

40th Annual CPRA Lifeguard Games

Christmas in July

Team Information Packet



This is an image of the Colorado Parks and Rec association Aquatics Section Logo

Hosted by: Water World

Provided by: Colorado Parks and Rec Association



This is an image of the Water World Logo



This is an image of the colorado parks and rec association logo

Overview of Lifeguard Games

This year's games will be held on July 6th, 2025. Hosted by Hyland Hills Parks and Recreation District at Hyland Hills Water World, located at 8801 N. Pecos St. Federal Heights, CO 80260

Registration

Registration will open on Wednesday April 23rd, 2025. Registrations will not be accepted after June 20th. There will be a late fee for any registrations after June 13th.

All agencies must pre-register for the games, same day registration will not be permitted.

Fees

Fees: Per team (2 teams max per participating agency)

April 23rd - June 13th - \$150 for CPRA members and \$200 for non members

June 14th - June 20th at noon - \$200 for members and \$250 for non members

Teams will not be allowed to participate until payment is received

Event Schedule

6:45 - 7:00 am	Check In
7:00 - 7:30 am	Warm up / Practice
7:15 – 7:30 am	Team Captain & Volunteer Meeting
7:30 – 10:00 am	Lifeguard Games Events
8 am	Banners due at scoring table
9 am	Dry activities completed
10:00 – 10:15 am	Scoring / Final Judging
10:15 am	Final Scores and Awards

Mission of Lifeguard Games

The mission of the CPRA Lifeguard Games is to create an opportunity for lifeguards across the state to demonstrate their skills, teamwork, and unique abilities, while engaging in a fun and competitive day of events. This event is also presented as a team building opportunity for agencies to step away from the chaos of the summer and enjoy a day away together.

2025 Lifeguard Games Theme

Christmas in July

Sleigh bells in the summer? You bet. This year's Lifeguard Games are getting a holiday twist with Christmas in July! Expect palm trees wrapped in tinsel, lifeguards in Santa hats, and reindeer lounging by the pool. Whether you're rocking elf ears or just bringing your best jolly vibes, it's all about festive fun in the sun. Let's make spirits bright—and competitive!

What to Expect

This is a Lifeguard competition. The events are designed to challenge your team and your collective abilities to problem solve, think outside the box, communicate and work as a team. The CPRA Lifeguard Games welcomes lifeguards from multiple training disciplines including: American Red Cross, Ellis & Associates, StarGuardELITE and YMCA. Plan on completing all tasks within your team. Each event will involve two to four team members and all team members must see each situation to its conclusion.

Who and What to Bring

Maximum 10 participants per team

2 Volunteers per team

2 Rescue tubes per team

Hip packs, gloves, cpr masks

Swim attire (family friendly)

Water and snacks (unopened)

Towels, sunscreen and sun protection

Do not forget your team banner - **Turned into scoring table by 8 AM**

Positive attitude

Code of Conduct

By participating, either as a competitor, judge or an observer in the CPRA 2025 Lifeguard Games, you agree to the following:

Treat others with respect.

- I will not abuse, harass or threaten others. I will not make offensive comments related to gender, sexual orientation, disability, physical appearance, body size, race, or religion. I will not disrupt other people or the event. If I am feeling uncomfortable, am being harassed, notice that someone else is being harassed, or have any other concerns, I will immediately contact either a CPRA Lifeguard Games Committee Member or the CPRA 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 CPRA Lifeguard Games 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 CPRA Lifeguard Games Committee Members if at any stage I am unclear on the competition rules.

Remember that the CPRA Lifeguard Games 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 CPRA Lifeguard Games 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 CPRA Lifeguard Games in the future.

Rules of the Games

- Registration is on-line only and payment is due at time of registration, same-day registrations are not allowed.
- All participants must be currently working a minimum of ten hours per week as a lifeguard for their agency
- All registered teams must participate in all events, teams failing to compete during the games will be subject to forfeiting their chance to compete in future games
- Agencies may register up to 2 teams and each team may only have one entry per event (one team consists of 10 participants and two volunteers)
- Events will be heated randomly and are timed finals.
- Prizes will be given to teams that place first through third overall
- Each agency MUST bring two volunteers.

Events

EveSpirit Competition (Video and Banner)

Video Submissions due by Friday June 20th

Banners due to scoring table by 8 AM the day of Lifeguard Games

Show us your holiday spirit with a lifeguard twist! Your team will create a 1-minute video skit that highlights at least one lifeguard skill from your certification while tying in the festive fun of Christmas in July, get creative and make it merry!

Show off your team spirit with a themed banner or flag that will be featured in your skit and proudly hung along the fence of Thunder Bay throughout the Games.

Videos must be no longer than 1 minute and 15 seconds, and no less than one minute - videos over the time limit or under the time limit will not be accepted.

Videos must be submitted to the link sent in your registration confirmation by June 20th to receive points. Please email msherrill@parkerco.gov with any issues with submission to ensure you receive points. Videos must be named accordingly to receive points: Agency Name - Video Submission (Example: Town of Parker - Video Submission)

Flags and banners may not exceed 6ft x 12ft and should include grommets (or similar) for hanging. Teams will earn extra points for bringing their banner or flag with them on the day of Lifeguard Games. Let's make it a holly jolly competition!

