



CIRCULAR 1207

Released December 2013

2014 SLSCC Colourworks Rookie Challenge

Audience: Club Secretaries, Club Presidents, Team Managers, Surf Sports Coordinators, Club Member Services, Rookie Coordinators

Date: 2nd December 2013

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Summary	2014 SLSCC Colourworks Rookie Challenge which will be held at Terrigal Beach on Saturday 18 th January 2013.
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Surf Life Saving Central Coast proudly presents the 2014 Colourworks Rookie Challenge which will be held at Terrigal Beach on Saturday 18th January 2014.

This circular contains entry information and conditions related to the 2014 SLSCC Colourworks Rookie Challenge.

Entries are to be submitted on the Colourworks Rookie Challenge Entry Form attached.

Entries for the Colourworks Rookie Challenge must be received at the Branch office of SLSCC by Wednesday 15th January 2014.

All enquiries should be directed to Marie Ward on:
Ph: 4353 0299, Fax: 4353 0298 or E admin@slscc.com.au

I look forward to all seeing all Central Coast's club's participate in this annual fun filled, action packed event!

Regards,

A handwritten signature in black ink, appearing to read 'A. Camp'.

Aaron Camp
Director – Member Services
Surf Life Saving Central Coast



Surf Life Saving Central Coast in association with



Proudly presents the

COLOURWORKS ROOKIE CHALLENGE

@ Terrigal Beach

Saturday 18th January 2014

EVENT DETAILS:

Where: Terrigal Beach
When: Saturday 18th January 2014
Report Time: 9.30am
Start Time: 10.00am

PARTICIPANT DETAILS:

Rookie Challenge: 6 participants per team, per club (maximum of 1 team per club)

PRIZES:

Trophy for winning club,
Prizes for all entered clubs;

EVENTS:

- 1) 15 QUESTION TRIVIA
- 2) SIGNALS
- 3) RESCUE RELAY
- 4) BODY BOARD RELAY
- 5) BEACH RELAY
- 6) LIFESAVER RELAY

REQUIREMENTS:

- 1) Each Club must supply a minimum of:
 - ❖ 1 Qualified Official – needed 1 hour prior to start time.
 - ❖ 1 Water Safety – needed 1 hour prior to start time.
 - ❖ 1 Workforce member – needed 1 hour prior to start time.
 - ❖ 1 Rescue Board (Full size - Fibreglass)
 - ❖ 1 Surf Rescue Body Board and flippers (more than one pair recommended – SLSA approved flippers)
 - ❖ 1 Rescue Tube
- 2) Each Rookie must be dressed in full Colourworks Rookie Uniform, plus their club costumes and competition cap.
- 3) Each participant must be a current financial member of the Surf Club for which they are competing
- 4) Each Rookie participating in the Challenge must have completed a **minimum of twelve (12) hours of Patrol Hours** as a Rookie in the current season up to and including the 12th January 2014 (please provide patrol hours for each participant on entry form provided. This must be signed off by the buddy/Patrol Captain). **(Completed passports need to be presented 1 week prior to the event).**
- 5) Each club needs to list their official, water safety and workforce members on the nomination form.
- 6) Each Rookie must be marked by permanent marker, with a number 1 through to 6 inclusive, which will be used when randomly selecting competitors for each event.
- 7) Each member must have completed the relevant age group award (these will be checked on surf guard).

COMPETITION FORMAT:

The Colourworks Rookie Challenge will maintain a lifesaving focus, with events reflecting actual lifesaving skills.

The Challenge will be a “short-course” event, with distances of the buoys set on the day depending on beach conditions.

The challenge will be conducted under **Surf Life Saving Australia Surf Sports 34th Edition competition manual**. No abuse of competitors or officials will be tolerated and offenders will be asked to leave the beach.

The carnival referee for the Colourworks Rookie Challenge will be **advised at a later time**.

For events requiring two heats (1x 8 teams and 1x 7 teams), the heats will be as per a pre-determined random draw and will remain that way for the duration of the Rookie Challenge.

