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ФІЗИЧНА КУЛЬТУРА І СПОРТ

SPORT WATER RESCUE IN POLAND – RESEARCH ON SELECTED SPORT COMPETITIONS IN WATER RESCUE

СПОРТИВНЕ РЯТУВАННЯ НА ВОДІ У ПОЛЬЩІ – ДОСЛІДЖЕННЯ ВИБРАНИХ СПОРТИВНИХ ЗМАГАНЬ З РЯТУВАННЯ НА ВОДІ

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Summary

Introduction. Competition is associated with competition. Their main task is to select a team from among the initial teams. In any sports discipline, players are not in to test their skills.

Material and methods. The subject of the research are players, rescuers and rescue competitions in the Pomeranian League of Rescue, the 1st round of the Polish Grand Prix and the Summer Polish Championships.

Results. The Pomeranian Water Rescue League, despite its short history, enjoys great interest among rescuers. The championship attracted many players from the very beginning. Compared to other professions at a higher level, e.g. The second round of the Polish Grand Prix or the Polish Summer Championship, the number of competitors is very similar, which is a great success of the Pomeranian Water Rescue League.

Conclusion. Many people do not finish this competition or are disqualified, which causes many competitors to quit. In addition, the significant lack of equipment in open waters means that many rescuers did not have the opportunity to use specialized equipment, and thus do not have sufficient skills and appropriate training. Consequently, many people skip hardware competitions because they are aware that they do not have enough knowledge and skills in this field.

Key words: lifeguard, sport, swimming, competition.

Вступ. Конкуренція асоціюється зі змаганням. Їхнє головне завдання – підібрати команду з початкових команд. У будь-якій спортивній дисципліні гравці не для того, щоб перевіряти свої навички.

Матеріал і методи. Предметом дослідження є гравці, рятувальники та змагання рятувальників у Поморській лізі порятунку, 1-му раунді Гран-прі Польщі та Літньому чемпіонаті Польщі.

Результати. Поморська ліга порятунку на воді, незважаючи на свою коротку історію, користується великим інтересом серед рятувальників. Чемпіонат із самого початку залучив багато гравців. Порівняно з іншими професіями на вищому рівні, напр. Другий раунд Гран-прі Польщі або літнього чемпіонату Польщі, кількість учасників дуже схожа, що є великим успіхом Поморської ліги рятувальників на воді. Аналізуючи п'ять найпоширеніших чемпіонатів з рятування на воді, які проводяться в басейні, можна констатувати, що вони мають різні змагання. Конкурси відрізняються кількістю та назвами. Проте багато конкурсів однакові. Тому можна вибрати загальні конкурси. З 10 досліджених змагань лише 4 є поширеними та присутніми на всіх описаних раніше чемпіонатах:

перетягання манекена на 50 м, порятунк у ластах на 100 м, комбінована дистанція на 100 м та естафета. Слід зазначити, що незважаючи на те, що естафета присутня на всіх чемпіонатах, її назва та специфікація відрізняються. Найменш поширеним є змагання з порятунку на дистанції 100 метрів, і учасники можуть обрати його лише у 2-му раунді Гран-прі Польщі.

Висновки. Багато людей не закінчують ці змагання або дискваліфікуються, що змушує багатьох учасників залишати змагання. Крім того, значна нестача обладнання у відкритих водоймах означає, що багато рятувальників не мали можливості використовувати спеціалізоване обладнання, а отже, не мали достатніх навичок та відповідної підготовки. Тому багато людей пропускають змагання з техніки, бо розуміють, що їм недостатньо знань і навичок у цій галузі.

Ключові слова: рятувальник, спорт, плавання, змагання.

