

BCU CANOE LIFEGUARDS NATIONAL CHAMPIONSHIPS

SATURDAY STANDARD SKILL EVENTS

1. **SWIMMING RESCUE**

Two casualties (non-swimmers) are positioned at a marker a distance offshore. Two lifeguards swim to casualties. Lifeguards to instruct casualties and rescue them safely and effectively to shore without the aid of any external buoyant aids. Timing stops when contact has been made with both casualties. Casualties to be assisted ashore and treated for mild hypothermia. The third lifeguard is to act as safety cover.
2. **SUPPORTED RESUSCITATION**

Two lifeguards paddle out to a marker and rescue one non-breathing unconscious casualty. Timing stops when contact has been made with casualty. They perform supported resuscitation using the kayaks as support, and as appropriate. The third member of the team acts as safety cover. The patient is landed, begins to breathe and is placed in the recovery position.
3. **RECOVERY OF AN UNCONSCIOUS NON-BREATHING CASUALTY**

Lifeguards scramble launch and paddle out to casualty placed at a marker offshore. Lifeguards recover a casualty and use rafted resuscitation whilst transporting to shore. Timing will stop when first breath is given to casualty. On reaching shore, landing the casualty, and after appropriate checks the casualty's heart will be found to have stopped, CPR to be administered on an approved manikin for a period of three minutes. Kayaks to be placed ready for re-launch.
4. **RESCUE OF TEAM MEMBER**

First lifeguard paddles out to a marker and capsizes. The remaining two lifeguards race to rescue number one. They perform an efficient rescue, place number one back in his kayak and tow ashore where treatment for mild exposure is carried out. Kayaks to be placed ready for re-launch. Number one lifeguard is deemed unable to assist in rescuing of the capsized craft.
5. **ALL IN RESCUE**

The lifeguards race out to two capsized canoeists (from a single open canoe) positioned at a marker off shore. The judge's arm is raised in acknowledgment of the marker being reached and the lifeguards will capsize. The lifeguards perform an all in rescue and paddle back to the shore, towing their casualties; the use of towlines, ropes, painters etc. is not allowed. Casualties are unable to help with the towing system.
6. **TWO CASUALTY RECOVERY.**

First lifeguard takes the casualties to a marker offshore using a Stern and Bow carry. The judge's arm is raised in acknowledgment of the marker being reached. The remaining lifeguards race out to the marker to pick up a casualty, each using a different carry, one of which must be a pillion carry, returning to the start line. Event will end when all casualties and lifeguards are back on land with their boats ready for re-launch.
7. **ROPE WORK PRACTICAL**

Team will set up an appropriate rope system to enable them to move a heavy object over a distance of 10m. Each team will have to provide all their own equipment for this skill, but independently provided rope can be used in place of their throwlines.
8. **THROWLINE PRACTICAL**

There is one fixed target placed 15m offshore. Each individual Lifeguard must then attempt three throws to the target - all three attempts count. Only when first lifeguard has fully repacked their throwline can the second member begin to repeat the task, and so on for the third member. This will give a maximum of nine successful throws. Members must use their own individual throwline. During this task each lifeguard can receive no help from his or her team members.
9. **CANOE LIFEGUARD KIT**

Competitors will not be allowed to change their Lifeguarding kit once the competition has started for the day at the lake site. The kit will be examined during the day. It is recommended that all competitors carry the following equipment: the BCU recommended proficiency kit appropriate for four-star assessments (this should include but not limited to: the means to provide a hot drink & emergency food, a repair kit, whistle, exposure bag, personal towline, throwline & knife, torch, spare (split) paddles, a change of clothing suitable for a casualty and any other kit that you will require to carry out the set skills). You are also advised that a waterproof first aid kit should be carried.
10. **IMPROVISED REEL AND LINE**

A single lifeguard will swim out to a casualty (injured swimmer) located 50m from shore attached to an improvised reel and line system. When he/she has calmed the casualty down and made contact, the other two lifeguards on shore will tow both rescuer and casualty safely ashore. The casualty shall then be placed in the recovery position.
11. **RESCUE OF AN INJURED SWIMMER**

Two lifeguards paddle out to a marker and rescue one injured swimmer whom is suffering from a dislocated shoulder and severe hypothermia. Timing will stop when contact is made with casualty. They perform a contact rescue and transport casualty to shore where they will be expected to support the shoulder/arm and treat for hypothermia. The third lifeguard to act as safety cover and can be called upon to provide un-skilled help.
12. **LIFEGUARD TOWS**

All three lifeguards sprint out to a large boat located a distance off-shore and set up for an inline tow ashore. Timing will finish when all three are linked up for inline tow and all three raise their hands. The boat is towed ashore (or around in a circle back to marker if more convenient), but during the tow the water judge will shout "RELEASE", whereupon all lifeguards must release their towing system and confirm by raising of all three hands. The tow is once again set up and completed.

13. LIFEGUARD HAND SIGNALS

The Team Captain will remain on the bank and using Lifeguard Hand Signals only will guide the remaining two Team members to the search area. The Marshall/Judge giving the Team Captain all directions.
The two Team members will search the area and retrieve the "sink dummy".

14. WOUND DRESSINGS

The team will be presented with three First Aid scenarios: 1 Embedded object, 1 Severe Bleed, and 1 Elevated Sling.
The Team Members will draw straws for the wound they will treat. The treatment and wound dressings should be as per the St John Ambulance First Aid book 8th Edition.

15. KNOTS

Each team will be presented with short pieces of rope and each member of the team will be expected to tie the following knots: bowline, round turn & two half hitches, re-tied figure of eight, prussic loop (from a plain rope), attach the prussic to a rope to simulate a locking device,

