North Texas Guard Games

2022 INFO PACKET

2022 PARTICIPANT PACKET

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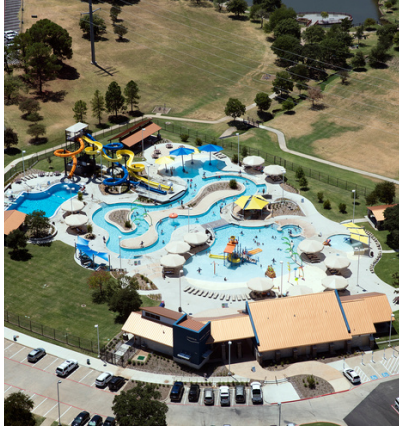

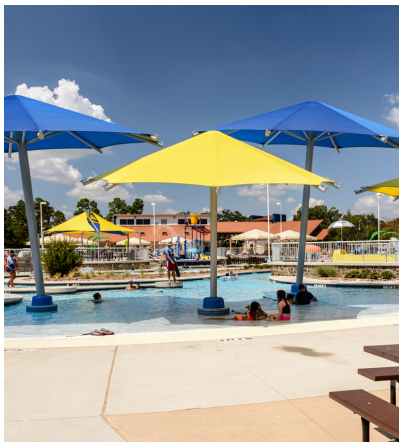

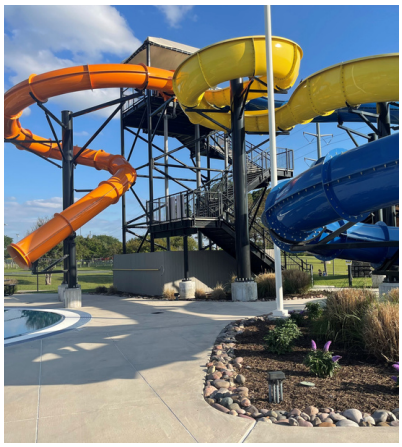

INFO PACKET

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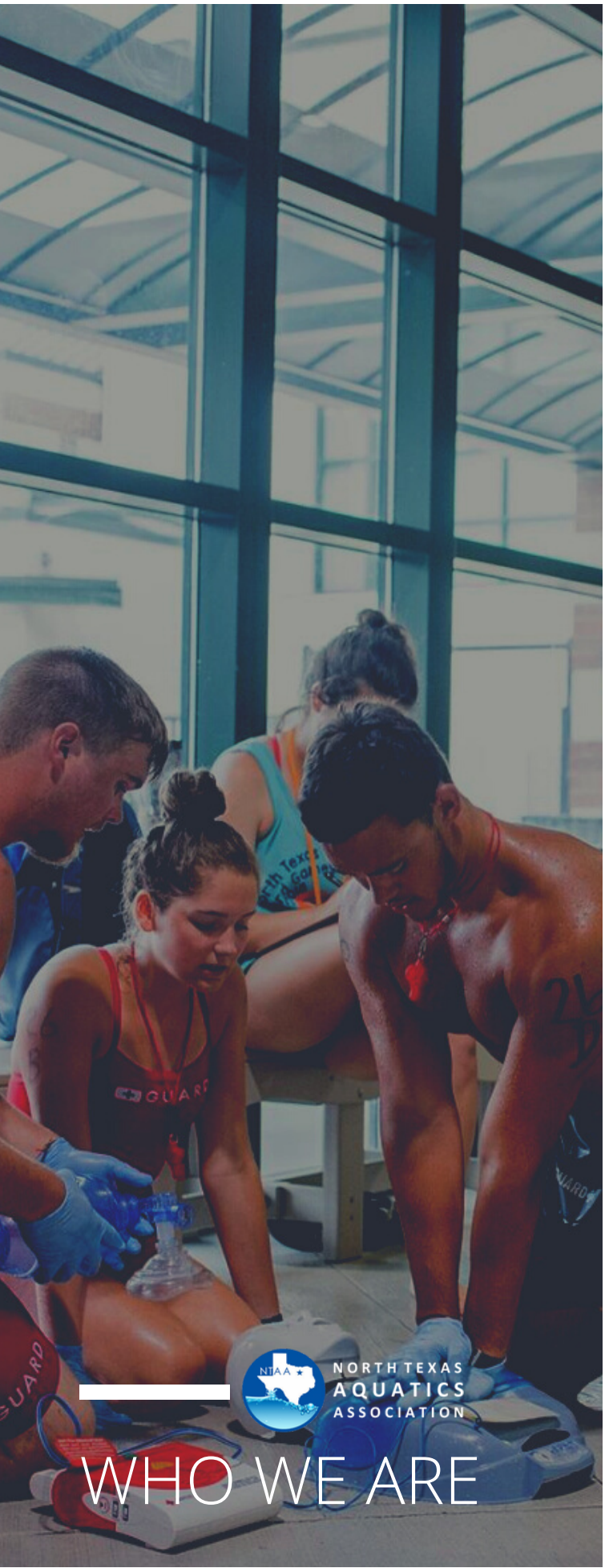

