



**CMAS**

**Safety and logistics guidelines**

**for**

**International Freediving**

**Pool Competitions**

**Version 2023/01**

**EV #61**



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## 1 LIST OF REQUIREMENTS

### 1.1 REQUIREMENTS

- Pool with 50 m or 25 m length depending on the type of competition
- Video footage of the performance of all athletes, needs a camera assistant on every competition lane
- Underwater Video system to monitor the competition lanes (if available).
- Electronic timekeeping for Speed apnea
- Two stopwatches for each Judge and Timekeepers.
- Countdown for competition starts, under the supervision of a judge assistant.
- Water and nonalcoholic drinks for all people who works in the Competition.
- Live streaming, TV station or internet station with the connection link and relevant equipment.
- Electronics and Material for creating and printing Start lists and Result lists.
- Min 3 Persons in Backup for the Judges etc.

### 1.2 ORGANIZING PERSONNEL

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#### 1.2.1 CMAS CHIEF JUDGE

Head of logistical coordination with the help of CMAS assistant judge and competition organizer.

Organize start lists and results with the help of competition secretary.

Validates the results.

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#### 1.2.2 LANE JUDGE AND ASSISTANTS

Validate surface protocol and validity of the attempt.

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#### 1.2.3 COMPETITION SECRETARY

Assist judges for processing and printing lists, results, documents etc.

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#### 1.2.4 SAFETY CHIEF

Head of safety team

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#### 1.2.5 SURFACE CAMERA OPERATOR

Manage the official cameras to record surface and exit protocols.

Download footage on demand or daily for judges.

Deal with live streaming of the competition.

Charges all batteries and transport equipment to the pool.

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### 1.2.6 TIMEKEEPERS

Two timekeepers at each competition lane for static.

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### 1.2.7 LANE CAMERA OPERATOR

Lane Camera operator should be standing next to the judge during the attempt.

The recording of the surface protocol should be from the point of view of the judge.

The surface protocol must be clearly visible for each attempt.

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### 1.2.8 SAFETY TEAM

Composed of two Safety divers for each competition lane,

Two extra safeties as backup on the side of the pool

Doctor with CPR certification

Medical assistant (with more than four competition lanes, two medical assistants are recommended)

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### 1.2.9 SUPPLEMENTARY PERSONNEL

Personnel for Food and Drinks

Personnel for editing start lists and result lists.

## 2 LOGISTICS

### 2.1 POOL

For competition with Speed Disciplines the pool must have a length of 50 m and be equipped with electronic Timekeeping

The depth of the pool shall be min 1.20 meters

For Static the water depth should be of maximum 1.20m.

If the pool is deeper, stable platform should be installed on the floor of the pool

To guarantee equity on all competition lanes, the first lanes on both sides of the pool cannot be used for competition according the rules. They can be used for warm up or video.

The temperature of the pool should be between 24 to 28 °C



## 2.2 COMPETITION ZONE

### 2.2.1 COMPETITION LANES

The competition tracks are separated by internationally recognized dividing lines.

Track is based on the International Guidelines for Swimming Competitions.

In 50 m pool a mark in black (40 cm long and 5 cm wide) shall be visible at 25m from the start

### 2.2.2 SAFETY LANES

Safeties are recommended to act at the surface in the same lanes than the athletes (i.e. in competition lanes)

### 2.2.3 CAMERA LANES

These lanes are not mandatory. If enough lanes are present in the pool, some of them can host the photographers for underwater footage

Instead of the camera lanes, the organizer can install an underwater camera at the side of the competition lane.

### 2.2.4 WARM UP LANES

The pool must have Minimum 2 Warm-up lanes

## 2.3 MEDICAL STATION

The medical station must be set in such a way that the senior doctor and the assistants have a good overview of all competitions.

Medical staff and Oxygen should be located preferably in the mid-length of the pool

## 3 COMPETITION OFFICIALS

### 3.1 CMAS TECHNICAL DELEGATE

Technical delegate role is described at the Championship organization procedures rules and take care of the claims.

### 3.2 CMAS CHIEF JUDGE

He supervises all organizing steps and performance zones of the competition.

He manages the starting lists, results, cards, protocol, timing, records etc, supervises the competition secretary and surface judges.

He can validate or reject based on the rules any performance of the athletes in the competition

### 3.3 CMAS ASSISTANT JUDGE

Under the supervision of the chief judge, he can monitor every task of the competition (time keeping, distance measurement, start announcements, warm up judge, etc...)

### 3.4 SAFETIES

All safeties should be experienced and trained free divers.

In any case, a safety diver must be able to stay in swimming pool at least four hours.

The skills of the safeties must be evaluated before the competition during the safety team practice.

The safety team should be present before the competition to be able to practice all rescue procedures

During the training period, before the competition, all safeties must show that they can manage an athlete in BO, LMC or other problem and bring him to the surface acting as rescuer and apply the first response aid on an unconscious athlete.

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#### 3.4.1 SAFETIES EQUIPMENT

- The safeties must use Bifins, snorkel and Mask (No Diving goggles)
- Monofins and middle snorkel are not allowed for safeties.
- It makes sense to wear a thin diving suit up to 3 mm.
- Ballast is not necessary but not forbidden.
- Safety member can be identified by a yellow lycra t-shirt worn above the wetsuit

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#### 3.4.2 SAFETY RULES

In 50m pools, two safeties must be present in a competition lane.

