

# The 2010 CRPA Lifeguard Competition

Hosted by Ridgefield Parks & Recreation

at Martin Park Beach

## JULY 25, 2010

Check-in begins at **3:30pm**

Registration Fee per team: \$90 for CRPA members; \$120 for non-members

### COMPETITION INFORMATION:

#### **ONLY 12 TEAMS ARE ALLOWED**

- Teams consist of a minimum of 6 and maximum of 10 lifeguards
  - There must be at least 2 females on each team
  - Teams are encouraged to bring their own equipment
- Awards will be given to the top finishers of each category and overall
  - Pizza and refreshments will be provided after the competition
  - Registration forms available at [www.crpa.com](http://www.crpa.com)

### 2010 LIFEGUARD COMPETITION EVENTS:

- Critical Incident** – a two person team completing injury recognition and follow-up care
- Shallow Water Backboard** – a four person team completing retrieval, recognition, rescue and follow-up care
- Passive Non-Spinal Rescue** – A two person event completing retrieval, rescue and follow-up care
- Beach Volleyball** – A team of six (at least two females) - the first team to reach 15 points, or the team with the most points after 5-minutes, wins!
- Biathlon** – open water swim, ½ mile run, open water swim, ½ mile run. (This event must include a male and female swimmer and a male and female runner as a 4 person team)
- Fitness Relay** – This timed fitness relay race consists of a five person team (at least two must be females)
- The Gauntlet** – a team of 2 males, 2 females will encounter 4 stations (details will be given at the event)



Martin Park Beach — 19 Great Pond Road — Ridgefield, CT 06877

**2010 Lifeguard Competition**  
Official Team Registration Form

An event put on by the: Aquatic Section of Connecticut Recreation and Parks Association

Team Registration Fee: \$90 for CRPA members; \$120 for non-members

Town of Application: \_\_\_\_\_  
Contact Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Team Members: A team has a 6 lifeguard minimum and a 10 lifeguard maximum. The team must be co-ed and have a minimum of two female lifeguards. All participants must be certified lifeguards.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

FOR DAY OF EVENT

Team Leader Name:

\_\_\_\_\_  
Phone: (that can be reached on the day of event)  
\_\_\_\_\_

Make checks payable to "CRPA"  
Mail to: Connecticut Recreation and Parks Association  
1800 Silas Deane Highway, Suite 172  
Rocky Hill, CT 06067  
Phone: 860/721-0384  
Fax: 860/529-8708  
Email: [info@crpa.com](mailto:info@crpa.com)  
Website: [www.crpa.com](http://www.crpa.com)

Method of Payment      P.O. # \_\_\_\_\_      Check # \_\_\_\_\_

Jaime Krajewski will notify all teams of acceptance into the competition 2 days after your registration is processed at the CRPA office.

For more information please call Jaime Krajewski at 860/648-6352 or email [jaime.krajewski@southwindsor.org](mailto:jaime.krajewski@southwindsor.org)  
On site check in begins at 3:30