Introduction. Since time immemorial people provided aid to each other in different ways. As the civilization developed, people helped not only their tribesman [1, 2, 3, 4, 5], but also third parties. In the beginning some help groups and then bigger organizations were created of people called rescuers whose goal was to rescue other people [6, 7, 8, 9, 10]. In the territory of Poland first such organization was mentioned in 1604 when Hieronim Gadmowski founded in Sandomierz on Vistula River a monastery and hospital specializing in helping victims of the river [11, 12]. Also, worldwide some organizations helping the drown were created such as Society for the Saving of Drowning Victims (1767) and Hamburg Rescue Association (1769). Especially many such organizations were created worldwide in years 1772-1774 (Vienna, Venice, Copenhagen, Paris, London) [13, 14, 15]. Alongside with the creation of new associations for saving the drowning also new books describing methods and ways to provide help were published [16, 17, 18]. And so, in Breslau in 1775 under the rule of Prussian king Frederick II, the Immediate Rescue Edict was declared and the book “On rescuing the drowning” was published which is the first manual on water rescue [19, 20]. Other books, such as “Learning the art of swimming” by Karol Heinitz (1820) and „Rescuing people endangered with sudden life threat” by a physician J. Gawlik (1869), describe not only methods of providing first aid but also methods how to haul a person and set of tools handy in water rescue. In the territory of Poland, the first such organization was created in 1898 in Kalisz, it was called Imperial Society to Help the Drowning [21, 22, 23]. In 1901 in Warsaw acted Petersburg Society to Help the Drowning where the first water rescue compe-

tion took place [24, 25, 26]. Following this dynamic development, a physician Leon Wernic published a book called “How to rescue the drowning” (1902), and a teacher of a “Falcon” association in Cracow” Bartłomiej Wydlyka published “Swimming” (1910) [27, 28]. Equally significant change took place in the water rescue worldwide. In June 1908 in Berlin took place the first convention on summarizing work of water rescue associations in Europe and two years later during a convention organized by French National Rescue Federation in Saint-Quentin the International Rescue Federation seated in Madrid was created. In 1954 it was renamed to the International Federation of Providing Life Saving and Utilitarian Sports, and in 1963 it was finally called – the International Federation of Life Saving and Utilitarian Sports (FIS) [28, 29, 30]. At that time also the swimming had been dynamically developing in Poland. In 1922 Polish Swimming Association (PZP) was created. Also, water rescue had been developing alongside with swimming. Water rescuers pursued to have some formal background and a Water Rescue Committee was created at the PZP meeting on 20th April 1925. Two years later 29 June was announced a Rescue Day. The same year the Committee organized the first training course for water rescuers. At the beginning of 1950s water rescue entered into the curricula at Universities of Physical Education. A few years later professor M. Witkowski – cofounder of WOPR – published a writing called “Rescuing the Drowning”. Thanks to the initiative of professor Witkowski and others, the Chairman of the Main Committee of Physical Culture and Tourism issued Order No. 74 creating Water Rescue Organization (in short WOPR) on 11 April 1962.

Object and purpose of the study

The object of the study are competitors, rescuers and rescue competition in the Pomeranian Rescue Ligue, 1st round of Polish Grand Prix and the Summer Polish Championship. The purpose of the study is to compare the Pomeranian Water Rescue Ligue, 1st round of the Polish Grand Prix and the Summer Polish Championship; to find the most and the least popular competitions taking into consideration number of competitors, gender and age categories of the surveyed water rescuers who participated in the championships; to find common competitions in the most important rescue championships.

Research problem

The main research problem of my work is to answer how the Pomeranian Water Rescue Ligue looks like in comparison with higher level championships: the Polish Grand Prix and the Summer Poland Championship. From the main research problem results the following detailed questions:

1. *Is the Pomeranian Water Rescue Ligue known among Pomeranian rescuers?*
2. *What competitions are chosen most often?*
3. *What is the reason to choose the most popular competitions?*
4. *What competitions are chosen least often?*
5. *What is the reason to choose the least popular competitions?*

Research hypothesis

The main research hypothesis:

High attendance of competitors in the Pomeranian Water Rescue Ligue.

