200m Super Lifesaver

Pool

In the programme of **ILS**

A two-part endurance event: 75 m freestyle, manikin recovery (5 m zone) and 25 m tow, then switch to fins and rescue belt for 50 m swimming and towing a second manikin over the final 50 m.

Procedure

1. Start dive
2. 75 m freestyle
3. 25 m manikin carry
4. Put on fins and rescue tube
5. 50 m with fins and rescue tube
6. 50 m manikin tow

Key points

✓ Pick up the first, full manikin at 75 m. In a 25 m pool, touching the wall at this pick-up is not mandatory. Correct carrying position within 5 m.

✓ At 100 m, touch the wall before releasing the manikin; put on the fins and harness in the water, then set off again. Equipment is prepared on the pool deck as instructed.

✓ At 150 m, touch the wall before taking and clipping the second (floating) manikin. Correctly secured before the 10 m line.

✓ At 175 m, touch the wall while keeping the manikin's face out of the water. Finish with the rescue tube and manikin in place.

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
DQ8	Using the pool bottom for support or propulsion, except where the event rules expressly allow it	ILS

CODE	MEANING	RULEBOOK
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
DQ14	Failing to touch the wall/edge at the finish	ILS
DQ16	Failing to surface after the start dive and before touching the turn wall/edge	ILS
DQ17	Using a lane rope, pool steps, edge or other pool fixture for assistance (e.g. to surface)	ILS
DQ18	Manikin not in the correct carrying position after the 5 m line	ILS
DQ19	Incorrect manikin carry (pushed, held by the plug, feet first, impermissible submersion, loss of contact)	ILS
DQ20	Manikin's face submerged outside the permitted zone (including at the turn)	ILS
DQ21	Releasing the manikin before touching the wall at the turn or finish	ILS
DQ24	Using pool equipment for support while securing the rescue tube around the manikin/victim	ILS
DQ25	Deliberately touching the manikin before touching the wall	ILS
DQ26	Handler releasing the manikin too early (before the competitor touches the wall)	ILS
DQ27	Handler deliberately entering the water or interfering with the competitor / officials	ILS
DQ28	Fastening the rescue tube clip before touching the wall	ILS
DQ29	Rescue tube incorrectly secured around the manikin	ILS
DQ30	Rescue tube not correctly secured before the manikin passes the 10 m line	ILS
DQ31	Pushing or carrying the manikin instead of towing it	ILS
DQ32	Deliberately shortening the rescue tube line before the start	ILS
DQ33	Manikin detached from the rescue tube	ILS
DQ34	Finishing without wearing the rescue tube or without the manikin correctly secured	ILS

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