To: GRPA Athletic/Aquatic Network
From: Clayton County Aquatics Team
Date: 5/1/2023
Re: Summer Lifeguard Competition

We are hoping for the 2023 Summer Lifeguard Competition to be a fun event that can continue to grow and resonate with all of the Aquatics agencies in GRPA. It will be hosted by Clayton County’s Parks and Recreation Department at the Spivey Splash Waterpark on Monday, July 10th, 2023 from 10:00am - 3:00pm. Food will be provided for all teams after all competition events. We hope to see you there!

Make checks payable to GRPA and send to the GRPA offices at:
GRPA
1285 Parker Rd.
Conyers, GA 30094
Attn: Lifeguard Competition 2023

If anyone has any questions, please reach out to me and I will do my best to provide any clarity that is needed.

Sincerely, Vincent McPherson

Clayton County International Park
2300 Walt Stephens Rd
Jonesboro, GA 30236
(770) 473-3998 (office)
(678) 215-8913 (cell)
vincent.mcpherson@claytoncountyga.gov
GRPA

Summer Lifeguard Competition 2023

Location    Date
Spivey Splash Waterpark    Monday, July 10th, 2023
2300 Walt Stephens Rd
Jonesboro, GA 30236

REGISTRATION INFORMATION

- Registration deadline is Wednesday, June 28th, 2023.
- No refunds will be made after July 7th.
- There will be a limit of 16 teams. A minimum of 6 teams is needed to conduct this event. Please see the last page of this packet for the registration form.

TEAM FEES

$75.00 per team (GRPA Agencies)

$100.00 per team (Non-GRPA Agencies)

Please make check out to GRPA

Mail to:    GRPA
1285 Parker Rd.
Conyers, GA 30094
Attn: Lifeguard Competition 2023
TEAMS

- Each team must consist of at least four (4) members with one member being a female, or you may have six (6) members with at least two being female.
- Each team must provide the following:
  - At least one (1) individual to serve as a timer/official during the events
  - At least one (1) Lifeguard to assist with surveillance and potential emergencies during the events
  - At least one (1) box of gloves
  - Their own hip packs and ventilation masks for each team member
- All team members must hold a current lifeguard and CPRO/First Aid/AED certification by the American Red Cross, Ellis and Associates, Star-Guard or other certifications recognized by GRPA.
- A copy of each team member’s current certification must accompany the registration form.
  - Rosters and certifications can be brought on the day of the competition
- Changes can be made to the team roster up to the day of the competition — provided they are employed staff members and proof of employment and current certifications are provided to official staff BEFORE the competition begins. Teams may include alternate representatives on their roster, and the alternate(s) must meet the same requirements as active/participating team members.

GENERAL

Transportation, lodging and food (before and during the competition) are the responsibility of each team, not the host agency. Lunch will be provided for each team member, coach, and judge. It is recommended that teams bring chairs, snacks, sunscreen, beach shoes/sneakers and a cooler with ice/drinks.

T-shirts and awards will be presented provided that enough teams register to cover expenses and adequate sponsorships are found. Team members, coaches, and judges will receive a t-shirt. The first-place team will receive a team trophy. Medals will also be provided for the 1st, 2nd and 3rd place teams (should funds allow).

OFFICIALS

The designated lifeguard competition judges will be responsible for all accounting, recording, and officiating of the events. In the case of a protest, the GRPA Lifeguard Competition committee that is present will be allowed to work together to make a final decision.

Penalties / Infractions:

Cheating will not be tolerated. Any team observed deliberately violating event rules during any event of the competition will be disqualified from that specific event.

Each event will have its own set of rules for Penalties and Infractions.
SUMMER COMPETITION SCHEDULE (subject to change)

Check-In: 9:30AM – 9:55AM

Games Begin: 10AM – 2:45PM

Lunch and Awards Presentation: 3:00a - 4:00p

*NOTE*

All events are subject to change/modification – but events will be finalized and descriptions will be sent out at least one week prior to the competition.
 Lazy River “200” Free Swim Relay
4 members from each team will participate with one being female. Two Teams will compete at a time. One member will start at the designated start line, already in the water. The race will start on the designated signal and the two swimmers will begin to swim freestyle for approx. 25-meters. After swimming the designated distance, the next team member will start when they are tagged by the previous team member. The individual race is over when the last member of both teams crosses the designated finish line. A 30-sec penalty will be given when a team member starts to swim before the previous swimmer tags them.

