

PARRAMATTA MEMORIAL
SWIMMING CLUB Inc.

1964 – 2025



2024 - 2025 RULE BOOK

Name

Age as @ 31 March 2025

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Email: info@pm.org.au

Website: www.pm.org.au



PMSC Inc. was founded in 1964 and continues to provide:

- Royal Life Saving Courses
- Amateur Training and Coaching
- Family Oriented Racing

LIFE MEMBERS of PMSC Inc are:

R. Anderson	2004	P. Ayoub
D.A. Cox	2007	Mary Ayoub
1975 A. Perry	2013	Rhonda Darlington
1981 K.C. Winter	2013	John Mackay
1982 K. J. Hession	2017	Colin Murray
1989 M. A. Ironside	2019	Kathy Scriven
1997 P. J. Hession	2019	Janice Woodward
1998 M. D. E. Potts	2019	Karen Heath
1998 F. G. Mills	2021	G.C. Williams
1998 R. D. Rossetin	2023	Sandra Hession
2004 K. Conway		

Patrons of PMSC Inc. are:

Dr Andrew Charlton – Federal Member for Parramatta

Mr Greg Monaghan – President, Board of Directors, Parramatta Leagues Club

Ms Joy Cusack - Director, Parramatta Leagues Club

Ms Sue Coleman – Director, Parramatta Leagues Club

Mr Bryan West – Parramatta RSL

Mission Statement - Why the club exists.

To nurture the enjoyment of swimming in a fun/supportive family-oriented environment for beginner to accomplished swimmers of all ages, whilst taking practical steps to assist in reducing the number of deaths caused by drowning through formal and informal training.

Guiding Principles (Values)

An environment where child safety and wellbeing are at the centre of our thoughts, values, and actions:

- Respect for our members, patrons and volunteers
- Supportive mentors and role models of all ages
- Contributing to the development of swimming skills including the various swimming strokes and lifesaving initiatives
- Proactive positive approach towards water safety and healthy competition

PARRAMATTA MEMORIAL SWIMMING CLUB Inc.

2024 - 2025 RULE BOOK

Swimming NSW Inc. Rules apply – visit Swimming NSW Rules

Contained in this book are Parramatta Memorial Swimming Club's (PMSC) rules for the 2024 - 2025 season at Parramatta Aquatic Centre (The PAC).



There have been changes and clarifications from last year so please ensure you are familiar with the current rules. If you are unsure of the rules, please clarify them with a committee member or refer to pm.org.au

Our Goals

To encourage the development of swimming skills for Parramatta and the wider community through swimming races, Club swimming training and lifesaving activities and

- to provide a fun, safe and supportive environment where members can develop their swimming capabilities with an emphasis on competing against their own personal best times.
- to provide Royal Life Saving instruction to encourage self-preservation and equip members of the Club community to assist others.

National Integrity and Safe Sport Frameworks



Parramatta Memorial Swimming Club, as a Member Organisation of Swimming NSW and Swimming Australia, is committed to ensuring the safety and wellbeing of all children and everyone involved in our sport. Our policies and procedures especially seek to address risks to child safety and to establish child safe culture and practices.

The National Integrity Framework was developed by Sport Integrity Australia as an independent government agency to keep sport safe and fair.

The Framework is a set of rules that **all members of a sport** need to follow when it comes to their behaviour and conduct.

The National Integrity Framework includes:

- The National Integrity Framework Policy
- The Child Safeguarding Policy
- The Competition Manipulation and Sports Wagering Policy
- The Member Protection Policy
- The Improper Use of Drugs and Medicine Policy
- The Complaints, Disputes and Discipline Policy

These policies outline what types of behaviour are unacceptable in your sport – these behaviours are called Prohibited Conduct. Prohibited Conduct is an action that is a breach of a policy – for example, bullying is Prohibited Conduct under the Member Protection Policy.

Further information is available at [Swimming Australia – National Integrity Framework](#)

PMSC Member Protection Information Officer

Member protection is important for any sporting club – both being proactive and reactive. It allows members to take part in our sport in a positive, safe environment.

Member Protection Information Officers (MPIO) play an important role in community and sporting organisations. They provide information and guidance on complaints procedures and are the first point of call in the club for any enquiries, concerns or complaints about harassment, abuse or other inappropriate behaviour. The MPIO provides information about possible ways to resolve the issue and offers moral support to the person who raises the concern or the person who is the subject of the alleged behaviour. The MPIO will treat all information as strictly confidential.

