

# Waihi Beach

LIFEGUARD SERVICES INC

## Guide to...

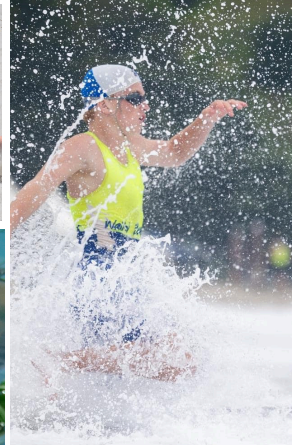


## Competitions & Carnivals



## Junior Surf

To ensure members have the skills & confidence to perform in a surf environment



# Q & A on Competitions & Carnivals

## What is the difference between a carnival and a competition?

A carnival is generally a smaller event, hosted by one of the smaller clubs in the Coromandel or Bay of Plenty region. These are fun, low-key events giving children the opportunity to participate and try events out. The races will be familiar to all children as they will have practised these during their Sunday Junior Surf sessions.

There are often only heats at these events and children can have fun enjoying new experiences. Ribbons are sometimes presented for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in races.

A competition is the term most often used to describe events run by Surf Life Saving New Zealand, or they are larger and more developed Club-hosted competitions. These larger events have heats which progress through to finals. Children's places are recorded, and results collated. Some award ribbons and others present medals.

## Who can participate?

All children can participate. No one needs to "qualify" to attend a carnival. Children without a 200m safety badge can only participate in beach sprint, beach flags, beach relay, run-wade-run, and boogie board race. Once athletes have their 200m safety badge they can participate in a wider range of water events.

## When are they?

Carnivals are usually held on Sundays (occasionally Saturdays) and may or may not replace your usual Club Junior Surf Day. There are at least 2 full interclub carnivals as well as the Regional Championships near the end of the season. For children 10 years of age and above, the U14 National Event, named "Oceans", is a significant 4-day event. There is also a Regional Rookie Challenge event for Rookie Lifeguards. Separate information is provided for both Oceans and Rookie events.

## Why do it?

- Great for developing child's surf skills, confidence and fitness
- Participation in grass roots local events at beaches around our area
- Children get to make new friends and be part of a Club team across all age levels, plus they get to meet children from other clubs
- Parents can develop their skills as Surf Officials, Team Managers & Coaches



## **How old do you need to be to enter?**

SLSNZ Junior Surf competitions are for children aged Under 11 (U11) to Under 14 (U14) as at midnight 30 September. Children are placed into age categories for competition. Some Club carnivals invite children from 5 years of age to attend; this will be detailed on the event flyer.

Once athletes have successfully attained their 200m safety badge they are able to take part in a greater range of events. Most carnivals are held in either the Coromandel or in the Bay of Plenty and on the East Coast, so they are easily accessible and children need only have basic surf skills to participate.

## **What events should I enter?**

Competitions incorporate both beach and water events. It is great for children to compete in as many events as possible, but we understand that younger children may get too tired to do everything. As children get older the race courses get longer.

U8 & U9 will use a boogie board for their board events at some carnivals, U9 who hold their 200m safety badge will have a foam (foamie) kneeboard race.

U10 & U14 will use a foam or fibreglass kneeboard for their board events as long as they have a current 200m safety badge.

## **How do I enter and what does it cost?**

Newsletters, posts on the Waihi Beach Junior Surf Facebook page, coaches, age-group managers, and the Junior Surf Competitions Co-ordinators will advise parents of upcoming carnivals or competitions, entry close-off dates and if there is an entry fee. Where there is an entry fee, this will be invoiced and these are required to be paid prior to the event's entry closing off date. No refunds are given for cancellations after the close off date.

It is necessary to pre-enrol and indicate what events the athlete is competing in. No enrolments are accepted after the competition close-off date.

If your child is entered in a specific race that they then wish to withdraw from on the day, the Team Manager or your age-group manager must be notified, so the marshal can be advised and numbers in heats adjusted accordingly. This all helps the events to run more smoothly and on time.

## **How does it work on the day?**

You will be told what time you need to arrive and where to meet by the Junior Surf Competitions Co-ordinator, or your coach.

