

REGISTRATION FORM – 2010 IPRA STATE LIFEGUARD GAMES

EARLY REGISTRATION DEADLINE: July 30, 2010

EARLY REGISTRATION FEE: \$70 per team

REGISTRATION DEADLINE: August 4, 2010

REGISTRATION FEE: \$85 per team

Aquatic Supervisors must read and agree to this testament before the entry will be accepted.

My signature indicates that I have read and understand the rules and procedures for the 2010 IPRA State Lifeguard Games. I certify that the four team members listed on this form are lifeguard employees or registered participants in a junior lifeguard program at the agency noted. I further certify that the lifeguard team members that will be competing have, or will have, worked at least 40 hours between May 24 and July 30, 2010.

Aquatic Supervisor Signature: _____

Number of Teams: _____

Number of Junior Teams: _____

Number of Volunteers: _____

TOTAL ENCLOSED: _____

CANCELLATION POLICY: Cancellations must be submitted in writing and received one week prior to the workshop in order to receive a refund less a service charge of \$25. No refunds will be granted for cancellations received within one week of the workshop. Substitutions are permitted.

Registration Information (Please complete all fields legibly to ensure accurate enrollment. Please notify IPRA if your information changes.)

IPRA Member Non-Member

Name _____ Title _____

Agency/Organization _____

Address _____

City/State/Zip _____

Phone _____ Fax _____ Email _____

Check (Payable to IPRA) _____ Purchase Order _____ (All POs are due 30 days upon invoice.) Visa MasterCard

Account Number _____ Expiration Date _____

Cardholder's Name _____ Signature _____

GENERAL EVENT GUIDELINES – 2010

- ☒ Please demonstrate good sportsmanship and camaraderie during the event.
- ☒ Please respect the facility, the facility staff, volunteers, posted warning or instructional signs, and the general facility grounds (pick up your garbage, PLEASE!).
- ☒ We recommend not bringing any valuable items to the pool and to monitor your belongings at all times. (The host facility is not responsible for lost or stolen items). Any lost and found items can be turned into (or claimed at) the scorer's table.
- ☒ Be on time and ready for each of your events.
- ☒ Referees' and judges' decisions are final.
- ☒ Don't forget you are representing your agency. Professionalism is mandatory.
- ☒ Be safe and have FUN!

EVENT #1 – Lifeguard Chariot Race

Team Requirements: Team of 4 lifeguards

Description: Each team will consist of four (4) members, one each from a different Park District. One (1) person will go down the slide in an inner tube. The other 3 team members will be waiting at the end of the slide in the lazy river with their guard tubes. They will hand the straps from the guard tubes to the person in the inner tube who will hold all three (3) straps and then pull that person through the lazy river against the current until they reach the stairs. The time will end when the inner tube breaks the plane of the finish line.

Scoring/Penalties: The objective is to complete this event with the fastest time. Teams will be scored from 1st to 6th place earning 7, 6, 5, 4, 3, and 2 points respectively for their overall finish in the event. All other teams will earn 1 point for participation. There will be a 5 second

- If the person falls out of the inner tube
- If they let go of the tube straps
- Person in the inner tube helps paddle at all
- Anyone pushes the inner tube from the back.
- Guard cannot lay in the inner tube, they must sit in it.

EVENT #2 – TWO-PERSON RESCUE

Team Requirements: Team consists of one male and one female (or 2 female) lifeguards, plus one victim. (Note: these must be the other two team members that **ARE NOT** competing in the Unconscious Victim Rescue)

Description: An active victim will be located in the middle of a lap lane in the pool. Rescuer #1 identifies the guest in distress, whistles and points, enters the shallow water with a compact jump and utilizes the appropriate approach stroke to the victim. Rescuer #2 enters the water (after being signaled by Rescuer #1) using a compact jump and uses the appropriate approach to the victim. Both rescuers "sandwich" the victim and tow the victim back to Rescuer #1's original starting point. Time will start on the referees' whistle and end once Rescuer #1 has touched the wall.

Scoring/Penalties: The objective is to complete this event with the fastest time. Teams will be scored from 1st to 6th place earning 7, 6, 5, 4, 3, and 2 points respectively for their overall finish in the event. All other teams will earn 1 point for participation. Time will start on the referees' whistle and end once Rescuer #1 has touched the original wall. There is a 5-second penalty for each of the following:

- If Rescuer #2 enters before being signaled
- Per rescuer is using inappropriate approach (*defined as* “tube must be under arms”)
- Per rescuer for not using proper entry (*defined as a* “compact jump”)
- Per rescuer for losing contact with the rescuer tube

EVENT #3 – COLD-WEATHER RELAY

Team Requirements: Team of 4 lifeguards

Description: In this event, the lifeguards will enter the pool via a compact jump and swim 25 yards approach stroke (fully clothed) with a rescue tube in proper position under the arms. Once they reach the other side of the pool team members must exit the water, swap the sweat suit, whistle, and rescue tube to the next person. Each team member will continue this pattern until the last (fourth) person has completed their swim. (Apparel and equipment will be supplied by the event coordinators)

Scoring/Penalties: The objective is to complete this event with the fastest time. Teams will be scored from 1st to 6th place earning 7, 6, 5, 4, 3, and 2 points respectively for their overall finish in the event. All other teams will earn 1 point for participation. The clock starts on the referees’ whistle and ends when the last person on the team has completed their swim and touched the end wall. There is a 5-second penalty for the following:

- Not using proper entry (*defined as* “compact jump”)
- Not using proper approach stroke (*defined as* “tube under arms with head OUT of the water”). **Penalized for each stroke taken improperly.**
- Losing contact with the Rescue Tube.

