stroke taken improperly.**

Not exiting water before exchanging equipment (*defined as* “both hands and feet entirely out of the pool water before exchanging begins.”) **This is a 20 second penalty.**

Event #2- Picture Perfect

Team Requirements: Team of four lifeguards

Description: Team member will be shown up to ten different pictures and asked to identify certain things or a certain number of things in each picture. Pictures will be of actual swimming facilities in Ohio (some of them may be yours!) The pictures will be shown for only 10 seconds (the length of time it normally takes to scan a pool zone) and then you will have 20 seconds in which to respond and write down your answer for each picture. This process will continue through all ten pictures. During the even other visual or auditory events may occur as distractions during your scanning process. Just like the real thing! 😊

Scoring/Penalties: Each team can earn one (1) point for each picture. ALL items must be appropriately identified to earn a point. A total of ten points can be earned in this event!

Event #3- Lifeguard Challenge Relay

Team Requirements: Team of four lifeguards

Description: Team of four lifeguards will participate in a relay race consisting of four lengths of the pool (one per each team member). The first leg competitors will start in the water. It will consist of one lifeguard swimming with a passive victim (2nd guard) on their rescue tube. Once they reach the end wall, they will switch and the other person will be passive victim therefore completing the second leg of the relay. (The lifeguard must have rescue strap on before pushing off wall). The third and fourth leg will repeat the same as one and two guards. **DIVING WILL NOT BE PERMITTED.** Complete the relay by using normal swimming strokes in an all out sprint.

Scoring/Penalties: The objective is to complete this event with the fastest time. Teams will be scored from 1st to 10th place earning 16, 14, 12, 10, 8, 6, 5, 4, 3 and 2 points respectively for their overall finish in the event. All other teams will earn one point for participation. The clock starts on the referees’ whistle and ends when the last person on the team has completed their swim and touches the wall. There will be a 5-second penalty for the following:

- ❖ Improper switch (*defined as* “switching riders before touching the end wall or swimming before switch is completed”). **Penalized for each stroke taken before switch is completed.**
- ❖ Must start in the water.
- ❖ Improper rescue tube use. (If rescue slips out will be penalized).
- ❖ Entering the water too early will result in disqualification and zero points.

Not exiting water before exchanging equipment (*defined as* “both hands and feet entirely out of the pool water before exchanging begins.”) **This is a 20 second penalty.**

Event #4- Sand Volleyball

Team Requirements: Team of four lifeguards

Description: The lifeguards will play volleyball for five minutes. Each teams' points scored at the end of the game will be added to the teams' final event score (up to seven points). This event will not be scored as a placed event (you will just earn points for your final event score). There is **NO WARM-UP** time for this event.

Scoring/Penalties: Rally scoring (point if you win the service) will be followed. The referees' decision is final.

Event #5- Active Drowning Victim

Team Requirements: Team of two lifeguards

Description: The lifeguard will perform a compact jump and rescue an active drowning victim (which is guard number 2). The victim cannot help kick or pull. The rescuer must bring the victim to the wall.

Scoring/Penalties: The objective is to complete this event with the fastest time. Teams will be scored from 1st to 10th place earning 16, 14, 12, 10, 8, 6, 5, 4, 3 and 2 points respectively for their overall finish in the event. All other teams will earn one point for participation. The rescuer's feet cannot the bottom of the pool until his/her hands are on the wall. The clock starts on the referees' whistle and ends when both of the victim's hands are placed on the wall.

Event #6- Passive Drowning Victim

Team Requirements: Team of two lifeguards (cannot be the same guards that did the active drowning)

Description: The lifeguard will perform a stride jump and rescue a passive drowning victim (which is guard number 2). The victim will go under water once the lifeguard reaches him/her. The rescuer must count to 3 before submerging feet first to rescue victim. The victim cannot help kick or pull. The rescuer must bring the victim to the wall.

Scoring/Penalties: The objective is to complete this event with the fastest time. Teams will be scored from 1st to 10th place earning 16, 14, 12, 10, 8, 6, 5, 4, 3 and 2 points respectively for their overall finish in the event. All other teams will earn one point for participation. The clock starts on the referees' whistle and ends when the rescuer places both hands of the passive victim on the wall. The team will be penalized 5 seconds if the victim surfaces before being rescued.

Spirit Award

The Spirit Award is given to the agency that exhibits the most spirit in support of their teams and their agency during the event. Event coordinators will determine this award by observations made during the event. Event Coordinators are looking for displays of team spirit combined with good sportsmanship, team cheers, and other creative displays. All cheers, attire, signs, etc. shall be appropriate for all ages. Those teams displaying inappropriate items will be asked to remove those items from the event immediately.

See you the Mt. Gilead Recreation Department's 2010 LIFEGUARD GAMES! ☺