

Primeiro Congresso Mundial

1878 – Marselha - França

Federation Internationale de Sauvetage Aquatique (FIS)

1910

Foco - piscina

World Life Saving (WLS)

1971

Foco - praia

FIS + WLS = ILS
Internacional Life
Saving Federation

1994

ILS

Organizações Nacionais de Salvamento

-> O Salvamento através do incentivo à competição é um dos objetivos estabelecidos

Campeonatos Mundiais de Salvamento autorizados pela ILS

- Equipes Nacionais
- Inter Clubes
- Masters

Piscina

- Natação com obstáculos – 100 e 200 m
- Reboque de manequim – 50 m
- Salvamento medley – 100 m
- Reboque de manequim com nadadeiras – 100 m
- Reboque de manequim com nadadeiras e flutuador – 100 m

Piscina

- Super salva vidas – 200 m
- Lançamento de cabo de salvamento
- Revezamento do manequim – 4 x 25 m
- Revezamento com obstáculos – 4 x 50 m
- Revezamento medley – 4 x 50 m

Oceano

- Natação através da arrebentação – 400 m
- Natação através da arrebentação em equipe (3) – 400 m
- Salvamento com flutuador (4) – 280 m
- Prova do flutuador – 128 m
- Correr – nadar – correr – 200/200/200 m
- Beach flags (corrida dos bastões) – 20 m

Oceano

- Beach sprint (corrida de velocidade) – 90 m
- Beach run (corrida na praia) – 2 km
- Revezamento 4 x 90 m
- Prova de surf ski – 675 m
- Revezamento de surf ski – 3
- Prova da prancha – 575 m

Oceano

- Revezamento com a prancha - 3
- Salvamento com a prancha – 120 m
- Ironman / Ironwoman – 1200 m
 - Natação, prancha, surf ski e sprint
- Revezamento - 4

Eventos de oceano

Surf Race	48 competitors
Surf Teams Race	16 teams of 3 competitors
Rescue Tube Race	9 competitors
Rescue Tube Rescue	9 teams of 4 competitors
Run-Swim-Run	40 competitors
Beach Flags	16 competitors
Beach Sprint	10 competitors
Beach Run – 2km and 1km	40 competitors
Beach Relay	10 teams of 4 competitors
Surf Ski	16 competitors
Surf Ski Relay	16 teams of 3 competitors
Board Race	16 competitors
Board Relay	16 teams of 3 competitors
Board Rescue	9 teams of 2 competitors
Ironman/Ironwoman	16 competitors
Taplin Relay	16 teams of 4 competitors

Competição de Masters











Eventos em Equipe

Masters Team Event Draws		
Pool	4 x 50m Medley Relay	4 competitors
	4 x 50m Obstacle Relay	4 competitors
Ocean	Surf Teams Race	3 competitors
	Surf Ski Relay	3 competitors
	Beach Relay	3 competitors
	Board Relay	3 competitors
	Taplin Relay	3 competitors
	Board Rescue	2 competitors

Grupos de idade – eventos individuais na piscina

Masters Pool Events	Masters Age Groups							
	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65+
200m Obstacle Swim	X	X	X	X	X			
100m Obstacle Swim						X	X	X
100m Manikin Carry with Fins	X	X	X	X	X	X	60+	
50m Manikin Carry	X	X	X	X	X	X	60+	

Total-Age Team Events	Ages total 140+	Ages total 170+	Ages total 200+
4 x 50m Medley Relay	X	X	X
4 x 50m Obstacle Relay	X	X	X

Grupos de Idade – eventos Individuais no oceano

Masters Ocean Events	Masters Age Groups							
	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65+
Surf Race	X	X	X	X	X	X	X	X
Rescue Tube Race	X	X	X	X	X	X	X	X
Beach Flags	X	X	X	X	X	X	X	X
Beach Sprint	X	X	X	X	X	X	X	X
2km Beach Run	X	X	X	X	X	X		
1km Beach Run							X	X
Surf Ski Race	X	X	X	X	X	X	X	X
Board Race	X	X	X	X	X	X	X	X
Ironman/Ironwoman	X	X	X	X	X	X	60+	
Board Rescue (team event)	X	X	X	X	X	X	60+	