EVENT #4 – SIAMESE CPR

Team Requirements: Team of 4 lifeguards, paired in twos any way

Description: The lifeguards will complete a series of tasks in pairs with their elbows tied together. Each pair must gather the equipment (manikin, gloves, seal easy), put gloves on the hands they will use for the event (left hand on one rescuer, right hand of the other) and perform 2 sets of CPR (30:2, 30:2) on the manikin.

Scoring/Penalties: The objective is to complete this event with the fastest time. Teams will be scored from 1st to 6th place earning 7, 6, 5, 4, 3 and 2 points respectively for their overall finish in the event. All other teams will earn 1 point for participation. Time will start on the referees’ whistle and end when the 2nd 2 breaths have been administered. There is a 5-second penalty for each of the following:

- Not creating a proper seal with mask
- Not having Bloodborne Pathogen protection
- Improper placement of hand for CPR or performing it incorrectly
- Using both hands of one team member

EVENT #5 – UNCONSCIOUS VICTIM RESCUE

Team Requirements: Team consists of one male and one female (or 2 female) lifeguards, plus one victim. (Note: these must be the other two team members that **ARE NOT** competing in the Two-Person Rescue)

Description: The lifeguard will start on the deck with a rescue tube and whistle. At the referees’ signal the guard will enter the water via compact jump, use proper approach stroke, perform a feet-first surface dive, and rescue an unconscious full-body manikin at the bottom of the pool. The rescue will bring the manikin to the surface and swim with the manikin to the side of the pool. While swimming the manikin must be held securely with the victims mouth and nose above the water at all

times. (Manikins will be provided by event coordinators.)

Scoring/Penalties: The objective is to perform the rescue in the quickest time possible using the correct rescue technique. The clock will start on the referees' whistle and ends when the lifeguards has completed the rescue and touch the start wall. Men and women will each be scored from 1st to 6th place earning 7, 6, 5, 4, 3, and 2 points respectively for their overall finish in the event. All other participants will earn 1 point for completing the rescue. There will be a 5-second penalty for the following:

- Not using proper whistle code
- Not using proper entry (defined as a "compact jump")
- Not using a feet-first surface dive
- Not keeping the rescue tube between the rescuer and the victim while swimming. **Penalized for each stroke taken in violation of this requirement.**

EVENT #6 – Eye Spy

Team Requirements: Team of 4 lifeguards

Description: Each group will have 10 seconds to scan a zone and then given 1 minute to answer 10 questions about what they saw.

Scoring/Penalties: 1 point will be given for every right answer.

EVENT #7 – SPINAL INJURY MANAGEMENT

Team Requirements: Team consists of up to all 4 team members plus one victim (to be supplied by the team). You may use less than your 4 members if you choose.

Description: The lifeguards will perform a spinal injury rescue on a victim. Included in the rescue will be proper in-line stabilization techniques, proper backboard techniques and safe extrication of the victim past a designated line. This event will also be timed, serving as a tiebreaker. **The clock will start once the first rescuer touches the victim. The clock will stop once all straps have been checked. Entry, approach and extrication are not timed to ensure everyone's safety.** Victims will start in the water face-down.

Scoring/Penalties: The objective is to complete this event with as many of the key points as possible in the fastest time. Teams will be scored from 1st to 6th place earning 7, 6, 5, 4, 3, and 2 points respectively for their overall finish in the event. All other teams will earn 1 point for participation. Judging will consist of evaluating rescuers on proper entry (ease in), proper approach stroke, call for assistance and equipment, proper in-line stabilization and maintaining in-line stabilization throughout the rescue, proper strapping of victim to the backboard, proper placement of head immobilizers, checking straps, smooth safe extrication, extricate to a safe distance (past the line), communication to the victim, and communication and teamwork amongst the competitors. Participants will first be scored on completing the above series of techniques. In the event of a point tie, time will be used as a tiebreaker.