Detailed research hypotheses:

1. *There is a high number of competitors in speed competitions in water rescue championships,*
2. *There is a low number of competitors in equipment competitions in water rescue championships.*

Variables, indicators, techniques and research tools

The research work presents dependent and independent variables. The independent vari-

ables consist of: age, gender, education, social and occupational group, professional activity. The dependent variables: influence of rescue competitions on the success of rescue actions.

The work analyses documents (competition rules and regulations, announcements about and from the competitions, lists of competitors – water rescuers submitted by the clubs starting in the Pomeranian Water Rescue Ligue, the Grand Prix and the Summer Polish Championships)

Research methods

The research method was to analyse documents. On the basis of the analysed documents tables were prepared showing number of competitors participating in the championships and number of competitors divided according to gender. On the basis of the data from competitors' lists and results of the competitions the most and the least popular competitions were defined and the number of rescuers starting in individual competitions was researched. The obtained results were presented in a table divided into the number of competitors, gender and age.

Comparative analysis of rescue competitions in the Pomeranian Water Rescue Ligue and the Polish Grand Prix

According to the research more people participated in the Summer Polish Championship. 141 competitors fought for the title of the Champion of Poland. On the second place regarding the number of participants was the Pomeranian Water Rescue Ligue. Despite the fact that it was the first competition in the Pomeranian Region as many as 122 rescuers entered the competition. It is 14 people more than entering the 1st round of the Polish Grand Prix and 19 less than in the Summer Polish Championship. It should be remembered that the Polish Grand Prix and Summer Polish Championship are high-level championships. Participants of these championships come from whole Poland while only clubs of the Pomeranian area participated in the

Table 1

Researching number of competitors participating in the championships

Championship/ number of participants	The Pomeranian Water Rescue Ligue	1st round of Polish Grand Prix	The Summer Polish Championship
Number of participants	122	108	141

(Source: own compilation)

Pomeranian Water Rescue Ligue and the championship was a novelty in the Pomerania. The research shows that despite it being a debut, the Pomeranian water rescuers started in the competition in a great number. It is a huge success of the Pomeranian Water Rescue Ligue.

On the basis of the research, it can be stated that more men and women started in the Summer Polish Championship. The Pomeranian Water Rescue Ligue performed well also in this category. It was second taking into account the number of men, while the number of women was the same as in the Polish Grand Prix. 77 men participated in the competition in the Pomerania. It was 14 competitors more than in the Grand Prix and 6 competitors less than in the Summer Polish Championship. The number of women in the Summer Polish Championship was 58 female competitors while in the Pomeranian Championship and in Championship taking place in Ruda Śląska the number was slightly lower – it was 45 female competitors. The difference between the number of men and women in the Pomeranian Water Rescue Ligue was 32 persons while in the 1st round of the Grand Prix the difference was slightly lower – it was 18 persons. The biggest difference was in the Summer Polish Championship – it was 25 persons. It can be stated that there are more male competitors in water rescue competitions. Most likely the reason is that sports water rescue is a more male sport, because it requires long and strenuous trainings. Women are unwilling

to participate in the competitions because they are less popular among women. It happens that only a few girls attend trainings and only one or two of them endures till competitions. Recently girls are more and more interested in water rescue sports.

The percentage participation of men and women in the competitions shows that there are more men participating in the Pomeranian Water Rescue Ligue – it was 63%. It is 4 % more than in the Summer Polish Championship and 5 % more than in the Grand Prix. The biggest percentage of women participated in the 1st round of the Polish Grand Prix, it was 42%. Only 1 % less women participated in the Summer Polish Championship. The Pomeranian Water Rescue Ligue looks the worst in this regard. Only 37 % women started in the competition. It is 4% less than in the Polish Championship and 5 % less than in the Grand Prix. The analysis of the results shows that there are not many female water rescuers participating in the competitions especially in the Pomerania.