Our volunteer MPIO is Mary McKenzie (mpio@pm.org.au).



Parramatta Memorial Swimming Club

Keeping Children, Young People and Members Safe

PMSC Youth Engagement Advocate

We have added a very special member to our team of volunteers, our Youth Engagement Advocate (YEA). We are committed to providing our young people a safe space to grow, learn from others and have their voices heard. The YEA will be there to foster engagement, support and connect with the

young people in our Club. Our commitment extends to empowering all Children and Young People to feel safe and be safe in their families and in their communities. As such, we embed Safeguarding into everything that we do to make sure Children and Young People are kept at the front of our minds in all our programs and services. We also ensure that all our candidates are appropriately screened to make sure that the right people are in the right roles to keep our children and young people safe.

Please welcome our volunteer Youth Engagement Advocate, Shauna Forlani (youth@pm.org.au).

Code of Conduct

We are committed to creating and maintaining a safe, fair and inclusive environment. This includes encouraging a culture where the prevention and reporting of abuse is supported and encouraged. All members and volunteers are responsible for promoting the safety, wellbeing and empowerment of children.

We are reviewing and continually improving our policies and codes of conducts. Please always refer to our website www.pm.org.au for most recent information on keeping our Club safe.

General Codes of Conduct

Swimming Australia promotes the following codes of conduct to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years.

These codes of conduct highlight the principles and values of Swimming Australia and are the core principles of the Member Welfare and Child Welfare policies. As a person involved in any way with the sport of swimming, the following standard of behaviour is expected.

Respect the rights, dignity and worth of others.

- Be ethical, considerate, fair and honest in all dealings with other people and organisations.
- Be professional in and accept responsibility for your actions.
- Make a commitment to providing quality service.
- Be aware of Swimming Australia's standards, rules and policies.
- Operate within the rules and spirit of the sport, including the national and international guidelines that govern Swimming Australia.
- Understand the possible consequences of breaching Swimming Australia Member Welfare and Child Welfare Policies.
- Immediately report any breaches of the Swimming Australia Member Welfare and Child Welfare Policies to the appropriate authority.
- Refrain from any form of abuse towards others.
- Refrain from any form of harassment toward others.
- Refrain from any form of discrimination toward others.
- Refrain from intimate relations with members whom they have a supervisory role or power over.
- Refrain from any form of victimisation toward others. Failure to abide by the code of conduct may result in disciplinary action.
- Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- Show concern and caution toward others that may be sick or injured.
- Be a positive role model.

Sporting and Participation Positive Behaviours Code of Conduct

- Abide by the General Codes of Conduct.
- Follow the rules of Swimming Australia at all times.
- Give your best at all times.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse is not acceptable.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coaches, teammates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.



Parent/Guardian Positive Behaviours Code of Conduct

- Abide by the General Codes of Conduct.
- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction, and improvement.
- Focus on your child's effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at a child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performances by all participants.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child's swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion.



Using social media appropriately

Postings (written, photos or videos) should be family-friendly and feature positive club news and events. Always be aware that content posted may potentially be shared with strangers.

- No personal information about members should be disclosed.
- No statements should be made that are misleading, hurtful, false or likely to injure a person's reputation.
- No statements should be made that might bring your club into disrepute.
- Abusive, discriminatory, intimidating, or offensive statements are not tolerated.
- Before posting photos or videos of another child or teammate, please be sure that you gain permission from the other child's/swimmers' parent/guardian prior to uploading or posting.
- Always be aware that social media is a legal method of communication which is bound by laws and rules like any other written communication.



Keeping Healthy during the Swimming Season

From our recent experiences with COVID-19 and Cold/Flu seasons we encourage all swimmers, officials, and spectators to follow health guidelines to help reduce the spread of illnesses.

