

Quick Reference Event Resource

RESCUE TUBE RESCUE RACE (4 PERSON)



Rescue Tube Rescue Race (4 Person)

Australian Championship event in U19 and Open

The Team

Consists of 4 people

- Patient
- Rescue tube swimmer with tube and fins
- 2 Rescuers

The Event

- The team is assigned a coloured buoy
- On the starting signal, the patient swims to their allotted buoy
- On arrival at their buoy, the patient must place their forearm over the buoy and then raise their other arm in a vertical signal whilst remaining in contact with the buoy.
- The patient moves to the seaward side of the buoy to await the rescuer
- The tube swimmer waits for the patient's signal, with toes on the start line, or on the shoreward side of the start line.
- The tube swimmer may wear the neck strap and can hold the tube and fins or put them on the ground.
- On the patient's arrival signal, the tube swimmer leaves the start line, runs to the water, dons fins and swims to the allocated buoy, passing to the left hand side of their buoy, to the patient waiting behind, on the seaward side.
- Staying behind the buoy, the tube swimmer and/or patient secures the tube around the patient's body, clipped to an 'O' ring (not the rope).
- After the 'clip in' the tube swimmer continues clockwise around their buoy, towing the patient back to the beach.
- The patient must remain on their back, clipped in the tube. The patient can kick, and scull with their arms under the water.
- The two rescuers must remain on the shoreward side of the start line until the tow-in commences, then can cross the start line and enter the water to assist the tube swimmer bring the patient back to the beach.

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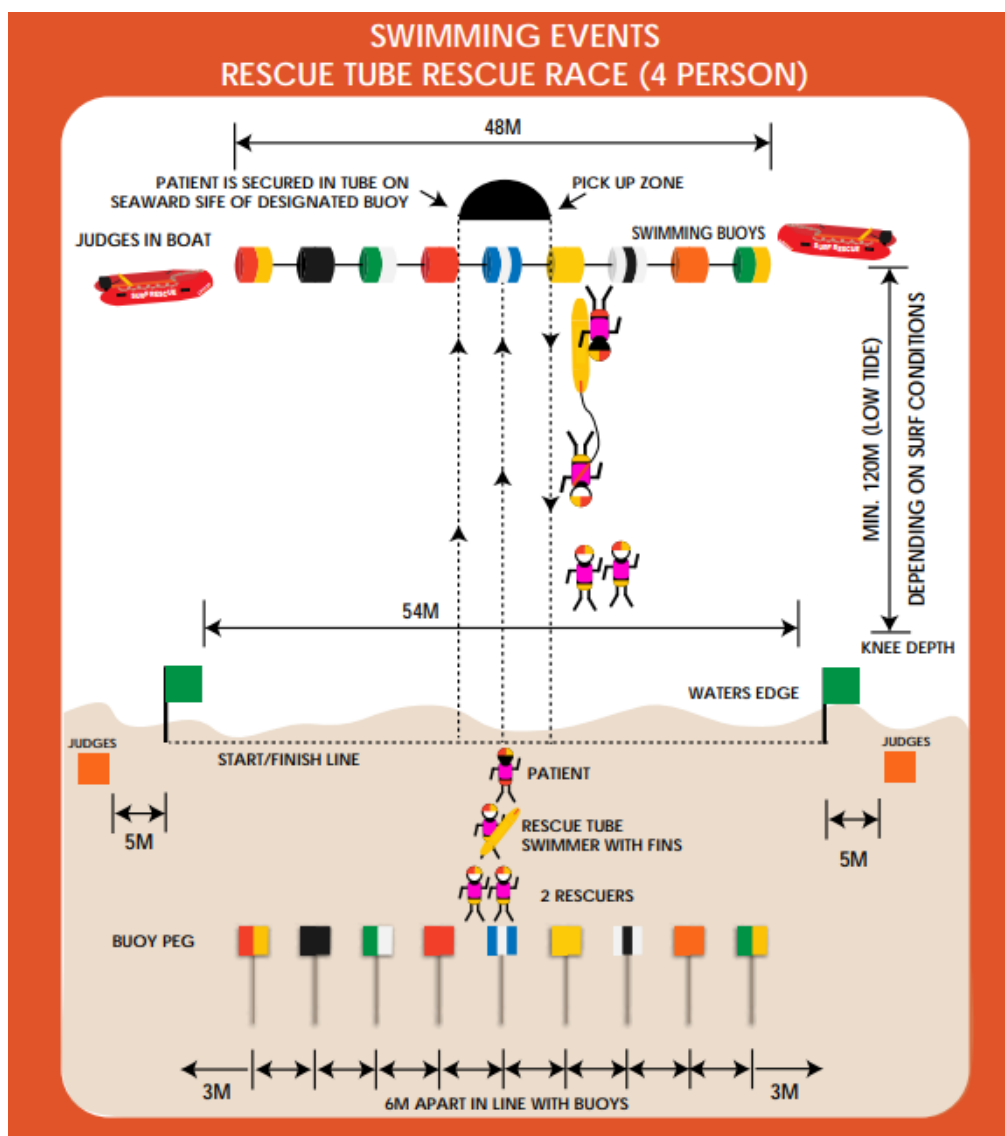
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- On return to the beach, the rescuers **drag or carry** the patient to the finish line. The finish is judged by the chest of the first member of the carrying party to cross the line in an upright position.
- The team should move away quickly so as not to obstruct further judging.

Disqualification Pointers

- A patient swimming to the wrong buoy and signalling will be disqualified.
- The patient or tube swimmer may touch the buoy and buoy ropes but cannot gain an advantage by pulling themselves along the ropes to reach their buoy.
- If the patient doesn't remain on their back (i.e. if they roll onto front) or clipped into tube then they will be disqualified.
- The team will NOT be disqualified if the tube swimmer starts early but realises and returns to behind the start line to await the patient's signal.
- During the carry, the patient can lift their legs, but cannot stand unaided, nor propel themselves by walking or running to the finish line.
- On reaching the shore, the tube can be **removed or left** on the patient.

Course Diagram (SSM Section 4 – Figure 4)



The start/finish line is as close as possible to the water's edge