Water rescue championships which take place in the swimming pool, in principle, should consist of the same competitions. Comparing the Pomeranian Water Rescue Ligue, the Grand Prix and the Summer Polish Championship it can be noticed that not all competitions are present in each championship. Considering 8 individual rescue competitions only 4 are common in the researched championships. The common competitions in the championships described above

Table 2

Researching number of competitions divided according to gender

Championship /gender	The Pomeranian Water Rescue Ligue	1st Round of Grand Prix	The Summer Polish Championship
Number of women	45	45	58
Number of men	77	63	83

(Source: own compilation)

Table 3

Percentage of women and men participating in the competitions

	The Pomeranian Water Rescue Ligue	1st round of Polish Grand Prix	The Summer Polish Championship
Number of women (%)	37%	42%	41%
Number of men (%)	63%	58%	59%

(Source: own compilation)

Table 4

Research of the common individual competitions

Competition	Championships		
	The Pomeranian Water Rescue Ligue	1st round of Grand Prix	The Summer Polish Championship
50m manikin hauling	YES	YES	YES
100m obstacle race	YES	-	YES
100m rescuing in fins	YES	YES	YES
100m rescuer	YES	YES	YES
100m combined	YES	YES	YES
200m obstacle race	-	YES	YES
200m super rescuer	-	-	YES
Line throw	YES	-	YES

(Source: own compilation)

Table 5

Researching number of competitors divided into common rescue competitions

	The Pomeranian Water Rescue Ligue	1st round of Polish Grand Prix	The Summer Polish Championship
Competitions	Number of participants		
50m manikin hauling	104	179	231
100m rescuer	102	159	215
100m rescuing in fins	91	150	227
100m combined	59	110	180

(Source: own compilation)

are: 50 m manikin hauling, 100m rescuing in fins, 100m rescuer and 100m combined.

The results presented above show that the biggest number of rescuers participated in the 50m manikin hauling competitions. In the Summer Polish Championship started as many as 231 competitors, in the 1st round of the Polish Grand Prix – 179 competitors, while in the Pomeranian Water Rescue Ligue started 104 people. The next researched competition was 100m rescuer. It was most often chosen by competitors in the Summer Polish Championship – as many as 215 people. In the Grand Prix 159 participants chose the distance of 100m, while in Pomerania only 102 sportsmen participated in this competition. Another considered competition is 100m rescuing in fins. The biggest number of rescuers started in the Summer Polish Championship, as many as 227 people. Definitely less people participated in this competition in the Grand Prix – only 150 people. The lowest number of participants in 100m fins was in the Pomeranian Water Rescue Ligue. It was only 91 rescuers. The last analysed competition regarding the number of

participants was 100m combined. In the Summer Polish Championship 180 people wanted to participate in this competition. Significantly less competitors participated in the 1st round of the Polish Grand Prix. Only 110 started in this competition. In the Pomeranian Water Rescue Ligue, the number was a little more than a half of that above. The presented results allow to choose the most and the least popular competition in each championship and the most and the least popular in all presented championships. As it results from the analysis above the most popular competition in the Pomeranian Water Rescue Ligue is 50m manikin, while the least popular is 100m combined. The second place took 100m rescuer and the third regarding the number of participants was 100m rescuing in fins. The same distribution regarding popularity of rescue competitions is in the Grand Prix. In the Summer Polish Championship, the distribution is slightly different. The most often chosen competition is also 50 m manikin hauling, while the second competition in contrary to other championships is 100m rescuing in fins. The third was 100m rescuer. The least

popular was 100m combined. Taking into consideration all researched championships the most popular competition is 50m manikin hauling and the least popular is 100m combined. The reason for such a big number of competitors starting in 50m manikin hauling can be a short distance and not very complicated competition. Therefore, even a beginner rescuer can manage such a distance. The described competition includes basic rescue elements which every water rescuer should know by heart. It is a perfect competition for people starting with water rescue sport. This competition includes elements of a rescue action: swimming, hauling and diving. The swimming itself for such a short distance does not require strenuous training. It is the only competition at such a short distance. Therefore, graduates of a junior water rescuer course will not have a problem to finish this competition; all elements of this competition were trained by junior rescuers at the course and were tested at the exam. The least popular competition is 100m combined. The reason for such a low attendance may be almost a double swimming distance and demanding rules of this competition. Newcomer in this competition may have a problem to finish it. Increased swimming distance requires smartly pacing oneself. There is also diving. The difficult part of this competition is swimming 50 m and after such effort swimming under water a given distance do the victim. Unfortunately, the rules are not kind to newbies. Therefore, many competitors are disqualified and less trained competitors cannot even finish it. 100m combined is a competition mainly to the well-trained competitors with big lung capacity.

