

Kenya Life Saving Federation

Lifesaving Sport Events

Lifesaving sport was primarily intended to encourage lifesavers to develop, maintain and improve the essential physical and mental skills needed to save lives in the aquatic environment.

Lifesaving competitions consist of a variety of competitions to further develop and demonstrate lifesaving skills, fitness and motivation.

LIFESAVING CLUBS AND LIFESAVING COMPETITIONS

The Kenya Lifesaving Federation would like to encourage the formation of lifesaving clubs in Schools, Clubs and other Institutions with aquatic facilities and also encourage coaches/Swim teacher and instructors with private swimming clubs to include lifesaving activities or form lifesaving clubs.

We would also encourage Schools, Clubs and other Institutions to promote lifesaving competitions as to enable our country to participate in the future lifesaving world championship plus other international lifesaving competitions.

We would provide structures of organizations for the lifesaving competitions and the rules of the lifesaving competition sport for all the interested parties.

Our appeal to all aquatic organizations is that we should move to a new era of fostering co-operations, collaboration and building partnership to compliment each another in our respective role to the society we serve.

This change of paradigm will go a long way towards the promotion of water safety in the country and overall lifesaving development in Kenya.

KLF is the sole registered lifesaving authority in Kenya that is affiliated to the International Lifesaving Federation- ILS the world water safety authority, KLF is the official recognized sole representative and a branch of the Royal Lifesaving Society- RLSS commonwealth here in Kenya.

We are affiliated of the Kenya National Sports Council and recognized by Ministry of Sports and Youth Affairs as a sport federation.

Via joint involvement and partnership we can develop the necessary interventions to reduce mortality because of drowning and other accidents with increased knowledge on first aid and rescue, while at the same time promote healthy lifestyle and responsibilities to all communities.

A copy of the lifesaving competition manual could be avail to you at your request.

Further details please contact klf officials, visit our website at www.klf.co.ke or mail us at klakenya2000@yahoo.com ,info@klf.co.ke.

Pool and Stillwater Events



100m Manikin Carry with Fins-The competitor swims 50 m freestyle wearing fins and then dives to recover a submerged manikin to the surface within 10 m of the turning edge.

The competitor carries the manikin to the finish edge of the pool



100m Manikin Tow with Fins- The competitor swims 50 m freestyle with fins and rescue tube. After touching the turning edge, the competitor fixes the rescue tube around a manikin floating at the surface at the edge and tows it to the finish.



100m Obstacle Swim (Masters)- The competitor swims 100 m in freestyle during which he/she swims under four (4) immersed obstacles.



100m Rescue Medley- The competitor swims 50 m freestyle to turn, dive, and swim underwater to a submerged manikin located at 20m distance for men and 15m distance for women. The competitor surfaces the manikin within the 5 m pick-up line, and then carries it the remaining distance to the finish edge of the pool.



200m Obstacle Swim- The competitor swims 200 m in freestyle during which he/she swims under eight (8) immersed obstacles.



200m Super Lifesaver- The competitor swims 75 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within 5 m of the pick-up line and carries it to the turning edge. After touching the wall the competitor releases the manikin. In the water, the competitor dons fins and rescue tube within 5 m of the turning edge and swims 50 m freestyle. After touching the wall the competitor fixes the rescue tube around a floating manikin within 5 m of the turning edge and tows it to touch the finish edge of the pool.



4x25m Manikin Relay- Four competitors in turn carry a manikin approximately 25 m each.



4x50m Medley Relay The first competitor swims 50 m freestyle without fins. The second competitor swims 50 m freestyle with fins. The third competitor swims 50 m freestyle pulling a rescue tube and after having touched the wall, passes the harness of the rescue tube to a fourth competitor who wears fins. The third competitor, playing the role of "victim," holds the rescue tube with both hands, while being towed 50 m by the fourth competitor to the finish.

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4x50m Obstacle Relay- Four competitors swim 50 m freestyle each passing under two (2) obstacles.



50m Manikin Carry- The competitor swims 25 m freestyle and then dives to recover a submerged manikin to the surface within 5 m of the pick-up line. The competitor then carries the manikin to the finish edge of the pool.



