

**The SUNBELT POOLS
North Texas Guard Games**

Information Packet



In Memory of Wally Bohannon

Hosted by:



Provided by:



**North Texas
Aquatics Association**
www.northtexasaquatics.com



American Red Cross



Real Ingredients. Real Ice Cream. Real Smiles.



Service Supported Distribution
An International Aquatic Network



Welcome to the 22nd Annual North Texas Guard Games

Frisco Athletic Center, 5828 Nancy Jane Ln, Frisco, TX 75035
Friday - Saturday, June 28-29, 2019

Event Schedule

Friday, June 28 Lifeguards Only

7:00am Registration

8:00am Team Captains' Meeting

8:30am Opening Ceremonies

Events: **Get Ready to Rescue Event**
Duck Duck Disaster (F.A.) Event
The River Bryx (Fitness) Event
Not a Spinal Scenario Event
Weakest Link Event

11:00am-12:30pm ***Lunch***

Saturday, June 29 Lifeguards & Jr Guard

7:30am Registration

8:00am Captains' Meeting

8:30am Games Begin

Events: **Family River Fun Event**
Heart in the Wrong Place Event
See & Say (Scanning) Event
Spinal/CPR/AED Event
Obstacle Course

11:00-12:30pm ***Lunch***

Awards Presentation

What to Expect:

This is a Lifeguard competition. Scenarios and events are designed to challenge your team and your collective abilities to problem solve, think outside the box, communicate and work as a team. Read and study all of your materials. The North Texas Guard Games welcomes guards from multiple training disciplines including: American Red Cross, Ellis & Associates, NASCO, Star Guard and YMCA. Plan on accomplishing all tasks within your team. "Another person/entity usually does that part" is not acceptable. Each event will involve all four team members and all four team members must see each situation to its conclusion.

Junior Guard teams will compete on Saturday alongside the Lifeguards. The Junior Guard teams will compete in the same events, but will be scored separately against other Junior Guard teams. There will be Junior Guard award presentations along with the Lifeguard awards on Saturday afternoon.

You will need your own equipment for several of the events, including: PPEs, masks, tubes, and a backboard. There will be tubes and a backboard available if your team does not have them. AED Trainers, BVMs, and First Aid supplies will be provided, if needed in each event. You may have some down time in between events. The waiting area will have plenty of space for you to study and plan with your team.

Who and What to Bring:

- ☑ Four team members (**at least one of the opposite sex**) – Per State rules, no Lifeguard Instructors or Instructor Trainers will be allowed to compete on a team
- ☑ Junior Guard teams can be any four Junior Guards between the ages of 10-14 years old
- ☑ Spinal Board with Head Immobilizer* (if you want to use your own)
- ☑ Rescue Tubes* (if you want to use your own)
- ☑ Hip Packs, Pocket Masks, Gloves, and Whistles
- ☑ Sunscreen & Bug Spray
- ☑ Tents, Team Banners, etc.

**If you are unable to bring equipment, we will have some available.*

Food & Drinks

This year lunches will be provided to registered competitors, coaches, and guests. Upon registration, meal tickets will be provided to registered team members. Guests are welcome to purchase extra meals during the registration process and preferably in advance. During the event, there will be a very limited quantity of extras if needing to purchase extra at the event itself. Water and Gatorade will be provided for free at selected hydration stations. You are also more than welcome (and encouraged) to bring your own snacks and drinks. STAY HYDRATED!!!

Who are the Judges?

The judges this year are the Guard Games committee members. Utilizing the folks who create the competition offers the best chance of fairness, as they know their event inside and out, and there is less room for misunderstanding or hesitation. All committee members are aquatic professionals from the North Texas Area. We do our best to involve committee members from multiple training backgrounds on each event. Judges did not train their own teams that are competing.

Who is your Competition?

We will have competitors from all over the Dallas/Fort Worth and the State of Texas. There are typically 35-40 teams that compete. There will be teams from different training programs as well. We welcome teams trained by the American Red Cross, Ellis & Associates, YMCA, Star Guard, and NASCO. The Junior Guards will be competing against other Junior Guard teams.

Hotel Accommodations

Due to the 2-day competition and the early start each day, there has been a hotel block for our competition created at Embassy Suites by Hilton Dallas-Frisco, 7600 John Q Hammons Dr, Frisco, TX 75034. (972) 712-7200. The group rate is \$149/night and is available Thursday, June 27 – Sunday, June 30, 2019. When booking, ask for the “North Texas Lifeguard Games” group rate. You **MUST** book by **Friday, June 14, 2019** to receive this special group rate.

Awards

Other than bragging rights, medals will be given for first, second and third place in each event. Trophies for the facilities will be given for first, second and third place overall, and a traveling trophy will go with the first place Lifeguard team for the remainder of the year. There are other awards and gifts.