The analysis of the presented research showed that women were more often willing to participate in the Summer Polish Championship than in the Grand Prix and the Pomeranian Water Rescue Ligue. The most often chosen competition among women was 50 m manikin. In the Polish Championship in Lublin started 99 ladies. In Silesia the result is slightly lower, namely 76 ladies. The least often this competition was chosen in Słupsk. Only 39 women participated in it. The second most popular competition was 100m rescuing in fins. There were 126 women in the Polish Championship. 69 girls started in the Grand Prix and 35 women in the Pomeranian Ligue. The 100m rescuer was chosen by the biggest number of women in Lublin, 89 of them. Definitely less women were in Ruda Śląska – only 64 women. The smallest number of participants was in the Pomeranian Water Rescue Ligue. Only 34 female competitors started in 100m distance. The least popular competition was 100m combined. The Summer Polish Championship was entered by 103 people. In the Grand Prix 52 ladies started in total. A little more than half of that number of ladies chosen it in Pomerania. Men similarly to women started most often in the Summer Polish Championship. Here the most popular competition was 50m rescuer. As many as 132 men chose this competition. Significantly less men decided to start in this distance in Ruda Śląska and the smallest number swam in this competition in Słupsk. There were only 66 men starting. The next competition was 100m rescuer. In contrast to women, men were more willing to choose it. There were 126 men in the Polish Championship, slightly fewer

Table 6

**Researching number of competitors regarding number of participants
and gender in the rescue competitions**

Competition	The Pomeranian Water Rescue Ligue		1st round of Grand Prix		The Summer Polish Championship	
	Number of women	Number of men	Number of women	Number of men	Number of women	Number of men
50m manikin hauling	39	65	76	100	99	132
100m rescuer	34	64	67	89	89	126
100m rescuing in fins	35	59	69	81	98	129
100m combined	26	33	52	58	77	103

(Source: own compilation)

started in the Grand Prix and the Pomeranian Water Rescue Ligue was entered by 68 males. The third place regarding popularity in Słupsk and in Ruda Śląska was taken by the competition 100m rescuing in fins. 81 men started in Grand Prix, significantly less chosen this distance in the Pomerania. However, the biggest number of competitors chose this competition in the Polish Championship, there were 129 men rivalling in it. Thanks to such a big number of men willing to participate the competition 100m in fins was the second most popular competition among men. The last place regarding the willingness to participate was the competition of 100m combined. Similar to women, men rarely chose this competition. Only 103 men started in the Summer Polish Championship over this distance. There were significantly less competitors in the Polish Grand Prix, namely 57 males. There was even a smaller number of competitors interested in this competition in Słupsk – only 33 men. To sum up, the most popular competition both among women and men in the presented championships was 50 m manikin hauling, while the least popular was 100m combined.

Taking into consideration all age categories in the presented championships it can be noticed that they differ. In the Pomeranian Water Rescue Ligue there are only three age categories, while in the 1st round of Polish Grand Prix and the Summer Polish Championship there are more categories. All championships should have the following categories: youngster, junior and senior. Moreover, there is an additional category in the Grand Prix and the Summer Polish

