



# Orewa Surf Lifesaving Club



## Q & A on Junior Competitions & Carnivals

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

A **carnival** is generally a smaller event, focusing on applying and testing your skills with your peers from local/surrounding clubs. These are fun, low-key participation events giving children the opportunity to try events out, and test their personal bests. The races will be familiar to all children as they will have practised these during their Sunday Junior Surf sessions.

There are only heats at these events and children can have fun enjoying new experiences.

A **competition** is the term most often used to describe events run by Surf Life Saving Northern Region (NR)SLS and Surf Life Saving New Zealand (SLSNZ). 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 U8 (7years old as at midnight on 30 September) and above participate at carnivals.

- Children without a 200m Safety badge can participate in land events ie Beach Sprint, Beach Flags, Beach Relay, and water races no deeper than waste deep ie Run Wade Run, Boogie Board race, Boogie Board Diamond and Boogie Board Relay.
- Children with their 200m Safety badge can participate in the land events as per above, and a wider range of water events including long boards, swims and onto tube and board rescues at U14.

For competitions, in the Northern Region, U12s-U14s can enter. These events are normally at beaches with larger swell and more intense conditions, so it is up to the Coaches discretion to determine whether a child is ready to race in the water at these events. As conditions vary, it may be determined at the actual event on the day, that the child does not have the advanced skills required for that surf. Coaches will have these conversations with the child and the parents. If you are unsure, just have a friendly chat with your Head Coach.

## When are they?

Carnivals are usually held on Saturdays-Sundays and may or may not replace your usual Club Junior Surf Day. There are at least 2 full interclub carnivals from the start of the season. Followed by the Regional Championships mid-season, and ends with the Junior National Championships, named “Oceans”, in early March which is a significant 4-day event. There is also a Regional Rookie Challenge event for Rookie Lifeguards at the very end of the season (late March). Check out the Jr Calendar for a full list of dates and details.



## Why do it?

At OSLS, we believe that carnivals/competitions offer the opportunity to test your surf skills under pressure. Over time, this builds up one’s resilience, competence and confidence preparing them to utilise their skills readily when someone needs assistance.

- Great for testing/developing child’s surf skills, confidence and fitness
- Builds resilience and motor memory of key surf skills
- Participation in grass roots local events at beaches around our area / builds team spirit and comraderie.
- Children get to make new friends and represent as a Club ‘family’ across all age levels
- They get to meet children from other clubs, some of which may be their school friends!
- Parents can develop their skills as Surf Officials, Team Managers & Coaches



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

SLSNZ Junior Surf carnivals/competitions are for children aged Under 8 (U8) to Under 14 (U14) as at midnight 30 September. For carnivals, all can participate. For competitions in the Northern Region, from U12 and above. Children are placed into age plus gender categories for competition. For Eastern Regionals, there are competitions offered for all age groups. Orewa will support patched individuals from the U10 age group and above to enter the Eastern Regional Championships. Eastern events are usually in surf which requires skills which are not fully tested at our beach. So we will take children in the U10s who demonstrate the maturity, confidence and competence to take on this challenge.

Once athletes have successfully attained their 200m Safety Badge they are able to take part in a greater range of events. Carnivals traditionally have been held in Auckland area and Ruakaka and the Competitions (based on region) can move around. The Nationals are traditionally held in Mt Maunganui. So all are easily accessible but you may want to consider nearby accommodation for the competition events.

## **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.

7-8 year olds will use a boogie board for their board events & at some competitions, 8 year olds with their 200m safety badge will have a foam kneeboard race.

9-13 year olds will use a foam or fibreglass kneeboard for their board events as long as they have a current 200m safety badge.

As a rule of thumb, we enter children into every race as you can always 'scratch' from an event. However, you cannot add into an event later. Every competition is different, depending on weather and surf conditions, how the child is feeling, etc. So, stay relaxed and focus on the experience and enjoyment and decisions on individual races can be made during the event.

For team races, we do ask that you give your Coach a heads up if you don't believe you will be able to compete so they can make the necessary changes and substitutions early.

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

We will keep you updated on our website calendar with full details and costs of events as they become available. Coaches and age-group managers will advise and remind parents of upcoming carnivals or competitions, entry close-off dates and if there is an entry fee. You can always check the web page too. When these are made available, we use an app called Kindo, where you can enter your child and make fee payment online. This must be completed prior to the event's entry closing off date which will be posted for your reference. The close off is driving by the Northern Region/NZSLS. No refunds are given for

cancellations due to illness or change of mind. The club is charged per participant based on our entry into the SLSNZ system.

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 we can let the Marshal know not to expect them. This also 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 our assign event/age group Managers, or your coach.

There's 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.

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. 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 be in their **approved** Orewa Beach Club-branded royal blue swimwear or black jammers for the boys are also accepted, our Club skull cap and Club-branded hi-vis safety vest. Athletes who hold a current 200m badge must have it attached to their Club skull cap 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 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 anyone in our JR committee to find out how.

## 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 Coaches. We always need parents and older athletes to help with this and appreciate anyone who can jump in and assist. If you have your own board, please ensure that you have provided your personal lock number (if required) so we can pop it on the trailer too! 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 in bulk so no need to take 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 and skull cap if they are receiving a 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 athletes 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 lots of towels, especially on overcast days where they won't dry as fast.
5. Make sure you also bring warm clothing - young children can get very cold between races.
6. Bring a chair – there can be lots of sitting around.
7. 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. 7-9 years run 50m, 10-11 years run 70m and 12-13 years 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 years- unpatched) – 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 years - patched) – 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 - patched) – 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. Competitors swim left to right around the course and upon returning to shore, sprint to cross the finishing line.



**Boogie Board Race** (U8-U10 - unpatched) – 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.

\*Note that at many events there is no boogie board race for the 9yr old age group.

**Board Race (U10-U14 - patched)** - 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 - patched)** – 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 third 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 – patched)** – This is a multi-discipline event. The order of events for unpatched: wade, boogie board, wade, for patched: swim, board, run. The competitor wades/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 (U12-U14 years)** – This is a multi-discipline event. Order of events is the same as the diamond race but done in 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 (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. \*10 and 11yr old patients are taken out to the buoys in an event IRB and dropped off to wait, one hand on their designated buoy, for the rescuer. It is unusual for Tube Rescue events for U12s to be run at most major competitions, due to time restrictions.

**Board Rescue (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.**

**<http://www.surflifesaving.org.nz/sport/about-us/surf-sport-manual/>**