CPR Scenario
3 team members from each team will participate with one being female. This event will be conducted by an LGI certified official. The team will be guided through a scripted CPR scenario. The team will be graded on how well they respond and perform the necessary skills according to the scenario.

The scenario will follow American Red Cross guidelines and the team will be scored according to the Scenario Score Sheet. For details and criteria of CPR Scenarios, please view Score Sheet after events description pages.

AED Hercules Hoist
4 team members from each team will participate with one being female. Two teams will compete at a time. Each team will be stationed at the top of the slide tower. The event will start at the designated signal. Each team will work to pull a 20lb/25lb Rescue Bag, approx. 30ft., to the top of the slide tower as fast as they can. Time will stop once the team grabs the bag and places it on the deck at the top of the slide tower.

All members of a team must be actively pulling the rescue bag to the top of the tower. Teams must stay on their designated sides of the deck during the event. 30 second penalties will be given for the following: (a.) if any member of your team intentionally attempts to disrupt or stall the other team, (b.) any member of your team is deliberately and visibly not actively pulling the rope once the time has started, and/or (c.) a team does not grab the rescue bag, bring it over the rail, and place the bag on the deck.

Teams will have a hard 2min:30sec time limit to complete the event. If a team is unable to pull the bag to the top by the time limit, they will be told to stop the event and receive a time score of 2:30. If a team drops the rescue bag down and it falls all the way to the ground, they will automatically be disqualified and receive a “Did Not Complete (DNC)” as their time score.
**Shallow Spinal w/ In-Water Back Boarding**

3 team members from each team will participate with one being female; two members will perform the rescue with the third playing the role of victim. This event will be conducted by an LGI certified official. The team will be given a shallow water spinal rescue scenario. The rescue will be a face-down, submerged victim in 3.5-4 feet of water. The team will be graded on how well they respond and perform the necessary skills according to the scenario. *Teams will also be timed to use for tiebreaking purposes when tallying total points for final results*

The scenario will follow American Red Cross guidelines and the team will be scored according to the Scenario Score Sheet. For details and criteria of the Shallow Water Scenario, please view Score Sheet after events description pages.

**Capture the Flag**

All team members from each team will participate in this event. All teams will participate at the same time for this event.

There will be a designated number of “flags” set out approx. 15-20ft. from the starting point. Teams will designate one member to begin at the starting point lying flat on their back. At the sound of the start signal, the team member will quickly get to their feet and run to grab an available flag. The round is over when all the flags are grabbed. The team that is unable to grab one, will be eliminated. If your team makes it to the next round, a different team member must be designated to participate in the next round. The event is over when all other teams are eliminated and one team has “captured the flag”.

In the event that two teams grab a flag “at the same time” the two members will return to the starting point and re-race for the flag. If any team commits a false start, the round will be redone. If the same team commits two false starts in a row, they will be disqualified from the event. If any team is observed not rotating their team members (if the same person on your team is seen competing in back-to-back rounds) that team will be disqualified.

**Spivey Splash Obstacle Relay**

4 members from each team will participate with one being female. Two teams will compete at a time. One team member will start at the designated relay start point. The team member will race through the designated obstacles within their leg of the relay race. Once through the obstacle, the team member will race and tag the next member of their team. The race is completed when the last member of both teams crosses the designated finish line.

30-sec penalties will be awarded for the following: (a) if a member does not complete the obstacle in their leg of the relay, (b) a team member starts their leg of the relay before being tagged by the previous member.
**SCORING:**

(1st) - 7pts, (2nd) - 6pts, (3rd) - 5pts, (4th) - 4pts, (5th) - 3pts, (6th) - 2pts, (7th) - 1pt, (8th or lower) - 0pts

**Tie Breaker:**

If any of the final top three (3) teams are tied with the same score at the end of the competition, the final placement will be determined by combining the times of the AED Hercules Hoist, Lazy River Free Relay, and Obstacle Relay and the team with the fastest time will be declared the winner.

In the event that Two or more teams are still tied after the initial tie breaker method is used, the tied teams will compete in a designated event chosen by the GRPA Lifeguard Competition committee (should time allow).
## In-Water Spinal Back Boarding Score Sheet

(Please Print Team’s Name)

