

RULES FOR

ACPO NATIONAL POLICE LIFE SAVING

CHAMPIONSHIPS AND COMPETITIONS

January 14

List of Amendments and Notes – January 2014

Amendment	Details
Page 9 Section 1 (a)	a) Participation in the competition shall be open to serving regular Police Officers, Special Constables, Police Community Support Officers, Police Staff and retired members of the Police Forces of the United Kingdom, Eire, the Channel Islands and the Isle of Man. There will be no restrictions on the make up of the teams in relation to numbers of either Police Officers or Police Staff or retirees.
Page 9 Section 1 (d) (e) & (f)	<p>(e) Each Police Force in England and Wales shall be entitled to enter a maximum of two men's teams, two ladies' teams and any number of mixed teams in each part of the competition. The Metropolitan Police may enter a maximum of three teams in each of the men's and ladies' competitions and any number of mixed teams in the mixed competition.</p> <p>(f) Police Scotland may enter a maximum of three teams in each of the men's and ladies' competitions and any number of mixed teams in the mixed competition.</p> <p>(g) The Isle of Man, Police Service for Northern Ireland, the Garda Siochana, the Channel Islands and other home office forces may each enter a maximum of two men's teams, two ladies' teams and any number of mixed teams in each competition. All shall have automatic representation in the competition final.</p>
Page 23 Section 24 (d)	(d) RLSS UK Club membership provides club members and club volunteers with Public Liability cover when carrying out a recognized RLSS UK activity. Therefore each Force that has taken out RLSS UK membership would have RLSS UK Public Liability cover when carrying out Lifesaving activities. In relation to retired members participating, the home force of the retiree is responsible for including the retiree as part of the RLSS UK Club membership. In relation to non lifesaving activities the National Secretary shall ensure that the Competition Organiser has reviewed all venues to ensure they are covered by public indemnity insurance.

TROPHIES, MEDALS & PLAQUES TO BE AWARDED AT THE NATIONAL FINALS:

POLICE BATON	-	Awarded to the Men's team with the highest overall score in parts I to IV of the competition.
Individual medals		Awarded to members of the first, second and third placed teams.
ALINGTON CUP	-	Awarded to the Ladies team with the highest overall score in parts I to IV of the competition.
Individual medals		Awarded to members of the first, second and third placed teams.
FRANK MORRITT TROPHY	-	Awarded to the Mixed team with the highest overall score in parts I to IV of the competition.
Individual medals		Awarded to members of the first, second and third placed teams.
TOM WATKINSON TROPHY	-	Awarded to the winner of the Men's' Individual Rope Throw and Swim and Tow competition
Individual medals engraved		Awarded to the first, second and third placed competitor.
COLONEL WOODCOCK TROPHY	-	Awarded to the winner of the Ladies' Individual Rope Throw and Swim and Tow competition
Individual medals engraved		Awarded to the first, second and third placed competitor.
Sir JOHN EVANS TROPHY	-	Awarded to the winning team in the Men's Simulated Emergency Response (land and water) competition
KENNETH WILLIAMS TROPHY	-	Awarded to the winning team in the Ladies Simulated Emergency Response (land and water) competition
GRAHAM CUTTING TROPHY	-	Awarded to the winning team in the Mixed Simulated Emergency Response (land and water) competition
IAN DAINES TROPHY	-	Awarded to the Winning Captain with the highest combined score for Simulated Emergency Response (Land and Water)
Note 2		Handbook references are to the current RLSS – Survive and Save Life Saving handbooks.

SECTION 'A'

1. Eligibility

- a) Participation in the competition shall be open to serving regular Police Officers, Special Constables, Police Community Support Officers, Police Staff and retired members of the Police Forces of the United Kingdom, Eire, the Channel Islands and the Isle of Man. There will be no restrictions on the make up of the teams in relation to numbers of either Police Officers or Police Staff or retirees.
- b) Every Police Force entering a team shall be affiliated to the Royal Life Saving Society. They must be members by midday on the Tuesday prior to the regional/national competition. Membership is defined as having a membership application, received, approved and recorded at River House, (RLSS UK Headquarters).
- c) Entry to the competition will be rejected if proof of current membership cannot be verified.

2 Entries

- (a) Notification of entry, accompanied by an entrance fee of £50.00 for each team to be in the hands of the ACPO National Secretary by a date to be agreed in January each year. Once an entry has been made, fees will not be returnable in the event of a team withdrawing from a competition. Cheques forwarded to the ACPO Secretary should be made payable to the 'ACPO National Life Saving Account'.
- (b) The Competition Organiser will receive details of all team entries in February of that year and they will then officially invite each force to enter the National Championships by submitting Force individual competitor applications. The Host Force will not accept any Force individual competitor entry application until the National Secretary confirms that the Force has paid the team entry fee.
- (c) Police Life Saving is a Police duty and is not a sporting activity.
- (d) Each Police Force in England and Wales shall be entitled to enter a maximum of two men's teams, two ladies' teams and any number of mixed teams in each part of the competition. The Metropolitan Police may enter a maximum of three teams in each of the men's and ladies' competitions and any number of mixed teams in the mixed competition.
- (e) Police Scotland may enter a maximum of three teams in each of the men's and ladies' competitions and any number of mixed teams in the mixed competition.
- (f) The Isle of Man, Police Service for Northern Ireland, the Garda Siochana, the Channel Islands and other home office forces may each enter a maximum of two men's teams, two ladies' teams and any number of mixed teams in each competition. All shall have automatic representation in the competition final.
- (g) Where a force is unable to raise a full team by itself, i.e. insufficient numbers and no ability to draft reserve members from other teams from the same force to make up numbers to make a qualifying team, then a composite team comprising officers from different forces may be entered in the competition at the discretion of the Technical Sub-Committee.

- (h) In any competition, excluding (d) above:
 - (i) Should the total number of teams entering be above 50, a minimum of 2 preliminary competitions will be held, with a maximum of 15 teams per competition to qualify for the finals.
 - (ii) In the event of less than 4 teams qualifying for the final in either of the preliminary competitions, consideration will be given to inviting the fifth placed team from the other preliminary competition to participate in the finals.
 - (iii) Should the original entry be 8 teams or less, no preliminary competitions will be held.
- (h) The Technical Sub-Committee, appointed by the Committee shall be responsible for apportioning entries to each preliminary competition and shall ensure whenever possible that each competition consists of an identical number of teams. Teams from the same Force will compete in the same preliminary competition wherever possible.
- (i) Host Regions will be granted a 'bye' for one team in each of the competitions in the National Final. The teams nominated may attend eliminating competitions for experience purposes as guests only.

