

**To:** GRPA Athletic/Aquatic Network

**From:** Gwinnett County Aquatics Team

**Date:** 6/10/2025

**Re:** Summer Lifeguard Competition

We are hoping for the 2025 Summer Lifeguard Competition to be a fun event that can continue to grow and resonate with all of the Aquatics agencies in GRPA. It will be hosted by Gwinnett County’s Parks and Recreation Department at the West Gwinnett Park Aquatic Center on Monday, July 14th, 2025 from 10:00am - 4:00pm. Food will be provided for all teams after all competition events. We hope to see you there!

Make checks payable to GRPA and send to the GRPA offices at: GRPA

1285 Parker Rd.

Conyers, GA 30094

Attn: Lifeguard Competition 2024

If anyone has any questions, please reach out to me and I will do my best to provide any clarity that is needed.

Sincerely, Jason Cutchins

**Jason Cutchins, AqP, CPRP, LGIT, WSIT**

Aquatic Division Manager | Gwinnett Parks & Recreation  
678.277.0928 | 446 W Crogan Street, Lawrenceville | [GwinnettParks.com](https://url.avanan.click/v2/___https://www.gwinnettcounty.com/web/gwinnett/Departments/CommunityServices/ParksandRecreation/OurParksandFacilities/GuidetoYourParks/HarmonyGroveSoccerComplex___.YXAzOmdycGFzc29jOmE6bzphNGM4ZDA5Yjg4MWM3ZGQ2NDFhMDkwOWQ5ZTNhMjlhZjo2OmYwZDY6YWY1NWZlZWU5YTAzMjkzZDc0M2IxZTA5MWEzMGMzOWIxMWM1Y2Y5ZTQwNzIwMTNjNjY2OWIzMGFhMmIyMmQ5NTpwOlQ6Tg)  
Jason.cutchins@gwinnettcounty.com

# **GRPA**

**Summer Lifeguard Competition 2025**

Location Date

West Gwinnett Park Aquatic Center Monday - July 14th, 2025

4488 Peachtree Industrial BLVD

Berkeley Lake, GA 30077

**REGISTRATION INFORMATION**

* Registration deadline is Wednesday, July 9th, 2024.
* No refunds will be made after July 13th.
* There will be a limit of 15 teams. A minimum of 6 teams are needed to conduct this event. Please see the last page of this packet for the registration form.

**TEAM FEES**

$125.00 per team (GRPA Agencies)

$150.00 per team (Non-GRPA Agencies)

**Please make check out to GRPA**

**Mail to:** GRPA

1285 Parker Rd.

Conyers, GA 30094

Attn: Lifeguard Competition 2024

**TEAMS**

* Each team must consist of at least four (4) members with at least one member being a female, or you may have six (6) members with at least two being female.
* Each team must provide the following:
  + At least one (1) individual to serve as a timer/official during the events
  + At least one (1) box of gloves
  + At least one (1) diving brick (labeled)
  + Their own hip packs and ventilation masks for each team member
* All team members must hold a current lifeguard and CPRO/First Aid/AED certification by the American Red Cross, Ellis and Associates, Star-Guard or other certifications recognized by GRPA.
* A copy of each team member’s current certification must accompany the registration form.
  + Rosters and certifications can be brought on the day of the competition
* Changes can be made to the team roster up to the day of the competition – ***provided they are employed staff members and proof of employment and current certifications are provided to official staff BEFORE the competition begins***. Teams may include alternate representatives on their roster, and the alternate(s) must meet the same requirements as active/participating team members.

**GENERAL**

Transportation, lodging and food (before and during the competition) are the responsibility of each team, not the host agency. Lunch will be provided for each team member, coach, and judge. It is recommended that teams bring chairs, snacks, sunscreen, beach shoes/sneakers and a cooler with ice/drinks.

T-shirts and awards will be presented provided that enough teams register to cover expenses and adequate sponsorships are found. Team members, coaches, and judges will receive a t-shirt. The first-place team will receive a team trophy. Medals will also be provided for the 1st, 2nd and 3rd place teams (should funds allow).

