



## BACKGROUND

The Royal Life Saving Society - Australia (RLSSA) is committed to fostering sport as a vehicle for lifesaving participation and development, and providing pathways for athletes, coaches and managers to pursue their competitive aspirations towards the pinnacle of lifesaving sport in Australia, the Australian Lifesaving Team (ALT).

The following communique outlines key information about the tour, selection process and costs associated, for athletes, coaches and managers considering nominating for the Team.

## COMMONWEALTH LIFESAVING CHAMPIONSHIPS 2023

The purpose of RLSSA's involvement at the Commonwealth Lifesaving Championships (CLC) 2023 is:

- To provide a pathway for coaches, managers, and athletes, for exposure to international competition and to gain international touring experience;
- To provide an opportunity for networking, relationship building, and knowledge sharing with international lifesaving community;
- To support the inclusion of developing nations in lifesaving by facilitating and/or supporting sport development activities at the CLC;

Selection for the team will not only include competitive achievements but will also consider individuals' commitment and leadership in pool lifesaving.

## EVENT INFORMATION

**Date:** 13<sup>th</sup> to 17<sup>th</sup> September 2023

**Venue:** Windsor International Aquatic and Training Centre

**Event Website:** <https://www.rlsscommonwealth.org/lifesaving-sport/commonwealth-lifesaving-championships/>

**Championship Information Pack:** <https://www.rlsscommonwealth.org/wp-content/uploads/2022/10/CLC-2023-20221006.pdf>

**Competition Handbook:** <https://www.rlsscommonwealth.org/wp-content/uploads/2022/10/RLSS-Competition-Handbook-Final-October-2022.pdf>

## EVENT PROGRAM

DATE	ACTIVITY
Wednesday 13 September	Team training
Thursday 14 September	Team training, Sport Development Workshop, Opening Ceremonies, Welcome Lunch
Friday 15 September	Championship events
Saturday 16 September	Championship events, medal ceremonies
Sunday 17 September	Championship events, medal ceremonies, Closing ceremonies, banquet – St Clair College, Centre for the Arts



## CHAMPIONSHIP EVENTS

50m Manikin Carry  
100m Manikin Carry with Fins  
50 m Manikin Carry  
100 m Manikin Carry with Fins  
200 m Super Lifesaver  
100 m Manikin Tow with Fins  
Line Throw

200m Obstacle Swim  
100m Rescue Medley  
4x50 m Obstacle Relay  
4x25 m Manikin Relay  
4x50 m Medley Relay  
Aquatic SERC  
Dry SERC

All members of National and Development teams will be able to enter all individual events. Refer to the Competition Handbook for event rules and entry criteria.

## SELECTION DATES

- **19 December 2023:** Coaches and Managers nominations open.
- **15 January 2023:** Coaches and Managers nominations close.  
Athlete nominations open.
- **January 2023/APLSC:** Pathway information session – Coaches and Managers meeting/  
conclusion of Day 1.
- **30 January 2023:** Coach and Manager nominees notified of selection outcome.
- **1 February 2023:** Coaches and Managers announced
- **26 February 2023:** Athlete nominations close.
- **10 March 2023:** Athletes notified of selection outcome.
- **16 March 2023:** Athletes announced.

## RLSSA TEAM COMPOSITION

The National and Development teams will be composed of 5 male and 5 female athletes, with no cap for coaching, management, or support personnel. The Team will include:

- National Team Coach and Development Team Coach;
- Team Manager and Assistant Team Manager;
- RLSSA Athlete Liaison
- National Team: 5 male and 5 female competitors
- Development Team: 5 male and 5 female competitors
- Non-travelling reserves: 1 male and 1 female (announced)

## SELECTION PANEL

The Selection Panel will be composed as follows:

- The ALT RLSSA Collaborative Panel member as Chair;
- ALT Selection Panel representative
- For Coach and Manager selections, the RLSSA Coach Representative shall be a Selection Panel member;
- For Athlete selections, the appointed National Team Coach shall be a Selection Panel member
- ALT coaches may act as advisors for the Selection Panel.

Should a conflict of interest arise, a proxy selector will be appointed by the RLSSA National Office in consultation with the Chair of Selectors.