There is usually a programme of events, but times are not generally specified as these may change due to surf/weather conditions. Events usually run in the order listed on the programme although again this can change depending on the conditions and tide. You can find the programme on the Sport Calendar of the Surf Life Saving NZ website [www.surflifesaving.org.nz/sport/calendar](http://www.surflifesaving.org.nz/sport/calendar)

There are often different areas and arenas designated for different age groups, so you and your child will need to stay with your age-group manager to ensure you find the correct arena. The Club usually takes a marquee to set up for competitors and we ask for parent assistance to help erect this before the event starts. Children will be marshalled prior to the event, which means they need to line up and get sorted into heats and wait for their event. Coaches will ask for a volunteer parent age-group manager for each age group to assist with keeping the team together as well as logging results and achievements. Ideally this is decided and known prior to the day of the event.

Athletes compete in their age groups and each group is assigned their own marshal. The athletes and marshal frequently stay together for the whole competition. It is important to stay together so the athlete does not miss out on an event. The marshal will default the athlete if not ready for the event.

## **What to wear?**

Your child will need to wear their approved Waihi Beach Club skull cap and branded hi-vis safety vest to all events. Both items are compulsory. The Club offers a range of branded swimwear which we encourage athletes to wear to represent the Club and support our sponsors, but it is not compulsory. Athletes who hold a current 200m badge must have it attached to their Club skull cap (preferred) or swimwear to meet this safety requirement for water events.



## **Volunteers**

There is a huge amount of work that goes into organising a carnival. There are therefore many opportunities which we encourage you to get involved with to help out. If you are interested in officiating or volunteering at an event please contact our Junior Surf Competitions Co-ordinators, speak to your coach or one of our team at the registration desk on Sundays.

## **How do we get our child/ren's equipment to the event?**

The gear trailer is loaded the day before a competition, coordinated by the Junior Surf Equipment Officers. We always need parents and older athletes to help with this. If you can't make it, as many of our Club members do not live locally, please advise us in advance, so that we can ensure your child's board is loaded. If you have your own lock on a board, please also ensure that you have provided your lock number! If you have a preferred foam board, you need to ensure that someone who is at board-loading is aware of this. Boogie boards will be taken from the Club, so there is no need to bring your own.

## **What happens after the competition or carnival?**

There is often prize giving at the end of the competition and it is great for all athletes to attend as a team. Prize giving generally starts very soon after the end of the last event and is fast paced. Team members are expected to be in Club racing gear if they are receiving a certificate, ribbon, medal or prize. If you get good photos on the day, please do send these to us as we love to see them and may even ask your permission to use them in our promotional materials.

All athletes are required to return all club equipment to the gear trailer and preferably **before** the start of prize giving. The trailer will be taken back to the Club, gear washed down and unloaded. It is customary for the athlete to return to the Club or organise another person to wash and put away their equipment.

## **Tips for attending competitions & carnivals**

1. Get there early as parking is sometimes a challenge.
2. Be prepared to be flexible and adaptable as scheduling of events is often quite fluid depending on conditions.
3. Have plenty of sunscreen as you and your child/ren will be spending lots of time out in the sun.

4. Bring a chair – there can be lots of sitting around.
5. Make sure you also bring warm clothing - young children can get very cold between races.
6. Have plenty of food - small healthy snacks to eat between races.
7. Bring lots of water.
8. Be respectful of those giving up their time to help officiate at the event and ensure your children show respect for and thank the various officials.
9. Have fun!

## Overview of Competition Events

**Beach Sprint** – This is a straight running race. U8 – U10 run 50m, U11-U12 run 70m and U13-U14 run 90m.

**Beach Relay** (all age groups) – Teams of 4 (2 at each end of the course), run the same distance as Beach Sprints. Team members run carrying a baton and pass (not throw) to the next team member. Each baton must be received behind the line; if any part of the body crosses the line before the baton has changed the team will be disqualified. If the baton is dropped it can be picked up and the team continues. Runners must stay in their designated lane. Beach relays may be mixed or single gender. Mixed gender relays have 2 boys and 2 girls.

