

Circular 1503



SLSCC Rookie Challenge

Audience: Club Presidents, Administrators, Surf Sports Coordinators, Member Services & Rookie Coordinators, Interested Rookies.

Date: Thursday 2nd December 2021

Contact: Tom Simpson

Phone: 4353 0299

Email: office@slscc.com.au

Summary	Entry Information for the 2021/22 Rookie Challenge which will be held at Copacabana Beach on Friday 21 st January 2022.
Actions	Clubs to submit their Rookie Challenge Team Entry Form (pg 2) by Sunday 16th January 2022 by uploading to the online submission .

Surf Life Saving Central Coast is proud to announce the 2021/ 22 Rookie Challenge will be held at Copacabana Beach on **Friday 21st January 2022**.

This circular contains all information related to the SLSCC 2022 Rookie Challenge. The first page provides a summary of what is required prior to the event. The subsequent pages detail event information and formats.

This season the Rookie Challenge will be held on Friday 21st January 2022 and will be hosted by Copacabana SLSC. This event will held in the afternoon and will run for approximately 2.5hrs. Further details about time will be released with an event schedule.

The Rookie Challenge does require assistance from all clubs to run. Each club will be required to nominate either a Work Party helper or Water Safety. The list below shows which clubs will provide what each season.

To enter your team one representative from each club is required to complete the Entry form and submit via the online submission link provided – [Click here](#) - Entries close Sunday 16th January 2022.

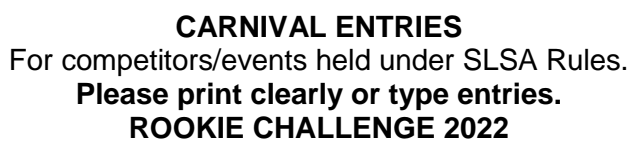
If your club is unable to fill an entire team, please still submit a team and extras from other clubs will be able to fill in the remaining spots. Due to safety reasons only U13 and U14 members may participate at this event.

At the conclusion of the event all Rookies, officials, work party, and Water Safety will receive a sausage sandwich and drink.

If you have any questions please do not hesitate to contact the branch office on 4353 0299 and press 3.

Regards

Tom Simpson
SLSCC Youth Development Officer

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EVENT DETAILS:

Where:

When:

Friday 21st January 2022

Officials, Water Safety and Work Party Report Time:

TBC

Rookie Report Time:

TBC

Start Time:

TBC

PARTICIPANT DETAILS:

Rookie Challenge: 6 participants per team, per club (maximum of 1 team per club)

EVENTS:

- 1) TRIVIA QUESTIONS
- 2) SIGNALS
- 3) BEACH RELAY
- 4) RESCUE RELAY
- 5) LIFESAVER RELAY
- 6) BODY BOARD RELAY

Work Party

- Lakes
- North Entrance
- Toowoona Bay
- Wamberal
- North Avoca
- MacMasters
- Ocean Beach

Water Safety

- Soldiers
- The Entrance
- Shelly Beach
- Terrigal
- Avoca
- Killcare
- Umina



REQUIREMENTS:

- 1) Each Club must supply a minimum of:
 - ❖ 1 Qualified Official – needed 1 hour prior to start time.
 - ❖ 1 Water Safety or Work Party as listed above– needed 1 hour prior to start time.
 - ❖ 1 Rescue Board (Full size - Fibreglass)
 - ❖ 1 Surf Rescue Body Board and flippers (more than one pair recommended – SLSA approved flippers)
 - ❖ 1 Rescue Tube
- 2) Each Rookie must be dressed in full Rookie Patrol Uniform, plus their club costumes, competition cap and pink Freemasons safety vest.
- 3) Each participant must be a current financial member of the Surf Club for which they are competing.
- 4) Each Rookie participating in the Challenge must have completed a **minimum of twelve (12) hours of Patrol Hours** as a Rookie in the current season up to and including the 16th January 2022 (***Rookie Passports are no longer required to be submitted however please provide a surf guard report detailing patrol hours for each participant on the entry form.***
Any substitutions will be subject to a check of Patrol Hours via SurfGuard on the day (or prior) in order to be eligible to participate.
- 5) Each club needs to list their Officials, Water Safety and Workforce members on the nomination form.
The nomination form must be returned to office@slscc.com.au by Sunday 16th January 2022
- 6) Each Rookie must be marked by permanent marker, with a number 1 through to 6 inclusive, which will be used when randomly selecting competitors for each event.
- 7) Each member must have completed the relevant age group award (these will be checked on surf guard).