Championship: younger junior. Therefore, they have 4 not 3 age categories. The Grand Prix and Polish Championship have the same age categories: youngster (12-13 years old), younger junior (14-15 years old) and Open (where all participants over 18 can compete). The Pomeranian Water Rescue Ligue has completely different age categories, which unfortunately cannot be common with the former championships. The youngster category lasts a year longer and includes 14-year-olds and not as in Grand Prix and Polish Championship up to 13-year-old. Another different category is junior. This category is one year shorter than in the Polish Grand Prix and it ends at age 17. Junior in the Grand Prix starts the same as in the Pomeranian Water Rescue Ligue at age 15, but it lasts a year longer and ends at the age 18. It starts a year later in the Polish Championship, namely at age 16 and it ends at the age 18. The last category is the category Open or in case of the Pomeranian Water Rescue – category over 18. In this category in Grand Prix and Polish Championship competitors can participate at the age 19 and over while in the championships in Pomerania the border age is lower and competitors can participate in it already when they are 18.

According to the presented research the biggest number of people participated in the Open category and the least in the youngster. Considering the rescue competitions, the biggest number participated in 50 m manikin hauling. Here also the biggest number of participants was in the Open category. The highest number of seniors (as many as 134 people) started in the Pol-

Table 7

Analysis of common age categories

Age category	The Pomeranian Water Rescue Ligue	1 st round of Polish Grand Prix	The Summer Polish Championship
Age: 12-13 youngster	-	YES	YES
Age: 12-14 youngster	YES	-	-
Age: 14-15 young junior	-	YES	YES
15-17 junior	YES	-	-
15-18 junior	-	-	YES
16-18 junior	-	YES	-
18 <	YES	-	-
Open	-	YES	YES

(Source: own compilation)

Table 8

Researching number of competitors according to the age group in rescue competitions

Competition	The Pomeranian Water Rescue Ligue			1 st round of Grand Prix				The Summer Polish Championship			
	Age category										
	12-14	15-17	18<	12-13	14-15	16-18	OPEN	12-13	14-15	15-18	OPEN
50m manikin hauling	35	50	19	8	29	39	100	16	29	52	134
100m rescuer	34	46	18	6	28	36	89	16	28	47	124
100m rescuing in fins	31	44	19	5	28	33	84	16	29	51	131
100m combined	25	37	17	-	22	25	63	27	48	-	105

(Source: own compilation)

ish Championship. 100 competitors participated in this category in the Grand Prix. Over 5 times less competitors started in the Pomeranian Water Rescue Ligue. The category junior and younger junior was numerously represented. The biggest number of juniors started in the Polish Championship, as many as 52 people. Two competitors less participated in 50m hauling in Pomerania. The smallest number was in the Grand Prix, only 39 people. There was the same number of juniors and younger juniors (age 14-15) in the Grand Prix and in the Summer Polish Championship. The least often this category was chosen by the youngsters. The most numerous here were the rescuers from Pomerania, i.e. 35 people. The youngsters starting in the Polish Championship were second regarding their numbers starting in the 50m manikin hauling. There were 16 of them. The least often this competition was chosen by the youngsters starting in the Grand Prix, their number was lower by half than the competitors in the Grand Prix.

Another researched competition was 100m rescuer. Here also the most numerous were competitors in the Open category. There were 124 participants in the Polish Championship, 89 in the Grand Prix, and in the Pomeranian Water Rescue Ligue only 18 people. There was also a lot of juniors. The most numerous were rescuers going to Lublin for the Polish Championship. There were 47 of them, while 46 rescuers participated in this category in Słupsk and the least in the Grand Prix in the Silesia. In the category „Youngster” participated 28 people both in the Grand Prix and in the Summer Polish Championship. In the youngster category, highest number started in the Pomeranian Water Rescue Ligue.

In the Summer Polish Championship 100m rescuer swam 16 people. Only 6 people started in this category in the Polish Grand Prix.