State Competition

There will be a State Competition, put on by the Texas Public Pool Council, on July 29, 2019 in College Station, TX. This competition is by invitation only. Invitations will be extended to the top three Lifeguard teams in the following competitions: North Texas Guard Games, Texas SuperGuard, Central Texas Guard Games, etc. Additional competitions may be added at the discretion of the Texas Public Pool Council.

Other Random Information

- ☑ Pick a team Captain. This person will attend the captains' meeting at the beginning of each day and bring back information to the team. He/she will also be the contact person for the team during the competition. The captain can either be either a part of the team, or separate.
- ☑ Registration and waiting areas will be marked. Please stay in the areas designated for competitors.
- ☑ You may bring a tent to set up outside so that you have a shady place to hang out. You may bring an appropriate banner to hang.
- ☑ If you design a t-shirt for your team, make sure your city/organization will be proud of it.
- ☑ If there are staff members who want to participate but are not on the team, we do need volunteers. Others, who want to volunteer, please call Matt Ball or Paul David Morgan at their info below.
- ☑ Bring drinks and snacks.
- ☑ Bring things to stay cool.
- ☑ Spectators are welcome. Spectators who register for an extra \$20 can get a Guard Games T-shirt and lunch during both days of the competition. Go to www.northtexasaquatics.org to register.
- ☑ Hotels are available if you'd like to stay over on Friday night. Please contact Ashley McKay for details.
- ☑ Any special accommodations that team members might need, please contact one of the contacts below.
- ☑ Any other questions or concerns, please contact:
 - Anne Glasscock at 972-971-7593 or aggieanne@yahoo.com
 - Matt Ball at 214-415-5038 or mattball@chh2o.com
 - Ashley McKay at 214-235-3349 or ashleym@plano.gov

Code of Conduct

This competition is designed around team building, team spirit, and fun. To ensure that the spirit and integrity of the competition stays respectful, we require everyone associated with the competition to sign and submit the NTGG Code of Conduct found at the back of this packet. Whether you're a competitor, spectator, volunteer, judge, NTGG Committee Member, etc., you **MUST** submit one before participating in the Games.

Rules of Competition

Listed here are just a few rules of play. A complete set will be provided at the captains' meeting.

1. Compete only for your team. Do not interfere with another team at any time. Doing so will result in disqualification from the Games. Watching another team before you compete in an event can also get your team disqualified.
2. Junior Guard teams **MUST** consist of at least 1 member of opposite gender and all team members **MUST** be of the ages of 10-14.
3. Lifeguard Teams must consist of Lifeguards. No Lifeguard Instructors or Instructor Trainers are allowed to compete. This is both a NTGG rule and Texas State rule.
4. Please follow all of the rules of the facility, and honor the requests of the committee members or facility staff.
5. If you wish to challenge a judge's decision you may do so on a designated form. Any complaints directed at the judges will result in team disqualification from that event. Due to the overwhelming amount of frivolous protests in the past years, we have found the need to charge for protests. Protests are \$20 per protest. The Committee will decide all challenges and their decision is final. If a dispute can be handled at the time of contention, the Committee member in charge of that event can make a ruling and their decision is final.
6. Please approach each event as you would be, at your facility, on stand. Do not put gloves on in advance or pre-assemble pocket masks, etc.
7. Treat each situation as if your team members are the only ones involved in the scene. You cannot rely on "other people" to do a piece of the event for you. For example – if your facility has a separate first aid team or maintenance team, they do not come in to play in the competition. Your four-person team must handle the situation from beginning to end.
8. Play Fair, Do your Best and Have FUN!

Walter "Trey" Knight Scholarship

The North Texas Aquatic Association is proud to award one \$500 scholarship to a participant at the North Texas Guard Games this year. This year we are offering a scholarship to a lucky certified lifeguard who participates in North Texas Guard Games. This year's scholarship is funded by TAAF Region 4 in honor of Trey Knight, who was a lifeguard and Guard Games competitor for the City of Terrell, who lost the battle to cancer. For rules and to apply, go to: <http://northtexasaquatics.com/registration.html>

EVENTS

Friday, June 28, 2019

GET READY TO RESCUE EVENT

Event Description

This is a timed event and all team members are going at the same time:

1. All 4 Lifeguards on a team will start by walking fast to their hip packs and put on gloves.
 - Gloves must be on before retrieving the Rescue Tube.
2. Put on rescue tube and hold it under arms.
3. Guard will perform the appropriate rescue that is needed.
4. Must bring the "Guest in Distress" to the stair area.
 - Once they are safely on the steps, you will walk fast to the finish point
5. Time will stop once last LG passes the finish line.