COMPETITION FORMAT:

The Rookie Challenge will maintain a lifesaving focus, with events reflecting actual lifesaving skills.

The Challenge will be a “short-course” event, with distances of the buoys set on the day depending on beach conditions.

The challenge will be conducted under the latest **Surf Life Saving Australia Surf Sports competition manual**. No abuse of competitors or officials will be tolerated and offenders will be asked to leave the beach.

The carnival referee for the Rookie Challenge will be advised at a later time.

For events requiring two heats (1x 8 teams and 1x 7 teams), the heats will be as per a pre-determined random draw and will remain that way for the duration of the Rookie Challenge.

1) Trivia Questions:

- a. Teams shall consist of five (5) members, minus the one (1) member who will do signals.
- b. The trivia will be lifesaving focused and teams will be able to discuss their answers between each other.
- c. Points (see below)

2) Signals:

- a. One (1) team member will be selected at random to complete the signal competition.
- b. Each participant in the signal area will be asked to perform ten (10) signals.
- c. Signals will be the same for each participant.
- d. Points (see below)

3) Beach Relay:

- a. All 6 team members will compete in this event.
- b. The beach relay will be run on an “up-and-back” course.
- c. Each competitor will run 30m before rounding a turning flag and running 30m back to the start finish line.
- d. Points (see below)



4) Rescue Relay:

- a. Three team members will be selected at random to complete this task.
- b. Each competitor will be given a leg to complete according to their number.
- c. The three legs are: patient swimmer, tube swimmer and board paddler.
- d. Points (see below)

5) Lifesaver Relay:

- a. Three team members will be selected to complete this task, being the opposite three to which competed in the Rescue Relay.
- b. Each competitor will be given a leg to complete according to their number.
- c. The three legs are: runner, swimmer and board paddler.
- d. Points (see below)

6) Body Board Relay:

- a. All team members will compete in this event.
- b. Each competitor will compete in number order.
- c. Each competitor will round a set of cans before tagging the next competitor.
- d. Points (see below)

POINTS:

Points will be awarded for each event as follows:

- 7 points – 1st place
- 6 points – 2nd place
- 5 points – 3rd place
- 4 points – 4th place
- 3 points – 5th place
- 2 points – 6th place
- 1 point – 7th place

All other teams will receive 1 point for that event. In the event of a tie, points will be added and divided by the number of tied teams. The team with the highest overall score wins. All teams will be eligible for random prize giveaways.

**ENTRIES:**

All entries must be listed on the attached SLSCC Competition entry form, complete with proficiency dates and Patrol hours.

On each entry form, you must list the names of your **nominated official, nominated water safety or nominated workforce.**

IDENTIFICATION:

All team members are to compete in their club costumes, competition caps and pink Freemasons safety rash vest. When Rookies are not competing Rookies should be in full Rookie Patrol Uniform. All team members will be numbered 1 - 6 inclusive and will remain in that number for the duration of the Challenge.

Reserves/substitutes are not permitted unless permission is granted by the Challenge referee, where another team member is sick or has been injured. The substitute will then assume the number of the team member they have replaced.

REPORT TIME: TBC

All team members and additional Rookies are to assemble in front of the Terrigal S.L.S.C where they will be briefed and welcomed to the challenge. A number of group photographs will also be taken at this point in time for the various media outlets.