3. Preliminary Rounds

- (a) The Police Regional Representatives and Liaison Officers in consultation with the local branches of the RLSS are responsible for the organisation.
- (b) Preliminary rounds will take place at least four weeks before the final, preferably in the period four to six weeks before the final – early notice of the details must be circulated to competing Forces.
- (c) Competition organisers will be responsible for reimbursement of Judges and subjects' expenses where appropriate and making other disbursements as necessary.
- (d) Competition organisers will maintain proper accounts recording receipts and payments and will submit those accounts to the ACPO Treasurer immediately following a competition.
- (e) Winners' and Runners'–Up medals will be awarded at eliminating competitions, where 4 teams or more compete, which does not include the teams as per rule 2 (i).
- (f) Prior to the commencement of each part of the preliminary competitions a draw will be made to identify the team running order. The Competition Organiser will carry out the draw under the guidance of an independent person.

4. Finals

- (a) Host Forces will be selected at the Annual General Meeting of the competition.
- (b) The Host Force will nominate a Competition Organiser who will be responsible for the organisation of the Finals in consultation with the Technical Sub-Committee and the nominated Chief Judge.
- (c) Prior to the commencement of each part of the national finals a draw will be made to identify the team running order. The Competition Organiser will carry out the draw under the guidance of an independent person.

5. Teams

(a) Men's and Ladies Teams

- (i) Composition - A team will consist of a minimum of four and a maximum of five members, one of whom shall act as Captain.
- (ii) Participation - Any four members of each team may compete in each part of the competition.
- (iii) Qualification - It is recommended that each member of the team shall hold or have held the Bronze Medallion of the Royal Life Saving Society or Police Life Saving Certificate (*it must be clearly understood that this a qualification requirement and not an indication of the standard of the competition*).

(b) Mixed Teams

- (i) Composition A team shall consist of a minimum of four members, and a maximum of six. Two / three of whom shall be men and two / three will be women. One member of the team shall act as Captain.
- (ii) Participation In each part of the competition the team will consist of two men and two women.
- (iii) Qualification It is recommended that each member of the team shall hold or have held the Bronze Medallion of the Royal Life Saving Society or Police Life Saving Certificate (*it must be clearly understood that this a qualification requirement and not an indication of the standard of the competition*).

(c) Competitors may only change teams e.g. from Ladies'/ Men's' teams to Mixed Team if that person or the teams have not already competed in any part of the competition, including eliminating competitions.

(d) No competitor may compete in more than one team in any one year. If a Force enters two teams, e.g. 'A' and 'B', individuals can only compete in either 'A' or 'B' and not in both teams. This includes the situation where one of the teams entered from a Force qualifies for the National Final.

6. General Outline

(a) The competition will be in four parts:-

- Part I - Simulated Emergency Response (land).
- Part II - Rope throw
- Part III - Swim and Tow.
- Part IV - Simulated Emergency Response (water).

The sequence of events to be left to the discretion of the organisers.

- (b) The preliminary rounds to be on the same lines as the final.
- (c) The Simulated Emergency Response in parts I and IV to be set in the final and in the preliminary rounds by the Police Liaison Officer and Regional Representative in conjunction with the RLSS Branch Representative concerned.
- (d) The Chief Judges will provide detailed marking sheets and will fully brief the judges (especially in the Simulated Emergency Response).

7. General Rules

(a) Men's' and Ladies' Teams

Prior to the commencement of the competition, each Captain shall hand to the Competition Organiser a signed list showing the surnames and initials of each team member. This list to be made out to show the fastest swimmer as '1' and the slowest as '5' (Standard Form at Appendix B). The form shall also be marked to indicate which team member is captain.

(b) Mixed Teams

Prior to the commencement of the competition, each Captain shall hand to the Competition Organiser a signed list showing the surnames, initials and gender of each team member. This list to be made out to show the fastest swimmer as '1' and the slowest swimmer as '6'. (Standard Form at Appendix C). The form shall be marked to indicate which team member is Captain.

(c) At the briefing, the Competition Organiser shall hand each Team Captain four marking sheets for Part II and four marking sheets for Part III (Appendices D and E). The portion of the sheet relating to the competitor shall be completed by a team representative.

(d) When ordered by the Officials, the Team Captain will move with his or her team into the competition area and await further instructions from the Judges.

(e) In Parts II and III of the competition, each team will compete in the heats as directed by the organisers.

(f) No book, equipment or other aid to memory shall be used during any part of the competition, however books and memory aids will be allowed in isolation. Dress will be as per paragraph 10.

- (g) No mobile phones, pagers or other communication equipment will be taken into isolation. Competitors found in possession of such a device in isolation will be disqualified
- (h) The results and a copy of the signed list of the winning team are to be forwarded to the ACPO National Co-ordinator as soon as possible after the eliminating rounds.

8. Judges and Subjects

- (a) The Chief Judge will have a minimum qualification of National Judge and will be appointed by the Competition Organiser in consultation with the Technical Sub-Committee and the College of referees.
- (b) The Chief Judge will be responsible for the overall conduct of the competition in accordance with these Rules and have the power to intervene at any stage to ensure the observance of these rules and make a final decision where the appropriate officials fail to agree on matters of facts.
- (c) Suitable qualified RLSS Judges will be provided by the responsible Branches as required by Police Liaison Officers. Serving Police Officers are not eligible to act as Judges. It is recommended that at least four judges from outside the host force region be used in the finals.
- (d) The Judges shall attend before the start of the competition for briefing. Chief Judges will be prepared to give general comments at the conclusion of competitions.
- (e) The Judges shall work independently and shall not compare marking sheets or discuss the performance of the teams during the competition.
- (f) In the event of a judge or timekeeper imposing a penalty / disqualification it must be drawn to the attention of the competitor and brought to the attention of the audience by displaying either – a Yellow card for the imposition of a penalty or a Red card for disqualification.
- (g) On completion of each test, each Judge shall pass their completed marking sheets to the Official Recorder.
- (h) Timekeepers shall be required for each lane in Parts II and III. An independent timing element shall also be present in case a timekeeper's stopwatch should malfunction.
- (i) Police Officers or Police staff employed by Police Authorities may not be used as subjects in Parts I, III and IV of the finals.
- (j) In relation to Child Protection, the competition is an adult competition and every step should be taken to ensure competitors, officials, and volunteers assisting are over 18 years of age. Should it be necessary that under 18 years of age are used in any activity, disclaimers should be obtained regarding the allowing of photography to take place.