Another category was 100m rescuing in fins. In this case also the competition was most often chosen by seniors. 131 people swam in fins in the Polish Championship, definitely less (only 84 people) participated in the Grand Prix. The least often this competition was chosen by competitors in the Pomerania. Juniors started in a large number in the Summer Polish Championship. The competition in fins was chosen by 51 competitors, 44 people started in this competition in the Pomeranian Water Rescue Ligue. The smallest number of juniors started in the Polish Grand Prix. The highest number of youngsters swam in 100m in fins in the Polish Championship while in the Grand Prix started less competitors – 28 people. 100m hauling in fins was the competition which was chosen least frequently by youngsters. In this category the biggest number of young rescuers participated in the Pomeranian Water Rescue Ligue, as many as 31 people. A little less youngsters started in the Polish Championship. Most rarely this competition was chosen by the young competitors starting in the Grand Prix. Only 6 people started in the competition with fins.

The last competition was 100m combined. This competition was most often chosen by competitors in the Open category in the Polish Championship and in the Grand Prix in Silesia. 104 people started over 100 m in Lublin and 63 people applied for this competition in Ruda Śląska 63. The worst looked the Open category in Pomerania. Only 17 rescuers were willing to participate here. In the junior category the highest number

of people started in the Pomeranian Water Rescue Ligue – as many as 37 competitors. Slightly less participated in the Polish Grand Prix. In the Summer Polish Championship nobody started in the junior category. A lot of younger juniors applied to the competition of 100m combined in the Polish Championship, there was 47 of them. Less than half of them started in this competition in the Grand Prix. The biggest number of them started in the Polish Championship – 27 of them. Two people less started in the Pomeranian Water Rescue Ligue. In the Grand Prix nobody started in the youngster category.

Taking into consideration the popularity of the competitions in the Pomerania Water Rescue Ligue in the youngster category (age 12-14) the most popular competition was 50 m manikin hauling, then 100m rescuer, 100m rescuing in fins and the least liked was 100m combined. It looked very similar in other age categories. It looked differently in category over 18 – here the most popular competition is 50 m manikin hauling and 100m rescuing in fins. In the 1st round of the Grand Prix also the most often chosen by young competitors' competition was 50 m manikin hauling and the least often – 100m combined. Similar as in the Pomeranian Water Rescue Ligue the second most popular competition was 100m rescuer and 100m rescuing in fins was third. Contrary to the other championships, youngsters in the Summer Polish Championship were choosing most often 100m combined. Other

competitions were less popular. In the category younger junior also the most often 100m combined was chosen. The second place regarding popularity holds 100m rescuer while 50m manikin hauling and 100m in fins were third. Among juniors the most popular competition was 50m manikin hauling, then 100 m rescuing in fins and the least popular was 100m rescuer. In the Open category the most willingly was chosen 50 m manikin hauling and then 100m rescuing in fins. 100m rescuer was chosen less often. Similarly, to the earlier presented competitions, the least popular competition was 100m combined.

Analysing five most common water rescue championships taking place in a swimming pool it can be stated that they have different competitions. The competitions differ in number and names. However, many competitions are the same. Therefore, common competitions can be selected. Out of 10 researched competitions only 4 are common and present in all described before championships: 50 m manikin hauling, 100m rescue in fins, 100m combined and relay. It should be stressed out that despite the fact that relay is present in all championships their name and specification differ. Competition 100m rescuer occurs in almost all Championships except for 2nd round of Polish Grand Prix. The 100m with obstacles does not occur in the 1st and 2nd round of Polish Grand Prix and in the Summer and Winter Polish Championship, while 200m obstacles is not played in the Pomeranian Water

Table 9

Analysis of all swimming pool competition regarding competitions

Competitions	Pomeranian Water Rescue Ligue	1st round of Polish Grand Prix	2 nd round of Polish Grand Prix	Summer Polish Championship	Winter Polish Championship	German Cup
50m manikin rescuing	YES	YES	YES	YES	YES	YES
100m rescuer	YES	YES	-	YES	YES	YES
100m rescuing in fins	YES	YES	YES	YES	YES	YES
100m combined	YES	YES	YES	YES	YES	YES
100m obstacle	YES	-	-	YES	-	-
200m obstacle	-	YES	YES	YES	-	-
Line throw	YES	-	-	YES	YES	YES
100m belt rescuing	-	-	YES	-	-	-
200m super rescuer	-	-	-	YES	-	YES
Relay	YES	YES	YES	YES	YES	YES

(Source: own compilation)

Rescue Ligue and in the Summer and Winter Polish Championships. The least common competition is 100m belt rescuing and competitors can choose it only in the 2nd round of Polish Grand Prix. Also, 20m rescuer is a rare competition. It can be chosen in the Summer Polish Championship and in the German Cup.