The safety diver N1 is waiting at 5 m mark the athlete and accompanied him until 25 m.

There he stops and the safety diver N2 escorts the athlete to 45 m.

Safety N2 is waiting and when the athlete turned back, N2 accompanies the athlete back to 25 m where the safety N1 will take over the watch.

The N1 safety accompanied the athlete back to 5 m and wait for the turn of the athlete.

The sequence is repeated until the athlete exit at surface.

#### **Exit of the Athlete:**

The nearest Safety must be close to the athlete but not touching or helping without order from the Judge.

Following emersion of the athlete, the safety can give him a float. The athlete has the right to refuse it and take support on the lane.

If the athlete grabs the float, the safety must leave it immediately.

Safety cannot touch the athlete without order from the Judge except in the case of underwater blackout.

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#### **3.4.3 IN WATER POSITIONING OF SAFETIES**

The position of the Safeties in a 50 m Pool is 5 m after starting point and by 25 m, in every competition lane 3 minutes before official top.

In addition, 2 more safeties are available as backups on each side of the Pool.

For Speed disciplines, the two safeties are in position outside the water ready at the edges of the pool.

The Safeties wear the complete *Equipment and for speed disciplines are ready to dive in case of emergency.*

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#### **3.4.4 STEPS TO BLACKOUT OR LMC RECOVERY FROM SAFETIES**

- Bring the athlete to surface.
- Secure airways above the water surface.
- Remove mask or goggles and nose clip
- Blow to the nose, Tap the face, Talk to the athlete
- Wait a few seconds for recovery, if not recover or need extra help:
- Bring the athlete to the edge of the pool as soon as possible.
- Help in lifting out of the water.
- As soon as the athlete is treated by the doctor, the safety goes back to his place.

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#### **3.4.5 BLACKOUT MANAGEMENT**

The number one rule in a blackout or LMC (Loss of Motor Control) is to protect the athlete's airway from contact with the water. This will prevent water inhalation which will complicate the resuscitation.

The following is a list of procedures to manage the blackout:

- If the athlete is at the bottom of the pool, the safety must bring him to the surface.
- On the surface, the athlete must be secured in such way so no water can enter his airways.

- The safety, which is escorting the athlete, takes the athlete with one hand under his shoulder. With the other hand he removes the diving goggles and nose clip. Then he applies the procedures as described above: *Steps to blackout or LMC recovery*
- If the athlete suffers a blackout or an LMC at Static, the athlete is turned over according to the judge's instructions and the breathing airways must be cleared as described above. The athlete is then taken out of the water and handed over to the doctor.
- Although not a common occurrence, knowledge of the packing blackout should be known by the safety team so that they are aware of this possibility. This condition is very short in duration and requires attention from the safety diver at the beginning of the performance.
- For this reason, the safety at the start has to watch closely whether the athlete suffers a packing BO in order to act fast.

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### 3.4.6 SPECTATOR SECURITY

Spectators are present at many competitions. They are not allowed to be in the competition area during the competition.

Special zones for spectators are set up by the organizer. It's advised to have a screen or monitor, so that the spectators can watch the competition.

Area of judges, safeties or medical personnel is restricted from the public.

## 3.5 MEDICALS

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### 3.5.1 MEDICAL TEAM

The medical assistance must guarantee the first aid interventions to those who suffer accidents by giving them the necessary aid from the beginning of the accident until the reestablishment of consciousness.

Communication of medical assistance team to the doctor of local health facilities shall include the causes and circumstances of the accident occurring at the athlete.

The medical assistants are appointed by the Organizing Committee and they are responsible for controlling the event at the medical level.

The medical team is made up of:

- One doctor (MD) who must be skilled, experienced, equipped and capable to perform CPR (cardio-pulmonary resuscitation) as well as to provide first aid, who is responsible for the competition and is always present in the competition area.
- First aid responders

Safety plan also must include:

- An ambulance reserved for the competition area, with a doctor on board, which must be located in front of the Entrance of the Pool, close to the health Centre.
- An official hospital facility which must be easily accessible for the ambulance and aware of the evacuation plan of the competition



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### 3.5.2 LIST OF MEDICAL EQUIPMENT

- Bag Valve Mask
- Double Evacuation Time supply of 100% Medical Grade Oxygen
- Oral Pharyngeal Airway Multiple Size Kit
- Advanced Airway Kit
- Manual Suction
- AED

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### 3.5.3 EVACUATION PLAN

An evacuation plan is almost as important as the doctor and should be well thought out and practiced to avoid confusion in an emergency situation.

The hospital (mentioned in the evacuation plan) must be informed about the nature and manner of the competition in order to provide dedicated doctors who are familiar with LMC or BO. Not every doctor is familiar with diving medicine.

All information must be sent by the organizer to the hospital prior to the competition.

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### 3.5.4 EMERGENCY AMBULANCE

The organizer must have discussed and registered the competition with the rescue control center and the nearest hospital before the competition. This is the only way to maintain a short rescue chain.

The ambulance must be by the pool during the competition.