W E L C O M E
TO THE NORTH TEXAS AQUATICS ASSOCIATION

The mission of the North Texas Aquatics Association is to maintain a knowledgeable, productive and cohesive organization. This organization will strive to promote, maintain and be creative in educating the public as well as other aquatic professionals in programming, service and management. In addition, the North Texas Aquatics Association will work to develop and maintain the health and safety of all types of aquatic facilities within the area and around the state.

The North Texas Aquatics Association is a subsidiary of the Texas Public Pool Council, covering its respective Regions 1 and 2. The North Texas Aquatics Association hosts four, quarterly meetings a year, a training seminar in the spring, and a holiday social at the end of the year, along with educational classes throughout the season.

The North Texas Aquatic Association and the North Texas Guard Games is a Not-For-Profit and 501(c)(3) Public Charity organization. In order to host meetings, training seminars, socials and the North Texas Guard Games Competition, we ask for sponsorship partners and volunteers. Without help from our partners and volunteers, we would not be the successful organization and competition that we are today, which other regions look at as a model for their organization and competitions.

Membership to NTAA is free, please pass along our information and always feel free to bring a friend to any meeting, social or function! We are stronger together!

NORTH TEXAS GUARD GAMES

The North Texas Guard Games is a competition for lifeguards in North Texas and surrounding areas, held each summer and hosted by a different city each year. We draw an average of forty Lifeguard Teams and four Junior Lifeguard Teams from around the state, not limited to the North Texas area.

The competition involves fitness events, lifeguarding skills events, knowledge events, and also a relay race/obstacle course. An example of events that lifeguards might prepare for in the competition would include Scenario, Fitness, Scanning, First Aid, Passive CPR/AED, and a Spinal event. Additionally, participants are able to enhance those skills and decision-making abilities, which improve communities' confidence in their local lifeguards and aquatics programs.

The North Texas Guard Games is a preliminary event to the Texas State Championship Event, with the top three teams advancing to the state competition at the end of July.

The North Texas Guard Games is open to all lifeguard certification agencies. We hope you will consider partnering with us and continue to provide an outstanding competitive event for professional lifeguards to challenge their skills and test their training.

WELCOME CITY OF HURST

Nestled in the heart of the DFW metropolitan area, Hurst is 10 miles from downtown Fort Worth and 25 miles from downtown Dallas. Hurst is home to some of the best shopping and dining in Tarrant County, pristine parks, and excellent schools.

The City of Hurst was named after William Letchworth "Uncle Billy" Hurst in 1909. In 1903 "Uncle Billy" agreed to let the railroad lay track connecting Fort Worth and Dallas on his land with the condition that a stop be established there and a depot built and given his name. The Rock Island Station was built in 1903 and, along with the surrounding community, was finally officially given the name Hurst in 1909. Hurst was incorporated as a general law city on September 25, 1952, with a total population of 2,700. Today the population, according to U.S. Census data for 2013, is estimated to be 38,448.

Other interesting Hurst facts:

- Hurst is 9.92 square miles
- Tarrant County College was opened in 1968
- L. D. Bell High School opened in 1957
- North East Mall - the largest mall in Tarrant County until the 1990s - opened in 1972
- Dallas / Fort Worth International Airport opened in 1974
- TEXpress express lanes opened in October 2014, easing traffic congestion on the 183/121 Freeway

North Texas Guard Games

EVENT SCHEDULE

7:00 A.M.	REGISTRATION
8:00 A.M.	TEAM CAPTAINS' MEETING
8:30 A.M.	OPENING CEREMONIES
9:00 A.M.	EVENTS BEGIN

11:00 A.M. - 12:30 P.M. LUNCH

AWARDS PRESENTATION

WHERE

Chisholm Aquatics Center
2200 Norwood Dr, Hurst, TX 76054

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 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.

