

# 39th Annual CPRA Lifeguard Games

## Lifeguarding Through the Decades

### Team Information Packet



Hosted by:



Provided by:



# Overview of Lifeguard Games

This year's games will be held on July 7<sup>th</sup>, 2024. Hosted by Hyland Hills Parks and Recreation District at Hyland Hills Water World, located at 8801 N. Pecos St. Federal Heights, CO 80260

## **Registration**

Registration will open on Friday, April 12th. Registrations will not be accepted after noon on July 2. There will be a late fee added on for any registrations after June 23.

All agencies must pre-register for the games, same day registration will not be permitted.

## **Fees**

Fees: Per team (2 teams max per participating agency)

April 12th-June 23rd - \$150 for CPRA members and \$200 for non members

June 24th-July 2nd at noon - \$200 for members and \$250 for non members

Teams will not be allowed to participate until payment is received

## **Event Schedule**

6:45 - 7:00 am	Check In
7:00 - 7:30 am	Warm up / Practice
7:15 – 7:30 am	Team Captain & Volunteer Meeting
7:30 – 10:00 am	Lifeguard Games Events
8am	Banners due at scoring table
9am	Dry activities completed
10:00 – 10:15 am	Scoring / Final Judging
10:15 am	Final Scores and Awards

## **Mission of Lifeguard Games**

The mission of the CPRA Lifeguard Games is to create an opportunity for lifeguards across the state to demonstrate their skills, teamwork, and unique abilities, while engaging in a fun and competitive day of events. This event is also presented as a team building opportunity for agencies to step away from the chaos of the summer and enjoy a day away together.

## **2024 Lifeguard Games Theme**

Lifeguarding Through the Decades

## **What to Expect**

This is a Lifeguard competition. The events are designed to challenge your team and your collective abilities to problem solve, think outside the box, communicate and work as a team. The CPRA Lifeguard Games welcomes lifeguards from multiple training disciplines including: American Red Cross, Ellis & Associates, StarGuardELITE and YMCA. Plan on completing all tasks within your team. Each event will involve two to four team members and all team members must see each situation to its conclusion.

## **Who and What to Bring**

Maximum 10 participants per team

2 Volunteers per team

2 Rescue tubes per team

Swim attire (family friendly)

Water and snacks (unopened)

Towels, sunscreen and sun protection

Do not forget your team banner - turned in to table by 8am

Positive attitude

## **Code of Conduct**

By participating, either as a competitor, judge or an observer in the CPRA 2024 Lifeguard Games, you agree to the following:

### **Treat others with respect.**

- I will not abuse, harass or threaten others. I will not make offensive comments related to gender, sexual orientation, disability, physical appearance, body size, race, or religion. I will not disrupt other people or the event. If I am feeling uncomfortable, am being harassed, notice that someone else is being harassed, or have any other concerns, I will immediately contact either a CPRA Lifeguard Games Committee Member or the CPRA Committee Chair.

### **Keep it G-rated and be mindful of your language.**

- I will not swear or make sexist, racist, or other exclusionary jokes, which may be offensive to those around me. I will behave in a way that is suitable for anyone to view, including young children.

### **Respect the venue and equipment.**

- I will keep the venue clean and tidy, and show respect for members that are using the facilities at the same time. I will let the CPRA Lifeguard Games Committee Members know if there are any issues.

### **Follow the competition rules.**

- I will follow all the competition rules laid out both in the competition packets and at the event. I will notify one of the CPRA Lifeguard Games Committee Members if at any stage I am unclear on the competition rules.

### **Remember that the CPRA Lifeguard Games Committee is in charge and has put a lot of effort into organizing a great event.**

- I will not engage in any behavior that violates this code of conduct. I understand that the CPRA Lifeguard Games Committee may take any action they deem appropriate, including warnings or expulsion from the event. I understand that if I am removed from the event due to inappropriate behavior, I will no longer be eligible to compete at CPRA Lifeguard Games in the future.

