



## RASHTRIYA LIFE SAVING SOCIETY (INDIA)

B4/101, LUNKAD DAFFODILS, VIMANNAGAR, PUNE - 411014.

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ISRO Certified - Geo Informatics for Disaster Management

## SELECTION OF TEAM INDIA FOR LIFESAVING WORLD CHAMPIONSHIP 2024.



### 2024 LIFESAVING WORLD CHAMPIONSHIPS



### 1. What is World Lifesaving Championship?

The ILS World Life Saving Championships are the World championships special designed for Life Saving Sports event. They are sanctioned by the International Life Saving Federation (ILS), conducted every 2 years, and formerly marketed and known as the "Rescue" series.

The World Life Saving Championship incorporates –

- National Teams World Championship,
- Interclub Teams World Championship,
- Masters World Championship,
- Surfboat World Championship,
- IRB World Championship.



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Other additional championships can include events such as:

March Past,  
Long Distance Race,  
2K Beach Run,

The World Championship typically attracts between 3,000 to 5,000 competitors and officials, and is conducted over a period of 12 to 14 days.

This year the World Lifesaving championship is happening in Gold Coast, Australia, Which is 18 days of competition.

The events are scheduled from 20<sup>th</sup> August 2024 to 8<sup>th</sup> September 2024 at Karrawa Beach and pool events are held in Gold Coast Aquatic Centre, Australia.

### 2. What is Lifesaving Sports?

Lifesaving Sports is the only sport whose skills are first learned for humanitarian purposes. Through lifesaving sports, the Lifesaving Society seeks to engage and inspire youth in our drowning prevention mission.

Our Lifesaving sports Objectives are:

- To support the drowning prevention work of the lifesaving society and its humanitarian mission.
- To provide athletes, coaches and officials opportunities for participation in lifesaving sports at all levels from developmental to high performance.
- To position lifesaving society internationally as a leader in lifesaving sports.

Lifesaving is an official discipline of the World Games, the games with all the sports, recognized by IOC but not yet in the Olympic program.

The lifesaving sports can be played indoors in swimming pools or outside on beach, in the same ways that you get pool lifeguards and beach lifeguards.

### 3. What are the events played in this championship?

The events are played in 3 different arenas in swimming pool, beaches (on sand) and in ocean.



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The events are listed below along with the video links please go through it.

## i. Pool Events:

Sr.	Events	Video Links
1.	50m Manikin Carry	<a href="https://drive.google.com/file/d/1ly-ZurahfNPgm5K_hoVwH1dkIjzUUkji/view?usp=drive_link">https://drive.google.com/file/d/1ly-ZurahfNPgm5K_hoVwH1dkIjzUUkji/view?usp=drive_link</a>
2.	100m Manikin Carry with Fins	<a href="https://drive.google.com/file/d/1SuhGv1VV82nou3NyWmpZ7uXZHgzyOawh/view?usp=drive_link">https://drive.google.com/file/d/1SuhGv1VV82nou3NyWmpZ7uXZHgzyOawh/view?usp=drive_link</a>
3.	100m Rescue Medley	<a href="https://drive.google.com/file/d/1x9EZIDcOqYfwMwh0X_mUUCwNvKuzMBR6/view?usp=drive_link">https://drive.google.com/file/d/1x9EZIDcOqYfwMwh0X_mUUCwNvKuzMBR6/view?usp=drive_link</a>
4.	100m Manikin Tow with Fins	<a href="https://drive.google.com/file/d/1tZg2pWRoXEC178_dPbS54bLTgUVwyeFQ/view?usp=drive_link">https://drive.google.com/file/d/1tZg2pWRoXEC178_dPbS54bLTgUVwyeFQ/view?usp=drive_link</a>
5.	Obstacle swim 200m & 100m	<a href="https://drive.google.com/file/d/1mQVg6cXJNIVojdHg_L6TXOUQquEYr-Sck/view?usp=drive_link">https://drive.google.com/file/d/1mQVg6cXJNIVojdHg_L6TXOUQquEYr-Sck/view?usp=drive_link</a>
6.	Super Lifesaver 200m	<a href="https://drive.google.com/file/d/1h5d-0gtDUdoA4UyuiAXzENkHy9BMlfa/view?usp=drive_link">https://drive.google.com/file/d/1h5d-0gtDUdoA4UyuiAXzENkHy9BMlfa/view?usp=drive_link</a>
7.	100m Manikin Lifesaver Medley	
8.	Line throw 12.5m	<a href="https://www.youtube.com/watch?v=s0aOAZozf3k">https://www.youtube.com/watch?v=s0aOAZozf3k</a>
9.	Manikin Relay 4 X 25m	<a href="https://www.youtube.com/watch?v=eN-4zq9SIJE">https://www.youtube.com/watch?v=eN-4zq9SIJE</a>
10.	Obstacle Relay 4 X 50m	<a href="https://www.youtube.com/watch?v=RW1No9yaTT8">https://www.youtube.com/watch?v=RW1No9yaTT8</a>
11.	Medley Relay 4 X 50m	<a href="https://www.youtube.com/watch?v=4eon5zUTsKI">https://www.youtube.com/watch?v=4eon5zUTsKI</a>
12.	Pool Lifesaver Relay Mixed 4 X 50m	<a href="https://www.youtube.com/results?search_query=pool+lifesaver+relay">https://www.youtube.com/results?search_query=pool+lifesaver+relay</a>
13.	Rescue Tow Relay 4 X 50m	