PRESENTATION:

The presentation will be held upstairs in the Terrigal SLSC at the completion of the final event of the Challenge.

All Rookies must be dressed in full Rookie Patrol Uniform for the duration of the presentation.



EXPLANATION OF EVENTS:

EVENT 1 - TRIVIA:

Teams of five members will be seated around a table where they can discuss answers to trivia questions from the MC.

Questions will be lifesaving focused and will reflect scenarios out of the latest SLSA Training Manual and other relevant Lifesaving Questions.

Points are allocated (*see above*)

EVENT 2 - SIGNALS:

One member of each team will be randomly selected to complete the signal component of the Rookie Challenge.

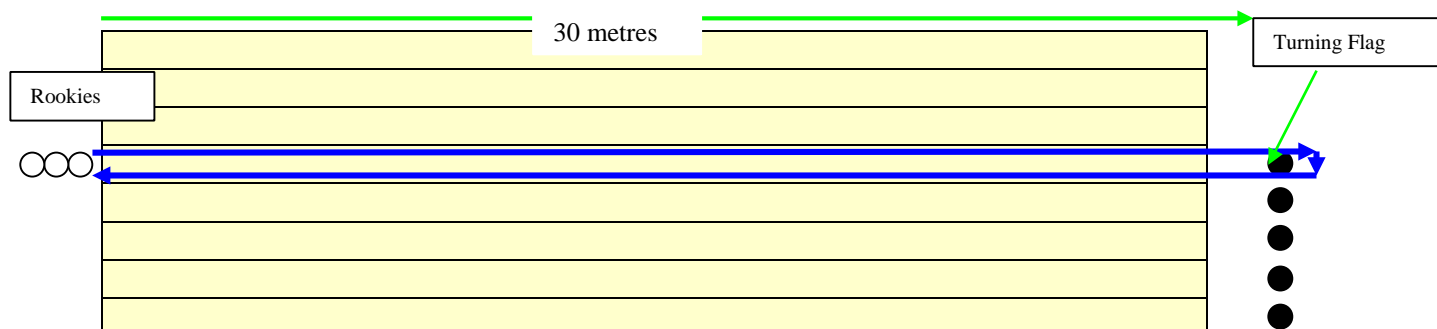
Each participant will be asked ten (10) signal questions taken from the SLSA Training Manual (34th Edition). These questions can come from Beach to Surf Craft, Surf Craft to Beach or Signal Flags and colours.

Points are allocated (see above)

EVENT 3 - BEACH RELAY:

All six members in each team will compete in this event. Each competitor will run in number order as drawn out of a hat.

Each competitor will run an 'up-and-back' course. The course will be 30 metres in length with a turning flag in each lane. Competitors will run 30m, round the turning flag in a clockwise direction, and run 30m to the start finish line where they will interchange the baton with the next competitor. Points are allocated (see above).