- Stay at home if you are sick.
- Social distance at least 1.5 metres between yourself and others at all times
- Practice good hygiene for the latest health advice and information visit nsw.gov.au

1. COMMITTEE 2024 - 2025

President:	Rob Wynn (president@pm.org.au)
Secretary:	Brodie Wright (secretary@pm.org.au)
Treasurer:	Paolo Forlani (treasurer@pm.org.au)
Registrar:	Janelle Gentle (registrar@pm.org.au)
Swimming V.P.:	Colin Murray (swimming@pm.org.au)
Learn-to-swim:	Fred Mills (training@pm.org.au)
Social V.P.:	Charlotte Wynn (social@pm.org.au)
Life Saving V.P.:	Janice Woodward (lifesaving@pm.org.au)
Assistant Life Saving:	Corelle Spagnolo (lifesaving@pm.org.au)
Handicapper:	Tim Holman (swimming@pm.org.au)
Assistant:	Lila Holman (swimming@pm.org.au)
Metro North-West Delegate	Brodie Wright

If you are unsure who to contact, please email: info@pm.org.au

2. AMATEUR COACHING

Coaching will be available to members who are able to train for a minimum of one hour, and whose times for this current season reach minimum standards. (50m Freestyle in less than 60 sec. and can swim 50m competently in 2 strokes with no stopping). Training is only available to swimmers who compete on Saturday mornings.

Amateur coaching will commence in October on Saturday mornings after races, at Parramatta Aquatic Centre. Coaching will finish no later than 10.00 am. Training is also available on Monday evenings 4:30-6:00pm throughout the year.

Attendance is subject to approval by coaching volunteers. Details will be confirmed once the swimming season commences.

3. GENERAL

3.1 Races will commence on **Saturday 12th October 2024** at 7.00 am SHARP and continue every Saturday until the end of the season.

Helpers are requested to be at the pool by 6:30 am so that we can commence on time.

3.2 ALL OTHER POOLS and any lanes (not used for racing) in the Olympic pool ARE OUT OF BOUNDS whilst club races are in progress.

3.3 In order to compete in races or partake in club events:

- Returning members – must be financial.
- New members – must be financial following the end of the **60-Day Come 'N' Try Membership**.

3.4 Smoking is NOT permitted by law in the grounds of the pool, including the club room and immediate surrounds.

3.5 Other than these rules, Swimming NSW Inc. Rules apply.

- 3.6 Members using the Club Room are to always leave it clean and tidy. Food scraps must be cleared away.
- 3.7 Swimmers may belong to clubs other than PMSC, however may only represent one club in competition and swim in one club's championships. A swimmer wishing to change clubs, during a season, must apply IN WRITING for a transfer to the club registrar.

4. **RACES & RACE ENTRIES**

- 4.1 Prepare race entries in advance, using the method as communicated by the committee. Entries must be submitted by 9am Friday before race day. Swimmers are responsible for the submission of their own entries.
- 4.2 Late entries will only be accepted in exceptional circumstances and where events have spare capacity available.
- 4.3 The age entered on your race card is your age as of 31 March 2025.
- 4.4 Two calls will be given for each event. Once your event is called swimmers are to marshal in the designated area.
- 4.5 A scratch race system will apply for the point score and championship races, where all swimmers start on the signal. PLEASE MAINTAIN SILENCE during the starting of races.
- 4.6 The one start rule will apply for point score and championship races.
- 4.7 **Refereeing** will commence early in the season to assist competitors to correct faults prior to the commencement of championship races. No official time will be recorded for disqualifications, nor any points gained. Any appeals or protest must be in writing to the committee on that day.
- 4.8 The following age groups will apply for point score and championship events: 51+, 35+(35-50), Senior (17-34), 16, 15, 14, 13, 12, 11, 10,9, 8, and 7 & under.

5. **POINT SCORE EVENTS**

- 5.1 Point score events will commence on 12th October 2024 and conclude 25th January 2025
- 5.2 Last season's previous best time shall be used this season until it is bettered. Your first swim in each stroke and distance will be a time trial.
- 5.3 Each swimmer may compete in a maximum of 3-point score events each Saturday. Each point score swim must be of a different stroke or distance. A swimmer may also swim in one handicap event on that day.
- 5.4 Swimmers who compete in 25 metre Point Score races, but swim faster than 25 seconds for freestyle or 30 seconds for form strokes, should progress to 50 metre events (except for 35+ & 51+ swimmers). Points will not be awarded where these times are broken, and a swimmer remains in 25 metre events.
- 5.5 For 35+ and over 51+ swimmers, 25 metre races in all strokes will be available for point score.
- 5.6 To contest longer distance events during point score, qualifying times must be reached in this or the previous season.