Line Throw- In this timed event, the competitor throws an unweighted line to a fellow team member located in the water approximately 12 m distant and pulls this "victim" back to the poolside.



Simulated Emergency Response Competition (SERC)- The Simulated Emergency Response Competition tests the initiative, judgment, knowledge, and abilities of 4 lifesavers who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. This competition is judged within a 2-minute time limit. All teams respond to the identical situation and are evaluated by the same judges.

Beach and Surf Events



Beach Flags- From a prone starting position on the beach, competitors rise, turn and race to obtain a baton (beach flag) buried upright in the sand approximately 20 m away. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.



Beach Relay- Teams of 4 individuals (3 in Masters) compete in baton relay fashion over a 90 m course. To start, 2 (1 and 2 members in Masters) competitors take positions in their allotted lane at each end of the course. After the start each competitor completes a leg of the course with a baton held in either hand and passes the baton at the conclusion of the first, second, and third legs to the next runner.



Beach Run-2 km: Competitors race 2.000m on the beach in four 500m legs
1 km: Competitors race 1.000m on the beach in four 500m legs



Beach Sprint- Competitors take their positions in their allotted lanes. At the starting signal, competitors race the 90 m course to the finish line. The finish is judged on the competitor's chest crossing the finish line. Competitors must finish the event on their feet in an upright position.



Board Race- Competitors stand on or behind the start line on the beach with their boards 1,5 m apart. At the start signal, competitors enter the water, launch their boards, and paddle the course marked by buoys, return to the beach, and run to cross the finish line.



Board Relay- The Board Relay event shall be conducted under the general rules of the Board Race event. Teams shall consist of 3 competitors, who may use the same craft.



Board Rescue- In this event, 1 member of the team races approximately 120 m to a designated buoy, signals, and waits to be picked up by the second member of the team on a board. They both paddle to shore and cross the finish line on the beach with the board.



Inflatable Rescue Boat (IRB) Rescue Teams are comprised of 1 victim, 1 driver, and 1 crew member. The victim is positioned on the seaward side of the designated buoy. The driver and crew member are on the beach side of the crew start / finish line adjacent to their beach position indicators. On the starter's signal, the crew launches the IRB, proceed through the surf to pick-up their victim, round their buoy, and return to shore to finish the event.

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IRB Rescue Tube Rescue-Teams are comprised of 1 victim, 1 driver, and 1 crew member. Victims are positioned at their respective victim buoys, set approximately 25 m on the seaward side of the turning buoys. Crew members are positioned on the beach side of the crew start / finish line, adjacent to their respective beach position indicators. On the starter's signal, competitors launch their IRBs, proceed through the surf and turn around their respective turning buoy. The crew member dons the rescue tube harness. After the IRB has rounded the turning buoy, the crew member with harness donned and the rescue tube held in a secure grip, enters the water and swim past the turning buoy to their victims. The crew member secures the rescue tube around the arms of the victim and tows the victim back to the IRB. Once the crew member makes contact with the IRB or driver, he or she may board before the victim. The driver may assist the crew member and / or victim into the IRB. Victims may assist themselves in boarding the IRB. After the "victim lift" into the IRB has commenced, the driver drives the IRB around the team's respective turning buoy and returns to shore to finish



IRB Team Rescue- Teams are comprised of 1 victim and 2 crews (1 driver and 1 crew member per crew). The victim is positioned on the seaward side of a designated buoy. Both crews are positioned on the beach side of the crew start / finish line adjacent to their beach position indicator. On the starter's signal, the first crew launch the IRB and proceed through the surf to the victim. On the inside of the turn as the IRB rounds the buoy, the crew member jumps overboard on the seaward side of the buoy. The driver completes the buoy turn and returns to shore alone. Meanwhile the crew member of the second crew moves into the water. The first driver stays in contact and in control of the IRB until the second crew member secures and takes control of the IRB. The first driver runs up the beach and crosses the crew start/finish line to tag the second driver who proceeds to the IRB. The second crew re-launch the IRB, proceed through the surf, to pick-up the victim and the first crew member, round their buoy, and return to shore to finish the event.