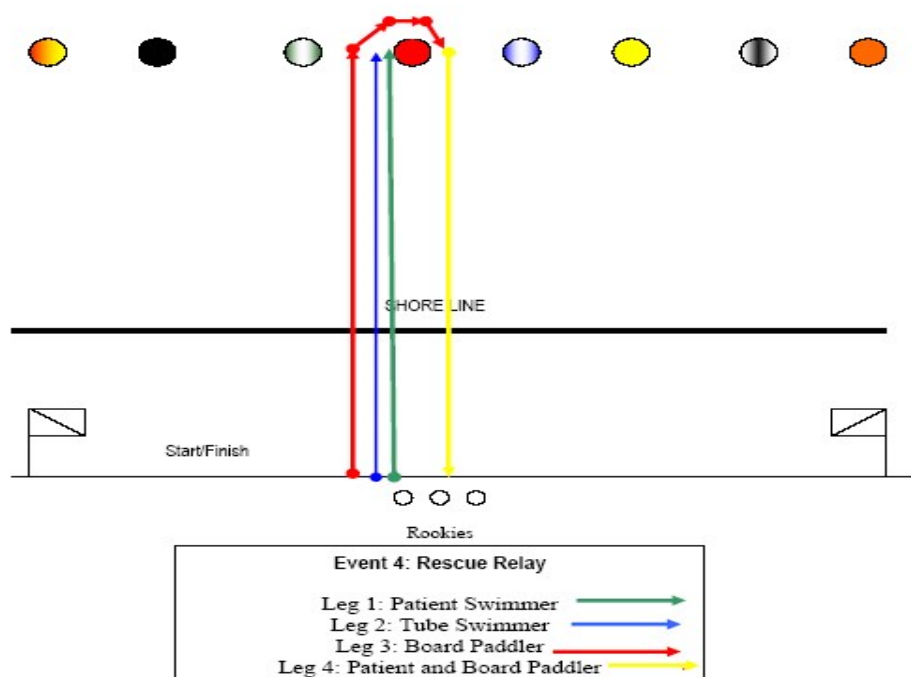
EVENT 4 - RESCUE RELAY:

Three members from each team will be randomly selected to complete this event. Each competitor will be allocated a leg of the event according to their number.

Each number will be allocated a leg of the event. There are three legs to this event (patient swimmer, tube swimmer, rescue board paddler).

- On a whistle start, patient swimmer will swim to cans;
- Upon reaching the allocated can, patient will raise one arm in the air to signal the tube swimmer;
- On seeing the signal, the tube swimmer will proceed to rescue the patient;
- Upon reaching the can and attaching the tube to the patient, the tube swimmer will raise one arm to signal the rescue board paddler (then the patient will detach the tube in order to be rescued by board paddler).
- On seeing the signal, the rescue board paddler will proceed to rescue the patient
- Rescue board paddler and patient will return to shore and finish over the start finish line both in control of the board.
- Points are allocated (see above)

The referee reserves the right to modify the format where possible to enhance the experience for the participants.