To qualify for:	You must swim		
	7 & Under to Senior	35+	51 +
Free			
100m	NQT	NQT	NQT
200m	100m Free in 1min, 40 sec	100m Free in 1min, 50 secs	100m Free in 1min, 55 secs
400m	200m Free in 3 mins, 15 secs	200m Free in 4mins, 30 secs	200m Free in 4mins, 30 secs
Back			
100m	NQT	NQT	NQT
200m	100m Back in 1min, 50secs	100m Back in 2mins	100m Back in 2mins, 15 secs
Breast			
100m	NQT	NQT	NQT
200m	100m Breast in 1min, 58 secs	100m Breast in 2min, 15 secs	100m Breast in 2min, 25 secs
Fly			
100m	NQT	Not available	Not available
Medley			
200m	The sum of your best times in all four strokes in 3 min, 40 seconds or less.	The sum of your best times in all four strokes in 3 min, 45 seconds or less.	

5.7 The allocation of points for all point score races will be as follows: Start and finish point: 1

- Swim within 1 sec to equal to best time 2 points
- Improvement of up to and including 2 secs 4 points
- Improvement of more than 2 secs and up to 5 secs 6 points
- Improvement greater than 5 seconds 8 points

5.8 A medal or trophy will be awarded to the boy and girl with the top three-point scores in each of the age groups as in 4.8 providing at least 15 Point Score Events have been swum in the current season. Disqualifications will not count for eligibility of trophies.

6. HANDICAP EVENTS

6.1 Commences 26th October 2024 and concludes 15th March 2025

6.2 Entries to be submitted on the morning before 7:30 am.

6.3 A) All ages – The first handicap event swum will use the swimmers previous best freestyle point score time as a basis for points. Subsequent handicap races will use the best handicap time providing it is better than the point score time.

B) New swimmer (all ages) – That have not swum a 50-metre freestyle time, a handicap time trial will be swum as their first handicap event or at the discretion of the Handicapper. Only 1 point given to the swimmer for their first Handicap race swum.

6.4 To be eligible for handicap events, the base time will be 70 seconds for those who swim with a time greater than 70 seconds.

6.5 Swimmers who false start (start before their start off time) must return to the wall to recommence their race at their allocated time or later, otherwise they will be disqualified.

6.6 Freestyle (over arm) stroke only to be swum.

6.7 Point score to be allocated as listed as follows:

- 1st Place 6 points
- 2nd Place 4 points
- 3rd Place 2 points
- Finish 1 point

6.8 Trophies will be awarded to the top 3-point scorers for:

- 17 years and over
- 16 years and under

6.9 Perpetual Trophy will be awarded to the overall top point scorer.

7. CHAMPIONSHIP EVENTS

7.1 Championship events will commence on 1st February 2025 and conclude on 15th March 2025.

7.2 To be eligible to compete in championship aged event swimmers need to have attended at least (6) separate Saturday morning club race meetings prior to being eligible to swim and get championship points in aged events.

Where a swimmer has not achieved the minimum number of prior Saturday club race meetings, they may swim in either an open staged event (for no points) and/or a handicap event to achieve the necessary number of Saturday's to be eligible for age championships. Open staged events are only available to swimmers who have not achieved their necessary number of Saturdays and are provided at the discretion of the Swimming VP so new members can be offered more swims.

7.3 Responsibility for monitoring the number of swims meets during a season remains with the swimmer or their guardian/s. A list will be displayed at the beginning of January showing those swimmers yet to have attended 6 swim meets during the current season.

7.4 Championship events are only open to First Claim Members (as per S.A.A. Rules)

7.5 QUALIFYING TIMES are not required for championship events.

7.6 Additional events are available to swimmers in 51+ age groups to extend choice. These swimmers can compete in a maximum of 13 from the 16 events of their choosing.

