

Lifesaving Competition 2024-2025



Champion Lifesaver

Patrol Competition

First Aid Competition

Individual event

- Aim is to demonstrate the physical, lifesaving and knowledge required by a lifesaver
- U14, U15 - SRC
- U17 + BM

3 Sections

1. Physical Skills

- Surf Race
- Board Race
- Beach Sprint
- Rescue Tube Race

2. Theory Paper

- 40 questions based on PSAR35
- 3. Practical Resuscitation
 - Live Patient Assessment
 - One person CPR on Manikin

Team Event

- Aim is to demonstrate how lifesavers work as a team performing all the skills associated with surf rescue patrol operations
- U17 - 4 person team, all must have BM & ARTC
- Open - 6 person team, all must have BM & ART plus 1 IRBD & 1 IRBC or 2 x IRBD

4 Sections

1. Physical Skills

- Surf Teams
- Board / Tube rescue relay

2. Theory Paper

- 20 questions

3. Resuscitation

- Live patient
- Manikin CPR

4. Patrol Scenario task

Team Event

- Aim is to demonstrate a high standard of First Aid prowess
- U15 SRC
- U17 + BM
- Teams of 2 persons, can be mixed gender
- Event is held within a set simulated accident scenario with multiple patients and injuries
- Teams have a set time limit to treat all patients
- Teams are judged on appropriateness and effectiveness of treatments



More Information?

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