



PRESS RELEASE

08 September 2023

Ireland's Top Lifesavers To Compete For National Success

Cork will be looking for local advantage this weekend (9th September 2022, Youghal, Co.Cork) for the annual WSI Surf Rescue Championships as Co. Clare seek to continue their dominance of the sport that has a following of 4,000 active participants around Ireland including many leading lifeguards.

Competitions feature key skills both on the ocean and beach using a blend of athleticism, swimming and rescue techniques. A counterpart championship for the pool rescue staged at the UL Sports Campus every February.

Over 200 competitors between Senior and Masters levels will represent ten counties over the course of the event starting at 9.00am on Saturday.

“The Surf Rescue Championships are a fantastic opportunity for Ireland’s top lifesavers to compete against one another and further develop their lifesaving skills,” commented Simon McGarrigle, Chair of Water Safety Ireland’s Sports Commission. “Competitors are involved in patrolling beaches and pools in Ireland and abroad all year round, with the sport giving so much back to the community by improving the skillset of lifeguards at Ireland’s aquatic amenities.

Ireland’s national squad recently returned from the European Junior Lifesaving Championships in Poland with a remarkable haul of 24 medals, which is a testament to the commitment shown by volunteer coaches, referees and competitors nationwide. Irelands Senior national squad will be departing towards the end of next week for their chance to match the juniors in the European Senior Lifesaving Championships in Belgium from 16th – 21st September.

Ends

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COMPETITION DESCRIPTIONS

Water Events

Surf Race: With a running start into the surf from the start line on the beach, competitors swim around the 400 m (280 m for Masters) course designated by buoys, returning to shore to finish between the finish flags on the beach.

Ski Race: Competitors steady their surf skis in line in knee-deep water about 1.5 m apart. Competitors must obey directions from the starter or check starter concerning surf ski alignment at the start. On the starting signal, competitors paddle their surf skis around the course marked by buoys and return to finish when any part of the surf ski crosses the inwater finish line – ridden, gripped, or carried by the competitor.

Ocean Man/Woman: Competitors cover a 1.2 km course that includes a swim leg, a board leg, a surf ski leg, and a beach sprint finish. Conditions of racing of each leg are as generally required for the individual conditions of that discipline including the rules governing the component disciplines: surf ski races, board races, surf races, beach sprints.

Board Race: Competitors stand on or behind the start line on the beach with their boards 1.5 m apart. At the start signal, competitors enter the water, launch their boards, and paddle the course marked by the buoys, return to the beach, and run to cross the finish line.

Beach Events

20m Flags: From a prone starting position on the beach, competitors rise, turn and race approximately 20 m to obtain a baton (beach flag) seated upright in the sand with about two-thirds showing. Since there are always fewer batons than competitors, those who fail to obtain a baton are eliminated.

90m Sprints: Competitors take their positions in their allotted lanes. At the starting signal, competitors race the 90 m (70 m for Masters) course to the finish line. The finish is judged on the competitors' chest (only) crossing the finish line. Competitors must finish the event on their feet in an upright position.

Tube Rescue: Four competitors from each team participate in this event: a "victim," one rescue tube swimmer, and two rescuers. The victim swims approximately 120 m to a designated buoy, signals, and waits to be rescued by the rescue tube swimmer. As they return to shore, the remaining two rescuers enter the water to assist. The event finishes when the first competitor in a team crosses the finish line while in contact with the victim.