Oceanman - Oceanwoman-in this supreme discipline the lifesaver have to cover a course that includes a swim leg of 300 metres, a board leg of 400 metres and a ski leg of 500 metres. the sequence of legs is determined by draw.



Oceanman Relay-teams of 4 competitors(1 swimmer,1 board paddler,1 surf ski paddler and 1 runner) cover the course in a sequence of legs determined by draw.





Rescue Tube Race- On the acoustic starting signal, the competitors race up the beach to recover their rescue tubes, don their belt/harness, enter the water and swim to their designated buoy and after touching it, lift their arm to mark the end of the event.



Rescue Tube Rescue- The event consists of four persons - a patient, a Rescue Tube swimmer and two rescuers. The rescue tube swimmer swims out behind the buoy line to secure the rescue tube around the patient and then tow the patient back to the beach. On return to the beach, two rescuers must drag or carry the patient past the finish line.



Run Swim Run- From the start line, competitors run to pass around the turning flag and enter the water to swim out to and around the buoys. Competitors swim back to the beach to again run round the turning flag before running to the finish line.



Surf Boat Race- Boat crews stand in knee-deep water holding their boats about 23 m apart. After the starting signal, crews row around the assigned turning buoys positioned approximately 400 m from the start and return to the beach. The finish is determined by any part of the hull crossing the finish line from the seaward side, between the designated flags.



Surf Race- With a running start into the surf from the start line on the beach, competitors swim around the 400 m (approximate) course designated by buoys, returning to shore to finish between the finish flags on the beach.



Surf Ski Race-Competitors steady their skis in line in knee-deep water about 1,5 m apart. Competitors must obey directions from the starter or check starter concerning ski alignment at the start. On the starting signal, competitors paddle their skis around the course marked by buoys and return to finish when any part of the ski crosses the in-water finish line - ridden, gripped, or carried by the competitor



Surf Ski Relay- The ski relay race shall be conducted under the general rules of the ski race. Teams shall consist of 3 competitors, who may use the same craft.

Surf Teams Race- With a running start into the surf from the start line on the beach, all three (3) members of each team swim around the 400 m (approximate) course designated by buoys, returning to shore to finish between the finish flags on the beach.



Taplin Relay



Teams of 4 competitors (1 swimmer, 1 board paddler, 1 surf ski paddler, and 1 runner) cover the course in a sequence of legs determined by draw at the start of each world championship programme. The run leg is always the final leg. If the ski leg is first, competitors shall start with a typical in-water start. (Masters: Teams of 3 competitors - 1 swimmer, 1 board paddler, 1 surf ski paddler. There is no running leg in Masters Taplin Relay.)

Ironman - Ironwoman



Competitors cover a 1.200 m course that includes a swim leg, a board leg, a ski leg, and a beach sprint finish. Conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: surf ski races, board races, surf races, beach sprints.

SUMMARY OF POOL EVENTS AS PER KLF COMPETITIONS IN DISTANCE.

4x25m Obstacle Relay: *Four competitors swim 25 m freestyle each passing under two (2) obstacles.*

4x25m Manikin Relay: Four competitors in turn carry a manikin approximately 25 m each.

Obstacle Swim: The competitor swims 25-50 m in freestyle during which he/she swims under eight (2-4) immersed obstacles.

100m Super Lifesaver: The competitor swims 25 m freestyle and then dives to recover a submerged manikin. The competitor surfaces the manikin within 5 m of the pick-up line and carries it to the turning edge. After touching the wall the competitor releases the manikin. In the water, the competitor dons fins and rescue tube within 5 m of the turning edge and swims 25 m freestyle. After touching the wall the competitor fixes the rescue tube around a floating manikin within 5 m of the turning edge and tows it to touch the finish edge of the pool.

4x25m Medley Relay: The first competitor swims 25 m freestyle without fins. The second competitor swims 25m freestyle with fins. The third competitor swims 25 m freestyle pulling a rescue tube and after having touched the wall, passes the harness of the rescue tube to a fourth competitor who wears fins. The third competitor, playing the role of "victim," holds the rescue tube with both hands, while being towed 25 m by the fourth competitor to the finish.

