

POOL LIFESAVING EVENTS

Pool Lifesaving Events include:

Manikin Carry: Swim and dive to recover a submerged manikin to carry (rescue) back to the finish. This event can be with or without fins.

Manikin Tow: Swim with fins and rescue tube, fixing the rescue tube around a manikin, towing the manikin back to the finish.

Line Throw: Throw an unweighted line to rescue a person in the water approximately 12m from the edge and pull the "victim" back to the poolside within a time limit.

Obstacle Swim: Swim under two obstacles 12.5m from each end of the pool for the required distance of the event (25m, 50m, 100m, or 200m).

Simulated Emergency Response Competition:

Tests the initiative, judgment, knowledge, and abilities of the lifesaver/s who applies lifesaving skills in a simulated emergency situation within a time limit.

Photography by Lucas Wroe, Sporting Images



ROYAL LIFE SAVING IS DEDICATED TO TURNING EVERYDAY PEOPLE INTO EVERYDAY COMMUNITY LIFESAVERS.

We achieve this through:

- Education
- Training
- Research
- Advocacy
- Health Promotion
- Aquatic Risk Management
- Sport and Participation
- Community Development
- International Networks

BRANCHES

Australian Capital Territory	02 6260 5800
New South Wales	02 9634 3700
Northern Territory	08 8981 5036
Queensland	07 3823 2823
South Australia	08 8234 9244
Tasmania	03 6243 7558
Victoria	03 9676 6900
Western Australia	08 9383 8200
National	02 8217 3111

Visit our website at :
www.royallifesaving.com.au

EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA



EVERYONE CAN BE A LIFESAVER

POOL LIFESAVING

Sport, Participation and Leadership Skills for Life

EVERYONE CAN BE A LIFESAVER



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WHAT IS POOL LIFESAVING?

Royal Life Saving has an established sport participation pathway that provides regular opportunities for lifesavers from community level to elite.

The sport of pool lifesaving tests a lifesaver's skills in rescue, accident prevention and emergency care.

A key activity is the 'Simulated Emergency' which pits an individual or team of lifesavers against a staged emergency. Variations of this activity are used in all Royal Life Saving Programs.

Pool Lifesaving provides an opportunity to learn or refresh your resuscitation and rescue skills.

PARTICIPATION

Learning and incorporating the skills of Pool Lifesaving into your current learn-to-swim program, fitness program or leisure activities is easy. Have one of the Royal Life Saving Sport Development Program Officers come out to your pool and teach you all the skills needed to run a successful program, from beginners (of all ages) through to the elite athlete.

Royal Life Saving Sport Grants are available to help get your Pool Lifesaving program started. Contact your Branch for further information.

RESCUE, ACCIDENT PREVENTION AND EMERGENCY CARE

FREQUENTLY ASKED QUESTIONS

Q: What equipment do I need to start?

A: Just a pair of rubber fins, a rescue tube, a rope and an aquatic noodle and willing participants.

Q: Do I need to be able to swim?

A: It helps if you want to learn all the skills but you can certainly start with the dry land skills, rope rescues and resuscitation.

Q: How old do participants have to be?

A: They can be as young as five, but you are never too old to start.

Q: Where can I join pool lifesaving activities?

A: Contact your nearest Royal Life Saving Branch for access points in your area. Access points include Lifesaving Clubs, State Teams, National Events and Swim Schools.

Q: What are the development pathways for athletes, coaches and officials?

A: Club and School Programs
Regional and State Competition
National Competition
International Competition

Visit our website for further information:
www.royallifesaving.com.au

