

3. Carnival Events

This is a summary of some of the competition events offered at Junior carnivals [extracted from SLSA Surf Sports Events Manual and can be found at :

<http://www.lifesavingvictoria.com.au/www/html/1617-sport-resources.asp>

Beach Flags

Beach flags is a traditional event that has existed since the very beginning of Lifesaving. It involves a group of lifesavers competing for flags(pieces of hosepipe). An athlete is 'knocked-out' each time and eventually there is a run off between two lifesavers. The one who wins the flag, wins the event.

Beach Sprint

Beach sprint involves a sprint over a distance of 75 - 100metres.This distance depends on the amount of beach available at the time.

Long Run

This event is either a 500m or 1km run along the beach.

Beach Relay

The beach Relay consists of a team of four competitors and a rubber piece of hose. Members 1 & 3 are stationed at one end of the lanes whilst members 2 & 4 are at the other. The object is to successfully complete the race without dropping the baton and exchanging within the set boundaries.

Wade Race

Wade Race is a skill designed to teach lifesavers the art of proficient running into the surf. The skills they learn enables them to lift their legs high and swing out over the waves to enhance their ability to increase the response time in entering the water in the case of a rescue. Competitors begin on the beach start line and on the starters signal enter the water and either wade, dive and or swim around three Life savers usually waste deep in the water and then run to the finishing line on the beach.

Wade Relay

Wade Relay involves teams of four who conduct a tag style of race over the same course as the wade race.

Board Race

The board race is done by using a nipper or malibu board. It also involves negotiating the break and then following a set course of buoys. You then return to shore surfing the waves back to the beach. First over the line is the winner. The board race requires balance, strength and endurance.

Board Relay

A team consists of three competitors completing the board course as per the board race.. The first team member paddles out and goes around the buoy then heads back towards the shore and tags the second team member who does the same. The final team member has to complete the same course and then cross the finish line. The first team to successfully pass all the buoys and cross the finish line will be declared the winner.

Board Rescue

Board Rescue – each team consists of two competitors , a swimmer and a board paddler. On the starters signal the swimmer enters the water and swims to their allocated buoy and signals to the board paddler to “rescue them”. When the board paddler has picked up the swimmer, the two competitors paddle to the beach where they must cross the finish line.

Surf Race

The surf race involves swimming around a course of buoys placed out in the Ocean and swimming back to shore. Getting through the shore break can be tough, but then to be a lifesaver you must be tough.

Iron Nipper

This event is the main event in lifesaving requiring the ultimate endurance ability. The Iron Nipper consist of a board paddle, a swim (or a wade for younger age groups) and a run to the finish line. The carnival referee will determine the order of events on the day.

Aqua Cameron Relay

Aqua Cameron relay is an event where 4 members complete the legs of the Iron Person race. Three of the members will either swim, wade or board paddle while the fourth member will run and tag each member after each leg of the race.

March Past Team

March past team – a team of 11 marchers from each life saving club carries a reel and club flag, marching to music around a set course and are judged on their timing, marching ability, overall appearance and presentation.

Belt & Reel Race

Belt and Reel race is a beach event and involves two competitors (one runner and one reeler) and an approved life saving reel (U12 and above)

Rescue & Resuscitation

This event demonstrates best practice in the simulation of a rescue, then performing resuscitation with simulated CPR. It incorporates the discipline required to march in formation and work as a team. At the Junior level it is conducted as a two person team, and only on the beach. Junior R & R competitors do not have to be the fittest, or strongest Nippers, but it gives the opportunity to demonstrate an understanding of lifesaving resuscitation, and the ability to work in a team. Opportunities exist to develop good friendships through the team bonding process, because these teams need to work together over the season to prepare for competition.