Line Throw: In this timed event, the competitor throws an unweighted line to a fellow team member located in the water approximately 3-10 m distant and pulls this "victim" back to the poolside.

Simulated Emergency Response Competition (SERC):The Simulated Emergency Response Competition tests the initiative, judgment, knowledge, and abilities of 4 lifesavers who, acting as a team, apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. This competition is judged within a 2-minute time limit. All teams respond to the identical situation and are evaluated by the same judges.

50m Manikin Carry: The competitor swims 25 m freestyle and then dives to recover a submerged manikin to the surface within 5 m of the pick-up line. The competitor then carries the manikin to the finish edge of the pool.

50m Rescue Medley: The competitor swims 25m freestyle to turn, dive, and swim underwater to a submerged manikin located at 10m distance for men and 5m distance for women. The competitor surfaces the manikin within the 5 m pick-up line, and then carries it the remaining distance to the finish edge of the pool.

SUMMARY OF OCEAN EVENTS WITH RACE COURSE ILLUSTRATIONS

GUIDE TO THE KENYA LIFESAVING FEDERATION COMPETITIONS.

ORGANISER	KENYA LIFESAVING FEDERATION (KLF)
RULES	The Competitions will be run under ILS Technical Rules and KLF modified rules. This event is recognized by Royal lifesaving society as KLF is a branch of RLLS.
AGE GROUPS	For all KLF competitions the operative date is as of the first day of the meet i.e. any competitor who will have his 9 th birthday on or before the first day of the meet will swim in the 9yrs age group. Age group galas will have the following ages 9& under, 10-11, 12-13, 14-15, 16 & over. Schools and Clubs will be held responsible for the ages of their competitors. Competitors will not swim outside their age groups. MASTERS In KLF competitions "MASTERS" competitors are considered to be those 26 years and above. These events will score for both team and individual points. Those competitors can take part in the 16 years and over age group events.
QUALIFYING TIMES	There are no qualifying times; however competitors should be able to finish their race comfortably.
AWARDS	Medals for 1,2 and 3.Certificates to the top six finishers in each event. Trophies: Overall Best Schools Girls team and Boys team, Overall individual best Girl and Boy 9 & U, 10-13, 14 & O. <i>Points will be 7, 5, 4, 3, 2, 1 for the 1st to 6th place for individual races and ,double points for the relays teams.</i>
PROTEST	All protests shall be made in writing addressed to the Referee of the session together with a protest fee of Ksh 2000.Within 30 minutes of the race. The Sport commission- Technical committee will act as a jury. Queries are to be made to the Referee. Please do not take your queries to the judges on the deck.
REGISTRATION	All Clubs, School Teams, competitors to be registered with KLF at the beginning of the KLF Calendar year which runs from January 1 st to December 31 st . Registration rates for Swimmers, Schools, Swim Clubs, as well as other interested Individual membership are available at the KLF and KLF BRANCHES. Competitor to be registered by 6 November 2010.Unregistered Clubs and School Teams will be allowed to take part in any KLF organized meets for the first one year and thereafter will be required to be registered. Competitor wishing to take part in KLF galas will be required to be members of either a KLF branches or KLF affiliated school or club.
ENTRIES	All the entries shall be submitted not later than 5 days before the first day of the meet. Late entries shall be accepted at a fee of ksh.200. Entries should be sent either by e-mail: klakenya2000@yahoo.com , hand delivered to KLF Office at Kasarani. The entry fee for the individual entries is <u>Ksh 200/-</u> per entry per race and relays entries is <u>Ksh 400/-</u> per team per race. <u>PLEASE DO NOT WAIT UNTIL THE LAST DAY TO SEND IN YOUR ENTRIES.</u>
HEATS/FINALS	All events will be swum on Declared Winner (DW) Basis i.e. PLACING TO BE DETERMINED BY HEAT TIMES.
THE START	The <u>two-start</u> rule shall apply in the KLF Championships.

DISCLAIMER

KLF AND THE OWNERS OF THE POOL CANNOT ACCEPT RESPONSIBILITY FOR ANY INCIDENT OR ACCIDENT THAT MIGHT OCCUR IN THE POOL OR THE GROUNDS AS A RESULT OF THE COMPETITION

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