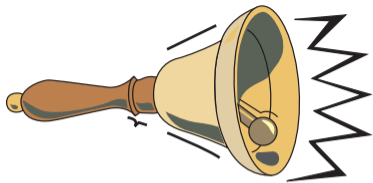


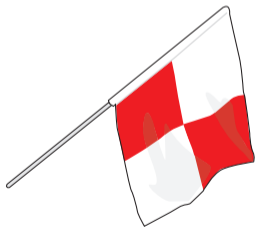
Emergency Evacuation Alarms



QUEENSLAND



Emergency Evacuation Alarm
Continuous siren blast



Emergency Evacuation Flag



Mass Rescue
3 short siren blasts

Signals Beach to Water



QUEENSLAND



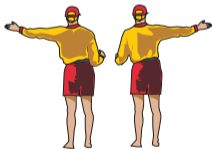
**To attract
attention**



**Message not
clear, repeat**



**Return
to shore**



**Go to left
or right**



**Proceed further
out to see**



**Remain
stationary**

Resuscitation Chart



QUEENSLAND

D



Danger

Check for **Danger to Yourself**, the **Patient** and **Bystanders**.

R



Response

Check for **Response** by talk and touch.

S



Send



If unresponsive, **Send** for help by calling **Triple Zero (000)**.

A



Airway

Open **Airway** and ensure it is clear.

If not, roll patient onto their side and clear the airway.

B



Breathing

Check **Breathing**.

If patient is not breathing or breathing is not normal, commence CPR.

C



CPR (30:2)*

Start CPR*

Give 30 Chest Compressions followed by 2 rescue breaths.

If unwilling or unable to perform rescue breaths continue chest compressions.

*For drowning, give 2 initial rescue breaths before starting compressions.

D



Difibrillation



Attach an Automated External Defibrillator (AED) as soon as it is available and follow its prompts.

Continue CPR until:

- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)

- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased

Beach Sprint



QUEENSLAND

Starting Procedure

- On your mark
- Set
- Whistle / Gun
(Starting procedure may vary at carnivals)

Distance

- 70m

Beach Flags

Starting Procedure

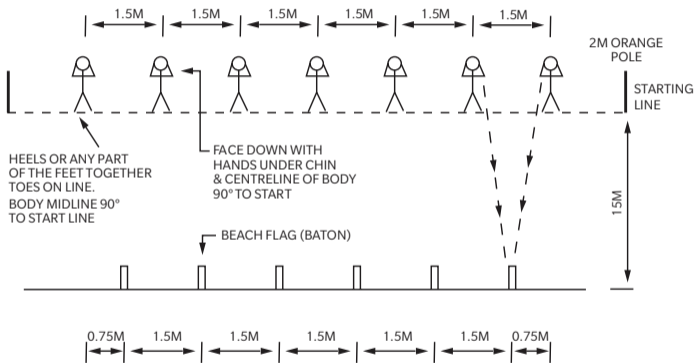
- Competitors ready
- Heads down
- Whistle

Distance

- 15m length
- Competitors and flags should be 1.5m apart — see diagram



QUEENSLAND



Beach Relay

Starting Procedure

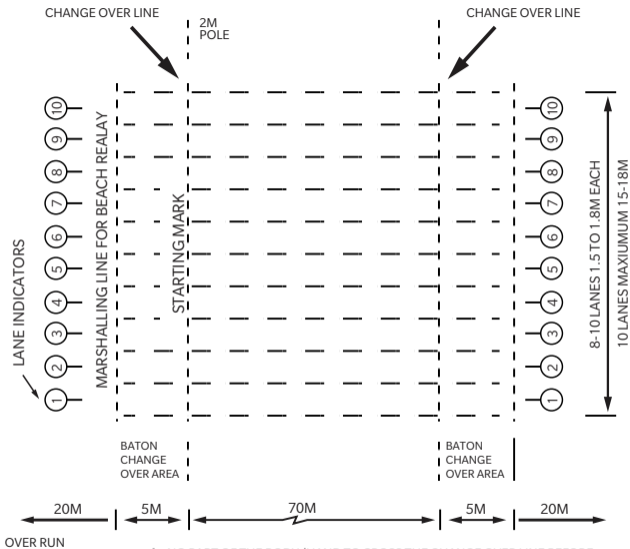
- On your mark
- Set
- Whistle / Gun
(Starting procedure may vary at carnivals)