## **Rules of the Games**

- Registration is on-line only and payment is due at time of registration, same-day registrations are not allowed.
- All participants must be currently working a minimum of ten hours per week as a lifeguard for their agency
- All registered teams must participate in all events, teams failing to compete during the games will be subject to forfeiting their chance to compete in future games
- Agencies may register up to 2 teams and each team may only have one entry per event (one team consists of 10 participants and two volunteers)
- Events will be heated randomly and are timed finals.
- Prizes will be given to teams that place first through third overall
- Each agency MUST bring two volunteers.

# Events

## **Event 1 - Spirit Competition (Video and Banner)**

**Video Submissions due by Sunday June 23**

**Banners due to scoring table by 8am day of Lifeguard Games**

Lifeguarding through the decades: Show us your passion for lifeguarding and how it has changed at your facility through the years and show us at least one lifeguard skill from your certification. Show us your team spirit with a team banner or flag that will be presented during a 1 minute video skit and then hung along the fence of Thunder Bay for the duration of the games. Teams will be limited to a 1-minute 15 seconds video. Points will be deducted for going over the 1-minute 15 second time limit. Flags and banners may not be larger than 6ftx12ft and should have grommets for displaying. Teams will receive extra points for bringing their banner or flag with them the day of Lifeguard Games.

## **Water Events - Completed in the Following Order**

### **Event 2 - Strip and Boogie**

Teams of four will compete in this relay to see who's the fastest when it comes to swimming with a shirt while paddling an innertube. Swimmers will have to wear the provided shirt while swimming. The first lifeguard will start in the shallow end and swim to their teammate where they will need to remove the shirt and the next lifeguard must put it on completely before swimming to their next teammate. The Lifeguard must also exit the innertube and the teammate must get on the innertube through the middle hole of the tube. Teams will be penalized 10 seconds each time for not wearing the shirt completely, losing their innertube, or getting on the innertube incorrectly. This event will make you think twice before guarding in a sweatshirt!

### **Event 3 - Rescue Tube Relay with Waves**

This event starts in the shallow water of Thunder Bay. The first team member must swim with a rescue tube underneath their arms and across their chest to the exchange point. A 15 second penalty occurs each time the participant loses contact with the rescue tube. Once the participant reaches the exchange point, the rescue tube must be handed to the next team member, where they will swim the next leg. The clock stops when the last swimmer crosses the finish line at the beachfront.

### **Event 4 - Inner Tube Relay**

This event starts in the shallow water of Thunder Bay. The first team member must be on the innertube with the rear in the middle of the tube and arms and legs outside of the tube. A 15 second penalty occurs each time the participant loses contact with the Inner tube or does not fully sit in the innertube with bottom in the middle. Once the participant reaches the exchange point, the participant must exit the tube and hand it off to the next participant. The new participant must get on the inner tube fully with bottom in the middle and all arms and legs out of the middle of the tube. The clock stops when the last swimmer crosses the finish line at the beachfront.

### **Event 5 & 6 - Fastest Male and Fastest Female Lifeguard**

This event will take place in the waves of Thunder Bay. Each team will select one member to participate. Participants will start in the shallow end of the bay and waves will be started, once waves have been started a horn will sound. First male (event 5) and first female (event 6) to cross the red line wins. Swimmers must exit at

the stairs in the deep end and should not swim all the way to the back wall. This event does take place in Thunder Bay so please use caution. No points will be awarded for this event; the fastest swimmers will receive a special prize.

## **Dry Events - Completed on Your Own Time, by 9am**

### **Event 7 - Photo Challenge**

Be a part of the photo challenge! This activity is a great way to earn some extra points during the event and make some new friends along the way. Teams will be given a QR code to upload photos and photo challenges on their day of event packet. Each photo earns your team points! Teams will scan the QR code, complete the form and upload photos - if you are an agency bringing multiple teams, make sure your team knows who is team 1 and team 2.