- 1) 15 Question Trivia:
 - a. Teams shall consist of five (5) members, minus the one (1) member who will do signals.
 - b. The trivia will be lifesaving focused and teams will be able to discuss their answers between each other.
 - c. Points (see below)

- 2) Signals:
 - a. One (1) team member will be selected at random to complete the signal competition.
 - b. Each participant in the signal area will be asked to perform eight (8) signals.
 - c. Signals will be the same for each participant.
 - d. Points (see below)

- 3) Beach Relay:
 - a. All 6 team members will compete in this event.
 - b. The beach relay will be run on an "up-and-back" course.
 - c. Each competitor will run 30m before rounding a turning flag and running 30m back to the start finish line.
 - d. Points (see below)

- 4) Rescue Relay:
 - a. Three team members will be selected at random to complete this task.
 - b. Each competitor will be given a leg to complete according to their number.
 - c. The three legs are: patient swimmer, tube swimmer and board paddler.
 - d. Points (see below)

- 5) Lifesaver Relay:
 - a. Three team members will be selected to complete this task, being the opposite three to which competed in the Rescue Relay.
 - b. Each competitor will be given a leg to complete according to their number.
 - c. The three legs are: runner, swimmer and board paddler.
 - d. Points (see below)

- 6) Body Board Relay:
 - a. All team members will compete in this event.
 - b. Each competitor will compete in number order.
 - c. Each competitor will round a set of cans before tagging the next competitor.
 - d. Points (see below)

POINTS:

Points will be awarded for each event as follows.

 7 points	1 st Place
 6 Points	2 nd Place
 5 points	3 Rd Place
 4 points	4 th Place
 3 Points	5 th Place
 2 points	6 th place

All other teams will receive 1 point for that event. In the event of a tie points will be added and divided by the number of tied teams. The team with the highest overall score wins.

Winners of the rookie challenge will be ineligible for random prize giveaways.

ENTRIES:

All entries must be listed on the Attached SLSA Competition entry form, complete with proficiency dates and patrol hours.

On each entry form, you must list the names of your **nominated official, nominated water safety and nominated workforce.**

Entries close at Surf Life Saving Central Coast at **close 5pm Wednesday 15th January 2014.**
PO Box 5029 Chittaway Bay 2261 or deliver to **7/4 Teamster Close, Tuggerah Business Park**

No late entries will be accepted on the day

IDENTIFICATION:

All team members are to compete in their club costumes and competition caps. When Rookies are not competing Rookies should be in full Colourworks Rookie Uniform.

All team members will be numbered 1 - 6 inclusive and will remain in that number for the duration of the Challenge.

Reserves/substitutes are not permitted unless permission is granted by the Challenge referee, where another team member is sick or has been injured. The substitute will then assume the number of the team member they have replaced.

REPORT TIME:

9:30am (sharp)

All team members and additional Rookies are to assemble in front of the Terrigal S.L.S.C where they will be briefed and welcomed to the challenge. A number of group photographs will also be taken at this point in time for the various media outlets.

Workforce to report at 9.00am

PRESENTATION:

The presentation will be held upstairs in the Terrigal SLSC at the completion of the final event of the Challenge.

All Rookies must be dressed in full Colourworks Rookie Uniform for the duration of the presentation.

SPONSOR IDENTIFICATION AND EXPOSURE:

The Colourworks Rookie Challenge is sponsored by Colourworks.

It is a condition of entry that all signage on craft, uniforms or any other equipment must not conflict with sponsor signage.

Participants in the challenge agree that their images may be used by the sponsor for promotional exposure and/or advertising.

EXPLANATION OF EVENTS:

EVENT 1 - TRIVIA:

Teams of five members will be seated around a table where they can discuss answers to trivia questions from the MC.

Questions will be lifesaving focused and will reflect scenarios out of the SLSA Training Manual (33rd Edition) and other relevant Lifesaving Questions.

Points are allocated (see above)

EVENT 2 - SIGNALS:

One member of each team will be randomly selected to complete the signal component of the Rookie Challenge.

