



2023 BAPPOA Lifeguard Games

The spirit of the Bay Area Public Pool Operators (BAPPOA) Lifeguard Games is to provide an opportunity for all lifeguards to compete and showcase their skills no matter what governing body certified them. In order to make the overall competition fair for all competitors, these events do not directly represent one particular lifeguard-training agency. Judging criteria reflects a combination of all rescue skills from different lifeguard training programs. Should you have any questions, please email Tom Prusinovski at prut@haywardrec.org.

PLEASE READ ENTIRE PACKET OF INFORMATION

LOCATION: Dolores Bengtson Aquatic Center
4455 Black Ave
Pleasanton, CA 94566
925-931-3420

DATE/TIME: Sunday, July 30, 2023 - check-in starting at 7:30am, games will start promptly at 9:00am.

REGISTRATION FEES:

\$225.00 – Per team from agency with BAPPOA membership by July 3
\$250.00 – Per team from agency with no BAPPOA membership by July 3
\$250.00 – Per team from agency with BAPPOA membership by July 23
\$275.00 – Per team from agency with no BAPPOA membership by July 23
NO REGISTRATION will be accepted after Sunday July 23, 2023

You will receive a confirmation packet on or before Friday July 28, 2023

Make checks payable to BAPPOA.

Send Team Registration Form with payment to: **Tom Prusinovski, 1099 E Street, Hayward, CA 94541**

All 6 people from each team will receive a t-shirt and food/drink coupon. Although every attempt will be made to get you a t-shirt in a proper size, entries after July 3 may have limited sizes to choose from.

TEAM MEMBERS: Each team consists of 6 members: four competitors (two are required to be females), one LGI certified judge, and one victim. (If you have questions about this please reach out).

Substitutions due to illness or COVID-19 exposure will be accepted. Please bring the individual entry form for the substitution on the day of or send to Tom Prusinovski at prut@haywardrec.org.

EVENTS:

The Games consist of the following events:

- 💧 Rescue tube relay
- 💧 Team unresponsive victim rescue to CPR/AED/BVM
- 💧 Team spinal injury management
- 💧 Active victim rescue
- 💧 Optional Iron Guard challenge

* Events can change at any time without notice.



Event descriptions are on the last page of the packet

AWARDS:

1st, 2nd, 3rd place all events
1st, 2nd, 3rd place for team overall

**REQUIRED
EQUIPMENT:**

Each team must bring the following equipment for the competition:

- 💧 Backboard (1)
- 💧 Pocket Masks /fanny packs (4)
- 💧 Gloves
- 💧 Rescue Tubes (4)
- 💧 10lb Brick (1)
- 💧 CPR Mannequin (1)
- 💧 AED Trainer (1)
- 💧 Snyder Manikin (if you have one)

Please label your equipment-YOU ARE RESPONSIBLE FOR DROP-OFF & PICK-UP OF YOUR ITEMS

CONDUCT:

As all competitors are considered Professionals, we expect that participation and conduct will reflect that.

Competitors must be actively employed by their agency (i.e. Working 10 hrs. a week) and must reside in the State of California. Those not residing in the State of California will be disqualified and their agency will not be allowed to compete in the Lifeguard Games for two years.

Any contact with the judges on scores or disputes will be deemed as poor sportsmanship, which will result in disqualification of that team from the event being disputed. All issues need to be brought forward to the Event Director. Event Directors decisions are FINAL.

BAPPOA President and/or Vice President will have final say on penalties and/or disqualification.

INFORMATION:

Please contact:
Tom Prusinovski (510)881-6720 prut@haywardrec.org

REGISTRATION INFORMATION

1. Fill out the team registration form with all the information and turn it in by the registration dates listed. The Individual Entry Forms for each competitor and victim can be turned in on the day of the event or with your team registration.
2. If paying by check, include payment fees and make checks payable to **BAPPOA**
You can also pay online by visiting <https://www.bappoa.org/lifeguard-games>
3. Place the completed information with check in an envelope and mail to:
Tom Prusinovski | 1099 E Street, Hayward, CA 94541 | prut@haywardrec.org
4. Extra T-shirts will be sold on site, \$20.00 per shirt cash “exact change” or check only if available.

EVENT CHECK-IN

1. **Teams will be given a specific check-in time for their team. No early check in will be allowed so plan to arrive accordingly.** Teams that do not meet their check-in time will have to wait until we can fit their team in. **Please be prompt and make your assigned time.** Your check-in time will be sent to the main contact on your registration form. **Be prepared to compete at the time of check-in.**
2. All individual entry forms must be completed and signed and turned in on the day of the event.
3. All members of the team must be present before you check-in.
4. All fees must be paid in full by the day of the event.
5. Heat and lane assignments will be given at check-in as well as T-shirts and food/drink tickets.
6. Any issues must be addressed at check-in.