Summary – conclusions

The Pomeranian Water Rescue Ligue despite its short history is very popular among rescuers. From the very beginning the championship has attracted many competitors. In comparison with other, higher-level competitions e.g., 2nd round of Polish Grand Prix or Summer Polish Championship the number of competitors is very similar, which is a great success of the Pomeranian Water Rescue Ligue. The above answers the research problem no 1 *"Is the Pomeranian Water Rescue Ligue known among water rescuers in Pomerania?"*. Well-matched and spectacular competitions encourage rescuers to participate. It was confirmed by a survey carried out among rescuers. They perceive the championship as attractive, spectacular and promoting the Pomerania and improving rescue skills. It can be stated that this new form of competition is right. The reason

why there is so many competitors may be the fact that more and more water rescue clubs is established in Pomerania. Rescuers willingly participate in trainings and want to compete between each other. A big advantage is that also seaside WOPR organizations join into preparing rescuers to the competitions. They finance entry-fees, provide training places and necessary equipment. The rescue sport becomes more and more popular in Pomerania, thanks to that more and more young rescuers enter competitions in Pomerania. Analysis of documents, announcements and regulation showed that the most popular competitions in the Pomerania are speed competitions, which answers research question No 2 *"What competitions are most often chosen?"*. Taking into consideration all researched championships namely the Pomeranian Water Rescue Ligue, 1st round of Polish Grand Prix and the Summer Polish Championship unanimously most popular competition was 50 m hauling both among women and men. Hypothesis no 1 *"There is a high number of participants in speed competitions"* was confirmed both in the survey and analysing the championship announcements, taking into consideration number of rescuers starting in



Photo 1. Competition 100m rescuer during the Winter Polish Championship
(Source: http://sport-figielski.pl/images/stories/04_100m_ratownik_03.JPG)

a given competition. In rescuers' opinion they are very spectacular and do not require special equipment. The regulations are not very strenuous and skills required from a rescuer are necessary in carrying out a rescue action in water. The speed competitions are characterised by a short distance. Therefore, rescuers willing to compete may fight for highest trophies increasing swimming skills and security level at the bathing beach and in water. The ability to swim quickly is necessary during a water rescue action. The faster a rescuer overcomes distance from the drowning person, the more efficient the rescue action. The rescuer gains priceless seconds, which increase the chance that the drowning person brings back respiratory functions. Time is essential in rescuing and many times it decides if the action is successful. Therefore, speed competitions increase safety level at the beach, as was confirmed by a majority of the surveyed. All presented reasons answer research question no 3 „*What is the reason to choose the most popular competition?*”. Specialistic equipment competitions have significantly lower popularity, which

answers research question no 4 „*What competitions are the least popular?*”. Taking into consideration the starting list of competitors of high-level championships and the Pomeranian Water Rescue Ligue the reason for low popularity may be complicated regulations, which make the competitions difficult. Many people do not finish this competition or are disqualified which makes many competitors resign from starting. Moreover, a significant lack of equipment at open water cause that many rescuers did not have possibility to use specialistic equipment and therefore they do not have sufficient skills and proper training. In consequence many people skip equipment competitions because they are aware that they do not have sufficient knowledge and skills in this regard. Presented above arguments answer the research problem no 5 „*What is the reason to choose the least popular competition?*”. Taking into account rescuers' opinions the equipment competition increases efficiency of rescue actions. Hypothesis no 2 „*There is a small number of competitors in specialistic equipment competitions*” was confirmed.

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