OFFICIALS

The designated lifeguard competition judges will be responsible for all accounting, recording, and officiating of the events. In the case of a protest, the GRPA Lifeguard Competition committee that is present will be allowed to work together to make a final decision.

Penalties / Infractions:

Cheating will not be tolerated. Any team observed deliberately violating event rules during any event of the competition will be disqualified from that specific event.

Each event will have its own set of rules for Penalties and Infractions.

**SUMMER COMPETITION SCHEDULE (subject to change)**

Check-In: 9:00AM – 9:25AM

Volunteers/Timers Meeting: 9:30AM – 9:40AM

Captains Meeting: 9:45AM – 9:50AM

Games Begin: 10:00AM – 3:00PM

Lunch and Awards Presentation: 3:15p - 3:30PM

Free Play and Fellowship: 3:35PM – 4:00PM

**\*NOTE\***

**All events are subject to change/modification – but events will be finalized and descriptions will be sent out at least one week prior to the competition.**

**During the Captain’s Meeting team captains can ask the competition committee any questions they may have about any of the events.**

**Any challenge (s) that a team may have about an event can be made to the competition committee during the event. The challenge may only be made by a GRPA member in good standing. Once the competition period is over, no challenge(s)/contest(s) will be recognized during the scoring period at the end of the competition.**

**SUMMER COMPETITION EVENT DESCRIPTIONS**

## **200 Victim Relay**

4 members from each team will participate with at least one being female. Each team is responsible for providing 2 victims. Multiple Teams will compete at a time. Multiple heats may be necessary depending on team participation. Teams will be arranged one per lane.

Each leg will start from a standing position on the deck at the shallow end of the lane with lifeguard tube across the chest and properly strapped to the rescuer. Rescuers will enter the water on the judges starting call by using a compact entry. Rescuers will use a proper approach to the deep end to perform an active rear rescue on their provided victim and swim them back to the shallow with an appropriate rescue. Victims may be encouraged to kick only. The rescuer must keep both arms secured around the victim’s shoulders. The next rescuer may begin their leg of the relay when the prior rescuer touches the wall. Supplied victims will be victims for legs 1 and 3 or 2 and 4. Victims alternate legs and will need to exit the pool and walk around to reset for the next rescuer. All four rescuers must complete a leg. Time stops when the fourth rescuer touches the wall at the deep end of the pool. A 30 second penalty will be applied for any team member who does not use an appropriate entry, approach, rescue or leaves early.

If a team is unable to provide two victims, they must notify officials prior to the start of the competition.

## **Tug of War**

4 members from each team will participate with at least one being female. 6 may be used if all teams agree prior to the start of the event. Two teams will compete at a time. Teams will be seeded in a double elimination tournament.

Teams will arrange themselves in an alternating pattern, one left and one right, down the length of the rope on opposing sides. A judge will start the round with a signal sound. On the sound both teams will begin to pull the rope in the opposite direction. There will be a marked midpoint on the rope. When the midpoint of the rope crosses the designated line, the round is over and the winner is declared. Rounds will continue until a final placement of all teams has occurred.

**Timed Passive Submerged Scenario**   
4 team members from each team will participate with at least one being female; three members will perform the rescue with the fourth playing the role of victim. This event will be conducted by an LGI certified official.

The team will be graded on how well they respond and perform the necessary skills according to the scenario.

The scenario will follow American Red Cross guidelines, and the team will be scored according to the Scenario Score Sheet. For details and criteria of Timed Passive Submerged Scenario, please view Score Sheet after events description pages.

## **Multiple Drowning Person Rescue**

4 team members from each team will participate with at least one being female. This event will be conducted by an LGI certified official. Four members will perform the rescue & care needed. Three rescuers will begin on stand and one guard in the “guard room” will become the assisting lifeguard. One rescuer responds to the active drowning victim, while the other responds to the passive submerged victim. After assisting the active drowning person to safety, the rescuer may assist with the extrication and care of the passive Drowning Person.

* Drowning Person A – active drowning
* Drowning Person B – passive submerged

This will test the ability to work effectively as part of a team to prioritize care and communicate with other team members for an overall successful team response.

The team will be graded on how well they respond and perform the necessary skills according to the scenario.