9. Health and Safety

- (a) The Competition Organisers are responsible for the safe supervision of participants and spectators during the competition. The Competition Organisers must ensure the provision of Life Guards and First aid facilities at all venues. The relevant provisions of the advice published by the Health & Safety Executive and the Royal Life Saving Society UK must be followed.
- (b) The Organisers of Eliminating Competitions and National Finals will ensure that a Risk Assessment is carried out prior to the competition, and satisfy themselves that a Normal Operating Procedure and an Emergency Action Plan is in existence for the selected venues. The Risk Assessment should be produced to the technical committee at least one month before the competition. Prior to the competition the Risk Assessment should be given to all officials. Team coaches and competitors should be made aware of the risks that have been identified. (The Technical Sub-Committee will have available a generic risk assessment document to assist competition organisers.) The Technical Sub-Committee will conduct site visits will visit venues and give health and safety advice prior to the start of the competition.
- (c) Should any concerns be raised by any person regarding a competitors fitness to compete, eg either medical or under the influence of intoxicants or drugs, the Chief Judge in consultation with the National Secretary will be responsible of assessing that competitors fitness to continue in that element of the competition.

10. Dress

- (a) Parts II and III
 - (i) Swimming Costumes. Competitors shall have swimwear suitable for the competition. Swimwear must not provide the competitor with any floatation assistance. The Chief Judge of the competition has the authority to exclude any competitor whose costume does not comply with this rule. All swimwear must comply with FINA regulations.
 - (ii) Team members may wear goggles / face masks in any part of the competition with the exception of Part (IV) Simulated Emergency Response (water).
 - (iii) In the interest of safety for both competitors and subjects, all jewellery, associated items and watches must be removed. However, wedding rings and faith specific items may be worn.
- (b) Part I and IV
 - (i) Competitors shall present themselves in uniformed shirt-sleeve order and this may include a neck-tie, and wear footwear suitable for entering the water. The uniform **shall not be modified in any way** for the competition and shall be of a size to fit the individual concerned. A swimming costume must be worn underneath.
 - (ii) The Captain shall wear an identifying cap when competing in both SER elements.
 - (iii) The clothes of each team may be inspected by an official at the commencement of the competition. Once the incident has started, the removal or non-removal of clothing will be at the discretion of the individual competitor. However, in order to protect competitors' feet at open water venues, the non-removal of footwear is strongly recommended.

SECTION B

COMPOSITION OF COMPETITION

PART I

11. Simulated Emergency Response (Land)

- (a) The whole team under the control of the Team Captain will be required to act appropriately in a Simulated Emergency Response, the general setting of which will be explained beforehand. The setting will be the same for each team and competitors taking part will be isolated from the commencement of this part of the competition until they themselves have competed. Punctuality is therefore essential.

12 Notes for Organisers and the Briefing of Officials

- (c) The Simulated Emergency Response (Land) is a competition designed for a team of four men or ladies under the control of a Captain, or two men and two ladies under the control of a Captain. In either case teams are required to deal with an emergency situation not previously revealed to them. Members are assessed on incident management and technical ability together with an assessment of the overall effectiveness of the team and the Captain. The Chief Judges will ensure that Simulated Emergency Responses are prepared, judged and marked in accordance with the RLSS guidelines contained in Appendix 'A'.
- (d) Attention is drawn to the fact that, once the SER has started, the removal or non-removal of clothing will be at the discretion of the individual competitor. This will apply to all competitors and is not to be over-ruled by the organisers.
- (e) For the SER (Land) a manikin will be used to denote a casualty who is not breathing normally. No other indication (no black or red cross) will be given. Full checks should be made. Chest compressions should only be performed on a manikin.
- (f) It is recommended that the duration of the SER (Land) does not exceed three minutes.

PART II

13. Rope Throwing

- (a) This part of the competition entails the throwing of an unweighted line a distance of between 12 and 13 metres to a subject positioned in not less than one and a half metres (approx. 5 feet) of water opposite to the competitor and pulling the subject back to the side.
- (b) The line to be used shall be 8 ply plaited polypropylene type, manufactured as Marlow Marstorm 8mm diameter, not less than 16 metres in length and not more than 18 metres in length with a recommended length of 17 metres. The lines should be of a similar condition and specification and will be assessed by a member of the Technical Sub-Committee prior to the competition.

- (c) Competitors will take part in heats as individuals competing in lanes against members of opposing teams.
- (d) Any member of the team will act as the subject for that team. In the Mixed Team competition, the subject must be the same gender as the thrower.
- (e) On the preparatory command from the starter "take your marks", the competitor will immediately take up the starting position, the starting signal may be by shot, whistle, the word "go" or klaxon.
- (f) Competitors will stand to attention facing their subjects, holding the extreme end of the line in one hand and the surplus rope will trail in the water. The subject will be positioned in his lane, holding with one hand onto a taut line or a rigid pole across the pool a distance of 12 metres away and the other hand holding the extreme end of the competition throwing rope. On the starting signal, subjects will immediately release their hold on the throwing rope and competitors will pull in the lines and then throw them to their subjects. The subjects will grasp the line if it falls within the reach of their free hand within their lane. The competitor will then pull the subject back to the side. The subject may not move their hand on the taut line until he has grasped the rope thrown by the competitor. The competitor must not pull the cross line forward to gain any advantage. When the subject has grasped the thrown rope they will hold it with both hands and allow themselves to be drawn through the water with arms outstretched in front of them and head up. The subject must NOT kick their legs whilst being drawn through the water by the competitor.
- (g) Whilst throwing or drawing in their lines competitors must remain within the area defined as the extension of their lane lines in the pool and bounded by a line running parallel to the bath edge and one and a half metres from it. Should the competitor step over the line before they have completed their throw they will be disqualified. If there be a raised portion at the pool edge, the one and a half metre line will be drawn from the back of any such raised portion. In the interest of fairness competitors and subjects will remain in their respective lanes until all throwers have completed.

Infringement of any of the above will result in that individual's throw being declared invalid.

