



## Bulletin

<b>Title:</b> Rescue & Resuscitation Competition Manual – 28 <sup>th</sup> Edition 1988 – 6 <sup>th</sup> Revised Edition – August 2019
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<b>Department:</b> Sport
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<b>Summary:</b> This bulletin provides detail of publication of a revised edition Rescue and Resuscitation Manual and summarises the changes to the previous edition. The updated Manual takes effect from 1 October 2019.

### BACKGROUND

SLSA has reviewed the Rescue and Resuscitation Competition Manual 28<sup>th</sup> Edition 1988 6<sup>th</sup> Revised Edition – August 2019 (R&R Manual) in consultation with States, Subject Matter Experts and others and has published a new revised Edition.

The main amendments to the previous revised edition are summarised in this Bulletin in yellow highlight and come into effect from 1 October 2019.

Updated Judging Cards and Master Sheets and an updated Deductions Justification Document have also been completed.

The revised edition R&R Manual and the other documents can be accessed and downloaded via link to the SLSA E Book located on the SLSA Website at:

[https://members.sls.com.au/SLSA\\_Online/modules/login/index.php](https://members.sls.com.au/SLSA_Online/modules/login/index.php)

Please note that no paper R&R Manual or other documents will be published but all will be available for member download and printing.

### FURTHER INFORMATION

Should further information be required please contact the events team at:

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## AMENDMENTS

### Introduction

Addition of Len Harris OAM to the list of contributors to the R&R Manual.

### Chapter 1 – General Conditions

**Paragraph 2.3(a)** – Clarification that: At championships a maximum of 6 teams will compete in a heat or final unless the Sectional Referee believes weather and/or surf conditions **and/or needs of the competitors** mean a departure from this approach is necessary.

**Paragraph 3.8(b)** – Minor change that: In allotting points to teams, all deductions must be objective in nature – i.e. based solely on the description of the drill as outlined in the wording in the manual and in line with **and only for** a reason prescribed in the Deductions Justification Schedule Document.

### Chapter 2 – 5 Person Event

**Section 1, Paragraph 4** – Insertion of wording for consistency: On the command “R&R Teams, Quick March”, teams shall proceed in a direct line from the marshalling areas (i.e. on the seaward side of their respective positional marks or beach positions) carrying the reel on a reasonably level plane and No.1 covering the axle and with his arm swing approximately 100mm outside **the arm swings** of the carrying party. When they are in alignment with respect to their beach positions, they shall left wheel at the command of a team member and march up the beach. At the commencement of the wheel No.1 shall be in line with the wheeling peg. After completing the wheel in 6 paces, No.1 shall again be in line with the wheeling peg. During the course of the wheel No.1 shall cover the axle. At any time during the march on or wheel, No.1 can only be adjudged to be not covering if he is off the axle for a minimum of 3 continuous paces. A diagram setting out the correct procedure for a left wheel for an R&R team is given in Diagram 2 in the Appendix.

**Note:** This wording also applies to Chapter 3, Section 1, Paragraph 4.

**Section 1, Paragraph 9** – Insertion of wording for consistency and clarity: The team shall halt so that the rear handles (or front handles as the team is marching) of the reel are approximately two paces from and to the right of the positional peg. **When halted No. 1 shall be approximately 100mm outside the arm swing of the carry party.**

**Note:** This wording also applies to Chapter 3, Section 1, Paragraph 8.

**Section 3, Paragraph 3** – Insertion of wording for consistency with the deduction schedule: No.3 (the reelman) shall run to the reel and control the drum by utilising the brake with his right hand (thumb on the brake or over the brake) and using his left hand on the flange of the drum. No.3 must keep the linemen under observation and maintain control of the brake to prevent over-running of the reel **and to ensure the line does not foul**. He may intermittently observe the reel to ensure that the line is under control.