The scenario will follow American Red Cross guidelines, and the team will be scored according to the Scenario Score Sheet. For details and criteria of Multi Drowning Person Rescue Scenario, please view Score Sheet after events description pages.

If a team is unable to provide two victims, they must notify officials prior to the start of the competition.

## **Capture the Brick**

4 members from each team will participate with at least one being female. All teams will participate at the same time for this event.

There will be a designated number of bricks set out approx. 20 yards. from the starting point. Teams will designate one member to begin at the starting point facing away from the brick location in a backstroke start position. At the sound of the start signal, the team member will quickly swim towards the opposite end of the pool to grab a brick. The round is over when all the bricks are grabbed. The team that is unable to grab one, will be eliminated. If your team makes it to the next round, a different team member must be designated to participate in the next round. The event is over when all other teams are eliminated and one team has “Captured the Brick”.

In the event that two teams grab a brick “at the same time” the two members will return to the starting point and re-race for the brick.

If any team commits a false start, the round will be redone. If the same team commits two false-starts in a row, they will be disqualified from the event. If any team is observed not rotating their team members or rotating out of order once the initial order is set, that team will be disqualified. If any team member grabs or pulls an opposing team member in any way, that team will be disqualified.

## **Waterpark Relay**

4 members from each team will participate with at least one being female. One team will compete at a time.

One team member will start at the designated relay start point. The team member will race through the designated obstacles within their leg of the relay race. Once through the obstacle, the team member will race and tag the next member of their team. The race is completed when the last member of both teams crosses the designated finish line.

* Leg 1 starts under the funbrella on the judges starting sound and will travel up the slide tower and slides down one of the water slides into the catch pool where they will float face down. DO NOT LAUNCH.
* Leg 2, waits on deck at bottom of slide and activates EAP when victim enters catch pool, not before, slides in, and performs a face up spinal hold and move them, against the current, through the lazy river to the entrance of the main pool to hand off to Leg 3.
* Leg 3 transfers Leg 1 onto a rescue tube by performing a passive rear victim rescue and moves the victim one complete lap around the lazy river with the current and tags Leg 4.
* Leg 4 beach drags the rescue mannikin around the shallow side of the play structure through the rainbow feature. Time stops when the mannikin is completely through the rainbow feature.

30-sec penalties will be awarded for the following: (a) if a member does not complete the obstacle in their leg of the relay, (b) a team member starts their leg of the relay before being tagged by the previous member. (c) an inappropriate rescue is used.

Disqualification will occur for the following: (a) launch down slide. (b) ride slide incorrectly.

**SCORING:**

(1st) - 7pts, (2nd) - 6pts, (3rd) - 5pts, (4th) - 4pts, (5th) - 3pts, (6th) - 2pts, (7th) - 1pt, (8th or lower) - 0pts

**Tie Breaker:**

If any of the final top three (3) teams are tied with the same score at the end of the competition, the final placement will be determined by combining the times of the Timed Passive Submerged Scenario, 200 Victim Relay and Water Park Relay and the team with the fastest time will be declared the winner.

In the event that Two or more teams are still tied after the initial tie breaker method is used, the tied teams will compete in a designated event chosen by the GRPA Lifeguard Competition committee (should time allow).

Score Sheet:   
(Please Print Team’s Name)

Timed Passive Submerged Scenario Score %: ( )

|  |  |  |
| --- | --- | --- |
| Item | Proficient | Points |
| Recognition and Entry | * Rescuer recognizes passive submerged drowning person. * EAP is activated. * Rescuer enters the water with appropriate entry \*Evaluator Starts Time\* | \_\_/3 |
| Water Rescue and Extrication | * Rescuer successfully rescues the drowning person. * Rescuer calls for a backboard. * Rescuer brings drowning person to the wall. * Assisting rescuers arrive with backboard. * Rescuer and assisting rescuers successfully extricate the drowning person from the water | \_\_/5 |
| Rapid Assessment & Initial ventilations | * Rescuers put on gloves before checking for responsiveness. * Rescuer checks for responsiveness   **Evaluator Prompt:** *“There is no response.”*   * Rescuer activates EAP, designates for EMS to be called & asks for AED & BVM * Rescuer checks for breathing, pulse, and severe life-threatening bleeding   **Evaluator Prompt:** *“The person is not breathing, does not have a pulse and has no severe, life-threatening bleeding.”*   * Rescuer gives 2 ventilations \*Evaluator Stops Time\*   Total time: \_\_\_\_\_   * Time under 1:30 | \_\_\_/6 |
| Communication | * Team performs proper/effective communication | \_\_\_/1 |
| Total \_\_\_/15 | | |