- (h) In the event of a throw being declared invalid, the Judge will inform the competitor concerned at the end of the timed sequence and will also inform the audience in accordance with paragraph 8(f) Judging.
- (i) The sequence will be timed from the starting signal and will end when the subject touches the bath side.
- (j) There will be no limit to the number of throws permitted but no rope throwing will be permitted after the expiration of the single time period of 70 seconds from the starting signal. In the event of all competitors in a heat completing the test then the time sequence may be ended before the expiration of 70 seconds.
- (k) Times rounded down to the nearest half second (e.g. 17.8 seconds becomes 17.5 seconds) will be related to a points table (see Appendix 'F') to obtain an individual competitor's score. Minus marks will not be incurred.

14. Notes for Organisers and Briefing of Officials

- (a) Any member may act as subject to their own team - See 13 (d).
- (b) Each heat will consist of as many competitors as possible, depending on the amount of suitable water space available. Competitors will not be allowed to stand on wet towels or similar items.
- (c) Organisers will ensure that the cross line is kept taut and competitors who pull forward on the rope will be penalised in accordance with rule 13(f).
- (d) Organisers must ensure that a back line in accordance with rule 13(f) is in situ prior to the commencement of the competition.
- (e) Subjects must be briefed to ensure that they hold the line firmly with both hands, arms outstretched in front of them and holding their head up whilst being pulled through the water. Subjects must NOT kick legs whilst being drawn through water in accordance with paragraph 13(f).
- (f) When a thrower or subject has been impeded by a thrower, subject or rope in an adjacent lane, a protest may be lodged and will be dealt with under the Minor Complaints Procedure.
- (g) A "Place Judge" should be used to observe the finishing in each heat and should take the time of the slowest competitor.
- (h) A standard marking sheet may be found in Appendix D.

PART III

15. Swim and Tow

- (a) The distance of the swim and tow shall be equidistant.
- (b) The total distance shall not exceed 140 metres nor be less than 91 metres.
- (d) Team members will compete as individuals in heats with opposing teams, the fastest competitors competing against each other, followed by heats of the second fastest.
- (d) The swim and tow will be a continuous sequence and will be timed from the starting signal until the rescuer touches the end of the bath on the completion of the two.
- (e) On the preparatory command from the starter "take up your marks" the competitors shall immediately take up the starting position, the starting signal may be by shot, whistle, the word "go" or klaxon.
- (f) On the starting signal, competitors will enter the water by diving if it is safe to do so and swim between 48 metres and 70 metres.

- (g) The swim will continue to a point where each competitor approaches a subject in the centre of his lane at a distance of between 45 and 70 metres away.
- (h) The rescuer will take hold of his or her subject who will be towed by any of the approved tows in the RLSS Life Saving Handbook. If, owing to the length of the pool, turns are involved then:-
 - (i) swimming turns will be in accordance with ASA rules;
 - (ii) there is no requirement for the competitor to touch the end of the pool (if relevant) when picking up the subject; and
 - (iii) towing turns – the rescuer must touch the end of the pool with one hand.
- (i) Times rounded down to the nearest half second (e.g. 1-17.8 becomes 1-17.5). Added penalties where awarded (see para 16) will be related to a points table (see Appendix 'F') to obtain an individual competitor's score. Minus marks will not be incurred.

16. Penalties

- (a) Any person who carries out a false start prior to the recognised signal will be formally identified by the line judge (this will allow the competition to continue without re-starting).
Penalty – 30 seconds or awarded the time of the slowest competitor in the competition, whichever is greatest.
- (b) Competitor swims under water, except for one stroke to regain the surface after initial entry into the pool. **Penalty – 5 seconds.**
- (c) Competitor fails to touch the end of the pool during swim. **Penalty – 30 seconds or awarded the time of the slowest competitor in the competition, whichever is greatest.**
- (d) Competitor fails to touch end of pool with one hand when turning during tow. **Penalty – 30 seconds or awarded the time of the slowest competitor in the competition, whichever is greatest.**
- (e) Competitor submerges subject's face during tow. **Penalty – 2 seconds each submersion.**
- (f) Competitors using a tow which is not set out in the existing RLSS Life Saving handbook (see paragraph 15(h) or who fails to tow subject by an approved swimming method, i.e. sidestroke or life saving backstroke). **Penalty – 30 seconds or awarded time of slowest competitor in the competition, whichever is the greater.**

In each case where a penalty is awarded the appropriate card will be displayed.

17. Notes for Organisers and Briefing of Officials

- (a) It is dangerous to dive into shallow water. You should NEVER attempt to dive into water less than 1.5m deep. Where the water is of greater depth, the individual competitor may choose their method of entry.
- (b) As far as possible each heat should contain at least four swimmers. The first heat should consist of the fastest swimmers from the first four teams drawn. The second heat will then consist of the second fastest swimmers from the same teams with the third fastest swimmers in the third heat and the slowest swimmers in the fourth heat. The next teams drawn will then complete in a similar manner.
- (c) If a competitor should pass from their lane to another competitor's lane, the Chief Judge should adjust points accordingly to a maximum of 10 points, the competitor who was impeded being allocated these marks from the competitor penalised.
- (d) After each heat the subjects should be changed by one lane, thereby ensuring that the performance of a team cannot be related to an individual subject.
- (e) Spare team members will not be used as subjects in competition finals – independent subjects will be used. Where possible, individual subjects will be of the same size / gender as the competitors to take account of the individual aspects of the male / female parts of the competition.
- (f) Whenever possible, persons other than spare team members will be used as subjects in preliminary competitions.
- (g) This part of the competition is marked wholly in an objective manner; therefore, Judges will not penalise competitors if their towing method is not strictly in accordance with the Society's teaching. However, competitors must be briefed that the tow is to be one which is currently recognised by the Society, i.e. using sidestroke or life saving backstroke, NOT breaststroke.
- (h) A "Place Judge" should be used to observe the finishing in each heat and should take the time of the slowest competitor.
- (i) The standard marking sheets may be found at Appendix E.

PART IV

18. Simulated Emergency Response (Water)

- (a) The whole team under the control of the Team Captain will be required to act appropriately in a Simulated Emergency Response, the general setting of which will be explained beforehand. The setting will be the same for each team and competitors taking part will be isolated from the commencement of this part of the competition until they themselves have competed. Punctuality is therefore essential.

