

## Circular 1549

# SLSCC Rookie Challenge 2022/23

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

**Date:** 29<sup>th</sup> November 2022

**Contact:** **Natalie Tucker, Member Development Officer**

**Phone:** 02 4353 0299

**Email:** [office@slscc.com.au](mailto:office@slscc.com.au)

Summary	Entry Information for the 2022/23 Rookie Challenge which will be held at Ocean Beach <b>Friday 13<sup>th</sup> January 2023.</b>
Actions	Clubs to submit their Rookie Challenge Team Entry Form (Page 11) by <b>Sunday 18<sup>th</sup> December 2022</b> by uploading to the <a href="#">online submission</a> .

Surf Life Saving Central Coast is proud to announce the 2022/23 Rookie Challenge will be held at **Ocean Beach on Friday 13<sup>th</sup> January 2023.**

This circular contains all information related to the SLSCC 2022/23 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 13<sup>th</sup> January 2023 and will be hosted by Ocean Beach SLSC. This event will be 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 an official and support person.

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 18<sup>th</sup> December 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

Jordan Smith  
SLSCC Manager of Youth Activities

## Schedule

Date: Friday 13<sup>th</sup> January 2023

Location: Ocean Beach SLSC

## Schedule

Work Party	1:45 pm
Officials Briefing	2:00 pm
Water Safety	2:00 pm
Rookie Report Time	2:00 pm
Team Managers Briefing	2:15 pm
Competition Start Time	2:30 pm
Completion Concludes	4:45 pm

## Requirements

### Eligibility to compete

The wording of eligibility has been revised to reflect current season's affects to patrols and members.

- It is highly encouraged that all Rookie (U13 - U14) participants have competed at least 12 hours of patrol this season. No Surfguard report or sighting of rookie passport will be required.
- All participants must be financial and proficient members of Surf Life Saving Central Coast – please refer to the [Junior Proficiency evaluation](#) for reference to proficiencies.
- This event is classified as a Surf Sports competition for evaluation purposes.

## Equipment/ Uniform

### Teams

- 1x iPad or tablet or electronic device with internet connection
- 1 x Rescue Board (Full size - Fibreglass)
- 1 x Body Board and flippers (more than one pair recommended – SLSCA approved flippers)
- 1 x Rescue Tube
- Full rookie uniform (Patrol Shirt/ Shorts)

### Water Safety Personnel

- 1x rescue tube or rescue board
- 1x Orange Water Safety vest

## Club Helpers

Every season clubs are required to assist with officiating, water safety and work party. All clubs need to supply an official and clubs are to either supply water safety personnel or work party personnel. Please refer to below list.

### Work Party

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

### Water Safety

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

### Officials

- All clubs

## Events

Trivia – Trivia questions will be lifesaving focused and beach environment. Each team will submit one Trivia quiz each. The Trivia will be submitted online using a Tablet, iPad or electronic device connected to the internet.

Water Events – These events will be conducted as per the circular unless advised by the carnival referee on the day.

### POINTS:

Points will be awarded for each event as follows:

15 points – 1st place

14 points – 2nd place

13 points – 3rd place

12 points – 4th place

11 points – 5th place

10 points – 6th place

9 points – 7th place

8 points – 8th place

7 points – 9th place

6 points – 10th place

5 points – 11th place

4 points – 12th place

3 points – 13th place

2 points – 14th place

1 points – 15th place

### Draws and countbacks

- In the event of a tie, all tied teams will receive the same points, the next team will receive points for their overall position, i.e. if two teams tie 1<sup>st</sup> they receive 15 points each and the next team receives third place 13 points.
- At the end of all competition if there is a tie, a countback will take place. The tied teams will count the number of 1<sup>st</sup> places. The team with the highest number of 1<sup>st</sup> places will win.
  - o If the teams are still tied, a count of 2<sup>nd</sup> places will be counted.
  - o This process will continue till a winner is found.

## 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 predetermined 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)

## IDENTIFICATION:

All team members are to compete in their club costumes, competition caps and pink Newcastle Permanent/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: 2.00pm

All team members and additional Rookies are to assemble in front of the Ocean Beach 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 on the beach 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 Public Safety and Aquatic Rescue 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.