Team Entry Form

AGENCY: _____

ADDRESS: _____ CITY: _____ ZIP: _____

CONTACT: _____

CONTACT EMAIL: _____

TEAM CAPTAIN: _____ (Must be a Competitor)

TEAM CAPTAIN EMAIL: _____
(check in time will be given to the team captain)

Team Member Names *(If unknown, specify t-shirt size and list unknown)* **Shirt Size:**

(Female Competitor 1) _____ S M L XL XXL XXXL

(Female Competitor 2) _____ S M L XL XXL XXXL

(Competitor 3) _____ S M L XL XXL XXXL

(Competitor 4) _____ S M L XL XXL XXXL

(LGI Judge) _____ S M L XL XXL XXXL

(Victim) _____ S M L XL XXL XXXL

EXTRA T-SHIRTS (\$20): ___S ___M ___L ___XL ___XXL ___XXXL

\$225.00 – Per team from agency with BAPPOA membership by July 3

\$250.00 – Per team from agency with no BAPPOA membership by July 3

\$250.00 – Per team from agency with BAPPOA membership by July 23

\$275.00 – Per team from agency with no BAPPOA membership by July 23

NO REGISTRATION will be accepted after Sunday July 23, 2023

**CHECKS MADE PAYABLE TO BAPPOA | Send this form with Payment to: Tom Prusinovski
1099 E Street, Hayward, CA 94541 | prut@haywardrec.org**

Office use only

_____ EXTRA SHIRTS @ \$20.00 = _____

TOTAL TEAM FEES COLLECTED: _____

Individual Entry Form

All team members must complete a separate Individual Entry Form

NAME: _____ Open Division or Female

AGENCY: _____

ADDRESS: _____ CITY: _____ ZIP: _____

I understand that in your consideration of your acceptance of this entry, I intend to be legally bound, do hereby for myself, my executors and administrators waive and forever discharge the Bay Area Public Pool Operators Association, it's member agencies, The City of Pleasanton and its officers, agents, employees, and volunteers for any and all damages, liabilities, actions, claims, demands, costs and expenses which may be sustained and suffered by me in connection with my association or entry in this event. I have been warned that I must be in good health to participate, and that a medical examination prior to this event is advised. Furthermore, I verify adequate training under event conditions prior to participation in this event. I acknowledge I have read and fully understand my own liability and to accept the restrictions.

I give my full permission to BAPPOA and any media sources to use any photographs, videography, motion pictures or recordings of me for any publicity and promotion purposes without obligation or liability to me.

Signature of Participant

Date

Signature of Parent (if under 18)

Date

Office use only

Competitor
_____

2023 BAPPOA LIFEGUARD GAMES General Event Descriptions

Rescue Tube Relay: This event is competitive and fun! All four competitors from each team participate in this relay. Two competitors will be on each side of the pool. The event starts with the first competitor entering the water, swimming 25 yards to the opposite end of the pool and tagging the edge of the pool. The three additional competitors will do the same. The event ends when the final competitor touches the edge of the pool.

Backboard Event Description: This event simulates a spinal management scenario utilizing two competitors from the team at a time. All four competitors of each team will compete. The initial rescuer will need to identify the victim, activate the EAP, enter the water appropriately, perform an appropriate rescue, call for assistance, maintain inline stabilization, and work with one responding rescuer to place the victim on backboard safely and secure the victim onto a backboard. Straps will need to be checked and the victim safely removed from the water. The entire rescue will be timed.. Please Note: You may use any backboard procedure you wish to accomplish this. This event will be scored by meeting basic objectives. Time will stop when the backboard is placed past the pre-designated line.

Passive victim/CPR/AED/BVM event: This event will simulate all facets of an unresponsive victim from identification and removal to emergency care. It will involve all four competitors from each team. **Part A:** Initial/Primary rescuer will identify the victim (submersible mannequin), activate the EAP, enter the water safely, perform an appropriate rescue, call for assistance, check pulse and breathing in the water, and if more than 10 seconds for removal will secure rescue mask on victim and simulate rescue breaths until the victim can be placed on backboard. Secondary rescuer(s) will bring backboard and aid in removing the victim. **Please Note:** (Any backboard removal procedure can be used as long as objectives are met). **Part B:** Once the victim is removed, the scenario continues on a CPR manikin in which all rescuers will need to be an integral part. One rescuer will locate and get trauma bag with equipment, one rescuer will be responsible for managing crowd control, one rescuer maintains care based on cues given on victim condition. As each rescuer completes tasks assigned they can come in to assist primary care giver, but all team members must communicate appropriately to manage the situation. This event will have a multi layered scoring approach which factors in technical skill mastery both sequence of steps and compression rate timing and/breath timing, crowd mitigation, use of BVM/AED and overall management of scenario.

Active Victim Event Description*: This event will be based upon a typical active victim rescue. Rescuer will identify the victim, activate the EAP, enter the water safely, perform an appropriate rescue, and return the victim safely to the wall. The clock stops when the rescuer secures the victim to the wall.

Iron Guard Event (optional)*: This event will incorporate speed and stamina. Any competitors, victims, or judges who wish to participate may do so. The event is timed and runs as follows:

1. 25 meters freestyle to retrieve a brick
2. 25 meters swimming with the brick held above water. Brick will then be placed up on the wall.
3. 25 meters freestyle to other wall to retrieve a snyder manikin
4. 25 meters with the manikin keeping its airway above water

*Competitors will have a choice of competing in a female division or an open division for the Active Victim Event and Iron Guard Event.