19. Notes for Organisers and the Briefing of Officials

- (c) The Simulated Emergency Response (Water) is a competition designed for a team of four men or ladies under the control of a Captain, or two men and two ladies under the control of a Captain – in either case teams are required to deal with an emergency situation not previously revealed to them. Members are assessed on rescue management and technical ability together with an assessment of the overall effectiveness of the team and the Captain. The Chief Judge will ensure that staged incidents are prepared, judged and marked in accordance with the RLSS guidelines contained in Appendix 'A'.
- (d) Attention is drawn to the fact that, once the SER has started, the removal or non-removal of clothing will be at the discretion of the individual competitor. This will apply to all competitors and is not to be over-ruled by the organisers.
- (e) For the SER (Water) a manikin will be used to denote a casualty who is not breathing normally. No other indication (no black or red cross) will be given. Full checks should be made. Chest compressions should only be performed on a manikin.
- (d) It is recommended that the duration of the SER (Water) does not exceed three minutes.

20. Marking

- (a) Maximum Marks

Part I	Simulated Emergency Response (Land)	1500	per team
Part II	Rope Throwing	500	per team
Part III	Swim and Tow	1000	per team
Part IV	Simulated Emergency Response (Water)	2000	per team
	Maximum Total	5000	per team

- (b) In Part I the judges will mark out of 150 and the recorder will multiply the mark by 10. In Part IV, the Judges will mark out of 200 and the recorder will multiply the mark by 10.

- (c) In the event of any part of the competition resulting in a tie, the team with the highest marks in the SER (Water) shall be declared to be the winners.
- (d) The male and female competitors with the highest combined marks in Parts II and III of the competition will be declared individual champions.

21. Appeals

- (a) Appeals or complaints may be made by the Team Manager/Captain to an Appeals committee made up of non-competing members of the ACPO Technical Sub-Committee. Appeals will be made utilising the form at Appendix H, which should be completed and handed to a Technical Sub-Committee member within 30 minutes of the incident to which it relates. An Appeals committee member from the same force as an appellant will not be party to the decision-making process in considering the validity or outcome of a complaint.
- (b) Minor complaints may be decided by the Appeals Committee and Chief Judge.
- (c) More serious complaints will be decided by the Chief Judge, ACPO Technical Sub-Committee representatives and ACPO Representative (Regional Representative at Regional Competitions – Chairman of the ACPO Committee and or in his absence, an appointed deputy at National Competitions).
- (d) The Appeals Committee shall have the power to deal with any situation arising out of unfair practice and application of the rules up to and including disqualification.

22. Certificate of Recognition

- (a) Any individual who, in the opinion of the Technical Sub-Committee, has carried out a significant water-based rescue may be nominated for the receipt of a Certificate of Recognition or has provided outstanding and valuable service to Police Life Saving may be nominated for a Chairman's Certificate of Thanks.
- (b) If the nomination is approved by the ACPO Committee, a framed certificate will be prepared and signed by the National Coordinator prior to presentation.

23. Organisation and Administration of the Committee

- (a) The ACPO Life Saving Committee is organised on a regional basis and each region shall appoint one ACPO member to act as a representative and in addition one other serving Police Officer to act as Liaison Officer. Police Scotland, The Police Service for Northern Ireland and the Garda Siochana shall each appoint one ACPO member to act as a representative and in addition one other serving Police Officer to act as Liaison Officer.
- (b) A National Coordinator shall be appointed who may be a regional ACPO Representative. The National Coordinator shall appoint a Police Officer to act as National Secretary and if appropriate an additional person to act as Treasurer.

- (c) The ACPO Committee shall comprise the National Coordinator, the National Secretary, the National Treasurer, Regional ACPO Representative and Regional Liaison Officers and the Representatives and Liaison Officers from Scotland, The Police Service of Northern Ireland and the Garda Siochana.
- (d) The ACPO Committee shall appoint a Technical Sub-Committee, the purpose of which is to make recommendations to the full Committee on all aspects of life saving associated matters and to provide advice and assistance to Regional ACPO Representatives and Liaison Officers charged with organising competitions.
- (e) Members of the Technical Sub-Committee will be members of the ACPO Committee.
- (f) The National Coordinator will represent the ACPO Committee on other national bodies with the exception of the Royal Life Saving Society Competitions Committee in which case the representative will be drawn from the Technical Sub-Committee. The National Coordinator may delegate representation to another member of the Committee where appropriate.
- (g) The Technical Sub-Committee will meet as and when appropriate to discuss and recommend rule changes and any other matters referred to it by the ACPO Committee. The Technical Sub-Committee will also be responsible for allocating teams to preliminary venues.
- (h) The Technical Sub-Committee is empowered to make amendments to the rules with the agreement of the National Coordinator. Any such amendments must be brought before the next meeting of the ACPO Committee for ratification or otherwise.
- (i) The ACPO Committee will hold an annual meeting in advance of and at the same venue as the National Finals. All changes to rules and all other matters affecting the work of the Committee will be brought before and approved by the Committee.
- (j) The following policy will be adopted on the retention of documents:-
 - (i) Minutes of meetings – retain.
 - (ii) Ongoing correspondence – retain.
 - (iii) Finalised correspondence – five years.
 - (iv) Accounts and other financial documents – eight years.

24. Financial Rules

- (a) The financial year will run from 1 April to 31 March following.
- (b) Accountants approved by the ACPO Committee shall be appointed and shall audit the Committee's accounts annually.
- (c) Accounts in the form of a Treasurer's Report shall be presented by the Treasurer at the Annual General Meeting. A copy of the Auditor's accounts shall be forwarded to the National Coordinator following presentation to the Committee.
- (d) RLSS UK Club membership provides club members and club volunteers with Public Liability cover when carrying out a recognized RLSS UK activity. Therefore each Force that has taken out RLSS UK membership would have RLSS UK Public Liability cover when carrying out Lifesaving

activities. In relation to retired members participating, the home force of the retiree is responsible for including the retiree as part of the RLSS UK Club membership. In relation to non lifesaving activities the National Secretary shall ensure that the Competition Organiser has reviewed all venues to ensure they are covered by public indemnity insurance.

(e) One or more sponsors may be appointed to provide financial support to the National Finals but any appointment will be subject to the agreement of the National Coordinator and the Chief Constable of the Force in which the competition is being held.

(e) The National Treasurer will provide financial guidance to the Competition Organisers.

ACPO NATIONAL LIFE SAVING COMPETITIONS

SIMULATED EMERGENCY RESPONSE

Note for Guidance in the Preparation, Judging and Marking of Simulated Emergency Response Incidents

The Simulated Emergency Response (SER) incidents are the part of the competition where the team members are required to deal with an emergency situation not previously revealed to them, under the control of a Captain. All members are assessed on the management of the incident as well as technical ability; additional assessment is made of the overall effectiveness of the team and the Captain.