**Beach Flags** (all age groups) – This is a sprint up the beach to claim a baton. There will always be fewer batons than competitors; the competitor who does not get a baton is eliminated from the competition. All competitors lie face down with toes on the start line and heels together, hands on top of each other with head up facing out to sea. On the command “heads down” chins are placed on the hands and competitors must stay still. At the whistle competitors get to their feet while turning as quickly as they can, sprint and dive for a baton. There is only one false start allowed, with the next competitor to false start being eliminated.



**Run-Wade-Run** (U8-U10) – This is a beach/water event. Competitors run from the starting line on the beach into the water and wade out and around two markers and back into shore where they sprint to cross the finish line.

**Run-Swim-Run (U10-U14)** – This is a beach/water event. Competitors run from the starting line on the beach into the water and swim out and around two markers and back into shore where they sprint to cross the finish line.

**Surf Race (U10-U14)** – This is a swimming race which starts near the water's edge. The course will be no longer than 200m. All competitors must have completed their 200m badge. Competitor's swim around the course and upon returning to shore, sprint to cross the finishing line.

**Boogie Board Race (U8-U10)** – The race starts at the water's edge with all competitors' board leashes attached to their wrists. They race out and around two markers, paddling back into shore. Competitors must cross the finish line in contact with their board. No fins are used.

**Board Race (U10-U14)** - This is a kneeboard race, using either a foam or fibreglass kneeboard. Competitors start at the water's edge holding their board. On the starter's whistle they race out into the water, paddle out and around three buoys, sometimes called "cans", then back into shore to the finish line. If a competitor loses their board after the last buoy they can swim the remainder of the course but must regain control of, and cross the line, in contact with their board.



**Board Relay (U10-U14)** – Same rules as for the Board Race but with teams of 3. The first team member completes the water course, leaves their board in the shallows or just on the sand for their board handler (usually the 3<sup>rd</sup> team member) to grab, then sprints around the flags to tag the next team member on their shoulder or back, not their board. The final team member may choose to leave their board in the water and sprint up the beach to cross the finishing line. The other team members take responsibility for collecting the board.

**Diamond Race (U8-U14)** – This is a multi-discipline event. The order of events is swim, board, run. The competitor swims out and around two markers, returns to the beach and picks up their board, they return to the water and paddle out and around the markers, return to the beach and drop their board at the flags to sprint to the finishing line.

**Cameron Relay (U8-U14)** – This is a multi-discipline event. Order of events is the same as the diamond race but done in a team of 4 – a swimmer, a runner and 2 board paddlers. The sequence of legs is drawn by ballot and the athletes notified during

marshalling. The final swimmer or board paddler returns to the water's edge to tag their runner who sprints to the finishing line.

**Tube Rescue (U13-U14)** – Teams consist of a patient and rescuer. The patient lines up at the start between their flags. On the starter's whistle they swim out to their buoy/can. On reaching the buoy the patient places a hand on the top of the buoy and raises their other hand up. On seeing the signal from the patient, the rescuer, who stands on the seaward side of the start line, runs up the beach to get the rescue tube and fins, which can be put on as soon as the rescuer is ready, and swims out to the patient at the buoy.



They swim left to right around behind the buoy to clip in the patient, who can help them clip in the tube before they cross back over the buoy line and swim into shore. The patient must remain on their back while being towed and can assist by kicking and/or sculling underwater. When they are in shallow water the rescuer removes their fins and the team runs up the beach to finish in between their flags.



**Board Rescue (U13-U14)** – Teams consist of a swimmer and a paddler. On the starter's whistle the swimmer races out to their allocated buoy and on arrival signals that assistance is required by placing one hand on top of the buoy and raising the other hand in the air. The paddler begins at the swimmer's signal and must go around the buoy from left to right to reach the swimmer. The paddler picks up the swimmer, making sure that they

are on the seaward side of the buoy during the pick-up and the team jointly paddles back to shore. The paddler and swimmer run to cross the finishing line with both competitors in contact with the board.

The full surf sport manual with rules and descriptions of events is available to download on the Surf Lifesaving New Zealand website. [https://www.surflifesaving.org.nz/media/996484/competition-manual\\_10th-edition.pdf](https://www.surflifesaving.org.nz/media/996484/competition-manual_10th-edition.pdf)