**Note 1:** This wording also applies to Chapter 3, Section 3, Paragraph 3.

**Note 2:** This wording also applies to Chapter 5, Section 3, Paragraph 3.

**Section 4, Paragraph 11** – Clarification to reflect current lifesaving practice: No.2 shall then lay No 1 in the water and place No.1's head in a position of backward tilt above the water by placing his left hand on the back of No.1's head, and taking the pistol grip with his right hand on No.1's chin. No.2 shall then proceed to give No.1 two simulated breaths of **mouth to nose** Rescue Breathing in approximately 4 seconds by blowing **at down** the side of No.1's left cheek without turning his head. No.2 shall have his eyes looking towards No.1's chest to observe, to the best of his ability, the rise and fall of No.1's chest or abdomen. **During the breaths the patient's mouth shall be closed.**



No.2 shall then secure No.1 with a shoulder grip in an upright position and await arrival of the carrying party. During this time No.2 shall also grasp No.1's chin with his right hand in a pistol grip and move the head backwards to obtain head tilt for the purpose of improving the airway. Where practicable the backward head tilt shall be maintained up until the patient pick up commences.

**Note 1:** This wording also applies to Chapter 3, Section 4, Paragraph 5.

**Note 2:** This wording also applies to Chapter 5, Section 4, Paragraph 11.

**Section 4, Paragraph 20** – Minor Change to clarify pick up depth has been deleted: Nos 3 and 4 shall then proceed to the left hand side of No.2 and No.5 to the right hand side of No.2 to assist with the pick-up.

**Note:** The pick-up is carried out between knee and waist depth water. To assist in providing a guide to the movements all subsequent plates have been taken on dry land.

**Note 2:** This wording also applies to Chapter 3, Section 4, Paragraph 8.

**Note 3:** This wording also applies to Chapter 5, Section 4, Paragraph 23.

**Section 5, Paragraph 2** – Minor change to clarify current lifesaving practice: “Ready” – on this command No.5 (the Rescue Breathing operator,) shall prepare to deliver Rescue Breathing using the mouth to mouth resuscitation method. No.5 shall look down and lean forward, and shall place the palm of his left hand across the top of No.1’s head. He shall then grip the jaw with his right hand by placing the knuckle of the middle finger under the point of the chin, the thumb along the front of the lower lip and the point of the chin and the index finger along the bony part of the jaw. The middle, ring and small fingers are curled in towards the palm of the hand and the index finger and thumb must be placed in such a way as to keep No.1’s mouth slightly open. All fingers must be kept clear of No.1’s throat. (This right hand grip is known as the pistol grip). No.5, using both hands, shall then ensure that No.1’s head is in a position of backward head tilt and then, maintaining the pistol grip with his right hand, shall be positioned ready to seal No.1’s nose by utilising the thumb and index finger of his left hand. No.5 shall then place his chin over and about 25mm above from No.1’s mouth and await the command to commence resuscitation. No.5 may rest his left forearm on the sand to maintain his balance if necessary.

**Note:** Nos.4 and or 5 may move their knees to achieve a comfortable position at any time prior to the command commence.

**Note 2:** This wording also applies to Chapter 3, Section 5, Paragraph 2.

**Note 3:** This wording also applies to Chapter 5, Section 5, Paragraph 4.

**Section 5, Paragraph 7** – Minor change to clarify current lifesaving practice: After delivering the first breath No 5 shall relax pressure on No 1's nostrils and turn his ear briefly towards No.1's mouth to listen for and feel the air leaving the patient and to observe the patient's chest or abdomen.

After delivering the second of the two breaths No.5 relax the pressure on No1's nostrils and turn his head towards No.1's chest and place his ear about 25mm away from above No.1's mouth to listen for and feel the air being expired from the lungs and to the best of his ability, observe the rise and fall of No.1's chest or abdomen and the actions of No.4.

**Note:** Other than checking that No 5's head turns between the first and second breaths there is no requirement to adopt the ear position described until after the second breath has been delivered. Further, there shall be no judging of No.5's head position in relation to No 1's mouth for the delivery of the second breath.

**Note:** Should water encroach near No.1, it shall be the duty of No.5 to elevate No.1's head above the water. No.4 and No.5 shall not interrupt their cycle should this procedure be necessary. Should it be necessary for No.5 to lift No.1's head clear of the water no deduction relating to incorrect rescue



breathing shall be taken. Similarly, if No.4 is required to stop ECC because of the amount of water over No 1 there shall be no deduction.

**Note 3:** This wording also applies to Chapter 3, Section 5, Paragraph 8.

**Note 4:** This wording also applies to Chapter 5, Section 5, Paragraph 9.

**Deductions – Deletion of Deduction D:** “Less than 4 complete cycles” as the same deduction is repeated in Deduction 11(a) which reads: “Less than 4 complete cycles and 2 rescue breaths”.