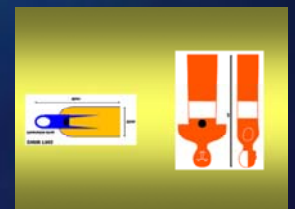
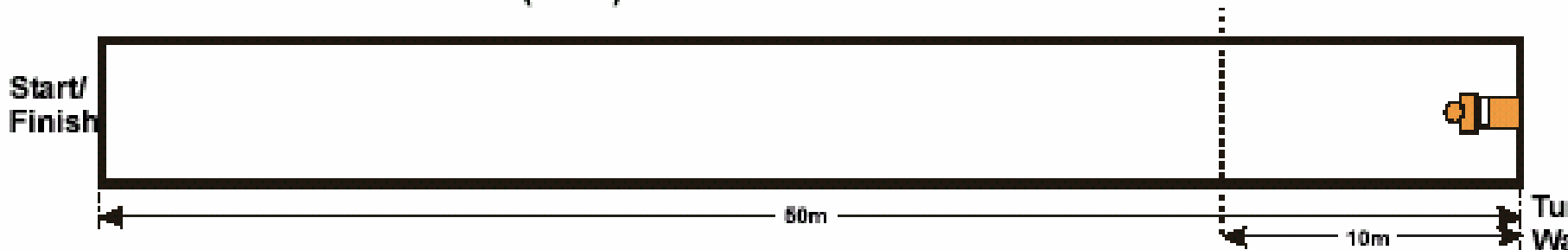
Total-Age Team Events	Ages total 110+	Ages total 130+	Ages total 150+
Surf Teams Race	X	X	X
Surf Ski Relay	X	X	X
Beach Relay	X	X	X
Board Relay	X	X	X
Tanlin Relay	X	X	X

Eventos de oceano com as distâncias

Masters Ocean Events	Masters Ocean Event Distances
Surf Race & Surf Teams Race	Minimum 120m to furthest buoy
Rescue Tube Race	Minimum 120m
Beach Flags	Minimum 15m
Beach Sprint & Beach Relay	Minimum 70m
Surf Ski Race & Surf Ski Relay	Minimum 250m to first turn buoy
Board Race & Board Relay	Minimum 250m to first turn buoy
Board Rescue	Minimum 120m to buoys
Ironman/Ironwoman	Swim minimum 120m, board and ski buoys set approximately 50m respectively behind each other. (See also <i>Note</i> below)
Taplin Relay	Same as Ironman/Ironwoman event
Surf Boat Race	Minimum 400m to buoys

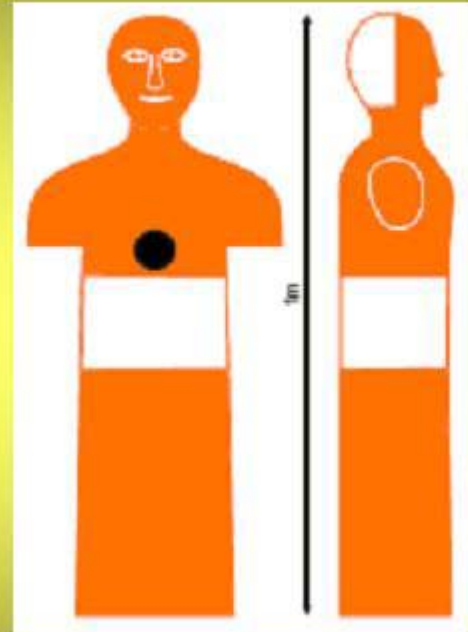
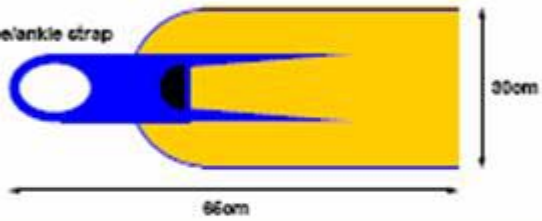
Reboque de manequim com nadadeiras – 100 m

MANIKIN CARRY WITH FINS (100m)