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 downtime in between events. The waiting area will have plenty of space for you to study and plan with your team.

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THE DETAILS

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 would like to use your own)
- Rescue Tubes* (if you would like to use your own)
- Hip Packs, Resuscitation Masks, Disposable Gloves, and Whistles for each Lifeguard
- Sunscreen and Insect Repellant
- Refillable bottles for water and Gatorade
- Tents, folding chairs, towels, dry clothes, and other items for your team area

FOOD & DRINKS

Lunches will be provided to registered competitors and coaches. Upon registration, meal tickets will be provided to registered team members. Water and Gatorade will be provided for free at selected hydration stations. Please bring refillable bottles for water and Gatorade. Teams are encouraged to bring snacks and drinks. Stay hydrated and nourished throughout the competition.

WHO ARE THE JUDGES?

The judges are North Texas Guard Games committee members and event leads. The NTGG Committee works tirelessly to create events for our competitors, the event leads serve as judges as they are familiar with the event inside and out. All committee members are aquatic professionals from the North Texas area. We do our best to involve committee members from multiple training backgrounds in each event. Judges have no involvement with the training of teams from their own facility.

WHO IS YOUR COMPETITION?

You will be competing against Lifeguards from all over the North Texas region, as well as other regions within the State of Texas. Typically, North Texas Guard Games has between 35-40 teams that compete. We welcome teams from all training backgrounds and work diligently to ensure that multiple training providers review each event.

North Texas Guard Games

AWARDS

Teams will be awarded medals for first, second, and third place in each event. Trophies will be awarded to the top three teams overall. The first-place team will also showcase the traveling trophy for the remainder of the year. The top three teams overall will receive additional awards and gifts.

STATE COMPETITION

The State Lifeguard Competition put on by the Texas Public Pool Council in coordination with TAAF will be held on July 25 or August 1, 2022, in Location TBA. Details for the State Lifeguard Competition will be confirmed by the date of NTGG. 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, and Gulf Coast Guard Games. Additional competitions may be added at the discretion of the Texas Public Pool Council. Additional teams may be invited to the State Guard Competition based on participation numbers.

OTHER INFORMATION

- Pick a team Captain. This person will attend the captains' meeting at the beginning of the competition and bring back information to the team. The Captain will also be the contact person for the team during the competition. The captain can either be 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 in the team areas.
- Teams are asked to create a sign or banner for their team area for easy recognition.
- If you design a t-shirt for your team, make sure it is approved by your City/Organization.
- If there are staff members who want to participate but are not competing, we welcome volunteers. If you have staff members who would like to volunteer, please have them contact Matt Ball at 214-415-5038 or mattball@chh2o.com
- Bring drinks and snacks
- Bring towels and dry clothes
- If your team requires any special accommodations, please contact one of the Committee Members listed below.
- Any other questions or concerns, please contact:

Madison Seil at 817-584-5252 or mseil@hursttx.gov
Jen Post at 214-755-7814 or jennifer.post@outlook.com
Ashley McKay at 214-235-3349 or ashleym@plano.gov
Chris Alban at 214-763-8607 or chrisalplano.gov
Anne Glasscock at 972-971-7593 or aggieanne@yahoo.com

North Texas Guard Games

CHALLENGES

If a team feels the need to challenge a score or outcome on a particular event, a protest can be filled for $25. Each protest is $25 per protest and is non-refundable. The committee will decide on 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.

The team may have the option to re-do the event under the same circumstances as previously run. All participants will assume the same role as the first run-through.

Payments can be made with cash, venmo, or Zelle.

TEAM & EVENT PHOTO GALLERY

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NORTH TEXAS GUARD GAMES

COMPETITION RULES

- Compete only for your team.
- Do not interfere with another team at any time - doing so will result in disqualification.
- Watching another team before you compete in an event will result in disqualification.
- Lifeguard teams must consist of certified lifeguards.
- No Lifeguard Instructors or Instructor Trainers are allowed to compete. This is both a North Texas Guard Games rule as well as a Texas State Lifeguard Competition rule.