**Deductions – Amendment of Deduction 11(a):** Amend “Less than 4 complete cycles” to: “4 complete cycles and 2 rescue breaths”.

**Deductions – Amendment of Deduction 5:** Amend “Failure to count ECC aloud” to: “**Incorrect ECC procedure including failure to maintain consistent rate**”.

**Deductions – Delete Deduction 6:** “**Failure to maintain consistent rate of ECC aloud**” and renumber the following deductions.

**Note 1:** The above changes to deductions also apply to Chapter 3, Section 5.

**Note 2:** The above changes to deductions also apply to Chapter 4, Section 5.

**Note 2:** The above changes to deductions also apply Chapter 5, Section 5.

**Section 6, Paragraph 2 – Minor change for clarity and consistency:** At the same time, No.5, commencing on either foot, shall run back to his reel position (ankles in line with the front bows of the reel) ready for “Lift Reel”. After No.4 has steadied No.1, No.4 and No.1 shall run directly back to their reel positions ready for “Lift Reel”. No.1 shall be in line with the centre of the drum and **position himself so that on the march off he is approximately 100mm outside the arm swings** of Nos.2 and 3. No.4 shall take up position so his ankles are in line with the end of the rear handle. The distance out from the reel by Nos.4 and 5 is at their discretion.

**Note 1:** This wording also applies to Chapter 3, Section 6, Paragraph 3.

**Note 2:** This wording also applies to Chapter 5, Section 6, Paragraph 3.

**Section 6, Paragraph 3 – Minor change for clarity and consistency:** When all the teams are in their reel positions the following commands shall be given by the Starter to march the teams off the competition arena:

- (a) “Lift Reel” – on this command the reel is lifted by the carrying party.
- (b) “By the Centre Quick March” – the team marches off and when near the water’s edge the command “Into Column – Right wheel” is given. During the march off, No.1 shall cover the axle with his arm swing approximately 100mm outside **the arm swings** of the carrying party. At any time during the march off No. 1 can only be adjudged to be not covering if he is off the axle for a minimum of 3 continuous paces. When marching off, the team shall march in a line approximately parallel to the wheeling and positional pegs.4. Judging of the competition shall conclude on the command “Right Wheel”.

**Note:** Teams are required to continue their exit from the arena in an orderly manner.

**Note 1:** This wording also applies to Chapter 3, Section 6, Paragraph 4.

#### **Chapter 4 – 2 Person Event**

**Section 1, Paragraph 5 – Minor change for clarity and consistency:** The team will then march straight up the beach and on the command “Team Halt” given by a team member, will halt with the pivot member being approximately two paces behind and approximately **900mm** to the right of the marker peg.



**Section 1, Paragraph 7** – Minor change for clarity and consistency: On the command of “R&R Teams – Positions given by the Starter or other official appointed by the Referee the patient, identified as No.1 as a result of the ballot, shall march to a position approximately two paces to the left of the marker peg and stand at attention. The rescuer, identified as No.2, shall march to the left of No.1, and come to a position of attention not more than 50mm from No.1 at the elbows but not touching and in line with No. 1. Alignment is assessed by an end on view and provided no daylight can be seen between bodies the team shall be considered in line.

**Section 1, Paragraph 8** – Addition explanation to clarify a current deduction: On the command “Patient Go”, No.1 shall run down the beach to a designated line and go down in a sitting position facing the marshalling area, with legs parallel to the water’s edge and give No.2 the required signal (right arm raised vertically above the head, fingers and thumb together and arm fully extended, palm facing the sea).

**Note:** The Starter is not to give the “Rescuer Go” command until satisfied the correct team members have taken up position after the “Patient Go” command.

**Note:** In the event the wrong team member runs down as patient the A judge shall alert the Starter. The A judge shall then arrange for the team members to swap positions so the correct team member adopts the patient position. After the swap has been completed and the correct patient gives the signal, the Starter will proceed to give the “Rescuer Go” command.

**Section 1, Paragraph 10** – Minor change to reflect current lifesaving practice: No.2 shall maintain a clear airway by continuing backward head tilt with the pistol grip and resting No.1’s head on No.2’s left thigh. No.2 shall then deliver two simulated breaths of mouth to nose Rescue Breathing in approximately four (4) seconds by blowing down the side of No.1’s cheek without turning his head. No.2 shall have his eyes looking towards No.1’s chest to observe, to the best of his ability, the rise and fall of No.1’s chest or abdomen. During the delivery of the breaths the patient’s mouth shall be closed.