SWIM FINS

Shoe/ankle strap







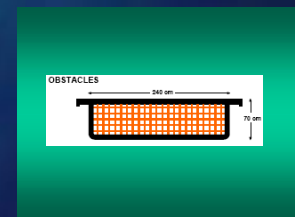
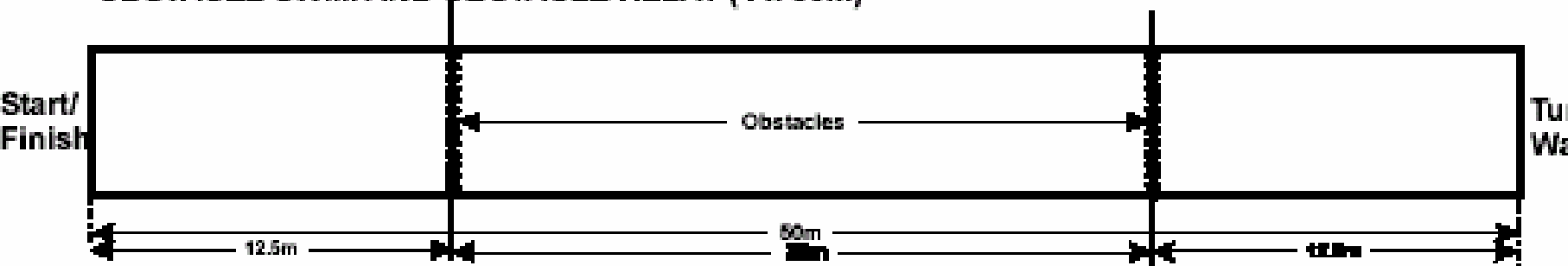




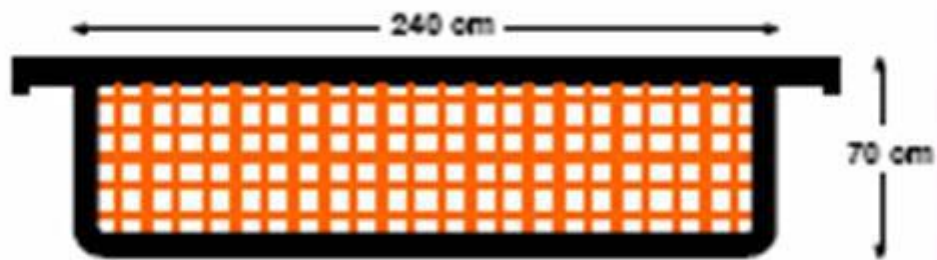


Natação com obstáculos – 200 m

OBSTACLE SWIM AND OBSTACLE RELAY (4 x 50m)



OBSTACLES





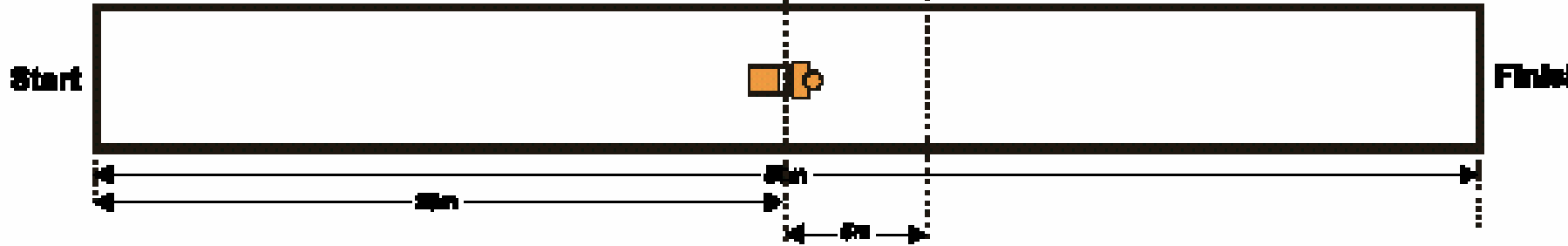






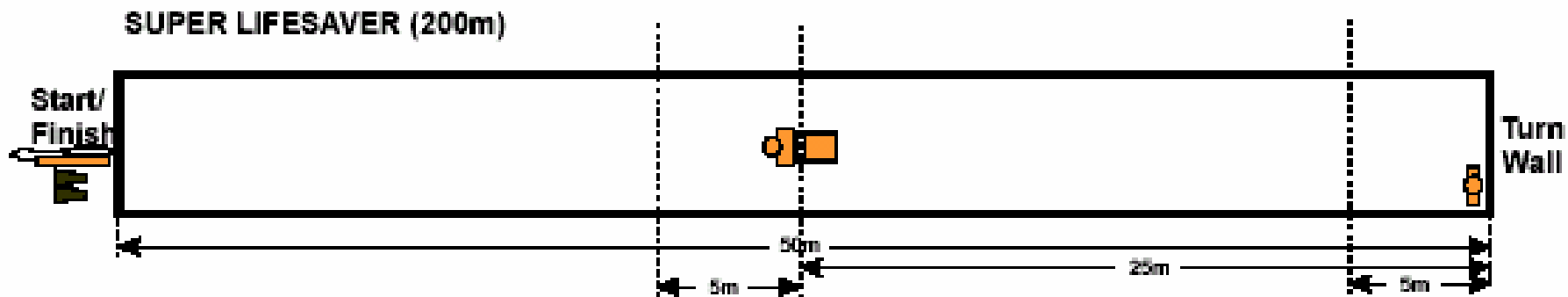
Reboque de manequim – 50 m

MANIKIN CARRY (50m)