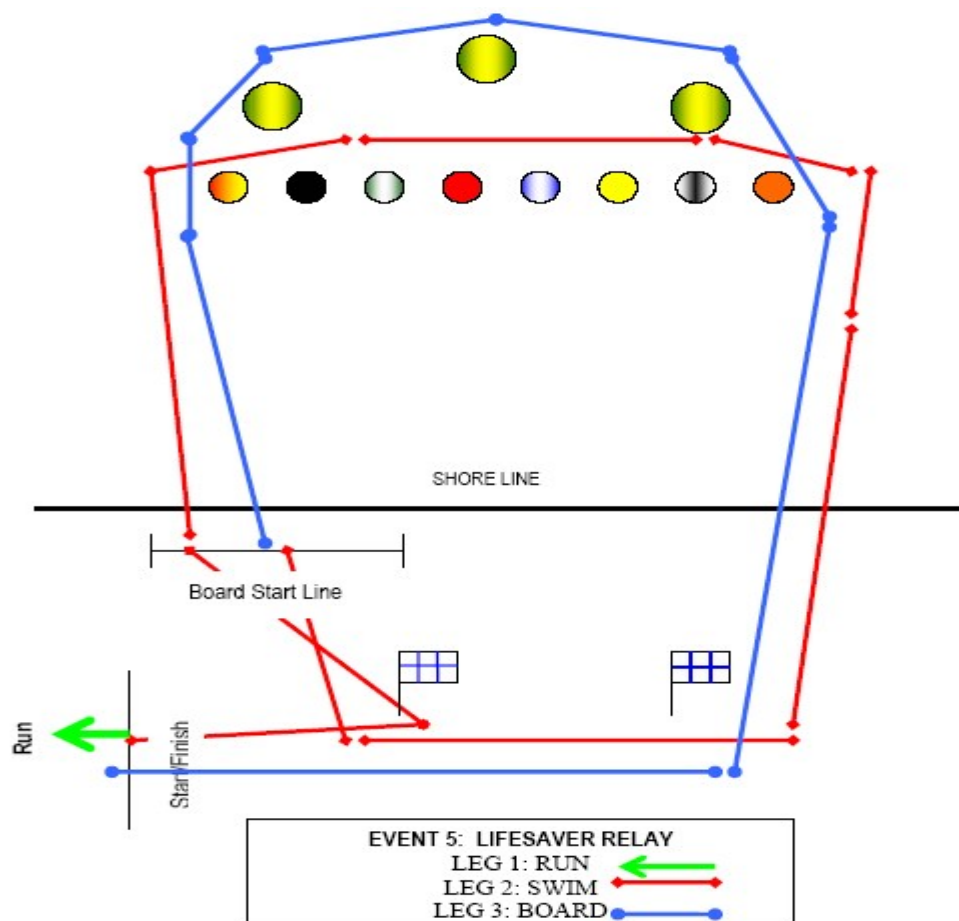


EVENT 5 - LIFESAVER RELAY:

Three team members will compete in this event. The team members will be the opposite three to that which completed the Rescue Relay (Event 3). Each competitor will be allocated a leg of the event according to their number.

Each number will be allocated a leg of the event. There are three legs to this event (runner, swimmer, rescue board paddler).

- On a whistle start, the runner will set out on a run leg which is 400m in distance, consisting of 200m south of the beach, round a turning flag, and 200m to the start/finish line;
- Runner will tag swimmer;
- Swimmer will round a turning flag and proceed around a string of cans and return to shore;
- Swimmer will round two (2) turning flags and tag rescue board paddler;
- Rescue board paddler will round the string plus an apex buoy and return to shore;
- Rescue Board paddler will dismount from board, round two (2) turning flags and run to finish line.
- Points are allocated (see above)





EVENT 6 - BODY BOARD RELAY:

Each team will consist of all six members.

The course will include all participants completing a body board paddle around swim buoys and a changeover run leg. Each participant will compete in allocated number order.

- a) Prior to the race start each competitor will be required to stand on or behind the Start Line with his or her body board and flippers in hand.
- b) On the starting signal from the starter, the competitors shall enter the water with their boards and paddle around all buoys and return to the beach.
- c) To complete each leg, a competitor must be in possession of his/her board when crossing the changeover line from the seaward side whilst maintaining contact with the board. If incomplete the participant must recover board and return to the changeover line.
- d) The first paddler after completing the course, will hand over their body board to the sixth paddler who will then run with the Body Board around two poles and hand over the body board to the second paddler who will already have his/her flippers in their hand, and complete the same course as the first paddler.
- e) The Second paddler will complete the same course, but will hand over to the First paddler who will then run with the Body Board around two poles and hand over the body board to the Third paddler, who will already have his/her flippers in their hand.
- f) Third paddler will complete the same course, but will hand the board over to the Second paddler who will then run with the Body Board around two poles and hand over the body board to the Fourth paddler, who will already have his/her flippers in their hand.
- g) The Fourth paddler will complete the same course, but will hand over to the Third paddler who will then run with the Body Board around two poles and hand over the body board to the Fifth paddler, who will already have his/her flippers in their hand.
- h) The Fifth paddler will complete the same course, but will hand the board over to the Fourth paddler who will then run with the Body Board around two poles and hand over the body board to the Sixth paddler, who will already have his/her flippers in their hand.
- i) The Sixth paddler after completing the course, will tag the Fifth paddler who will run around two poles to the finish line with nothing in hand.
- j) Points are allocated (see above)

FINS/FLIPPERS:

Fins/Flippers are to be worn throughout the race providing they are put on only when they get into the water and taken off before they exit the water.

Please note: Events and format may be subject to change at the Carnival Referees discretion and is dependent on conditions.