Each participant will be asked eight (8) signal questions taken from the SLSA Training Manual (33rd Edition). These questions can come from Beach to Surf Craft, Surf Craft to Beach or Signal Flags and colours

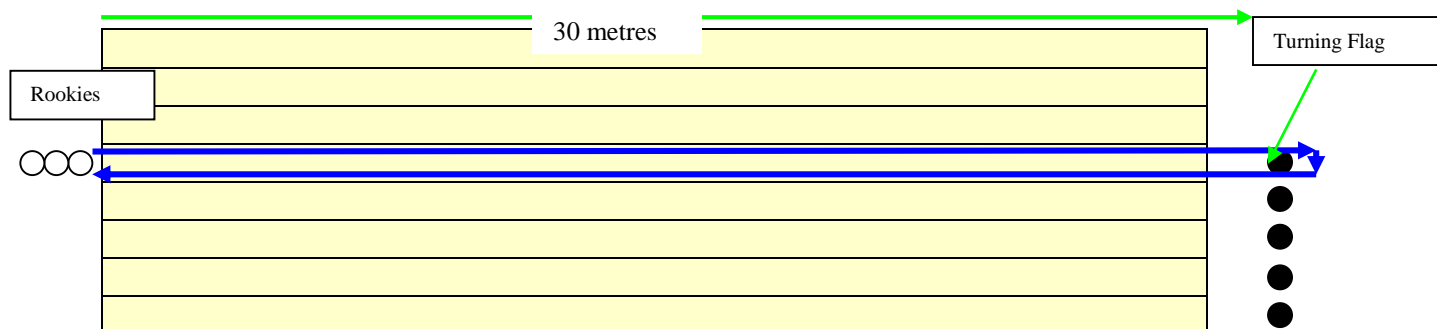
Points are allocated (see above)

EVENT 3 - BEACH RELAY:

All six members in each team will compete in this event. Each competitor will run in number order as drawn out of a hat.

Each competitor will run an 'up-and-back' course. The course will be 30 metres in length with a turning flag in each lane. Competitors will run 30m, round the turning flag in a clockwise direction, and run 30m to the start finish line where they will interchange the baton with the next competitor.

Points are allocated (see above)

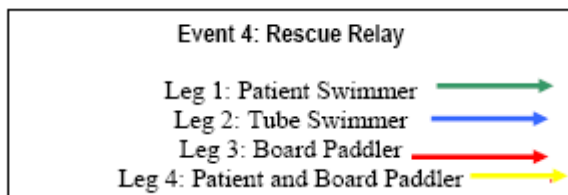
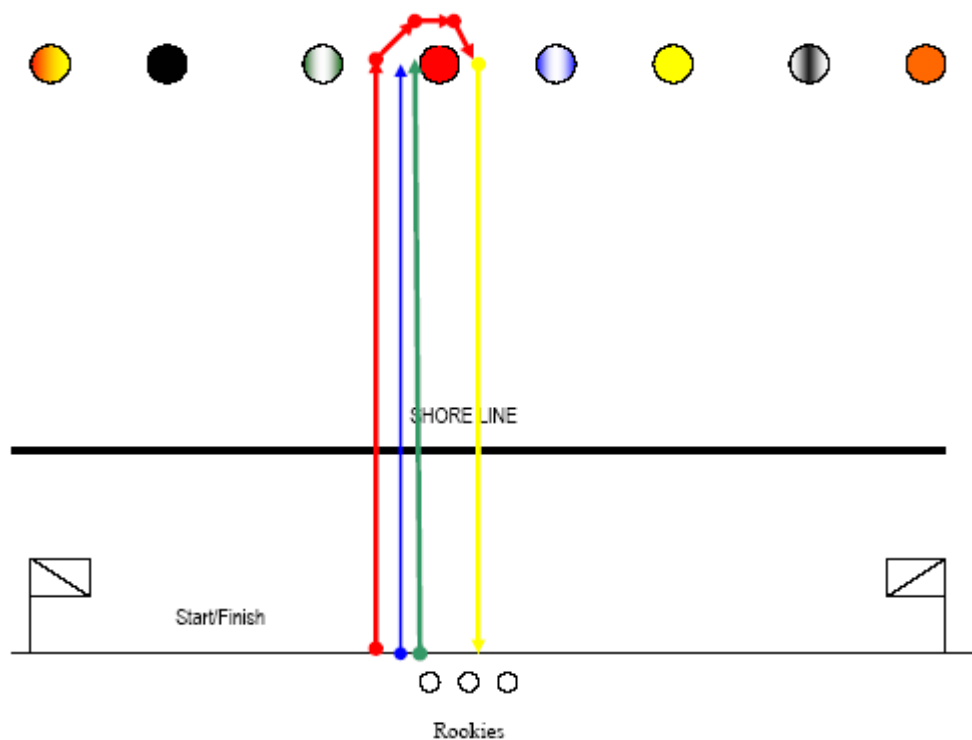