## ii. Beach Events:

Sr.	Events	Video Links
1.	Beach Flags	<a href="https://www.youtube.com/watch?v=Ad0JudbEmgs">https://www.youtube.com/watch?v=Ad0JudbEmgs</a>
2.	Beach Sprint	<a href="https://www.youtube.com/watch?v=pyVQiRB09WQ">https://www.youtube.com/watch?v=pyVQiRB09WQ</a>



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3.	Beach Relay	<a href="https://www.youtube.com/watch?v=n8JDmBLQGE8">https://www.youtube.com/watch?v=n8JDmBLQGE8</a>
4.	Beach Run 1Km	<a href="https://www.youtube.com/watch?v=4q19hzDIgFA">https://www.youtube.com/watch?v=4q19hzDIgFA</a>
5.	Beach Run 2 Km	<a href="https://www.youtube.com/watch?v=D_YtjMhSHeY">https://www.youtube.com/watch?v=D_YtjMhSHeY</a>

### iii. Ocean Events:

Sr.	Events	Video Links
1.	Surf Race	<a href="https://www.youtube.com/watch?v=pKVNmj6K8q8">https://www.youtube.com/watch?v=pKVNmj6K8q8</a>
2.	Surf Teams Race	
3.	Rescue Tube Rescue	<a href="https://www.youtube.com/watch?v=rHQCMJ9wvAc">https://www.youtube.com/watch?v=rHQCMJ9wvAc</a>
4.	Rescue Tube Race	<a href="https://www.youtube.com/watch?v=MRu9CrzNIEI">https://www.youtube.com/watch?v=MRu9CrzNIEI</a>
5.	Run - Swim - Run	<a href="https://www.youtube.com/watch?v=lepZTp5gifQ">https://www.youtube.com/watch?v=lepZTp5gifQ</a>
6.	Surf Ski Race	<a href="https://www.youtube.com/watch?v=MT3tIXO-naM">https://www.youtube.com/watch?v=MT3tIXO-naM</a>
7.	Surf Ski Relay	<a href="https://www.youtube.com/watch?v=CaO9JaCe9Ws&amp;t=521s">https://www.youtube.com/watch?v=CaO9JaCe9Ws&amp;t=521s</a>
8.	Board Race	<a href="https://www.youtube.com/watch?v=SeOXjUSIYn8">https://www.youtube.com/watch?v=SeOXjUSIYn8</a>
9.	Board Relay	<a href="https://www.youtube.com/watch?v=1T0HZh05sYk">https://www.youtube.com/watch?v=1T0HZh05sYk</a>
10.	Board Rescue	<a href="https://www.youtube.com/watch?v=-XprCYBfGbM">https://www.youtube.com/watch?v=-XprCYBfGbM</a>