Water Events - Completed in the Following Order

Event 1 - Dive Brick Relay

The Dive Brick Relay is a fun and challenging team-based event designed to test swimming, treading, and teamwork skills... no waves for this one! Teams will consist of 3 participants. The first swimmer will start in the shallow end, dive to retrieve a brick from the bottom of the pool, and hold it up, they will return the brick to the deep end, swim back to the starting point, and tag their next teammate. The process will repeat as each teammate takes their turn, continuing the cycle until all three members have completed their leg. The clock stops when the final swimmer reaches the starting point. This event will be scored based on time, with the fastest team receiving the top amount of points. 30 second penalty for not being able to retrieve the brick, and a 10 second penalty will be given for failing to tag the next teammate.

Event 2 - Strip and Boogie

Teams of four will compete in this relay to see who's the fastest when it comes to swimming with a shirt while paddling a boogie board... waves on! Swimmers will have to wear the provided shirt while swimming. The first lifeguard will start in the shallow end and swim to their teammate, where they will need to remove the shirt, and the next lifeguard must put it on completely (head and arms) before swimming to their next teammate. The lifeguard must also get off the boogie board, and the teammate must get on the board properly—lying flat and paddling. This event will make you think twice before guarding in a sweatshirt!

Teams will be penalized 10 seconds each time for not wearing the shirt completely or losing their boogie board.

Event 3 - Rescue Tube Relay with Waves

In this high-energy team relay, one lifeguard will start with the rescue tube and swim out using only kicks, tube across their chest... with the waves on! At each checkpoint, they'll pick up a teammate—until all four are linked together, kicking in unison with the tube leading the chain. Everyone kicks, no arms allowed! The team must work together to return to the starting point as quickly as possible. The clock stops when the entire team crosses the finish line. Fastest time wins!

A 10 second time penalty will be given for anyone who lets go or uses their arms.

Event 4 & 5 - Fastest Male and Fastest Female Lifeguard

This event will take place in the waves of Thunder Bay. Each team will select one member to participate. Participants will start in the shallow end of the bay and waves will be started, once waves have been started a horn will sound. First male (event 5) and first female (event 6) to cross the red line wins. Swimmers must exit at the stairs in the deep end and should not swim all the way to the back wall. This event does take place in Thunder Bay so please use caution. No points will be awarded for this event; the fastest swimmers will receive a special prize.

Dry Events - Completed on Your Own Time, by 9 AM

Photo Challenge

Be a part of the photo challenge! This activity is a great way to earn some extra points during the event and make some new friends along the way. Teams will be given a QR code to upload photos and photo challenges on their day of event packet. Each photo earns your team points! Teams will scan the QR code, complete the form and upload photos - if you are an agency bringing multiple teams, make sure your team knows who is team 1 and team 2.

CPR with Prestan

Change to 1 minute and 2 lifeguards

CPR is a team effort and this event will do just that! There will be two (2) lifeguards for this event. Each team will have a Prestan manikin with green/red indicator lights. When the judge says "Go", a one (1) minute timer for CPR will begin. The first teammate will do 1 minute of CPR with the correct depth & compression rate & making sure the double green light is showing on Prestan. After 30 seconds the judge will say "30 seconds", the next teammate waiting in line, will then run up to the victim and with proper communication and timing take over for the first teammate who had started doing CPR. Each teammate will rotate out every 1 minute. This event will be scored based on accuracy and communication, with 1 Point deducted for every red light or no communication between switches. This event will use multiple judges, using average score.

Gooey Glove Relay

This relay will consist of teams of 3! All guards will start at the starting line, and one guard will take off when the volunteer/judge says "Go". The first guard will weave through cones starting at the starting line. At the end of the cones, the guard will remove gloves from their hip pack and put them on. After getting their gloves on, the guard will dip their gloves in shaving cream, and then take them off using proper glove removal technique. A time penalty of 5 seconds will be assessed if the shaving cream "blood" touches their skin. Hands must be shown to the judge/volunteer and then the guard can return to the start to tag their next teammate in. This event will be scored based on time, with the fastest team receiving the top amount of points.

Unresponsive Extrication

In this time-based event, teams of three will work together to execute a rescue scenario. The clock starts when the whistle is blown, and participants enter the water. Each team consists of two rescuers and one drowning person. The rescuers will simulate a water rescue and perform the necessary steps to bring the unresponsive drowning person to safety. The time ends when the pulse of the unresponsive drowning person is checked. This event is designed to test quick thinking, effective teamwork, and efficient rescue techniques under pressure. The team with the fastest time wins, showcasing their skills in emergency response and collaboration.