EVENT 4 - RESCUE RELAY:

Three members from each team will be randomly selected to complete this event. Each competitor will be allocated a leg of the event according to their number.

Each number will be allocated a leg of the event. There are three legs to this event (patient swimmer, tube swimmer, rescue board paddler).

- On a whistle start, patient swimmer will swim to cans;
- Upon reaching the allocated can, patient will raise one arm in the air to signal the tube swimmer;
- On seeing the signal, the tube swimmer will proceed to rescue the patient;
- Upon reaching the can and attaching the tube to the patient, the tube swimmer will raise one arm to signal the rescue board paddler (then the patient will detach the tube in order to be rescued by board paddler).
- On seeing the signal, the rescue board paddler will proceed to rescue the patient
- Rescue board paddler and patient will return to shore and finish over the start finish line both in control of the board.
- Points are allocated (see above)

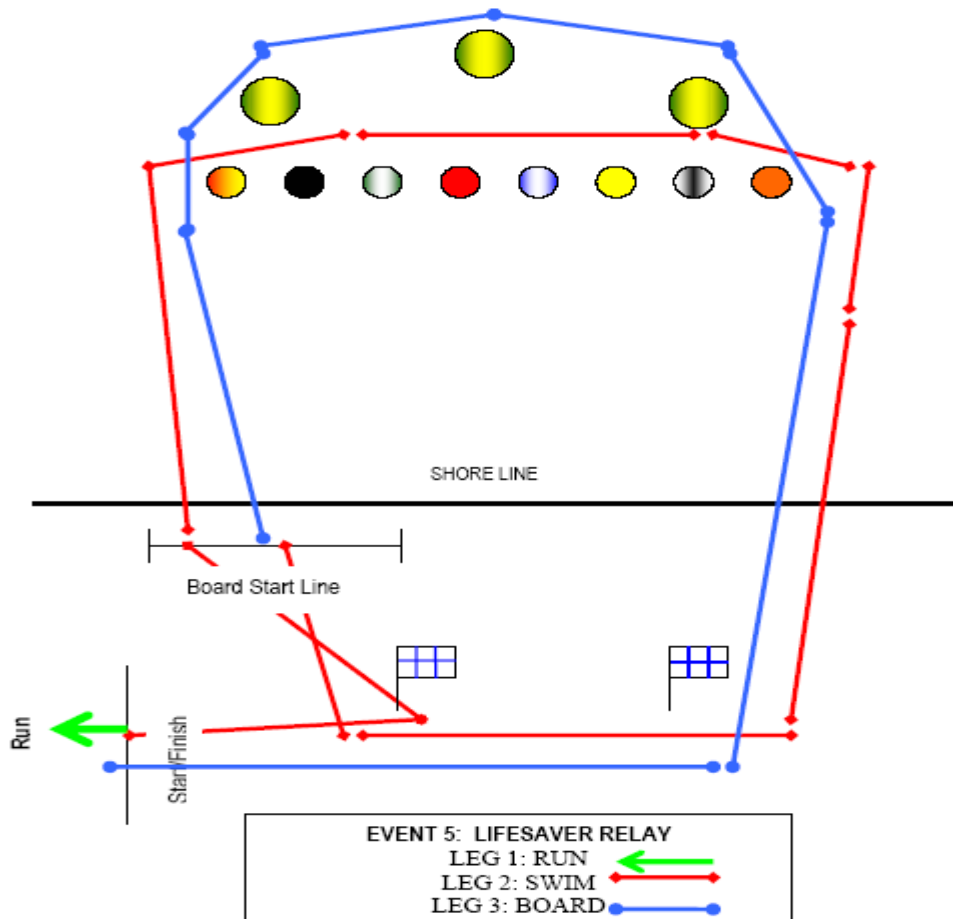


EVENT 5 - LIFESAVER RELAY:

Three team members will compete in this event. The team members will be the opposite three to that which completed the Rescue Relay (Event 3). Each competitor will be allocated a leg of the event according to their number.

