

CITY OF ROCHESTER HILLS
MICHIGAN LIFEGUARD COMPETITION
July 13, 2009

GENERAL INFORMATION

PRE-REGISTRATION: Mail in registration forms for each contestant and the \$25 per person fee by July 9. Make checks payable to **CITY OF ROCHESTER HILLS** and mail to: Lifeguard Competition, Parks & Forestry Department, City of Rochester Hills, 1000 Rochester Hills Drive, Rochester Hills, MI 48309.

DAY-OF REGISTRATION: Starts at 8:30 a.m. Bring completed registration forms and \$25 per person fee to the Spencer Park Boathouse. Team partners must register together and be numbered. All registered contestants will receive a Michigan Lifeguard Competition shirt.

WARM-UP: Starts at 9:15 a.m. Warm up will last for 15 minutes.

THE EVENTS: Start at 9:30 a.m.

Contestants under the age of 18 must have their registration forms signed by a parent or guardian. Each contestant shall be responsible for bringing a swimsuit, running shoes and running shorts, towels, warm-ups, lunch, and beverages. Alcoholic beverages are prohibited in the park. Changing facilities are available. The park concession stand opens at 10:00 a.m.

PRIZES: Rescue equipment prizes will be awarded to the agencies sponsoring the top teams in each division (male, female, and co-ed).

INDIVIDUAL AWARDS: Awards will be given to individual male and female winners for each event.

TEAM TROPHIES: A Traveling Trophy will be given to the 1st place team in each division.

EVENT DESCRIPTIONS

- 1) 350 Meter Open Water Swim Race (for time). Any stroke.
- 2) 700 Meter Open Water Rescue Board Paddle (for time). Kneeling or lying face down only.
- 3) CPR Event (for accuracy) on child or adult. Event will consist of one of the following: 1-person adult CPR; 2-person adult CPR; or 1-person child CPR (train for all possibilities). This includes the primary assessment or ABC's and the first minute of CPR. The primary assessment or ABC's shall be completed by one of the two-person team and the partner will begin from the start of the four compression/ventilation cycles. A pocket mask may be utilized. The JAMA standard dictates that after breathlessness and pulselessness have been determined, the rescuer places hands and begins compressions to the chest immediately. (No breaths before compressions.) Grading criteria will include compression rates and depths, ventilation rates and depths, the compression to ventilation ratio, the pause between breaths, the time allowed for primary assessment, and time allowed getting back to the chest to give compressions. The JAMA standard is used by the ARC and AHA.
- 4) Deep Dive and Recovery (for time). This event begins at the beach and ends when the yellow mannequin is surfaced.
- 5) 1.0 Mile Run (for time). Shoes must be worn; competitors will be running on woodchips.

No camping is permitted at Spencer Park. Overnight accommodations can be made at:

Camping: Addison Oaks (Oakland County Park), 1480 West Romeo Road, Leonard, MI

248.693.2432 (approximately 15 miles from Spencer Park) www.oakgov.com/parksrec/ppark/addison.html

Hotels: Red Roof Inn, 2580 Crooks Road (south of M-59), Rochester Hills, MI 48309

248.853.6400 (approx. 4 miles from Spencer Park) www.redroof.com/reservations/inn_details.asp?innNumber=191