DUCK, DUCK, DISASTER EVENT

Event Description

What will you do when disaster strikes? Teams will take their knowledge of patron care to the next level in this event. Team members must be prepared to handle situations, even when multiple ones happen at the same time! The idea is to assess, prioritize, and respond to whatever happens. Points will be awarded for tasks that are complete. *No partial points will be given for incomplete tasks.*

THE RIVER BRYX EVENT

Event Description

Each team will start at the top of the ramp. All members will run down the ramp and enter the river. Each team member will pick up a brick with both hands on the brick at all times. All members will swim/run against the current. Time starts with a 'GO' and ends when the last person exits the stairs

NOT A SPINAL SCENARIO EVENT

Event Description

This event will test both your team's lifeguarding skills and ability to handle emergency situations in a free-flowing environment. Enforce rules, keep people safe, and handle any emergency that comes your way.

Pool Rules:

- No Diving allowed
- Masks and Snorkels are not permitted
- Swim suits required for swimming
- No Food or drinks in pool

WEAKEST LINK EVENT

Event Description

Teams will compete against each other in this game. Each team will line up behind a table and team members will take turns answering questions. In each round, the moderator will ask a question. One team member will write their answer on a card and reveal it to the judge. If a team member answers a question correctly, he/she goes to the end of the line. If a team member answers incorrectly, he/she is eliminated from the game. Play continues until there is one winning team. Questions are based on Lifeguard knowledge from their text books and curriculum. There will also be NTGG related questions regarding sponsors, which can be found in our "SPONSOR" Posts on our NTGG Facebook page! Like it, follow it, and know it! <https://www.facebook.com/northtexasguardgames/>

Event Rules

1. All four team members must compete in the event.
2. Team members not in the front of the line answering the question may not help the one answering. This includes: talking, gestures, sign language, etc.
3. As always, any unsportsmanlike conduct will result in disqualification.



**The convenience you need,
the care you deserve.®**

- On-site Lab Work and X-Rays
- Treatment for minor injuries and illnesses
- Sports Physicals

✓ Walk In or **Web Check-In®** at **CareNow.com**

CareNow®
Medical City Healthcare.

Open every day

Mon-Fri: 8am-9pm
Sat: 8am-8pm | Sun: 8am-5pm

30+ Convenient Locations
across **Dallas-Fort Worth**

EVENTS

Saturday, June 29, 2019

FAMILY RIVER FUN EVENT

Event Description

This event will test both your team's lifeguarding skills and ability to handle emergency situations in a free-flowing environment. Enforce rules, keep people safe, and handle any emergency that comes your way.

Pool Rules:

- No Diving allowed
- Masks and Snorkels are not permitted
- Swim suits required for swimming
- No Food or drinks in pool

HEART IN THE WRONG PLACE EVENT

Event Description

Sometimes an empty pool is more terrifying than a crowded one. Keep your eyes peeled, you never know when a victim might show up or drop in. This scenario will involve your whole team and should be ready to work together in an emergency.

SEE & SAY EVENT

Event Description

Guard will be placed in front of an activity pool and given 15 seconds to scan zone and recognize situations that would require a guard to act immediately. Guards will earn points by Pointing at items and Blowing whistle. No entry or response needed, recognize and activate EAP only. 15 seconds to spot as many situations as you can.

