



<b>Title:</b>	QLD Combined R&R Championships
<b>Audience:</b>	All SLSQ Branches, Clubs & QLD Sports Committee
<b>Date:</b>	28 <sup>th</sup> November 2024
<b>Sports Bulletin Link</b>	<a href="https://lifesaving.com.au/slsq-sports-bulletins">https://lifesaving.com.au/slsq-sports-bulletins</a>

## QLD Combined R&R Championships – Entry Bulletin

### 1. INTRODUCTION

R & R is a competition based on the simulated rescue and resuscitation of a patient from the surf using the traditional belt and reel. It combines swimming, resuscitation skills, marching and drill with teams' judged against set criteria.

This year's event will be held at Redcliffe Peninsula SLSC on Saturday 11<sup>th</sup> January 2025.

This document outlines some key information relating to the QLD Combined R&R Championships. Please note that SLSQ may have subsequent bulletins, memos or circulars which may supersede information provided in this bulletin.

### 2. ELIGIBILITY TO COMPETE

All competitors are to be registered and financial members of their surf lifesaving club and have completed the following to enter the carnival:

- U11 – U14 – Relevant age Competition Evaluation
- U15 – Proficient Surf Rescue Certificate
- U17 – Open – proficient Bronze Medallion

### 3. ENTRY REGISTRATIONS

Club entries to the 2025 QLD Combined R&R Championships is via the SLSA's SEMS System.

For any Clubs that cannot enter via this system please contact the SLSQ Sport Administrator, Karen Degnian ([kdegnian@lifesaving.com.au](mailto:kdegnian@lifesaving.com.au))

Entries close: Midnight Monday 6<sup>th</sup> January 2025

Late Entries Close: Midday Wednesday 8<sup>th</sup> January 2025

#### Surf Life Saving Queensland

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South Brisbane QLD 4101  
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#### 4. ENTRY FEES

The entry fee per competitor at the QLD Combined R&R Championships is \$20.00 (inc GST) per person for unlimited events. All online entries received after the initial closing date will incur a late fee of \$30.00 (inc GST) plus the original entry. A tax invoice for all SLSQ entries will be issued to Clubs in the week after the event.

#### 5. EVENT LIST

The following events are offered as per the competition manual.

##### 2 Person R & R Events:

- U11/U12 2 Person R & R
- U13/U14 2 Person R & R\*
- U14/U15 2 Person R & R\*
- Open 2 Person R & R

\* An U14 can nominate in either U13 & U14 2 Person OR U14 & U15 2 Person but not both.

##### 5 Person R & R Events:

- U12 - U14 5 Person R & R (Small reel)
- U13 - U15 5 Person R & R (Large reel)
- U17 5 Person
- U19 5 Person
- U23 5 Person (no draw)
- Open Mixed 5 Person
- Open 5 Man
- Open 5 Women
- Open 5 Person (non-swimming)

##### 6 Person R & R Events:

- Open 6 Person

#### 6. DRESS OF COMPETITORS

In all events, competitors must wear approved competition dress as detailed in the current edition of the Surf Sports Manual and any other subsequent Bulletins. This includes their club competition cap whilst competing. In reference to swimwear please refer to Section 2.5 of the current Surf Sports Manual.

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## **7. EVENT MEDALS, TROPHIES & POINTSCORE**

Medals will be awarded to team members gaining 1<sup>st</sup> (Gold), 2<sup>nd</sup> (Silver) or 3<sup>rd</sup> (Bronze) in all Championship events contested.

## **8. GEAR TRAILER/VEHICLE PARKING**

All club, competitors and officials are to read and obey the parking signs set up by the Sunshine Coast Council.

## **9. HEALTH & WELLBEING**

The welfare of all competitors and officials is of paramount importance and athletes or their parent/guardian in the case of underage competitors should seek advice prior to the competition from a qualified professional for any health concerns if required.

Any competitor or official who suffers illness or injury prior to or at the event must seek a medical clearance before resuming their normal activities which includes training and competition.

In addition, SLSQ may, at its sole discretion, require a competitor and/or official to be assessed for physical and/or psychological fitness to participate in the competition. This ensures the safety and wellbeing of the athlete concerned and fellow competitors while also ensuring all parties and SLSQ are not placed at risk.

SLSQ will be supplying adequate shade tents at all marshalling areas for officials and competitors throughout the event. It is highly recommended that all athletes ensure they carry with them adequate apparel to assist with reduction of sunburn, along with recommended use of sunscreen throughout the day.

Water barrels will be available under the marshalling tents for officials, team managers and competitor use. These barrels are in place for all persons to use and fill up their own water bottles. Please note, no drinking cups will be supplied.

## **10. BEHAVIOUR/MISCONDUCT**

Any misconduct while at the event will not be tolerated. This includes the days leading into the competition and any official social activities following the conclusion of the event. Offending members risk disciplinary action against both themselves and their Clubs.

Please refer to the current Surf Sports Manual sections *2.27 SLSA Code of Behaviour* and *2.28 Abuse/Inappropriate Behaviour* and the *Policy 6.5 Member Protection Policy* (available online at the Members Portal).

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## 11. PROTESTS

All protests shall be lodged with the appropriate Liaison Officer in each Area in accordance with procedures set down in the current edition of the Surf Sports Manual and any subsequent bulletins and shall identify the specific sections/clauses in the Competition Manual and or event rules upon which the protest is based.

Protest Forms are available from the Liaison Officer. An 'Appeals Fee' of \$110 must accompany all documentation when the process is officially submitted to the Appeals Committee for adjudication.

## FURTHER INFORMATION

Should further information be required please contact the Sport Team at:

Surf Life Saving Queensland  
PO Box 436  
West Burleigh, QLD, 4019

Email: [Sport@lifesaving.com.au](mailto:Sport@lifesaving.com.au)

Phone: (07) 5566 1015

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