Swimmers may only compete in their own age group in Championship events, as listed below:

6. AGE	FREE	BRS	BACK	FLY	MEDLEY
7 & under	25 50	25 50	25 50	25	
8 Years	25 50 100	25 50 100	25 50 100	25	100
9 Years	50 100 200	50 100 200	50 100 200	25 50	100
10 to Senior	50 100 200 400	50 100 200	50 100 200	50 100	200 100
35+ (35-50)	50 100 200 400	50 100 200	50 100 200	25 50	200 100
51+	25 50 100 200 400	25 50 100 200	25 50 100 200	25 50	100

Championship point scoring will be as follows:

1st Place	10 points
2nd Place	8 points
3rd Place	6 points
4th Place	4 points
5th Place	3 points
6th Place	2 points
7 th and other placing	1 point

7.7 Championship trophies will be awarded to the leading championship point scorer, males and females in all age groups, provided the following requirements are met –

- 7.7.1 1st, 2nd and 3rd will be awarded if 4 or more swimmers compete in that age group during the season; 1st and 2nd only, if 3 swimmers compete this season. 1st only if 1 or 2 swimmers compete this season (At the discretion of the Committee).
- 7.7.2 To be eligible for trophies in championship events, swimmers must have swum, and not been disqualified, for a minimum number of championship events as per table below:

Age Group	Minimum Championship Events
7, 8 & under	4
9	6
10+ to Senior	8
35+ & 51+	7

(At the discretion of the Committee).

8. CLUB RECORDS

- 8.1 A club record can only be broken in the championship race for that age, stroke and distance.
- 8.2 A new club record will only be created in the case of a new championship event being added to the Club's championship program, in which case, the winner of the event will automatically set the new record for his/her age.

9. EXECUTIVE

- 9.1 The Executive will meet monthly throughout the summer season. Any Agenda item you wish discussed should be handed, in writing, to the Secretary.
- 9.2 Appeals or protests must be lodged in writing on the day of the event. Do not discuss or ask other members of the Committee to lodge any item on your behalf.
- 9.3 The Executive reserves the right to make any changes to the program without prior notice.
- 9.4 Any person swimming outside club organised events, other than school carnivals, must notify the Race Secretary.
- 9.5 Entry times for Metro Northwest and other carnivals requiring entry times are to come from PMSC's current summer season and must be confirmed by the Race Secretary.

10. 2024 - 2025 PROGRAM

DATE	FREE	BACK	BRS	FLY	MEDLEY	H'CAP
12 OCT 2024	100 50 25	100 50 25	100 50 25	50 25		
19 OCT	200 100 50 25	100 50 25	100 50 25	50 25	200	
26 OCT	400 50 25	200 50 25	200 50 25	50 25	100	
2 NOV	200 50 25	100 50 25	100 50 25	50 25	200	50
9 NOV	200 100 50 25	200 100 50 25	200 100 50 25	100 50 25		50
16 NOV	400 100 50 25	100 50 25	100 50 25	50 25	200	50
23 NOV	200 100 50 25	100 50 25	100 50 25	100 50 25	100	50
30 NOV	100 50 25	200 100 50 25	200 100 50 25	50 25	200	50
7 DEC	400 100 50 25	100 50 25	100 50 25	100 50 25		50
14 DEC	200 50 25	100 50 25	100 50 25	100 50 25	100	50
21 DEC 2024	NOVELTY DAY, FAMILY RELAY & HANDICAP RELAY					

DATE	FREE	BACK	BRS	FLY	MEDLEY	H'CAP
4 JAN 2025	1km LONG DISTANCE SWIM					
11 JAN 2025	200 100 50 25	200 100 50 25	200 100 50 25	50 25	200	50
18 JAN	200 50 25	200 50 25	200 50 25	100 50 25	100	50
25 JAN	400 100 50 25 END	100 50 25 OF	100 50 25 POINT	100 50 25 SCORE	EVENTS	50
SPECIAL EVENTS						
25 APRIL	ANZAC DAY – DAWN SERVICE – CLUB PARTICIPATION 4.15AM – MEET AT PARRAMATTA CENOTAPH					
MAY 2025	CLUB PRESENTATION – VENUE, TBA					
CHAMPIONSHIPS <i>Commence 1 February 2025 (see next page)</i>						
LIFE SAVING DATES <i>Held in January after Club racing</i> <i>Times to be confirmed</i> Note: Strictly these dates only, no exceptions. **Social activities to be held throughout the year – check on socials for upcoming events**						

11. CHAMPIONSHIPS 2024 - 2025 SEASON

Good luck everyone!