<table>
<thead>
<tr>
<th>Item</th>
<th>Proficient</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activating EAP and Entering Water Properly</td>
<td>1. Primary Rescuer Activates EAP and clears pool area</td>
<td>________/2</td>
</tr>
<tr>
<td></td>
<td>2. Primary Rescuer performs Slide-In Entry and approaches victim</td>
<td></td>
</tr>
<tr>
<td>Provide &amp; Maintain In-Line Stabilization</td>
<td>1. Moves Victim’s arms to a secure position against victim’s head.</td>
<td>________/4</td>
</tr>
<tr>
<td></td>
<td>2. Equal pressure on both arms maintained throughout rescue</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. Primary lifeguard maintains in-line stabilization while awaiting assisting responder</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4. Assisting lifeguard enters the water w/ backboard</td>
<td></td>
</tr>
<tr>
<td>Victim’s face remains out of the water</td>
<td>1. Victim’s face does not re-submerge while in lifeguard’s care</td>
<td>________/2</td>
</tr>
<tr>
<td></td>
<td>2. Mouth and nose remain above water throughout spinal procedure</td>
<td></td>
</tr>
<tr>
<td>Move Victim to safe location to</td>
<td>1. Moves victim to shallow water if safe and possible</td>
<td>________/1</td>
</tr>
<tr>
<td>Position Victim on the Backboard</td>
<td>1. Team Works in coordinates/communicates to properly position the backboard underneath the victim</td>
<td>________/3</td>
</tr>
<tr>
<td></td>
<td>2. Backboard is raised to support the victim’s head with the head aligned with the backboard’s head space.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. Victim’s body is positioned and maintained on the backboard.</td>
<td></td>
</tr>
<tr>
<td>Secure Straps</td>
<td>1. Straps the only strap under arms and across the chest.</td>
<td>________/3</td>
</tr>
<tr>
<td></td>
<td>2. Straps are tight, and once the straps are secured, they are rechecked.</td>
<td></td>
</tr>
<tr>
<td>Immobilize victim’s head</td>
<td>1. Head immobilizers are placed to immobilize the victim’s head.</td>
<td>________/2</td>
</tr>
<tr>
<td></td>
<td>2. Head strap is secured across the victim’s forehead.</td>
<td></td>
</tr>
</tbody>
</table>
Score Sheet:
(Please Print Team’s Name)

Multiple Rescuer CPR Scenario  Score %: (                  )

<table>
<thead>
<tr>
<th>Item</th>
<th>Proficient</th>
<th>Points</th>
</tr>
</thead>
</table>
| **Activate EAP and Begin Primary Assessment**                        | 1. Primary Lifeguard surveys the scene  
2. Primary puts on gloves before checking for responsiveness  
3. Primary checks for responsiveness  
4. Primary designates for 911 to be called when victim does not respond  
5. Primary begins checking for pulse and breathing | _______/5 |
| **Primary Begins CPR**                                              | 1. Primary begins CPR w/ compressions  
2. Primary ensures airway is fully open during ventilations | _______/2  |
| **Assisting (2nd) Rescuer Arrive on Scene**                         | 1. Assisting rescuer arrives on scene and checks if 911 has been called  
2. Assisting rescuer joins CPR scenario | _______/2  |
| **Assisting Rescuer (3rd) Rescuer Arrives on Scene**                | 1. Assisting Rescuer arrives on scene with AED and BVM and checks if 911 has been called  
2. Assisting Rescuer joins CPR scenario starting with setting up the AED | _______/2  |
| **Team Uses AED and BVM**                                           | 1. Rescuer turns AED on  
2. Rescuer places AED pads on victim without disrupting CPR process  
3. Rescuer ensure everyone is standing clear when AED begins analyzing  
4. After AED declares continuation of CPR, team resumes 3-Person CPR with BVM  
5. Team ensures BVM is sealed and airway remains open during ventilations | _______/5  |
| **Team Performs at Least One(1) Switch During 3-Person CPR Portion** | 1. Team performs proper/effective communication  
2. Team switches so that the Primary is no longer performing their original task  
3. No team member crosses the body during the switch (No one steps over the upper or “lower” body of the victim during switch)  
4. There is no longer than a 10-second pause in CPR | _______/4  |
GRPA Winter Lifeguard Games

Registration Form

Agency: _____________________________

Agency Contact: (Name)______________________________

(Email):__________________________________________

(For email updates about the competition)

Team Captain: __________________________

Team Name: ________________________________

Day-of Contact: (Name)__________________________  (Phone)________________

If you are bringing more than one team, please fill out a form for each team.

# of competitors for team: __________________________

# of spectators for food orders ($5 extra per spectator): _______________________

What additional equipment can your team bring for the competition?

___ Spinal Backboard
___ Adult CPR Manikin
___ Other: ______________________

Please email this form to Vincent McPherson at vincent.mcpherson@claytoncountyga.gov and have your payment sent to GRPA by June 28th, 2023. We look forward to a fun competition!