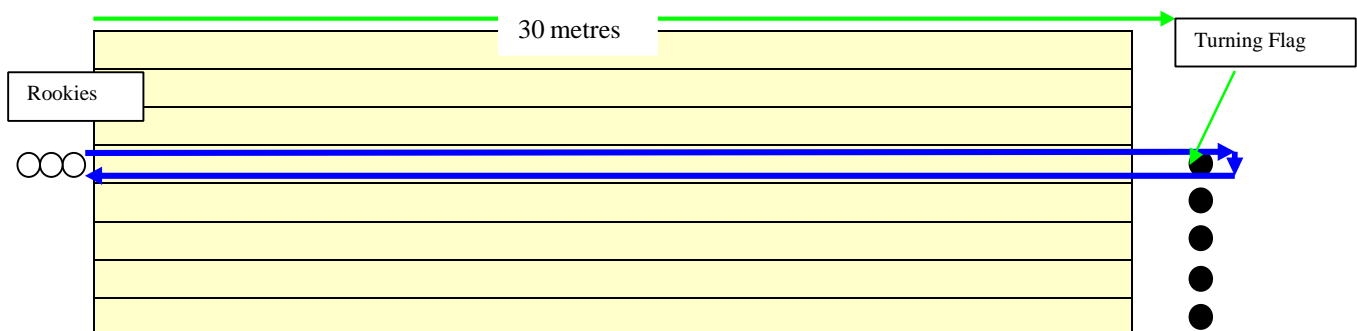
Each participant will be asked ten (10) signal questions taken from the SLSA Training Manual. These questions can come from Beach to Surf Craft, Surf Craft to Beach or Signal Flags and colours.

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*).



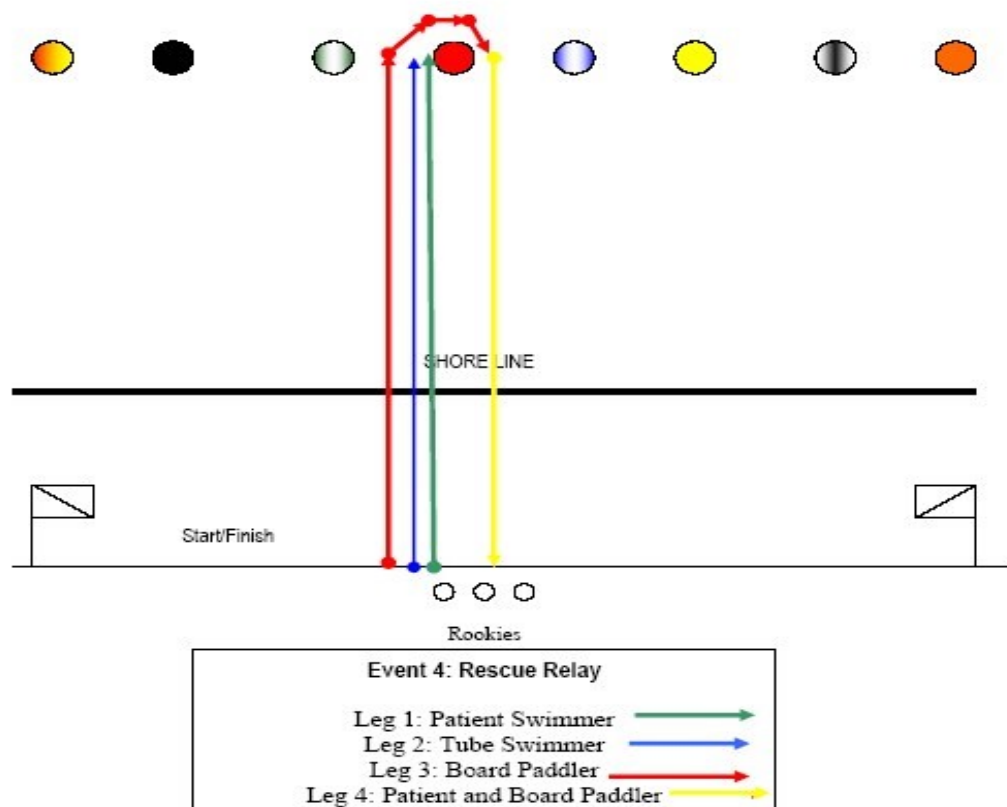
#### EVENT 4 - RESCUE RELAY:

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.***

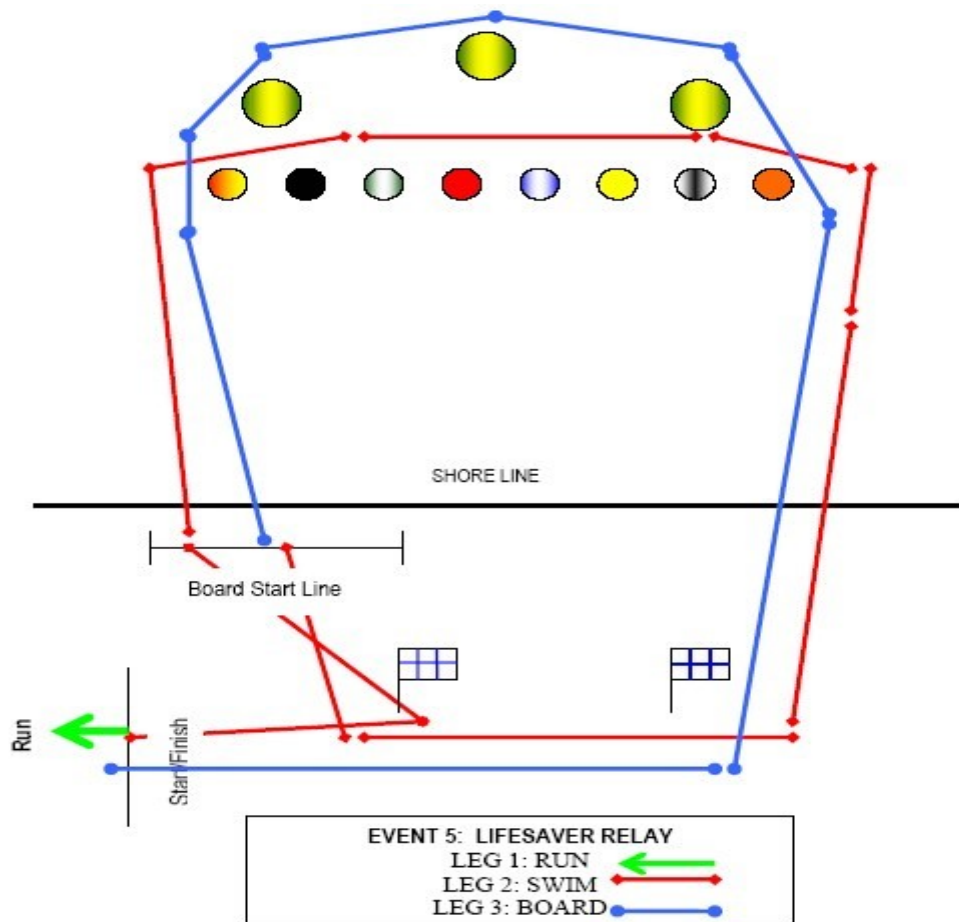


### EVENT 5 - LIFESAVER RELAY:

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.**

# SLSCC Rookie Challenge

## CARNIVAL ENTRIES

For competitors/events held under SLSA Rules.

**Please print clearly or type entries.**

**ROOKIE CHALLENGE SEASON 2022-2023 @ OCEAN BEACH SLSC**

**ENTRIES FROM ..... SLSC**

COMPETITORS NAME (Block Letters), Surname, Given Names	PATROL HOURS	PROFICIENCY DATE	ROOKIE COMPETITOR	WATER SAFETY	OFFICIAL	WORK PARTY
<b>MEMBERSHIP CATEGORY</b> Senior – O 15-18 – J Under 16 – C	Reserve Active – RA Long Service – LS Associate – A Life Member - LM	<i>Entries for all events must list the Surname and Given name of all competitors in individual and team events.</i>				

### Please Print

Team Manager.....

Club .....

Mobile .....

Email .....