Scoring **Spirit Competition**

Video - must be submitted by 8pm on Sunday June 20th - (10 points possible)

- 5 Points - Include Lifeguard Games Theme
- 5 Points - Include a Lifeguard Skill or Lifeguarding

Banner - **Turned into the scoring table by 8am day of Lifeguard Games**

- 5 Points - Include Team Name
- 5 Points - Include Lifeguard Games Theme

Water Events

Strip and Boogie, Rescue Tube Relay and Dive Brick Relay

- Scoring for these events are time based
- Some events have a time penalty - See event descriptions for specifics

Fastest Male and Fastest Female Lifeguard (Award for each, no points towards team score)

- First person to cross the red line is declared fastest lifeguard
- Winning individual will receive a special prize

Dry Events

Photo Challenge (up to 10 points)

- Scoring for this event is point based
- Photos must be submitted using the QR code and named properly to receive points (Please see CPRA Board Member or LG Games committee if you have issue uploading photos BEFORE 9 AM)
- **Photos need to be submitted by 9am**
- The following photos should be submitted:
 - Photo with CPRA Board Member or CPRA Staff – 1 point
 - Photo with WaterWorld Staff – 1 point
 - Photo with your banner – 1 point
 - Selfie – 1 point
 - Photo with LG Games Committee – 1 point
 - Photo with a sponsor – 1 point
 - Photo incorporating a lifeguard skill – 1 point
 - Photo with someone from another team – 1 point
 - Event Action Photo – 1 point
 - Team Photo (With all 10 participants) - 1 point

PHOTO NAMING: Agency Name – Which photo (Ex: Town of Parker – Team Photo)

CPR with Preston (up to 14 points)

- Scoring for this event is point based
- Points awarded for the following:
 - Activation of EAP (2 points)
 - Scene safety (2 points)
 - Hand & Body placement (2 points)
 - Depth (Light) (2 points)
 - Rate (Light) (2 points)
 - Breaths – Did chest rise or fall? (2 points)
 - Proper switch (2 points)

Glove Relay

- Scoring for this event is time based
- 5 second penalty is given for each guard with shaving cream on their hands
- 5 second penalty for each failure to follow assigned course

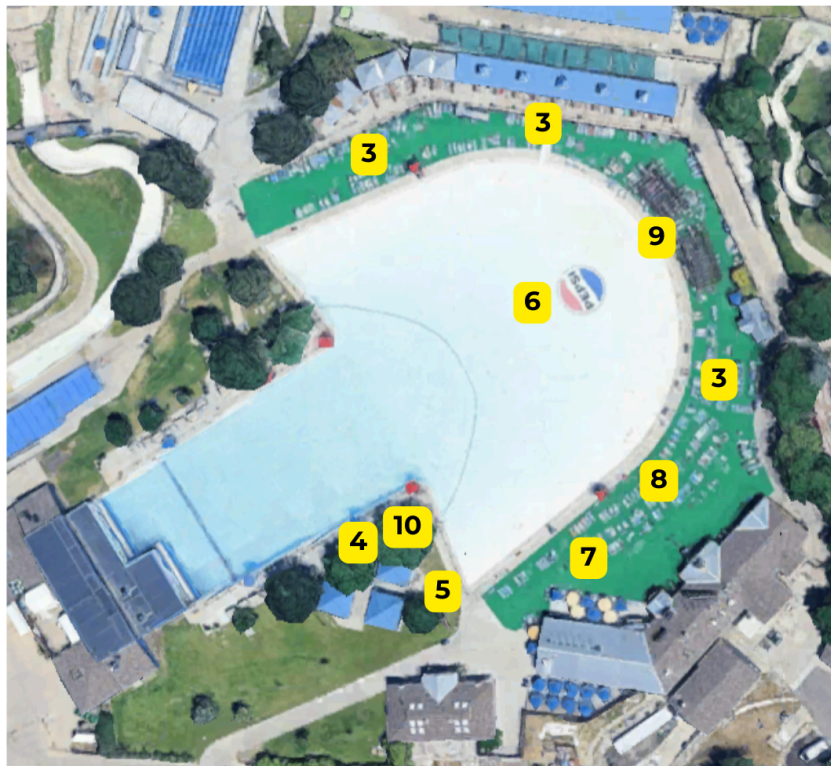
Unresponsive Backboarding

- Scoring for this event is time based
- Time starts when EAP is activated and stops when the person is extricated and a pulse check is done on the unresponsive person
- There are no time penalties for this event

Event Map



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|-------------------------|------------------------------|
| 1 - Team Parking | 6 - All Water Events |
| 2 - Team Entrance | 7 - CPR w/ Prestan |
| 3 - Team Seating Spaces | 8 - Glove Relay |
| 4 - Scoring Table | 9 - Unresponsive Extrication |
| 5 - Volunteer Meeting | 10 - Awards Presentation |



This image displays an aerial view of the WaterWorld amusement park and its wave pool area in Colorado, marked with key locations for the Lifeguard Games event. There are two parts to the map: a large overview map of the full park (top) and a zoomed-in view of the event's main area around the wave pool (bottom). Each location is labeled with a bold yellow number inside a circle. A corresponding legend is included on the left side of the image, listing the numbers with their event descriptions.