

# Commonwealth Lifesaving Team - Circular

Title:	2025 RLSS Commonwealth Lifesaving Team Selection Information
Document ID:	Circular 1 – 12.2024
Audience:	Royal Life Saving athletes, coaches and managers, State/Territory Member Organisations Sport Officers, Managers and Directors
From:	RLSSA National Manager – Lifesaving Development
Date:	10-12-2024
Summary:	This Circular contains the relevant information to support selection of the Australian Life Saving Team (ALT), its Coaches and Managers for the RLSS Commonwealth Lifesaving Championships in July 2025. This is a non-capped tour. <a href="#">Coaches Expression of Interest Form</a> - completed by <b>11:59pm on 5 January 2025</b> . <a href="#">Managers Expression of Interest Form</a> - completed by <b>11:59pm on 5 January 2025</b> . <a href="#">Athlete Expression of Interest Form</a> - completed by <b>11:59pm on 17 January 2025</b> .

## SUMMARY

The RLSS Commonwealth Lifesaving Team is still enjoying the success from the clean sweep of the point score in both the National and Development RLSS Commonwealth Lifesaving Championships 2023 in Windsor, Canada.

The 2025 RLSS Commonwealth Lifesaving Championship will be held in Swansea, Wales and is sure to be a fantastic celebration of showcasing to the world, the breadth and depth of talent here in Australia.

Both a National Team and Development Team will be selected to compete from the 10<sup>th</sup> to the 13<sup>th</sup> of July.

Selected team members will compete as the Australian Life Saving Team which is a shared venture between Royal Life Saving Australia and Surf Life Saving Australia.

## ELIGIBILITY

### Coaching and Management Team

In addition to demonstrating competency in their relevant position descriptions, the following criteria applies for coaches and managers:

- Be a member in good standing with the RLSSA and be a member of the relevant State / Territory Branch and/or their RLSSA Club
- Hold and maintains a valid Working with Children Check
- Have demonstrated a history of adherence to RLSSA policies and the Code of Ethics
- Have the ability to work collaboratively with others towards common goals, maintain confidentiality and resolve disputes professionally
- Complete induction materials
- Coaches will need to hold the relevant RLSSA Coaching Accreditation (or equivalent):
  - National Team Coach – High Performance Coach Level 3
  - Development Team Coach – Development Coach Level 2 or higher

### Team

Athlete eligibility is outlined in detail in the [ALT Selection Guideline 2025/2626](#).

In addition to other listed eligibility requirements, the following criteria applies for both the National and Development Teams:

- Be 16 years of age on or before the 31 December 2025. There is no maximum age
- Hold an RLSS Bronze Medallion Award or equivalent

- Be a current member of a Royal Life Saving State or Territory Member Organisation
- Competed in APLSC 2024 and/or 2025

Development Team (only):

- Athletes must not previously have been a member of an Open National Team at a Commonwealth or ILS sanctioned event.
- It is desirable for athletes to be age appropriate for the U/19 Youth competition at the following Lifesaving World Championships.

For all athletes that apply, recent performance trajectory (within 2 years) will be considered.

## TOUR COMPOSITION / SIZE

### Support Personnel

1 National Team Coach  
 1 Development Team Coach  
 1 Manager  
 1 Asst. Manager  
 1 CEO Delegate

### Teams

The National Team comprises of 10 athletes, 5 male and 5 female.

The Development Team comprises of 10 athletes, 5 male and 5 female.

There will be 2 non-travelling reserves named, 1 male and 1 female.

The following events will comprise the Commonwealth Lifesaving Championships Program

Events	Team Maximums Per Event
200m Obstacle Swim	2 competitors
50m Manikin Carry	2 competitors
100m Rescue Medley	2 competitors
100m Manikin Carry with Fins	2 competitors
100m Manikin Tow with Fins	2 competitors
200m Super Lifesaver	2 competitors
12.5m Line Throw	2 competitors
4 x 25m Manikin Relay	1 team (4 competitors)
4 x 50m Obstacle Relay	1 team (4 competitors)
4 x 50m Medley Relay	1 team (4 competitors)
Aquatic (Wet) SERC	1 team (4 competitors)
Non-Aquatic (Dry) SERC – individual	5 male and 5 female

## TEAMS POINT SCORE

Athletes are required to compete at a minimum of heats and finals (depending on events) and each event is scored in the following way.

1st	20 points		9 <sup>th</sup>	8 points
2 <sup>nd</sup>	18 points		10 <sup>th</sup>	7 points
3 <sup>rd</sup>	16 points		11 <sup>th</sup>	6 points
4 <sup>th</sup>	14 points		12 <sup>th</sup>	5 points
5 <sup>th</sup>	13 points		13 <sup>th</sup>	4 points
6 <sup>th</sup>	12 points		14 <sup>th</sup>	3 points
7 <sup>th</sup>	11 points		15 <sup>th</sup>	2 points
8 <sup>th</sup>	10 points		16 <sup>th</sup>	1 point

### KEY SELECTION EVENTS

- 2023/24 SLSA & RLSSA respective State Championships
- 2024/25 Australian Pool Life Saving Championships
- 2023/24 SLSA Australian Pool Rescue Championships
- 2023/24 International Life Saving events (pool only)
- 2024 Life Saving World Championships

### EXPRESSIONS OF INTEREST

All Coaches and Managers wishing to be considered for selection must complete the Expressions of Interest form by no later than **11:59pm on 5 January 2025**. [Coaches Expression of Interest Form](#)  
[Managers Expression of Interest Form](#)

All athletes wishing to be considered for selection must complete the [Athlete Expression of Interest Form](#) by no later than **11:59pm on 17 January 2025**.

### TEAM ANNOUNCEMENT

The Australian Life Saving Team selected to represent Australia in both the National and Development Teams competition will be announced on **30 January 2025**.

### COLLABORATIVE PANEL

The Collaborative Panel is made up of SLSA and RLSSA Operational Staff Members. The role of this Panel is to provide governance to the appointment and selection process. They also appoint the Selection Panel.

### SELECTION PANEL AND COLLABORATIVE PANEL

The Selection Panel is made up of a chair along with two panel members. SLSA and RLSSA are represented on this panel. The Coaching Team selected for the RLSS Commonwealth Tour will sit with the Selection Panel in an advisory role.

### TEAM CAMPS AND MEETING AVAILABILITY

Team meetings will begin early February. There will be no Team Camps for this tour.

### TEAM LEVY

As a self-funded tour, a team levy of \$6940 will be applied for members selected for both the National and Development Teams. Athlete levies may be reduced should the Team successfully secure sponsorship funding and/or successfully fundraise.

Athletes are encouraged to actively fundraise and seek support from their club, branch and/or individual grants. Where requested, ALT will provide support letters to team members pursuing grant or funding opportunities.