### **Event 8 - CPR with Prestan**

CPR is a team effort and this event will do just that! There will be four (4) lifeguards for this event. Each team will have a Prestan manikin with green/red indicator lights. When the volunteer/judge says "Go", a two (2) minute timer (started by the volunteer) for CPR will begin. The first teammate will do 30 seconds of CPR with the correct depth & compression rate & making sure the double green light is showing on Prestan. After 30 seconds the volunteer will say "30 seconds", the next teammate waiting in line, will then run up to the victim and with proper communication and timing take over for the first teammate who had started doing CPR. Each teammate will rotate out every 30 seconds until all 4 teammates have done CPR.

### **Event 9 - Crash Bag Catastrophe**

There is a crash bag filled with all the equipment needed for several scenarios. Once the judge starts time, the team must read scenarios and then gather all the materials in the bag that are needed for each scenario. Once all materials are divided correctly for each scenario, time stops.

### **Event 10 - Scanning**

New event for 2024! This event will take place in the catch pool of the River Country slides (slightly south east of Thunder Bay) We want to see you scan your zone like a pro! Zone parameters will be defined in white slide catch pool. One teammate will be given a prompt and then scan the area for 15 seconds, a second teammate will rotate in and be given another prompt with an additional 15 seconds to scan. Both teammates will report their findings individually and be given a score individually.

### **Event 11 - Backboarding**

This event gives each team a chance to show off in-line stabilization skills! Each team will consist of four participants: 1 victim, 1 primary responder & 2 secondary/tertiary responders. Teams will be judged using the same criteria regardless of your certifying agency! You must work together as a team to perform the appropriate rescue and extract the victim & begin appropriate care once on the deck. Judges will prompt lifeguards on the condition of the victim throughout the scenario. Scoring criteria will be provided to the agency upon registration. All back-boarding scenarios will be judged during your assigned station at the shallow end of Thunder Bay (near the Pepsi logo).

# Scoring

## Spirit Competition

Video - submitted by end of day on Sunday June 23 - (up to 6 points)

- 2 points - team banner is shown
- 2 points - your interpretation of the theme Lifeguarding Through the Decades
- 2 points - at least one lifeguard skill

Banner - turned into the scoring table by 8am day of lifeguard games (5 points)

- Has your agency represented and your interpretation of the theme Lifeguarding Through the Decades

## Water Events

Strip and Boogie, Rescue Tube Relay and Inner Tube Relay (Up to 10 points per event, scoring based on all times across all heats)

- 10 points to 1st place team down to 1 point for 10th place
- No points awarded for any place after 10th place
- In the event of a tie, both teams will receive the same number of points based on the place they got, scoring will then skip down to the next place based on how many teams tied
- Some events have a time penalty - see event descriptions for specifics

Fastest Male and Fastest Female Lifeguard (no points awarded)

- First person to cross the red line is declared fastest lifeguard
- Individual will receive a special prize

## Dry Events

Photo Challenge (up to 9 points)

- 3 points per photo and a total of 3 photos possible
- Photos must be submitted using the QR code and form completed properly
- Photos need to be submitted by 9am

CPR with Preston (up to 10 points)

- 1 Point deducted for every red light

Crash Bag Catastrophe (up to 10 points)

