
For all Team Managers, Coaches and Competitors, please read carefully.

1. For both SERC and CPR, competitors compete in the draw order as per the program.
2. For each SERC and CPR event an announcement will be made via the public address system calling competitors to marshalling. Competitors, or their representative, are requested to proceed immediately to the required area.
3. Closing of lock-up **is not** dependent on everyone being in lock-up but on the closing time. Any team members not in security by closing time will not be permitted to compete.
4. Only officials and those competing in the event will be permitted to enter security, marshalling or the competition areas.
5. No mobile phones, watches or any electronic communication device of any kind will be permitted in the marshalling/security or competition area.
6. SERC marshalling takes precedence over CPR. If a competitor is required to marshal for two events at the same time the main action of competitors affected are:
 - a. The competitor/s must not leave the CPR marshalling area without the prior permission of the CPR marshal.
 - b. The other team members in SERC marshalling (or a team official if all team members are affected) should inform the SERC marshal which team members are in CPR marshalling.
 - c. Any competitor already in SERC marshalling should have a team representative report to CPR marshalling on their behalf.

If a competitor is already in the CPR marshalling area when their SERC event is called, they **MUST** advise the CPR Marshall who will then make arrangements to release the affected competitor/s to SERC marshalling. The CPR and SERC marshals will co-ordinate the movement of affected competitors and inform the competitors of the actions to be taken so that they may complete both events. The marshals (both SERC and CPR) may determine time is available for the competitor to undertake the CPR before entering SERC lock-up. However, if competitors have not competed in the CPR event prior to competing in SERC, then they must return to the CPR area immediately after they have competed in SERC.

CPR SPECIFIC CONDITIONS

7. The CPR Manikin will be the Little Anne 6-pack manikins and will be used in conjunction with the QCPR App.
8. The requirement to wear team caps does not apply to CPR events.
9. Only officials and those competing in the event are usually permitted to enter the competition area.
10. Observers are permitted to enter the CPR competition area with the permission of The CPR organizer on the understanding that strict conditions will apply.

SERC SPECIFIC CONDITIONS

11. For each SERC event an announcement will be made over the speaker system to call competitors to security and advise them of its closing time, at which time competitors are requested to proceed immediately to the security marshalling area. Closing of lock-up will not be dependent on everyone being in lock-up but on the closing time. Any team members not in security by closing time will not be permitted to compete.
12. Only officials and those competing in the event will be permitted to enter security.
13. Competitors must wear a team/club swim cap of any style (latex, silicone or cloth). No identifying caps for team captains will be provided, and all team captains must wear the same caps as the rest of their team.
14. Competitors are not permitted to wear goggles or masks (whether corrective or not) during the SERC competition. Anyone wishing to wear corrective glasses or contact lenses must notify the SERC Coordinator prior to the commencement of the event.
15. Competitors should enter SERC security with their team cap, wearing their swimming costumes and any other clothing or belonging (such as a pillow) necessary to keep them comfortable. Competitors may take in hard copies of manuals or paper notes at the discretion of the SERC Coordinator.
16. The following personal belongings or equipment are not permitted in the competition/security area - watches, communication or timing devices, jewellery, goggles, rescue aids such as masks and fins. Baskets will be provided at the entrance to the pool for all clothing and belongings, with the exception of their swimming costumes. These baskets must be collected by competitors at the side of the pool following the completion of the test.

THE SERC COMPETITION

17. The SERC test will commence on the sound of the starter's 'hooter'/gun at which point teams will enter the competition area.
18. The SERC test will last 2 minutes and will end with a second blast of the starter's 'hooter'/gun.
19. Competitors should move to the test area as quickly and safely as possible. Brisk walking is acceptable, but competitors are advised that they do so at their own risk. Running is **NOT** acceptable and could result in disqualification.
20. When the test has been completed competitors should **exit immediately** from the competition area to collect their belongings and return to their team spectator area.
21. During lock-up and along the route to the competition area competitors are **ONLY** permitted to communicate with officials and those in lock-up, they are **NOT** permitted to communicate with any other person. (e.g. coaches or spectators).

22. During the SERC test competitors are only to communicate with members of their own team and victims, are not permitted to communicate with any other person, this includes test officials (e.g. asking questions of judges), spectators or team officials (e.g. coach, manager).
23. Coaches, Managers, non-competing team members and spectators **MUST** remain in the designated spectator area and will **NOT** be permitted in or near the competition area.

TEST CONDITIONS

24. All of the aids which are available for the test will be in the competition area. A team that uses equipment not within the designated competition area or which is within the designated area but which they have been formally advised is not to be used during a test, will not be awarded points for the elements of the test performed using this equipment.
25. Conditions, victims and bystanders in the pool area will be as found unless otherwise advised by the SERC Coordinator/Chief Referee.
26. Entry and dry land area available for rescuers is shown in the diagram at the end of this document. Patients must be secured or landed in this area. Teams that perform elements of the test outside the designated area will not be awarded any points for the performance of those elements. If a victim is landed or secured in an out of bounds area will receive no further points.
27. The pool exit steps and ladders area not part of the competition area and should not be used.
28. Allocation of timing points are awarded for the speed to reach all “non-swimmer” victims and may also be awarded to weak swimmers whose condition changes during the test. Additional points are awarded for rescue and care actions.

UNCONCIOUS VICTIMS AND MANIKINS

29. If a competitor leaves an unconscious victim, either a manikin or a live actor after diagnosis or during CPR then their actions will be deemed to indicate that CPR has ceased unless somebody else (team member or actor) has been directed to continue CPR.
30. Effective CPR should be demonstrated **ONLY** on manikins.
31. All manikins are assumed to be unconscious and non-breathing. Allocation of timing points are awarded when the manikin’s head breaks the surface of the water. Additional points for appropriate rescue actions such as 2 rescue breaths, landing of patient are allocated as appropriate.
32. Any baby manikin/doll whose face is above the water should be treated as a breathing victim and treated appropriately. Any baby manikin whose face is below the water should be treated as an unconscious non-breathing victim. The only exception is where verbal advice on the ‘baby’s condition’ is given by another live actor in the scenario.

LIVE PATIENTS (ACTORS)

33. Live patients who appear to become unconscious during a test, require assessment. Beyond assessment and diagnosis, only **simulated** CPR and rescue breaths are permitted.
34. On assessment a simulated unconscious but breathing live actor will indicate their condition by coughing or loud breathing and should be given appropriate first aid treatment. If these signs are not present, they should be deemed unresponsive and not breathing.
35. The following applies to live patients after assessment;
 - a. If they become unconscious in the water during the test, they are deemed to be unconscious and not breathing for the remainder of the test.
 - b. If they become unconscious on pool deck they should be deemed non-breathing if they are unresponsive.

CONDUCT

36. Verbal/physical abuse and rough handling of patients is inappropriate and will be penalized. This includes swearing at or in the vicinity of patients/judges.
37. From the RLSSA Pool Life Saving Competition Handbook:

The following behaviour will result in disqualification (also refer to Section 1, 4 & 5 of the Handbook).

 - a. Receiving outside assistance, direction or advice.
 - b. Team members or spectators attempting to provide or providing outside advice/assistance or direction.
 - c. Taking any telecommunication device into security area/lock-up.
 - d. Taking any equipment or personal belongings into security area/lock-up.
 - i. (Competitors may take in hard copies of manuals or paper notes at the discretion of the SERC Coordinator.)
 - e. Using any equipment not provided as part of the competition;
 - f. Competitors who verbally or physically abusing an actor may be assigned a penalty or disqualified.

SERC COMPETITION AREA