### iv. Simulated Emergency Response Competition (SERC):

The SERC tests the initiative, judgment, knowledge, and abilities of four lifesavers who act as a team. The team under the direction of a team leader - apply lifesaving skills in a simulated emergency situation unknown to them prior to the start. This competition is evaluated by the same judges. Every effort will be made to ensure that the scenario is executed in the same manner for every team.

Video Link

- <https://www.youtube.com/watch?v=zUym6JE3ZL4>
- <https://www.youtube.com/watch?v=OSyGITgW4is&t=1s>



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### v. Inflatable Rescue Boat (IRB)

Sr.	Events	Video Links
1.	IRB Rescue	<a href="https://www.youtube.com/watch?v=gwTsMP8PPVM">https://www.youtube.com/watch?v=gwTsMP8PPVM</a>
2.	IRB Mass Rescue	<a href="https://www.youtube.com/watch?v=BKEsBefnCcE&amp;t=20s">https://www.youtube.com/watch?v=BKEsBefnCcE&amp;t=20s</a>
3.	IRB Team Rescue	<a href="https://www.youtube.com/watch?v=cOi8Y_YAR2M">https://www.youtube.com/watch?v=cOi8Y_YAR2M</a>
4.	IRB Rescue Tube	<a href="https://www.youtube.com/watch?v=MRu9CrzNIEI&amp;t=84s">https://www.youtube.com/watch?v=MRu9CrzNIEI&amp;t=84s</a>

#### 4. What are the selection criteria for these events?

There are certain criteria for pool events for different age categories.

Please click on the link to get the qualifying timings for the pool events.

<https://www.lwc2024.com/wp-content/uploads/2023/05/Entry-Guide-Times-2024.pdf>

#### 5. Who can participate in this championship?

To participate in this championship the athletes or competitors who turn 15, 16, 17, or 18 years of age on or before 31<sup>st</sup> December 2024 are eligible to register to these events.

The categories are as follows:

##### ➤ National Team:

- **Youth:** be 15 years to 18 years of age on or before 31<sup>st</sup> December 2024.
- **Open:** be a minimum of 16 years of age on or before 31<sup>st</sup> December 2024.

##### ➤ Interclub Team:

- The registered club should be a member of National Lifesaving Organization which should be a full member of International Lifesaving Society.
- All the members of the lifesaving club or lifesaving unit of a National Lifesaving Organization and not a composite team from multiple clubs or units.
- Youth: 15, 16, 17 or 18 years of age on or before 31<sup>st</sup> December 2024.



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- Open: be a minimum of 30 years of age on or before 31<sup>st</sup> December 2024.
  - Masters: be a minimum of 30 years of age on or before 31<sup>st</sup> December 2024.
- Athletes or competitors from any sports like:
- a. Swimming.
  - b. Finswimming.
  - c. Triathlon.
  - d. Hockey.
  - e. Kho Kho.
  - f. Open Water Swimming.
  - g. Canoeing and Kayaking.
  - h. Athletic.
  - i. Surfing.
  - j. Kabaddi.
- and many more are eligible to participate in this selection camp.

### 6. Documentation required:

- a. Passport size photograph with white background (should be less than a week old).
- b. Valid Passport of minimum 6 months.
- c. Parents' consent letter to be signed and submitted during the time of registration.

### 7. Registration Form:

If you are interested and like to register, please click on the link below and fill in the details.

<https://forms.gle/ekDzVQH9ZCwKgmC78>

**Last day for Registration: Friday, May 10<sup>th</sup>, 2024.**



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