- One point deducted for missed or incorrect items

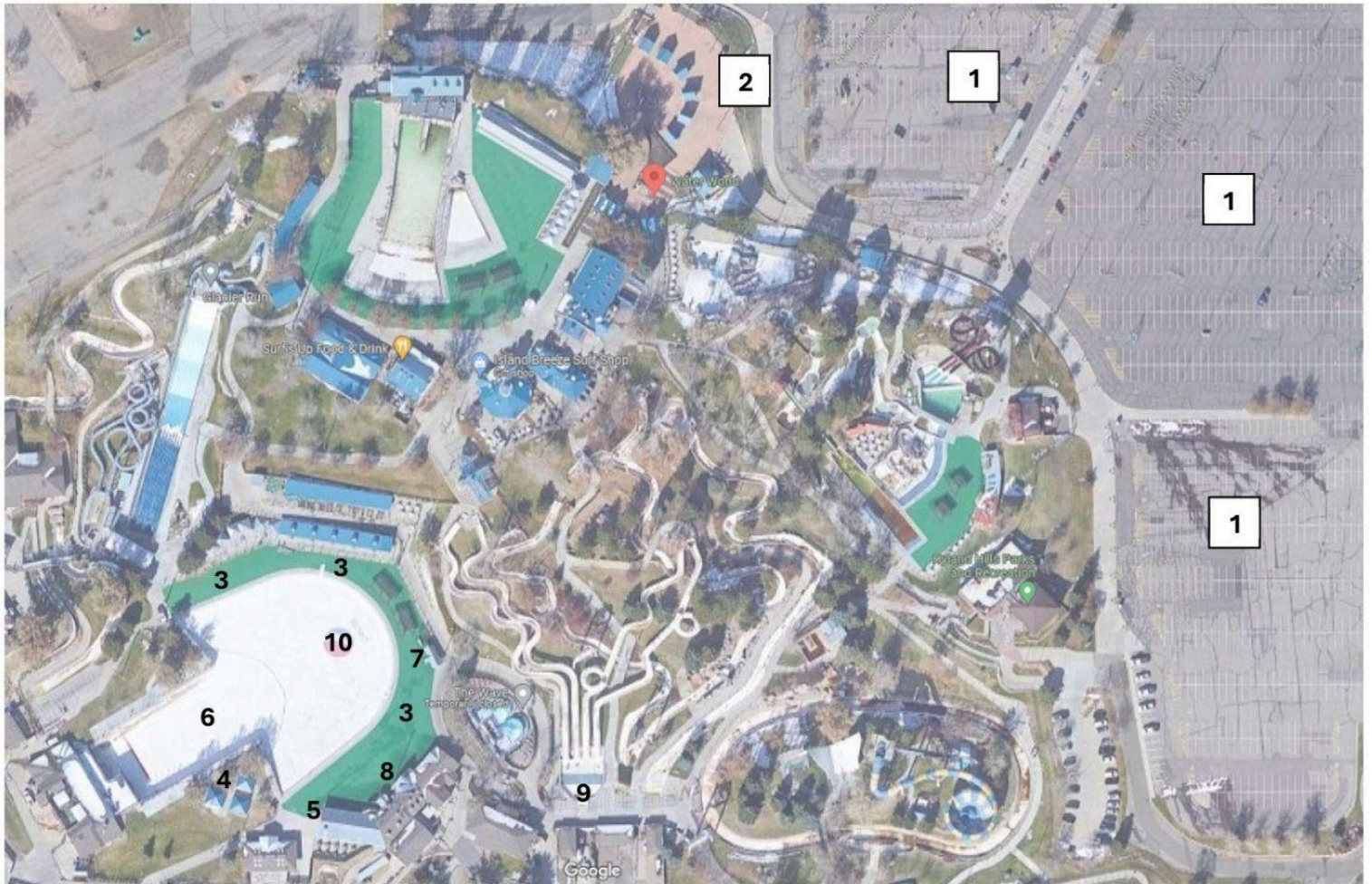
Scanning (up to 10 points - 5 points per teammate)

- 2 points awarded for correctly answering first prompt
- 3 points awarded for correctly answering second prompt

Backboarding (up to 10 points)

- Points deducted for skills out of order or missed

# Event Map



- |                       |                           |
|-----------------------|---------------------------|
| 1 – Team Parking      | 6 – Water Events          |
| 2 – Team Entrance     | 7 – CPR with Prestan      |
| 3 – Team Spaces       | 8 – Crash Bag Catastrophe |
| 4 – Scoring Table     | 9 – Scanning              |
| 5 – Volunteer Meeting | 10 – Backboarding         |