51+

Date	Free	Back	Breast	Fly	Medley
1-Feb	50			25	
8-Feb	<input type="text" value="25"/>	200		50	
15-Feb		<input type="text" value="25"/>	200		
22-Feb	100	100			
1-Mar	200	50			
8-Mar			100		<input type="text" value="25"/>
15-Mar	400		50		<input type="text" value="100"/>

Choose 13 of the 16 events

35 - 50

Date	Free	Back	Breast	Fly	Medley
1-Feb	50			25	
8-Feb		200		50	
15-Feb			200		
22-Feb	100	100			
1-Mar	200	50			
8-Mar			100		200
15-Mar	400		50		<input type="text" value="100"/>

14 events

10 - Senior

Date	Free	Back	Breast	Fly	Medley
1-Feb	400				
8-Feb		200		50	
15-Feb	50		200		
22-Feb	100	100			
1-Mar	200	50			
8-Mar			100		200
15-Mar			50	100	<input type="text" value="100"/>

14 events

9

Date	Free	Back	Breast	Fly	Medley
1-Feb	50			25	
8-Feb		200		50	
15-Feb			200		
22-Feb	100	100			
1-Mar	200	50			
8-Mar			100		
15-Mar			50		<input type="text" value="100"/>

12 events

8

Date	Free	Back	Breast	Fly	Medley
1-Feb	50			25	
8-Feb	<input type="text" value="25"/>				
15-Feb		<input type="text" value="25"/>			
22-Feb	100	100			
1-Mar		50			
8-Mar			100		<input type="text" value="25"/>
15-Mar			50		<input type="text" value="100"/>

11 events

7 & under

Date	Free	Back	Breast	Fly	Medley
1-Feb	50			25	
8-Feb	25				
15-Feb		25			
22-Feb					
1-Mar		50			
8-Mar			25		
15-Mar			50		

7 events

A GUIDE TO CPR

YOUNG CHILDREN SHOULD BE ACTIVELY SUPERVISED WHEN USING THIS SWIMMING POOL.
POOL GATES MUST BE KEPT CLOSED AT ALL TIMES.
KEEP ARTICLES, OBJECTS AND STRUCTURES CLEAR OF THE POOL FENCE AT ALL TIMES.
FORMAL INSTRUCTION IN RESUSCITATION IS ESSENTIAL.



ROYAL LIFE SAVING
NEW SOUTH WALES

SCAN TO
WATCH CPR



D

CHECK FOR DANGER

To yourself, bystanders & the casualty.

R

CHECK FOR RESPONSE

Squeeze their shoulders & hands, ask the casualty questions.

S

SEND FOR HELP

If unresponsive, call Triple Zero (000).

A

OPEN THE AIRWAY

First, check the airway is clear of obstructions. Clear if required. Then open the airway by tilting head. No head tilt for infants.

B

BREATHING NORMALLY?

NO - START CPR (If Yes – Place casualty on their side).

C

START CPR

Unresponsive & not breathing normally - **30 COMPRESSIONS & 2 BREATHS.**

CHILD & ADULT (OVER 1 YEAR)

COMPRESSION POINT
1 or 2 hands on the centre of the chest.
Compress 1/3 of chest depth.



COMPRESSION RATE
Compress at a rate of
100-120 compressions per minute.



BREATHS
Tilt head, lift chin & give breaths.
Look for the rise & fall of the chest in between breaths.



INFANT (0-1 YEAR)

COMPRESSION POINT
2 fingers on the centre of the chest.
Compress 1/3 of chest depth.



COMPRESSION RATE
Compress at a rate of
100-120 compressions per minute.



BREATHS
Don't tilt head, keep in neutral position, support jaw, cover mouth & nose. Look for the rise & fall of the chest in between breaths.



CONTINUE CPR UNTIL RESPONSIVENESS OR NORMAL BREATHING RETURNS. IF NORMAL BREATHING RETURNS, PLACE THE CASUALTY ON THEIR SIDE & MAINTAIN AN OPEN AIRWAY. CLOSELY MONITOR THE CASUALTY.

D

ATTACH DEFIBRILLATOR

AS SOON AS AVAILABLE, FOLLOW PROMPTS.



PMSC acknowledges the Dharug people who are the traditional custodians of the land of Parramatta. PMSC pays respect to the elders past and present of the Dharug nation and extends that respect to other Aboriginal people.