

No Point Being a Great Swimmer If You Can't Save a Life

50 M Manikin

With a dive start on an acoustic signal, the competitor swims 25 m freestyle and then dives to recover a submerged manikin to the surface within 5 m of the pick-up line. The competitor then carries the manikin to touch the finish edge of the pool. Competitors may push off the pool bottom when surfacing with the manikin.

<https://www.youtube.com/watch?v=4bUqMfQH3Ws>



100 m Manikin Carry

With a dive start on acoustic signal, the competitor swims 50 m freestyle wearing fins and then recovers a submerged manikin to the surface within 10 m of the turning edge. The competitor carries the manikin to touch the finish edge of the pool. Competitors need not touch the turning edge of the pool. Competitors may push off the bottom when surfacing with the manikin.

<https://www.youtube.com/watch?v=mS3OvgOVDLg>



100 m Manikin Tow with fins

With a dive start on an acoustic signal, the competitor swims 50 m freestyle with fins and rescue tube. After touching the turning wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. The event is complete when the competitor touches the finish edge of the pool.

<https://www.youtube.com/watch?v=5HhOoPMR4ZU>



100 m Rescue Medley

With a dive start on an acoustic signal, the competitor swims 50 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 17.5 m from the turn wall. The competitor surfaces the manikin within the 5 m pick-up line, and then carries it the remaining distance to touch the finish edge. Competitors may breathe during the turn, but not after their feet leave the turning edge until they surface with the manikin. Competitors may push off the bottom when surfacing with the manikin.

<https://www.youtube.com/watch?v=LoQCVizLo6Q>



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200 M Obstacle Swim

With a dive entry on an acoustic signal, the competitor swims the 200 m course passing eight times under the immersed obstacles to touch the finish edge of the pool. Competitors must surface after the dive entry before the first obstacle; after passing under each obstacle; and after a turn prior to passing under an obstacle. Competitors may push off the pool bottom when surfacing from under each of the obstacles. "Surfacing" means the competitor's head breaks the plane of the surface of the water. Swimming into or otherwise bumping an obstacle is not a behaviour that results in disqualification.

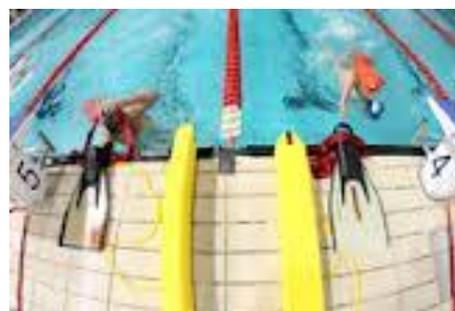
<https://www.youtube.com/watch?v=oNbYsHGVEMo>



200 m Super lifesaver

With a dive start on an acoustic signal, the competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within the 5 m pick-up zone and carries it to the turning wall. After touching the wall the competitor releases the manikin. In the water, the competitor dons fins and rescue tube and swims 50 m freestyle. After touching the wall, and within the 5 m pick-up zone, the competitor fixes the rescue tube correctly around a manikin and tows it to the finish. The event is complete when the competitor touches the finish edge of the pool.

<https://www.youtube.com/watch?v=Hexoa5WDfMo>



Line Throw

With a dive start on an acoustic signal, victim enters the water with one end of the rope in hand. With second signal lifesaver takes his position while holding second end of the rope in one hand. With final acoustic signal lifesaver coils the rope and throw it to the victim. As soon as the rope reaches to the victim catches the rope while holding back obstacle with other hand. When victim is on the rope lifesavers pulls him back to the shore.

<https://www.youtube.com/watch?v=josUYOTCa3o>



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4 x 25 m Manikin Carry Relay

Four competitors in turn carry a manikin approximately 25 m each

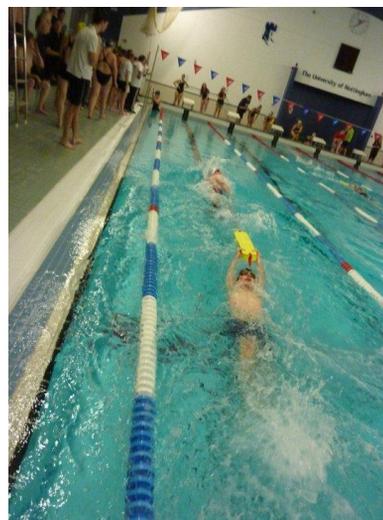
<https://www.youtube.com/watch?v=bwovFZNzUmk>



4 x 50 m Medley Relay

With a dive start on an acoustic signal, the first competitor swims 50 m freestyle *without fins*. With a dive start after the first competitor touches the wall, the second competitor swims 50 m freestyle *with fins*. With a dive start after the second competitor touches the wall, the third competitor swims 50 m freestyle towing a rescue tube. The third competitor touches the turning edge. The fourth competitor is in the water wearing fins with at least one hand on the turning edge. The fourth competitor dons the harness and the third competitor, playing the role of “victim”, holds the rescue tube with both hands while being towed 50 m by the fourth competitor to the finish.

https://www.youtube.com/watch?v=reYNF_6o55U



Simulated Emergency Response Competition

The Simulated Emergency Response Competition tests the initiative, judgement, knowledge, and abilities of four lifesavers who, acting as a team – under the direction of a team leader – apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. This competition is judged within a two-minute time limit. All teams respond to the identical situation and are evaluated by the same judges.

<https://www.youtube.com/watch?v=QLiLA4LQsS>

