

200m Obstacle Swim

The competitor swims 200m in freestyle during which he/she swims under eight immersed obstacles.

100m Obstacle Swim

The competitor swims 100m in freestyle during which he/she swims under four immersed obstacles.

50m Manikin Carry

The competitor swims 25m freestyle and then dives to recover a submerged manikin to the surface within 5m of the pick-up line. The competitor then carries the manikin to the finish edge of the pool.

100m Rescue Medley

The competitor swims 50m freestyle to turn, dive and swim underwater to a submerged manikin located at 20m distance for men and 15m distance for women. The competitor surfaces the manikin within 5m of the pick-up line and then carries it the remaining distance to the finish edge of the pool.

100m Manikin Carry with Fins

The competitor swims 50m freestyle wearing fins and then dives to recover a submerged manikin to the surface with 10m of the turning edge. The competitor carries the manikin to the finish edge of the pool.

100m Manikin Tow with Fins

The competitor swims 50m freestyle with fins and rescue tube. After touching the turning edge, the competitor fixes the rescue tube around a manikin floating at the surface at the edge and tows it to the finish.

200m Super Lifesaver

The competitor swims 75m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within 5m of the pick-up line and carries it to the turning edge. After touching the wall the competitor releases the manikin, in the water the competitor dons fins and rescue tube within 5m of the turning and swims 50m freestyle. After touching the wall the competitor fixes the rescue tube around a floating manikin within 5m of the turning edge and tows it to touch the finish edge of the pool.

Line Throw

In this timed event, the competitor throws an unweighted line to a fellow team member located in the water approximately 12m distant and pulls the 'victim' back to the poolside.

4 x 25m Manikin Relay

Four competitors in turn carry a manikin approximately 25m each.

4 x 50m Obstacle Relay

Four competitors swims 50m freestyle each passing under two obstacles.

4 x 50m Medley Relay

The first competitor swims 50m freestyle without fins. The second competitor swims 50m freestyle with fins. The third competitor swims 50m freestyle pulling a rescue tube and after having touched the wall, passes the harness of the rescue tube to a fourth competitor who wears fins. The third competitor, playing the role of 'victim', holds the rescue tube with both hands while being towed 50m by the fourth competitor to the finish.

100m Lifesaving by Boat

The competitor jumps into the boat, rows to a buoy, turns around it, rows to an immersed manikin, lifts it at the pool mirror edge and returns to the buoy using one oar, turns it around, and returns to the finish line still using only one oar.

Simulated Emergency Response Competition

The Simulated Emergency Response Competition tests the initiative, judgment, knowledge and abilities of four lifesavers who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. This competition is judged within a 2 minute time limit. All teams respond to the identical situation and are evaluated by the same judges.