The SER is designed to allow officers to gain experience of simulated emergency situations in a competitive setting. Judgement, technical ability, teamwork and leadership are fostered, improved and practiced.

The basic principles of rescue should be understood and applied. These principles may be grouped: -

1. Recognition of the problem.
2. Assessment of the situation.
3. Plan a course of action to overcome the problem.
4. Action to effect the rescue.
5. Care of the casualty after the rescue.

Recognition of the Problem

Is there a problem?	What?	Where?	Who?
---------------------	-------	--------	------

The Priorities for the team must be: -

- Control
- Safety
- Assessment; and
- Lifesaving actions

Control should include verbal reassurance to the casualties and bystanders that they are trained lifesavers and demonstrably taking charge, calmly but firmly.

The team members should initially be collecting their thoughts, assessing the situation and identifying Hazards / Safety precautions, Casualties, Bystanders, Equipment etc., which should be communicated to the Team Captain.

Safety must be demonstrated to minimize as far as possible the risk of further harm coming to the casualty, and all members of the team.

Where possible dangers should be removed from the casualty, rather than the casualty from danger. It may however be necessary in some cases to move the casualty before even the most urgent resuscitation is carried out.

Assessment - The team under the leadership of the Team Captain must make an assessment of the situation to enable them to choose the most effective and safe method of rescue. The amount of time taken for the assessment depends upon the circumstances of the incident; this time can be reduced with practice.

When assessing the situation the following factors should be taken into account: -

In a both the land and water based SER incidents the aims of life support and lifesaving are: -

- To preserve life; and
- To obtain further qualified assistance without delay

The Assessment should include: -

- A risk assessment of the scene
- Identification of Hazards
- The number of casualties
- The position and condition of casualties, whether co-operative or un-cooperative

In a water based incident
What category of drowning
Within reach of the side
Out of reach of the side
The distance from the side

- Water Conditions

Depth of water
Entry and Landing points
Clearness of water

- The number of and skills of any Bystanders

- Rescue Aids

First Aid Equipment available
Rescue Aids available
Reaching aids
Throwing aids
Buoyant aids
Small craft

- Priority of Rescue

In a **land-based** incident it is more important to treat the most seriously affected first, life-threatening conditions must be attended to before less serious injuries generally in the order:

- Life Support
- Management of Choking
- Control of life-threatening bleeding *; and
- Treatment for shock

* In cases of severe bleeding, this must be stopped before resuscitation can be effective.

In a **water-based** incident the management of the rescue of multiple casualties presents rescuers with a number of choices. It is more important to preserve as many lives as possible. In such an emergency situation involving a number of people the management of a rescue should generally be in the order:

- Mobilise the mobile
- Secure the safety of those in imminent danger
- Recover and resuscitate those in need of continuous care

The mobile can include those capable of assisting themselves to safety. Those in imminent danger may include non-swimmers and injured swimmers and those in need of continuous care include unconscious and not breathing casualties.

- The capabilities of the members of the team

Formation of a Plan

On the basis of the team assessment of the SER incident, the Captain should plan a course of action, which may involve:

- Seeking assistance.
- Organising assistance.
- Informing an available helper.
- Performing the rescue as a team.

In the water based SER if it is obvious that entering the water is inevitable, the rescuers must select those techniques, which will be most effective for the situation and not endanger their own lives in any way.

- The plan should establish Control of the situation; Risk Assessment and the execution of the plan should take account of the Team Assessment, prioritization of the rescues and demonstration of suitable aftercare.

**POLICE NATIONAL LIFE SAVING
TEAM SHEET – MALE / FEMALE EVENTS**

TEAM NAME:

The fastest swimmer should be shown as number 1, the second fastest as number 2 and so on. Please print all details.

TEAM CAPTAIN:

	SURNAME	FORENAME	GENDER (Male / Female)	REGULAR/ SPECIAL/ PCSO OR STAFF
1.				
2.				
3.				
4.				
5.				
6.				

Date: _____

**POLICE NATIONAL LIFE SAVING
MIXED TEAM EVENT**

TEAM NAME:

The fastest male swimmer should be shown as number 1, the second fastest as number 2 and so on.

The fastest female swimmer should be shown as number 3, the second fastest as number 4 and so on.

TEAM CAPTAIN:

	SURNAME	FORENAME	GENDER (Male / Female)	REGULAR/ SPECIAL/ PCSO OR STAFF
1.				
2.				
3.				
4.				
5.				
6.				

Date: _____

POLICE NATIONAL LIFE SAVING

Part I – ROPE THROWING

TEAM NAME:	LANE NO:
THROWER'S NAME:	

THROW TIME:	(In seconds)
If disqualified, the please state reason:	
Judge / Timekeepers Name:	

For recorder's use only.	
Time rounded down to nearest half second:	
Points Allocated:	Checked by:

Date: _____

Part III – SWIM & TOW

TEAM NAME:	LANE NO:
COMPETITOR'S NAME:	

PENALTY POINTS: If there is doubt, then please give the benefit of the doubt to the competitor. A wash of water across the subject's face does not necessarily constitute submerging the subject's face during the tow.

Judges: Enter a cross in the relevant box for each penalty incurred, then complete the time box.

Type of Penalty	Swim		Tow		Recorders Use Only	
	Length 1	Length 2	Length 3	Length 4	Time Penalty	Time to be added
False Start					Add 30 seconds etc. as per Rule 16 (a)	
Competitor swims underwater after initial dive (one stroke is allowed to re-gain surface)					Add 5 seconds	
Competitor fails to touch end of pool with one hand during tow					Add 30 seconds etc. as per Rule 16 (c)	
Competitor submerges subject's face during tow					Add 2 seconds for each submersion as per Rule per 16 (e)	
Illegal tow/swimming method					Add 30 seconds etc. as per Rule 16 (f)	

Name of Timekeeper _____

Actual Time recorded Minutes : Seconds	Time rounded down to nearest half seconds Minutes: Seconds	Minus	Total Time Penalty - Minutes :Seconds
--	--	--------------	---

Time to Count – Minutes : Seconds
--

Points Awarded:

Recorder:	Checked by:
------------------	--------------------

ACPO NATIONAL LIFE SAVING COMPETITION

CONVERSION TABLES – ROPE THROWING

TIME	POINTS	TIME	POINTS	TIME	POINTS
7.5 secs	125	20.5 secs	99	33.5 secs	73
8.0 secs	124	21.0 secs	98	34.0 secs	72
8.5 secs	123	21.5 secs	97	34.5 secs	71
9.0 secs	122	22.0 secs	96	35.0 secs	70
9.5 secs	121	22.5 secs	95	35.5 secs	69
10.0 secs	120	23.0 secs	94	36.0 secs	68
10.5 secs	119	23.5 secs	93	36.5 secs	67
11.0 secs	118	24.0 secs	92	37.0 secs	66
11.5 secs	117	24.5 secs	91	37.5 secs	65
12.0 secs	116	25.0 secs	90	38.0 secs	64
12.5 secs	115	25.5 secs	89	38.5 secs	63
13.0 secs	114	26.0 secs	88	39.0 secs	62
13.5 secs	113	26.5 secs	87	39.5 secs	61
14.0 secs	112	27.0 secs	86	40.0 secs	60
14.5 secs	111	27.5 secs	85	40.5 secs	59
15.0 secs	110	28.0 secs	84	41.0 secs	58
15.5 secs	109	28.5 secs	83	41.5 secs	57
16.0 secs	108	29.0 secs	82	42.0 secs	56
16.5 secs	107	29.5 secs	81	42.5 secs	55
17.0 secs	106	30.0 secs	80	43.0 secs	54
17.5 secs	105	30.5 secs	79	43.5 secs	53
18.0 secs	104	31.0 secs	78	44.0 secs	52
18.5 secs	103	31.5 secs	77	44.5 secs	51
19.0 secs	102	32.0 secs	76	45.0 secs	50
19.5 secs	101	32.5 secs	75	45.5 secs	49
20.0 secs	100	33.0 secs	74	46.0 secs	48

TIME	POINTS	TIME	POINTS	TIME	POINTS
46.5 secs	47	60.0 secs	20		
47.0 secs	46	60.5 secs	19		
47.5 secs	45	61.0 secs	18		
48.0 secs	44	61.5 secs	17		
48.5 secs	43	62.0 secs	16		
49.0 secs	42	62.5 secs	15		
49.5 secs	41	63.0 secs	14		
50.0 secs	40	63.5 secs	13		
50.5 secs	39	64.0 secs	12		
51.0 secs	38	64.5 secs	11		
51.5 secs	37	65.0 secs	10		
52.0 secs	36	65.5 secs	09		
52.5 secs	35	66.0 secs	08		
53.0 secs	34	66.5 secs	07		
53.5 secs	33	67.0 secs	06		
54.0 secs	32	67.5 secs	05		
54.5 secs	31	68.0 secs	04		
55.0 secs	30	68.5 secs	03		
55.5 secs	29	69.0 secs	02		
56.0 secs	28	69.5 secs	01		
56.5 secs	27	70.0 secs	00		
57.0 secs	26				
57.5 secs	25				
58.0 secs	24				
58.5 secs	23				
59.0 secs	22				
59.5 secs	21				

NATIONAL LIFE SAVING COMPETITION - CONVERSION TABLES – SWIM & TOW

Time	Score
1-00.0	250
00.5	249.5
01.0	249
01.5	248.5
02.0	248
02.5	247.5
03.0	247
03.5	246.5
04.0	246
04.5	245.5
05.0	245
05.5	244.5
06.0	244
06.5	243.5
07.0	243
07.5	242.5
08.0	242
08.5	241.5
09.0	241
09.5	240.5
10.0	240
10.5	239.5
11.0	239
11.5	238.5
12.0	238
12.5	237.5
13.0	237
13.5	236.5
14.0	236
14.5	235.5
15.0	235
15.5	234.5
16.0	234
16.5	233.5
17.0	233
17.5	232.5
18.0	232
18.5	231.5
19.0	231
19.5	230.5

Time	Score
1-20.0	230
20.5	229.5
21.0	229
21.5	228.5
22.0	228
22.5	227.5
23.0	227
23.5	226.5
24.0	226
24.5	225.5
25.0	225
25.5	224.5
26.0	224
26.5	223.5
27.0	223
27.5	222.5
28.0	222
28.5	221.5
29.0	221
29.5	220.5
30.0	220
30.5	219.5
31.0	219
31.5	218.5
32.0	218
32.5	217.5
33.0	217
33.5	216.5
34.0	216
34.5	215.5
35.0	215
35.5	214.5
36.0	214
36.5	213.5
37.0	213
37.5	212.5
38.0	212
38.5	211.5
39.0	211
39.5	210.5

Time	Score
1-40.0	210
40.5	209.5
41.0	209
41.5	208.5
42.0	208
42.5	207.5
43.0	207
43.5	206.5
44.0	206
44.5	205.5
45.0	205
45.5	204.5
46.0	204
46.5	203.5
47.0	203
47.5	202.5
48.0	202
48.5	201.5
49.0	201
49.5	200.5
50.0	200
50.5	199.5
51.0	199
51.5	198.5
52.0	198
52.5	197.5
53.0	197
53.5	196.5
54.0	196
54.5	195.5
55.0	195
55.5	194.5
56.0	194
56.5	193.5
57.0	193
57.5	192.5
58.0	192
58.5	191.5
59.0	191
59.5	190.5

Time	Score
2-00.0	190
00.5	189.5
01.0	189
01.5	188.5
02.0	188
02.5	187.5
03.0	187
03.5	186.5
04.0	186
04.5	185.5
05.0	185
05.5	184.5
06.0	184
06.5	183.5
07.0	183
07.5	182.5
08.0	182
08.5	181.5
09.0	181
09.5	180.5
10.0	180
10.5	179.5
11.0	179
11.5	178.5
12.0	178
12.5	177.5
13.0	177
13.5	176.5
14.0	176
14.5	175.5
15.0	175
15.5	174.5
16.0	174
16.5	173.5
17.0	173
17.5	172.5
18.0	172
18.5	171.5
19.0	171
19.5	170.5

Time	Score
2-20.0	170
20.5	169.5
21.0	169
21.5	168.5
22.0	168
22.5	167.5
23.0	167
23.5	166.5
24.0	166
24.5	165.5
25.0	165
25.5	164.5
26.0	164
26.5	163.5
27.0	163
27.5	162.5
28.0	162
28.5	161.5
29.0	161
29.5	160.5
30.0	160
30.5	159.5
31.0	159
31.5	158.5
32.0	158
32.5	157.5
33.0	157
33.5	156.5
34.0	156
34.5	155.5
35.0	155
35.5	154.5
36.0	154
36.5	153.5
37.0	153
37.5	152.5
38.0	152
38.5	151.5
39.0	151
39.5	150.5
40.0	150.
40.5	149.5
41.0	149

