
For all Team Managers, Coaches and Competitors, please read carefully.

1. For both SERC and CPR competitors compete in the draw order as per the program.
2. An announcement will be made over the announcing system to call competitors to security for each team event (and advise them of its closing time) at which time competitors are requested to proceed immediately to the security area. Closing of lock-up **is not** dependent on everyone being in lock-up but on the closing time. Any team members not in security by closing time will not be permitted to compete.
3. Only officials and those competing in the event will be permitted to enter SERC security.
4. Marshalling: SERC marshalling takes precedence over CPR. The main action of teams affected are:
 - a. The competitor/s must not leave the CPR marshalling area without the prior permission of the CPR marshal.
 - b. The other team members in SERC marshalling (or a team official if all team members are affected) should inform the SERC marshal which team members are in CPR marshalling.

If a competitor is already in the CPR marshalling area when their SERC event is called, they **MUST** advise the CPR Marshall who will then make arrangements to release the affected competitor/s to SERC marshalling. The CPR and SERC marshals will co-ordinate the movement of affected competitors and inform the competitors of the actions to be taken so that they may complete both events. The marshals (both SERC and CPR) may determine time is available for the competitor to undertake the CPR before entering SERC lock-up. However, if competitors have not competed in the CPR event prior to competing in SERC, then they must return to the CPR area immediately after they have competed in SERC.

5. Competitors should enter SERC security wearing their swimming costumes and any other clothing necessary to keep them warm in an air-conditioned area. Baskets will be provided at the entrance to the competition area for all clothing, except for swimming costumes. These baskets will be collected by competitors at the side of the pool following completion of the test.
6. No personal belongings or equipment are permitted in either the SERC or CPR competition/security area (e.g. watches, jewellery, goggles, masks and fins). Competitors may take in hard copies of manuals or paper notes at the discretion of the SERC & CPR Coordinators.
7. No mobile phones or any electronic communication device of any kind will be permitted in the security/competition area.
8. Competitors are not permitted to wear goggles or masks (whether corrective or not). Anyone wishing to wear corrective glasses or contact lenses must notify the SERC Coordinator prior to the commencement of the event.

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9. Competitors must wear a team/club swim cap of any style (latex, silicone or cloth). No identifying caps for team captains will be provided and all team captains must wear the same caps as the rest of their team. The requirement to wear team caps does not apply to CPR events.

SERC SPECIFIC CONDITIONS

10. The SERC test will commence on the sound of the starter's 'hooter'/gun at which point teams will enter the competition area.
11. The SERC test will last 2 minutes and will end with a second blast of the starter's 'hooter'/gun.
12. When the SERC test has been completed competitors should exit **immediately to their left** from the competition area to collect their clothing.
13. During lock-up and along the route to the competition area competitors are **ONLY** permitted to communicate with officials and those in lock-up, they are **NOT** permitted to communicate with any other person. (e.g. coaches or spectators).
14. During the SERC test competitors are only to communicate with members of their own team and victims, are not permitted to communicate with any other person, this includes test officials (e.g. asking questions of judges), spectators or team officials (e.g. coach, manager).
15. Coaches, Managers, non-competing team members and spectators **MUST** remain in the designated spectator area and will **NOT** be permitted in or near the competition area.
16. Competitors should move to the test area as quickly and safely as possible. Brisk walking is acceptable, but competitors are advised that they do so at their own risk. Running is not acceptable
17. All of the aids which are available for the test will be in the competition area. A team that uses equipment not within the designated competition area or which is within the designated area but which they have been formally advised is not to be used during a test, will not be awarded points for the elements of the test performed using this equipment.
18. Timing points allocation are awarded for the speed to reach all non-swimming victim and may also be awarded to weak swimmers whose condition changes during the test. Additional points are awarded for rescue and care actions.
19. Effective CPR should be demonstrated **ONLY** on manikins.
20. If a competitor leaves an unconscious victim, either a manikin or a live actor after diagnosis or during CPR then their actions will be deemed to indicate that CPR has ceased unless somebody else (team member or actor) has been directed to continue CPR.

21. Conditions, victims and bystanders in the pool area will be as found unless otherwise advised by the SERC Coordinator/Chief Referee.

MANIKINS

22. All junior and adult manikins are assumed to be unconscious and non-breathing. Timing points allocation are awarded at the time the surfacing of manikin head. Additional points for appropriate rescue actions such as 2 rescue breaths, landing of patient are allocated as appropriate.
23. Any baby manikin whose face is above the water should be treated as a breathing victim and treated appropriately. Any baby manikin whose face is below the water should be treated as an unconscious non-breathing victim. The only exception is where verbal advice on the 'baby's condition' is given by another live actor in the scenario.

LIVE ACTORS

24. Any live actor who becomes unconscious in the water during the test will be deemed to be unconscious and not breathing for the remainder of the test and should require **simulated** CPR.
25. A live actor who goes unconscious on pool deck during the test will need assessment and should be deemed not breathing if they are unresponsive. An unconscious but breathing live actor will indicate their condition by coughing or loud breathing and should be given appropriate first aid treatment.
26. On any live actor beyond assessment and diagnosis only **simulated** CPR and rescue breaths are permitted.

CONDUCT

27. Verbal/physical abuse and rough handling of patients is inappropriate and will be penalized. This includes swearing at or in the vicinity of patients/judges.
28. From the RLSSA Pool Life Saving Competition Handbook:
The following behaviour (in addition to that in Section 1, including rules 4.1 and 4.6) will result in disqualification:
- i) Receiving outside assistance, direction or advice.*
 - ii) Team members or spectators attempting to provide or providing outside advice/assistance or direction.*
 - iii) Taking any telecommunication device into security area/lock-up.*
 - iv) Taking any equipment or personal belongings into security area/lock-up.
(Competitors may take in hard copies of manuals or paper notes at the discretion of the SERC Coordinator.)*
 - v) Using any equipment not provided as part of the competition;*
 - vi) Competitors who verbally or physically abusing an actor may be assigned a penalty or disqualified.*

29. Entry and dry land area available for rescuers is shown in the diagram below. Patients must be secured or landed in this area. Teams that perform elements of the test outside the designated area will not be awarded any points for the performance of those elements.

30. The pool exit steps and ladders area not part of the competition area and should not be used.

SERC COMPETITION AREA