Please follow all of the rules of the host facility, and honor the requests of the committee members or facility staff.

Please approach each event as you would as a real-life experience at your facility. Do not put gloves on in advance or pre-assemble resuscitation masks, etc.

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.

Example: if your facility has a separate first aid team or maintenance team, they do not come into play in the competition. Your four-person team must handle the situation from beginning to end.

EVENT

OBSTACLE COURSE

This year's obstacle course will test your lifeguard knowledge and your physical ability. Swimming, scanning, saving, and CPR will all be found somewhere on this course. This event will be timed, with the team completing the event the fastest being the winner.

The event will encompass about 3/4th of the park, so be prepared to move! Each event will involve a skill that is applicable to a lifeguard in their day-to-day schedule, with the added fun of competition between other guards!

EVENT

OBSTACLE COURSE

Event Description

- The first group will start at the dive pool by **pavilion #5**. They will each have a **rescue tube** and start with a **wrist band** as their "baton" to pass off to the next group.

- Once prompted, they will perform a **front active rescue** in the pool and **swim with their guest in distress to the other end of the pool** and get them out of the water.

- They will then place their rescue tubes down and take their "baton" to their next teammate by the river entrance closest to the dive well.

- Once this group member has received the wristband, they will swim against the river current until they come back round to the exit nearest to **pavilion #3**. The "baton" will then be passed to the person waiting at the fence by the pavilion.

- This group member will then go to the activity pool, where they will have to **scan to find an object in the water**.

- Once they have **retrieved the item**, they'll need to carry it to the AP pool entrance, where the final group will be waiting.

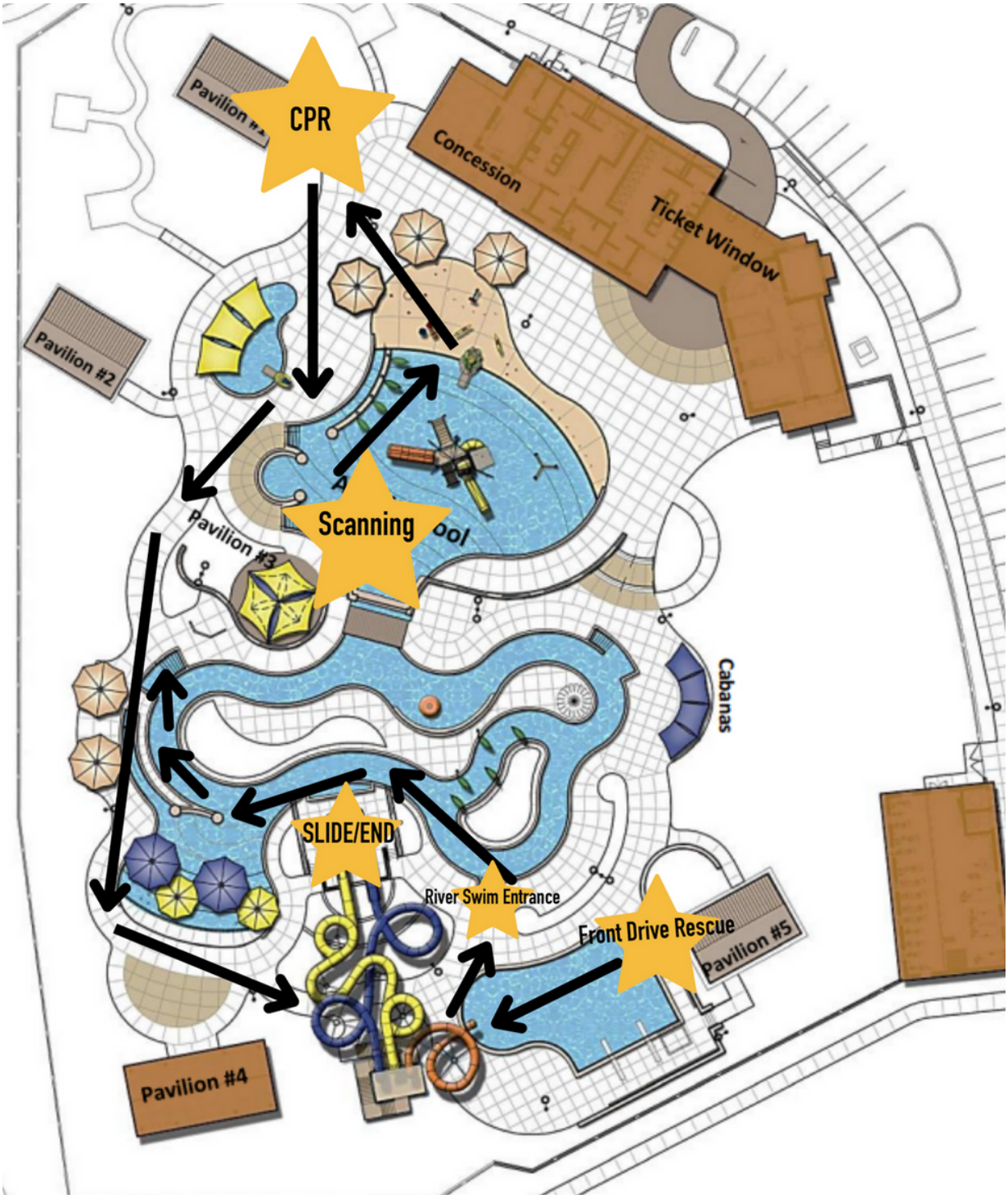
- Once the last group has received the "baton", they will **speed walk to the pavilion with the manikins and go through 2 cycles of CPR**. Once they are done with their 2 cycles, the team member will **speed walk to the slides and ride down either the yellow or blue slide**.