Time	Score	Time	Score	Time	Score
2-41.5	148.5	3-03.0	127	3-24.5	105.5
42.0	148	03.5	126.5	25.0	105
42.5	147.5	04.0	126	25.5	104.5
43.0	147	04.5	125.5	26.0	104
43.5	146.5	05.0	125	26.5	103.5
44.0	146	05.5	124.5	27.0	103
44.5	145.5	06.0	124	27.5	102.5
45.0	145	06.5	123.5	28.0	102
45.5	144.5	07.0	123	28.5	101.5
46.0	144	07.5	122.5	29.0	101
46.5	143.5	08.0	122	29.5	100.5
47.0	143	08.5	121.5	30.0	100
47.5	142.5	09.0	121	30.5	99.5
48.0	142	09.5	120.5	31.0	99
48.5	141.5	10.0	120	31.5	98.5
49.0	141	10.5	119.5	32.0	98
49.5	140.5	11.0	119	32.5	97.5
50.0	140	11.5	118.5	33.0	97
50.5	139.5	12.0	118	33.5	96.5
51.0	139	12.5	117.5	34.0	96
51.5	138.5	13.0	117	34.5	95.5
52.0	138	13.5	116.5	35.0	95
52.5	137.5	14.0	116	35.5	94.5
53.0	137	14.5	115.5	36.0	94
53.5	136.5	15.0	115	36.5	93.5
54.0	136	15.5	114.5	37.0	93
54.5	135.5	16.0	114	37.5	92.5
55.0	135	16.5	113.5	38.0	92
55.5	134.5	17.0	113	38.5	91.5
56.0	134	17.5	112.5	39.0	91
56.5	133.5	18.0	112	39.5	90.5
57.0	133	18.5	111.5	40.0	90
57.5	132.5	19.0	111	40.5	89.5
58.0	132	19.5	110.5	41.0	89
58.5	131.5	20.0	110	41.5	88.5
59.0	131	20.5	109.5	42.0	88
59.5	130.5	21.0	109	42.5	87.5
3-00.0	130	21.5	108.5	43.0	87
00.5	129.5	22.0	108	43.5	86.5
01.0	129	22.5	107.5	44.0	86
01.5	128.5	23.0	107	44.5	85.5
02.0	128	23.5	106.5	45.0	85
02.5	127.5	24.0	106	45.5	84.5

Time	Score
3-46.0	84.0
46.5	83.5
47.0	83
47.5	82.5
48.0	82
48.5	81.5
49.0	81
49.5	80.5
50.0	80
50.5	79.5
51.0	79
51.5	78.5
52.0	78
52.5	77.5
53.0	77
53.5	76.5
54.0	76
54.5	75.5
55.0	75
55.5	74.5
56.0	74
56.5	73.5
57.0	73
57.5	72.5
58.0	72
58.5	71.5
59.0	71
59.5	70.5
4-00.0	70
00.5	69.5
01.0	69
01.5	68.5
02.0	68
02.5	67.5
03.0	67
03.5	66.5
04.0	66
04.5	65.5
05.0	65
05.5	64.5
06.0	64
06.5	63.5

Time	Score
4-07.0	63
07.5	62.5
08.0	62
08.5	61.5
09.0	61
09.5	60.5
10.0	60
10.5	59.5
11.0	95
11.5	58.5
12.0	58
12.5	57.5
13.0	57
13.5	56.5
14.0	56
14.5	55.5
15.0	55
15.5	54.5
16.0	54
16.5	53.5
17.0	53
17.5	52.5
18.0	52
18.5	51.5
19.0	51
19.5	50.5
20.0	50
20.5	49.5
21.0	49
21.5	48.5
22.0	48
22.5	47.5
23.0	47
23.5	46.5
24.0	46
24.5	45.5
25.0	45
25.5	44.5
26.0	44
26.5	43.5
27.0	43
27.5	42.5

Time	Score
4-28.0	42
28.5	41.5
29.0	41
29.5	40.5
30.0	40
30.5	39.5
31.0	39
31.5	38.5
32.0	38
32.5	37.5
33.0	37
33.5	36.5
34.0	36
34.5	35.5
35.0	35
35.5	34.5
36.0	34
36.5	33.5
37.0	33
37.5	32.5
38.0	32
38.5	31.5
39.0	31
39.5	30.5
40.0	30
40.5	29.5
41.0	29
41.5	28.5
42.0	28
42.5	27.5
43.0	27
43.5	26.5
44.0	26
44.5	25.5
45.0	25
45.5	24.5
46.0	24
46.5	23.5
47.0	23
47.5	22.5
48.0	22
48.5	21.5

Time	Score
4-49.0	21
49.5	20.5
50.0	20
50.5	19.5
51.0	19
51.5	18.5
52.0	18
52.5	17.5
53.0	17
53.5	16.5
54.0	16
54.5	15.5
55.0	15
55.5	14.5
56.0	14
56.5	13.5
57.0	13
57.5	12.5
58.0	12
58.5	11.5
59.0	11
59.5	10.5
5-00.0	10
00.5	9.5
01.0	9
01.5	8.5
02.0	8
02.5	7.5
03.0	7
03.5	6.5
04.0	6
04.5	5.5
05.0	5
05.5	4.5
06.0	4
06.5	3.5
07.0	3
07.5	2.5
08.0	2
08.5	1.5
09.0	1
09.5	0.5
5-10.0	0

Appeals / Protests

Appeals or complaints may be made by the Team Manager / Captain to the Appeals Committee made up of non-competing members of the ACPO Technical Sub-Committee, utilizing this form only, which should be completed and handed to a Technical Sub-Committee member within 30 minutes of the incident to which it relates.

- The Appeals Committee and the Chief Judge may decide minor complaints.
- More serious complaints will be decided by the Chief Judge / ACPO Technical Sub-Committee representatives and ACPO Representative (Chairman of the ACPO Committee and or in their absence, an appointed deputy at National Competitions).
- The Appeals Committee shall have the power to deal with any situation arising out of unfair practice and application of the rules up to and including disqualification.

Name of Force	Manager / Captain
----------------------	--------------------------

Nature of Appeal (Brief Summary)	Time /Date Raised
---	--------------------------

Expected Outcome (Brief Summary)

Details of Technical Committee Member Receiving	Time / Date Received
--	-----------------------------

Action Taken	Time / Date Taken
---------------------	--------------------------

Result

Person Notifying - Advised of Outcome by	Time / Date Notified
---	-----------------------------