Score Sheet:   
(Please Print Team’s Name)

Multi Drowning Person Rescue Scenario Score %: ( )

|  |  |  |
| --- | --- | --- |
| Item | Proficient | Points |
| Recognition and Entry | * Rescuers recognize both drowning persons. * EAP is activated. * Rescuers enter the water with appropriate entry \*Evaluator Start Time\* | \_\_\_/3 |
| Water Rescue and Extrication | * One rescuer successfully rescues the **active** drowning person & helps person to wall and assists with exiting pool. * One rescuer successfully rescues the **passive submerged** drowning person. * Rescuer calls for a backboard for the **passive submerged** drowning person and brings drowning person to the wall. * Additional rescuers arrive with backboard. * Rescuer and additional rescuers successfully extricate the drowning person from the water   **Evaluator Prompt:** *“Move to manikin. The person does not seem to be moving.”* | \_\_\_/5 |
| Rapid Assessment & Initial ventilations | * Scene Size Up – Check Surroundings * All rescuers puts on gloves before checking for responsiveness. * Rescuer checks for responsiveness using a shout-tap-shout sequence (shoulder)   **Evaluator Prompt:** *“There is no response.”*   * Rescuer activates EAP, designates for EMS to be called & asks for AED & BVM * Rescuer checks for breathing, pulse, and severe life-threatening bleeding   **Evaluator Prompt:** *“The person is not breathing, does not have a pulse and has no severe, life-threatening bleeding.”*   * Rescuer gives 2 ventilations \*Evaluator Stop Time\*   Total time: \_\_\_\_\_ (Tie Breaker)   * Time under 2 minutes | \_\_\_/7 |
| CPR | * Rescuer begins one-rescuer CPR * Ratio of 30 compressions to 2 ventilations | \_\_\_/2 |
| Assisting Rescuers  arrive on scene | **Evaluator Prompt:** “Additional rescuers arrive on scene.”   * Additional rescuers arrive on scene with AED & BVM and check if 911 has been called. * Team communicates what the ill/injured person needs. * Rescuers communicate and decide roles with AED & BVM | \_\_\_/3 |
| Team Uses AED & BVM | * 1 Assisting rescuer joins CPR scenario starting to set up AED * Rescuer turns on AED * Rescuer placed AED pads on ill/injured person without disrupting CPR * Rescuer ensures everyone stands clear when AED begins analyzing * Compressor hovers during AED analysis * AED declares continuation of CPR, team begins multiple-rescuer CPR with BVM |  |
| Team Performs at Least One(1) Switch During Multiple-Rescuer CPR | * Team switches so that the initial rescuer is no longer performing their original task * No team member crosses the body during the switch. (No one steps over the upper or “lower” body of the victim during switch) * There is no longer than a 10-second pause in CPR   **Instructor prompt (after role change following 4 cycles minutes of CPR):** *“EMS has arrived on the scene and is ready to take over care.”* | \_\_\_/9 |
| Communication | * Team demonstrates clear, effective communication | \_\_\_/1 |
| Total \_\_\_/30 | | |



GRPA Summer Lifeguard Games Registration Form

## Agency:

Agency Contact: (Name) (Email):

(For email updates about the competition)

## Team Captain:

## Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Day-of Contact: (Name) (Phone) **If you are bringing more than one team, please fill out a form for each team.**

## # of competitors for team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## # of spectators for food orders ($5 extra per spectator):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What additional equipment can your team bring for the competition?

Spinal Backboard

Adult CPR Manikin

Other:

Please email this form to Jason Cutchins at jason.cutchins@gwinnettcounty.com and have your payment sent to GRPA by July 22th, 2025. We look forward to a fun competition!