Each number will be allocated a leg of the event. There are three legs to this event (runner, swimmer, rescue board paddler).

- On a whistle start, the runner will set out on a run leg which is 400m in distance, consisting of 200m south of the beach, round a turning flag, and 200m to the start/finish line;
- Runner will tag swimmer;
- Swimmer will round a turning flag and proceed around a string of cans and return to shore;
- Swimmer will round two (2) turning flags and tag rescue board paddler;
- Rescue board paddler will round the string plus an apex buoy and return to shore;
- Rescue Board paddler will dismount from board, round two (2) turning flags and run to finish line.
- Points are allocated (see above)



EVENT 6 - BODY BOARD RELAY:

Each team will consist of all six members.

The course will include all participants completing a body board paddle around swim buoys and a change over run leg. Each participant will compete in allocated number order.

- a) Prior to the race start each competitor will be required to stand on or behind the Start Line with his or her body board and flippers in hand.
- b) On the starting signal from the starter, the competitors shall enter the water with their boards and paddle around all buoys and return to the beach.
- c) To complete each leg, a competitor must be in possession of his/her board when crossing the changeover line from the seaward side whilst maintaining contact with the board. If incomplete the participant must recover board and return to the changeover line.
- d) The first paddler after completing the course, will hand over their body board to the sixth paddler who will then run with the Body Board around two poles and hand over the body board to the second paddler who will already have his/her flippers in their hand, and complete the same course as the first paddler.
- e) The Second paddler will complete the same course, but will hand over to the First paddler who will then run with the Body Board around two poles and hand over the body board to the Third paddler, who will already have his/her flippers in their hand.
- f) Third paddler will complete the same course, but will hand the board over to the Second paddler who will then run with the Body Board around two poles and hand over the body board to the Fourth paddler, who will already have his/her flippers in their hand.
- g) The Fourth paddler will complete the same course, but will hand over to the Third paddler who will then run with the Body Board around two poles and hand over the body board to the Fifth paddler, who will already have his/her flippers in their hand.
- h) The Fifth paddler will complete the same course, but will hand the board over to the Fourth paddler who will then run with the Body Board around two poles and hand over the body board to the Sixth paddler, who will already have his/her flippers in their hand.
- i) The Sixth paddler after completing the course, will tag the Fifth paddler who will run around two poles to the finish line with nothing in hand.
- j) Points are allocated (see above)

FINS/FLIPPERS:

Fins/Flippers are to be worn throughout the race providing they are put on only when they get into the water and taken off before they exit the water.

Please note that events may be subject to change.



CARNIVAL ENTRIES

For competitors/events held under SLSA Rules.
 No entry will be accepted unless accompanied by the correct entry fee and, if posted, must be forwarded to reach the Branch Office before the date notified for closing of entries.
Please print clearly or type entries.

COLOURWORKS ROOKIE CHALLENGE 2014 @ TERRIGAL SLSC

ENTRIES FROM SLSC

COMPETITORS NAME Surname (Block Letters), Given Names	Patrol Hours	PROFIENCY DATE	ROOKIE COMPETITOR	WATER SAFETY	OFFICIAL	WORK PARTY									

MEMBERSHIP CATEGORY		Reserve Active – RA Long Service – LS Associate – A Life Member - LM	Entries for all events must list the Surname and Given name of all competitors in individual and team events.
Senior – O 15-18 – J Under 16 – C			
Please Print		I Certify that all the above members are the holders of the appropriate Association's By-Laws permit, that competitors in each event comply with the Associations minimum age requirements as at 30 th September:	
Team Manager.....		Signature(Club Officer)	
Address		Date / /	
Ph (W) (H) Fax			
Endorsed by Branch			
.....			
(Branch Stamp and Date)			