**Section 3, Paragraph 3** – Minor change to reflect current lifesaving practice: No.2, using both hands, shall then ensure that No.1’s head is in a position of backward head tilt and then, maintaining the pistol grip with his right hand, shall position his left hand ready to seal No.1’s nose by utilising the thumb and index finger of his left hand. No.2 shall then place his chin over and about 25mm above from No.1’s mouth and await the command to commence resuscitation. No.2 may rest his left forearm on the sand to maintain his balance if necessary. No.2 shall have his eyes looking towards No.1’s chest to observe, to the best of his ability, the rise and fall of No.1’s chest or abdomen.

**Section 3, Paragraph 5** – Additional note to clarify judging procedure: Clarification that: After delivering each breath No 2 shall relax pressure on No.1’s nostrils and turn his ear briefly towards No.1’s mouth to listen for and feel the air leaving the patient and to observe the patient’s chest or abdomen.

**Note:** Should it be necessary for No.2 to lift No.1’s head clear of the water encroaching on the beach there shall be no deduction relating to incorrect rescue breathing or ECC.

**Note:** There will be no judging No. 2’s ear position over the mouth. No. 2’s chin position over the mouth shall only be judged on the first breath of each cycle.

**Section 4, Paragraph 2** – Additional wording to clarify procedure: After No.2 has steadied No.1, both shall run directly to behind their beach positions facing the water and halt. After both members have halted halting independently. No.1 shall then step into line with and adjacent to the marker peg followed by No.2 who shall step into line so that he is no more than 50mm from No.1 at the elbows



but not touching both standing at attention with No.1's ankles approximately in line with and not more than 300mm from the marker peg. In taking up their positions, Nos.1 and 2 may move the right foot first **and may swing the arms**.

**Note:** It is not necessary for Nos.1 and 2 to commence their run back to beach positions in time.

**Note:** In coming to a halt the team members may do so independently.

**Deductions – Amendment of Deduction A:** Amend to clarify: “Running back to incorrect beach position” to: “Running back to incorrect **team position peg**”.

#### **Chapter 5 – 6 Person Event**

**Section 1, Paragraph 4** – Minor change for clarity and consistency: On the command “R&R Teams, Quick March”, teams shall proceed in a direct line from the marshalling area (i.e. on the seaward side of their respective positional marks or beach positions) carrying the reel on a reasonably level plane and Nos.1 and the member carrying the tube covering the axle with their arm swings approximately 100mm outside of the **arm swing of** carrying party. When they are in alignment with respect to their beach positions, they shall left wheel at the command of a team member and march up the beach. At the commencement of the wheel No.’s 1 and the member carrying the tube shall be in line with the wheeling peg. After completing the wheel in 6 paces, No.’s 1 and the member carrying the tube shall again be in line with the wheeling peg. During the course of the wheel they both shall cover the axle. At any time during the march on or wheel either member can only be adjudged to be not covering if he is off the axle for a minimum of 3 continuous paces. A diagram setting out the correct procedure for left wheel for an R&R team is given in Diagram 2 in the Appendix.

**Section 1, Paragraph 9** – Insertion of wording for consistency: The team shall halt so that the rear handles (or front handles as the team is marching) of the reel are approximately two paces from and to the right of the positional peg or mark. **When halted No’s 1 and the member carrying the tube shall be approximately 100mm outside the arm swings of the carry party.**

**Section 6, Paragraph 4** – Insertion of wording for consistency: When all the teams are in their reel positions the following commands shall be given by the Starter to march the teams off the competition arena:

- a) “Lift Reel” – on this command, the reel carrying party shall lift the reel. At the same time No.6 shall go down in like manner and looking down pick up the rescue tube in his left hand from the sand. He shall also rise in time with the carrying party.
- b) “By the Centre – Quick March”, and when near the water’s edge, “Into Column – Right Wheel”. During the march off No’s 1 and 6 shall cover the axle with their arm swings approximately 100mm outside **the arm swings** of the carrying party. At any time during the march off No’s 1 and 6 can only be adjudged to be not covering if he is off the axle for a minimum of 3 continuous paces. When marching off, the team shall march in a line approximately parallel to the wheeling and positional pegs.