Distance

- 70m



QUEENSLAND



* NO PART OF THE BODY/HAND TO CROSS THE CHANGE OVER LINE BEFORE THE BATON HAS CHANGED TEAM MEMBERS

Board Race & Board Relay

Starting Procedure

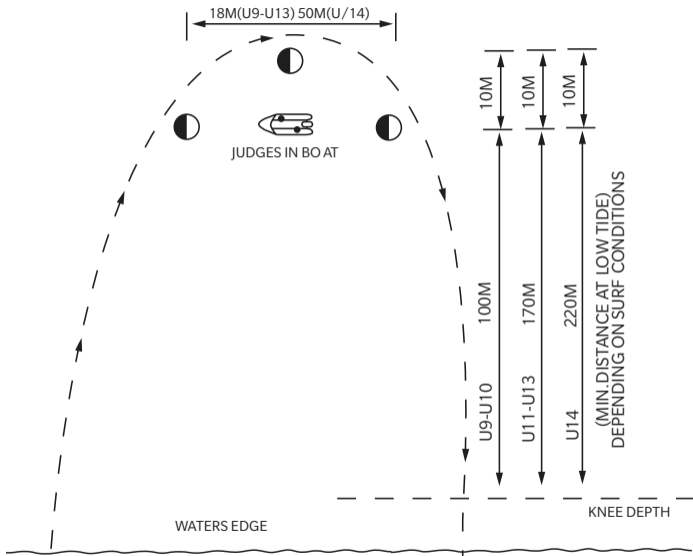
- Competitors ready
- Set
- Whistle / Gun
(Starting procedure may vary at carnivals)

Distance

- U/11–U/13 — 378m
- U/14 — 510m
(Water Safety Ratio 1:5)



QUEENSLAND



Board Rescue

Starting Procedure

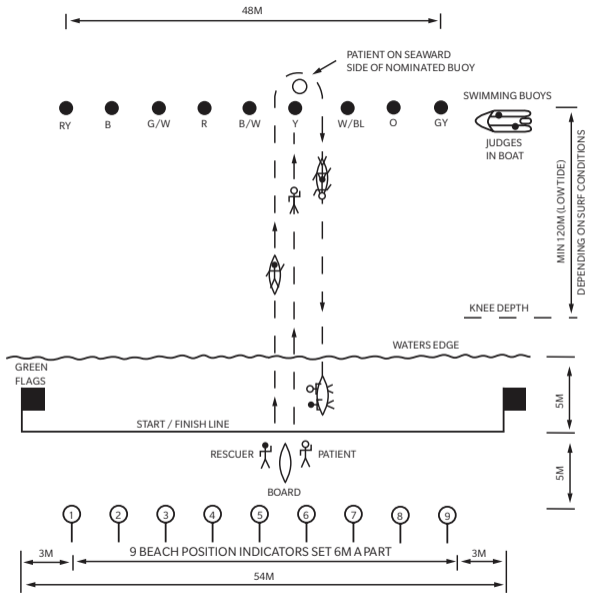
- Competitors ready
- Set
- Whistle / Gun
(Starting procedure may vary at carnivals)

Distance

- 240m
(Water Safety Ratio 1:5)



QUEENSLAND



Surf Race



(R/Y)



(B)



(G/W)



(R)



(B/W)



(Y)



(W/BL)



(O)



(G/Y)



QUEENSLAND

Starting Procedure

- Swimmers ready
- Set
- Whistle / Gun
(Starting procedure may vary at carnivals)

Distance

- U/9-U/10 — 150m
- U/11-U/14 — 288m
(Water Safety Ratio 1:5)

Cameron Relay & Ironperson

Starting Procedure

- Competitors ready
- Set
- Whistle / Gun
(Starting procedure
may vary at carnivals)

Distance

- U/11-U/14 — Swim
— 288m
- U/11-U/14 — Board
— 358m
(Water Safety Ratio 1:5)



QUEENSLAND

Cameron Relay (Team of 4)

Ironperson (Individual)