- Once the last member **steps out of the slide,** the timer will stop the time.

EVENT

OBSTACLE COURSE

Course Overview



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EVENT

OBSTACLE COURSE

Course Considerations & Other Issues

- The "baton" must be in the next person's possession before they can move on to the next portion of the course
- If the "baton" is lost for any reason, it must be retrieved before moving on.
- Rescue manikins must be set down safely and not thrown when reaching the final portion.
- CPR must be performed correctly. The person watching will ensure that they are using proper techniques. If they are going too fast or miss a step in the process, they will be prompted to restart.
- Proper equipment will be put on/used when giving CPR (gloves and seal).
- The guard performing the save does not need to tie the tube up once they are done.

EVENT

RESCUE

Get Ready to Rescue

Are you ready? Be ready to respond, swim and use your lifeguarding skills to save a life. All four (4) Lifeguards on a team will start by activating their EAP. You must have a rescue tube on at all times during the rescue. Guards will need to perform the appropriate entry, approach, and victim rescue. All victims must be brought back to the starting point and secured at the wall before the next rescuer can begin. Time will stop once the last Lifeguard secures their victim at the start/finish wall.

NOTES: All four Lifeguards on a team will start by activating their EAP when it becomes their time to rescue. The rescue tube must be on correctly and worn throughout the entire rescue. The rescuing Guard will perform appropriate entry, approach, and victim rescue. The guard must secure their victim to the starting wall before the next rescuer can start their leg of the race. That rescuer will then need to activate the EAP and make the appropriate entry and rescue. Time will stop once last LG secures their victim and states “Victim is secured at the wall”. Victims are not able to assist during any passive style rescue. Victims are able to assist only if asked during any of the active rescues.

EVENT

SCANNING

Do You See It?

The scanning event will consist of two phases. In phase one, Guard A will be positioned at a table away from the main event area. They will have access to a four-digit lock and a clue for one digit to unlock it. Guards B, C, and D will be located in predesignated positions around the event area in zone coverage. They will each have an individual clue, which when combined with Guard A's, will serve to open the lock and start phase two. Clues will consist of scanning the event area for specific objects (e.g. diving bricks, silhouettes, manikins). The team will have walkie-talkies as a means to communicate their information amongst the group and work together to solve the combination.

Phase two begins as soon as Guard A is able to open the lock and retrieve its contents, which is a group of letters. The team can then converge to work together to unscramble a lifeguard-related term or phrase. Time stops as soon as your team correctly unscrambles the letters and tells the judge the term.