## SELECTION CRITERIA



Athletes will need to meet the following **eligibility criteria** for a nomination to be considered. Eligibility criteria includes both Commonwealth Championships entry criteria, and criteria required to represent RLSSA:

- Be 16 years of age on or before the date of travel, 12<sup>th</sup> September 2023
- Hold an RLSS Bronze Medallion or SLS Bronze Medallion;
- Be a current member of a Royal Life Saving State or Territory Member Organisation;
- Development Team athletes must not previously have been a member of a National Team at a Commonwealth or ILS event;
- Must have attended APLSC 2022 or 2023

Additional criteria will be considered at the discretion of the Selection Panel, including but not limited to:

- Performance at State, National or International pool lifesaving competition across all age categories, including Interclub competition;
- Selection to an ALT Pathway, ALT Youth, or RLSSA development squad;
- The benefit of exposure to international competition for athletes, coaches and managers who have the potential to progress to the Australian Lifesaving Team high performance program;
- Individual strengths that may contribute to the performance of the team as a whole;
- Demonstrated commitment to RLSSA and pool lifesaving sport;
- Demonstrated ability to lead and/or collaborate with team members including fellow athletes, coaches, managers, staff and volunteers.

The Selection Panel (for athletes) will select one male and one female athlete from the National Team to serve as team captains for the RLSSA Team. Team captains will be selected based on:

- Demonstrated leadership ability/potential;
- Capacity to act as a mentor and role model for athletes;
- Ability to liaise with coaches, managers and support personnel to ensure the maintenance of a positive team culture, morale and well-being of athletes on tour.

The full Selection Policy will be released at the time of nominations opening for athletes.

Coaches and Team Managers will be selected based on eligibility to represent RLSSA, and against the relevant position description.

### **TOUR DATES (PROPOSED)**

The following travel schedule is proposed for the RLSSA team, for planning purposes only:

Tuesday 12<sup>th</sup> September 2023: Team departs Australia

Tuesday 12<sup>th</sup> September 2023: Team arrives Ontario

Tuesday 12<sup>th</sup> – Thursday 14<sup>th</sup> September: Acclimatisation and training

Friday 15<sup>th</sup> – Sunday 17<sup>th</sup> September: Championship events

Monday 18<sup>th</sup> September – Tuesday 19<sup>th</sup> September: Recovery and team activities

Wednesday 20<sup>th</sup> September: Depart Canada



### TOUR EXPENSES (ESTIMATED)

The travel costs of the Coaches, Team Managers and Athlete Liaison Officer will be funded by RLSSA.

All athletes will be self-funded.

Estimated tour costs for athletes are detailed below. Prices are based on previous tour arrangements and expenditure, and exchange rates/supplier costs as of October 2022.

Description	Estimated
Economy airfares, Australia to Windsor, CA. <i>As of Oct 2022:</i> Depart/return Sydney: \$2600; Melbourne: \$2500; Brisbane: \$2600; Perth: \$2900 Includes airport transfers and eTA.	\$2950
Accommodation. <i>As of Oct 2022:</i> <i>Average \$105 AUD pp/per night.</i>	\$840
Registration fees (competitors) \$330CAD/\$380AUD (all inclusive), lane hire (training).	\$390
Team uniform – Including RLSSA branding & postage:	\$450
Meals and groceries. <i>Breakfast included with accommodation.</i>	\$325
Travel insurance <i>All travellers covered by RLSSA corporate travel insurance policy.</i>	\$0
Transport and excursions	\$500
<b>TOTAL ESTIMATED COST (ATHLETES)</b>	<b>\$5500</b>

### LEVIES

All athletes will be self-funded. All management personnel, including coaches and managers, will be funded by RLSSA. Where the allocated budget exceeds the cost of management personnel, RLSSA will allocate the remaining funding towards athlete expenses associated with the participating in the Championships, in order to reduce athlete levies e.g. registration fees.

Where requested, RLSSA will provide support to team members pursuing grant or funding opportunities.

### PAYMENT SCHEDULE

On accepting a selection, self-funding team members will be required to pay their tour fees via instalments.

Instalment 1: On acceptance of team selection (due date TBC)

Instalment 2: 6 weeks from selection (due date TBC)

Instalment 3: Remaining balance, 4 weeks prior to travel (due date TBC)

Further information about levy payments will be circulated with the opening of athlete nominations.

### FURTHER INFORMATION

Information about the Tour, selection process and key documents will be circulate via the National Sport Committee, RLS staff, ALT management, and published to the RLSSA website.

Please contact the RLSSA National Office for further queries: [info@rlssa.org.au](mailto:info@rlssa.org.au)