SPINAL/CPR/AED EVENT

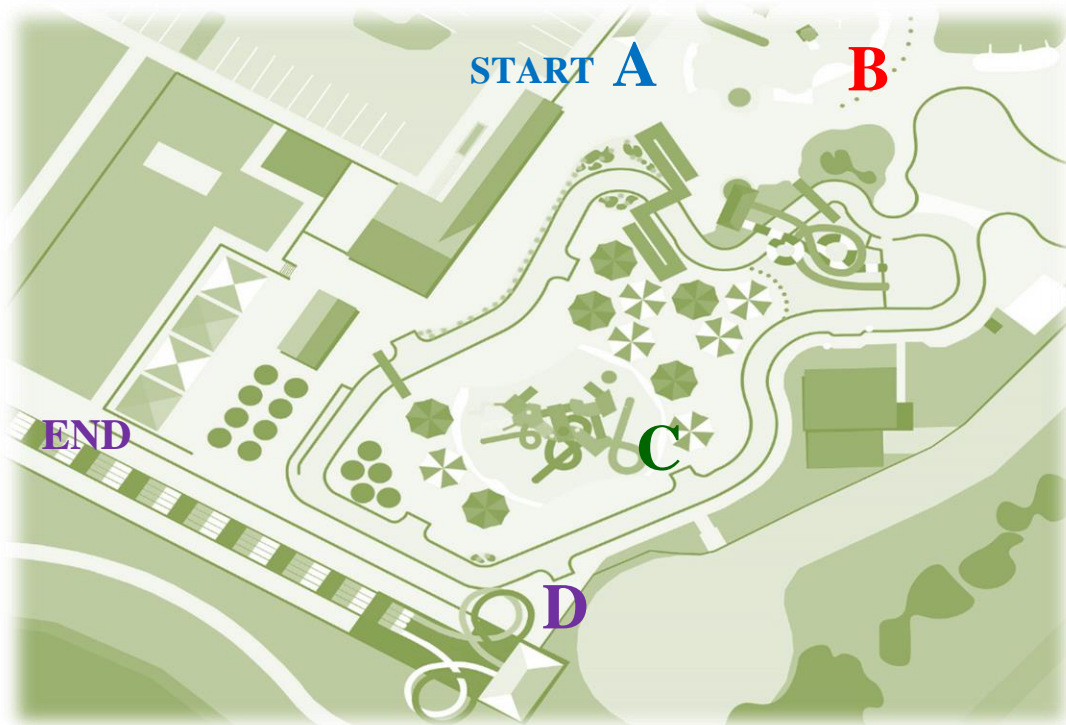
Event Description

You must work together as a team to perform the appropriate care to victim(s) during this event. The scenario begins with two guards on stand and two guards in the "Break Room". Your team will be expected to make a decision on how to successfully respond and rescue a guest with a suspected head, neck, or back injury.

Event Guidelines:

- ☑ This is a timed event, and all necessary equipment is provided except for your hip-packs and their contents, which you are required to have. You can bring your own backboard, if preferred.
- ☑ The primary guard and the secondary guard will be “on stand” and scanning the pool. The third and fourth guards are on break.
- ☑ Either guard may activate the EAP and assume the role of primary rescuer; however, the second guard scanning the pool must clear the pool before assisting with the rescue.
- ☑ The scenario does not end until you are instructed by a judge.
- ☑ Judges will be clearly marked, but everyone else could be part of the scenario.

OBSTACLE COURSE EVENT



Event Description

Yes, this will be an extreme course for your team, with 4 different legs of the course. Several teams will compete at the same time through the course creating stiff competition. While there will be swimming, fast walking, Climbing, jumping and sliding, at no time will there be running (on the deck), unsafe behavior or unsportsmanlike conduct. This is a timed event and deductions will be taken for things listed above.

Guard A

Guard A will powerwalk to north play structure, find the colored bracelet, powerwalk to the lagoon, rescue a “distressed” Guard B, and hand your bracelet to Guard B.

Guard B

Guard B will then head over the water bridge, into the river and plunge pool, where they will get out and locate a second bracelet. Then Guard B will hand off the two bracelets to Guard C.

Guard C

Guard C will head south into the play structure and locate a third bracelet. Then they will enter the river and head to the south river entry, where they will give all three bracelets to Guard D.

Guard D

Guard D will then climb up the slide tower, collect the fourth bracelet and go down the slide to the end.



North Texas Guard Games
Code of Conduct



By participating, either as a competitor, judge, or an observer, in the North Texas Guard Games, you agree to the following:

Treat others with respect.

I will not abuse, harass or threaten others. I will not make offensive comments related to gender, sexual orientation, disability, physical appearance, body size, race, or religion. I will not disrupt other people or the event. If I am feeling uncomfortable, am being harassed, notice that someone else is being harassed, or have any other concerns, I will immediately contact either a NTGG Committee Member or the NTGG Committee Chair.

Keep it G-rated and be mindful of your language.

I will not swear or make sexist, racist, or other exclusionary jokes, which may be offensive to those around me. I will behave in a way that is suitable for anyone to view, including young children.

Respect the venue and equipment.

I will keep the venue clean and tidy, and show respect for members that are using the facilities at the same time. I will let the NTGG Committee Members know if there are any issues.

Follow the competition rules.

I will follow all the competition rules laid out both in the competition packets and at the event. I will notify one of the NTGG Committee Members if at any stage I am unclear on the competition rules.

Remember that the NTGG Committee is in charge and have put a lot of effort into organizing a great event.

I will not engage in any behavior that violates this code of conduct. I understand that the NTGG Committee may take any action they deem appropriate, including warnings or expulsion from the event. I understand that if I am removed from the event due to inappropriate behavior, I will no longer be eligible to compete at NTGG in the future.

<i>Name (Please Print)</i>	<i>Signature</i>	<i>Date</i>	<i>Team/Organization/Role</i>
<i>Parent Name (Please Print)</i>	<i>Signature</i>	<i>Date</i>	

If you are UNDER the AGE of 18 years old, You MUST have a Parent's Signature.