

Beach Flags

Beach flags is a traditional event that has existed since the very beginning of Lifesaving. It involves a group of lifesavers competing for flags(pieces of hose-pipe). An athlete is 'knocked-out' each time and eventually there is a run off between two lifesavers. The one who wins the flag, wins the event.

Beach Sprint

Beach sprint is as it sounds. It involves a sprint over a distance of 75 - 100metres. This distance depends on the amount of beach available at the time.

Beach Relay

The beach Relay consists of a team of four competitors and a rubber piece of hose. Members 1 & 3 are stationed at one end of the lanes whilst members 2 & 4 are at the other. The object is to successfully complete the race without dropping the baton and exchanging within the set boundaries.

Ironman/Ironwoman

This event is the ultimate or main event in lifesaving. The Ironman/Ironwoman has its own series to support this claim. It involves four legs: swim, malibu, ski and run. It is an endurance event and is not for the faint-hearted.

U/15 & U17 Ironman/Ironwoman

This is a slightly easier version than the open or regular ironperson events. It only requires the competitors to complete the board and the swim sections and leaves out the ski leg.

Surf Ski - Single and Double races

Surf ski is an event that requires balance, coordination, power and endurance. It involves negotiating your way through the surf, around a set course and then returning to shore courtesy of the surf (if any). Mastering the surf ski can be a long and tedious activity. Double ski requires the same as single but you also need team work. Synchronisation is the key to a double ski race.

Board Race

The board race is done by using a malibu board. It also involves negotiating the break and then following a set course of buoys. You then return to shore surfing the waves back to the beach. First over the line is the winner. The board race requires balance, strength and endurance.

Board Relay

A team consists of three competitors and just the one board. The first team member paddles out and goes around the buoy then heads back towards the shore and swaps with the second team member who does the same. The final team member has to complete the same course and then cross the finish line. The first team to successfully pass all the buoys and cross the finish line will be declared the winner.

Surf Race

The surf race involves swimming around a course of buoys placed out in the ocean. Getting through the shore break can be tough, but then to be a lifesaver you must be tough.

Taplin Relay

This event consists of a team of 6 competitors (2 swimmers, 2 board paddlers and 2 ski paddlers). At the start the 1st swimmer completes the swim then tags the 2nd swimmer who completes the course. The 2nd swimmer then tags the 1st board paddler and so on until the last ski paddler crosses the line. This event is time consuming but has a good team aspect about it.

Surf Boats

There are five competitors to each boat, four of these are rowing and one is the sweep or the person that steers the boat. The aim is to row out and around their designated buoy and back into the shore and the winner is the first boat to cross the finish line or for the boat to run aground.

Surf Belt Race

Traditional race using surf lifesaving reels that are no longer in use as a lifesaving method. Swimmers have to negotiate the break to get out to the designated buoys. It is a team effort with four linesmen and the swimmer ensuring the right amount of drag is achieved to make the swimmers job easier.

Rescue & Resuscitation

This event involves demonstrations in the traditional rescue and resuscitation procedures. The member of the team must swim out to the patient with the belt and line once the person reaches the patient they are hauled back to waist depth and begin resuscitation procedures. The team with the least mistakes and therefore the lowest score wins.