EVENT #8 – LIFEGUARD CHALLENGE RELAY

Team Requirements: Team of 4 lifeguards

Description: Team of 4 lifeguards will participate in a relay race consisting of 4 lengths of the pool (one per each team member). The first leg will consist of the rescuer putting on the sweat shirt, rescue tube, and whistle, performing a compact jump entry and swimming the proper approach stroke to the other end of the pool. Once they have touched the wall the second rescuer will enter with NO rescue tube and pick up a 10 lb. diving brick from the bottom of the pool and swim with NO LESS THAN ONE (1) hand on the brick to the other end of the pool. Once they have touched the wall the third rescuer must enter the water, take the brick, and swim with NO LESS THAN TWO (2) hands

on the brick to the other end of the pool. Once the third rescuer has touched the wall, the last team member must do a compact jump (NO DIVING) and complete the relay using normal swimming strokes in an all out sprint.

Scoring/Penalties: The objective is to complete this event with the fastest time. Teams will be scored from 1st to 6th place earning 7, 6, 5, 4, 3, and 2 points respectively for their overall finish in the event. All other teams will earn 1 point for participation. The clock starts on the referees' whistle and ends when the last person on the team has completed their swim and touched the end wall. All teams will compete in a preliminary event. The teams with the top 6 times will face off in a final event to determine placing for this event. There will be a 5-second penalty for the following:

- Improper entry (*defined as a "compact jump"* except for last team member)
- Improper swimming (without tube under arm – first leg, with less than 1 hand on the brick – second leg, with less than 2 hands on the brick, except last stroke – third leg). **Penalized for each improper stroke.**
- Entering the water too early (will result in disqualification and zero points)

SPIRIT AWARD

The Spirit Award is given to the agency that exhibits the most spirit in support of their teams and their agency during the event. This will be decided by the volunteers and will be based on sportsmanship, spirit and respect of not only their team but also the other teams.

DANCE-OFF

Agency Requirement: One person per agency in a mascot suit or "in costume". Attire must be family friendly/appropriate. **Dance moves deemed inappropriate by the panel of judges will result in automatic disqualification.**

Each mascot will dance individually to a predetermined song for 30 seconds. Mascots will be placed in random order and the song will be played continuously until all mascots have gone. After all contestants have danced, voting will take place by an official panel of judges. The top four mascots will be chosen to dance in a final dance off. The final four mascots will then dance at the same time to a song that will be revealed at the time of the dance off. The winner will be determined by participant and volunteers. Any derogatory comments or booing will disqualify your mascot and result in penalties points assessed to your teams final score.

**The song that everyone will be dancing to is California Girls by Katy Perry.
The second song will be announced that night.**

**ILLINOIS PARK AND RECREATION ASSOCIATION
WAIVER AND RELEASE OF ALL CLAIMS**

ACTIVITY: 2010 IPRA/Facility Management Lifeguard Games

IMPORTANT INFORMATION

The Illinois Park and Recreation Association and The Woodridge Park District are committed to conducting their programs and activities in the safest manner possible and hold the safety of participants in the highest possible regard. Participants and parents registering their child in recreation programs must recognize, however, that there is an inherent risk of injury when choosing to participate in recreation activities. The Illinois Park and Recreation Association and ___ The Woodridge Park District continually strive to reduce such risks and insist that all participants follow safety and instructions, which have been designed to protect the participant's safety.

Please recognize that the Illinois Park and Recreation Association and The Woodridge Park District do not carry medical accident insurance for injuries sustained in their programs. The cost of such would make program fees prohibitive. Therefore, each person registering himself or herself or a family member for a recreation program/activity should review his or her own health insurance policy for coverage. It must be noted that the absence of health insurance coverage does not make the Illinois Park and Recreation Association and The Woodridge Park District automatically responsible for the payment of medical expenses.

Due to the difficulty and high cost of obtaining liability insurance, the agency providing liability coverage for the association and The Woodridge Park District requires the execution of the following Waiver and Release. Your cooperation is greatly appreciated.

WAIVER AND RELEASE OF ALL CLAIMS

Please read this form carefully and be aware in registering yourself or your minor child/ward for participation in the above program/programs, you will be waiving and releasing all claims for injuries you or your minor child/ward might sustain arising out of the above program/programs.

I recognize and acknowledge that there are certain risks of physical injury to participants in the above program(s) and I agree to assume the full risk of any injuries, including death, damages or loss regardless of severity which I or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with such program(s).

I agree to waive and relinquish all claims my minor child/ward or I may have as a result of participating in the program against the Association and The Woodridge Park District and its officer, agents, servants and employees.

I do hereby fully release and discharge the Association and The Woodridge Park District and its officers, agents, servants, and employees from any and all claims from injuries, including death, damage or loss which I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with the activities of the program(s).

I further agree to indemnify and hold harmless and defend the Association and The Woodridge Park District and its officers, agents, servants and employees from any and all claims resulting from injuries, including death, damages and losses sustained by me or my minor child arising out of, connected with, or in any way associated with the activities of the program(s).

I have read and fully understand the above Program Details and Waiver and Release of All Claims.

Name of Participant: _____ Grade _____

Address: _____ City: _____ State: _____ Zip: _____

Signature of Parent/Guardian of minor child/ward: _____

Print Parent/Guardian Name: _____

Date: _____ Home Phone _____

Park District or Organization that you are representing: _____