

# CHAMPION LIFESAVER



U14's and above (must be SCR or Bronze proficient)

The person to get the most point's wins.

The three sections in the event are

1. Physical skills (40 points) → ten points for first, 9 points for second, 8 points for 3rd and so on until 1 point

- ✓ Beach sprint
- ✓ Surf race
- ✓ Board race
- ✓ Rescue tube rescue

2. Questionnaire/theoretical skills (40 points)

- ✓ A theory paper
- ✓ 40 multiple choice questions derived from the current edition of the SLSA Public Safety and Aquatic Rescue Manual
- ✓ Time limit is 30 minutes
- ✓ Each correct answer scores a point

3. Resuscitation (40 points)

- ✓ Part A: Live patient assessment including lateral/recovery position (20 points)
- ✓ Part B: One person CPR on a manikin (20 points)