EVENT

SPINAL

Two Heads Are Better Than One

This “spinal rescue” scenario will test your team’s ability to work together, coordinate, and prioritize your actions. You will have two guards on stand and two in the “break room.” All needed equipment except gloves will be supplied but any victim in this rescue will have a suspected Spinal / Head, Neck, or Back injury, so you may also bring and use your own backboard.

Part of this event will be timed in order to test the speed of your decision-making abilities. The scenario does not end until the judge announces it has ended - if the judge has other directions for you, make sure you listen to them fully.

EVENT

CPR

Caught Off Guard

Members on your team will be judged on how well you perform your CPR skills. This event will start with two guards on stand and two guards in the breakroom so once your victim is located, communicate with your team, listen carefully for prompts and don't be caught off guard!

EVENT

FIRST AID

4,3,2,1...First Aid!

Get ready to race around the deck, helping those you find along the way. Speedwalk through a regular day at the pool and assess each scene and victim until there's only one lifeguard standing.

NOTES: You will be providing care to two separate victims. All four of your guards will approach the first victim. Guard A will remain with that first victim throughout the entire event. Once receiving the prompt, “Guards B, C, and D, proceed to the next scene,” those three will follow the arrows along the path to the second victim. Likewise, Guard B will remain with that victim throughout the rest of the event, and Guards C and D will be prompted to continue on to the third victim. Guard D will continue on to the final victim. You will not be able to proceed until reaching a certain step of care, or until two minutes have elapsed since beginning to treat that victim. You will only need to glove up once.

EVENT

TRIVIA

Are You the Weakest Link?

Our traditional trivia event is back! Test your aquatic knowledge in multiple categories as a team. Are you the weakest link?

A reminder that spelling only counts in the event of a tie-breaker.

Questions will be taken from the following resources:

- Model Aquatic Health Code (MAHC)
- Occupational Safety and Health Administration (OSHA)
- Texas Public Pool Codes
- Lifeguard Training Materials (ARC, E&A, Starguard, YMCA)

North Texas Guard Games SCHOLARSHIP

The North Texas Guard Games Scholarship(s) is/are funded by contributions from public and private sectors. This scholarship is available to registered participants in the North Texas Guard Games competition during the year in which the scholarship is being awarded. The amount per scholarship may vary per year. It is offered to participants of the North Texas Guard Games who are seeking to enrich their lives through service to others by expanding upon their knowledge in emergency management, leadership, team building, and community outreach. This scholarship may be awarded to any certified Lifeguard who is registered and who is seeking to contribute to the fields listed above.

No late applications will be accepted or considered. Submissions will be accepted through this online form. Please prepare and complete your application in one session. This does not allow you to save your progress and return to the form.

If you have any issues with this application or form, please email info@northtexasaquatics.com for assistance.

- Must be a registered participant for the 2022 North Texas Guard Games competition during the year in which the scholarship is being awarded.
- Must submit all required documents before the listed deadline above.
- Must have current lifeguard certification.
- Must participate in the entire competition during the year in which the scholarship is being awarded.
- Letter of recommendation from a peer or co-worker.
- Letter of recommendation from a supervisor or activity leader.
- Must agree to be interviewed by the Committee for media purposes.

APPLICATIONS CLOSE: JUNE 30TH, 2022 AT 10:00 P.M.

SCHOLARSHIP RECIPIENT(S) WILL BE ANNOUNCED AT CLOSING CEREMONIES ON FRIDAY, JULY 15TH, 2022.

COMPLETE ELECTRONIC SCHOLARSHIP FORM

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NORTH TEXAS AQUATICS ASSOCIATION

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 an 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 has 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.

COMPLETE ELECTRONIC CODE OF CONDUCT

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THANK YOU TO OUR SPONSORS

North Texas Aquatics Association is grateful to our sponsors who help support our organization and help fund meetings, education seminars and the North Texas Guard Games every year. We appreciate their continued support!

SUNBELT POOLS

American Red Cross

Counsilman · Hunsaker
AQUATICS FOR LIFE

IN-N-OUT BURGER

ADVOCARE
WE BUILD CHAMPIONS

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4TAAF

CITY OF HURST

Raising Cane's Chicken Fingers

children's health

IF YOU ARE INTERESTED IN BECOMING A SPONSOR WITH THE NORTH TEXAS AQUATICS ASSOCIATION, PLEASE VISIT
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