# 100m Manikin Carry with Fins

**Pool**

In the programme of ILS

Wearing fins, the rescuer swims 50 m freestyle, dives to recover a manikin from the bottom, surfaces within a 10 m radius and tows it to the finish.

## Procedure

1. Start dive
2. 50 m with fins
3. Retrieve the manikin
4. 50 m manikin carry

## Key points

✓ The manikin is completely filled with water.

✓ All turns are performed normally (touching the wall), except at the manikin pick-up, where touching the wall is not mandatory.

✓ Surface with the manikin and adopt the correct position within 10 m of the pick-up.

✓ At the 75 m turn, touch the wall with any part of the body without releasing the manikin, then regain the correct position within the next 10 m.

✓ The approach swim with fins may be done underwater. A lost fin may be recovered provided no other rule is broken.

✓ Keep hold of the manikin until the final touch.

## Disqualifications

| CODE | MEANING | RULEBOOK |
|---|---|---|
| **DQ1** | Not completing the event in accordance with the event description or general rules | ILS |
| **DQ2** | Unsporting behaviour / unfair competition | ILS |
| **DQ3** | Late arrival at the marshalling area | ILS |
| **DQ4** | Failure to be present at the start of the event | ILS |
| **DQ5** | Wilful damage to the venue, accommodation or property of others | ILS |
| **DQ6** | Abuse of officials | ILS |
| **DQ7** | Using a sticky/adhesive substance to improve grip or support (hands, feet, manikin, rescue tube) | ILS |
| **DQ9** | Leaving the water after the event before being authorised by the official (final whistle) | ILS |
| **DQ10** | False start: commencing the starting action before the start signal | ILS |

| CODE | MEANING | RULEBOOK |
|---|---|---|
| **DQ14** | Failing to touch the wall/edge at the finish | ILS |
| **DQ17** | Using a lane rope, pool steps, edge or other pool fixture for assistance (e.g. to surface) | ILS |
| **DQ19** | Incorrect manikin carry (pushed, held by the plug, feet first, impermissible submersion, loss of contact) | ILS |
| **DQ21** | Releasing the manikin before touching the wall at the turn or finish | ILS |
| **DQ23** | Manikin not in the correct position when the top of its head passes the 10 m line | ILS |

Names and detailed rules may vary between rulebooks: always refer to the official rules of the competition.