Super Salva Vidas – 200 m

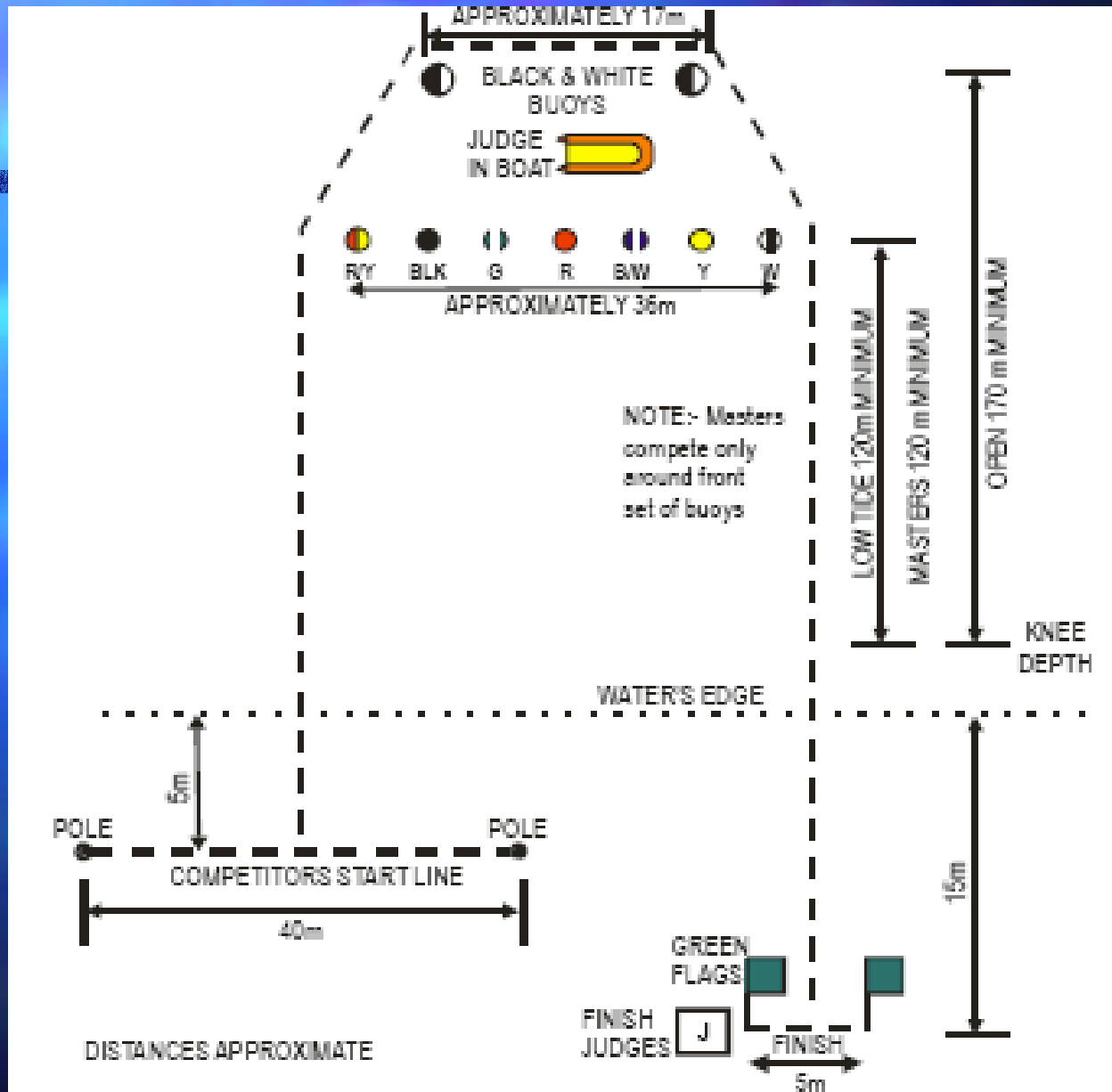
- Nada 75 m
- Mergulha e recupera o manequim
- Reboca até a borda
- Calça nadadeiras e flutuador
- Nada 50 m
- Recupera o manequim e reboca até a borda



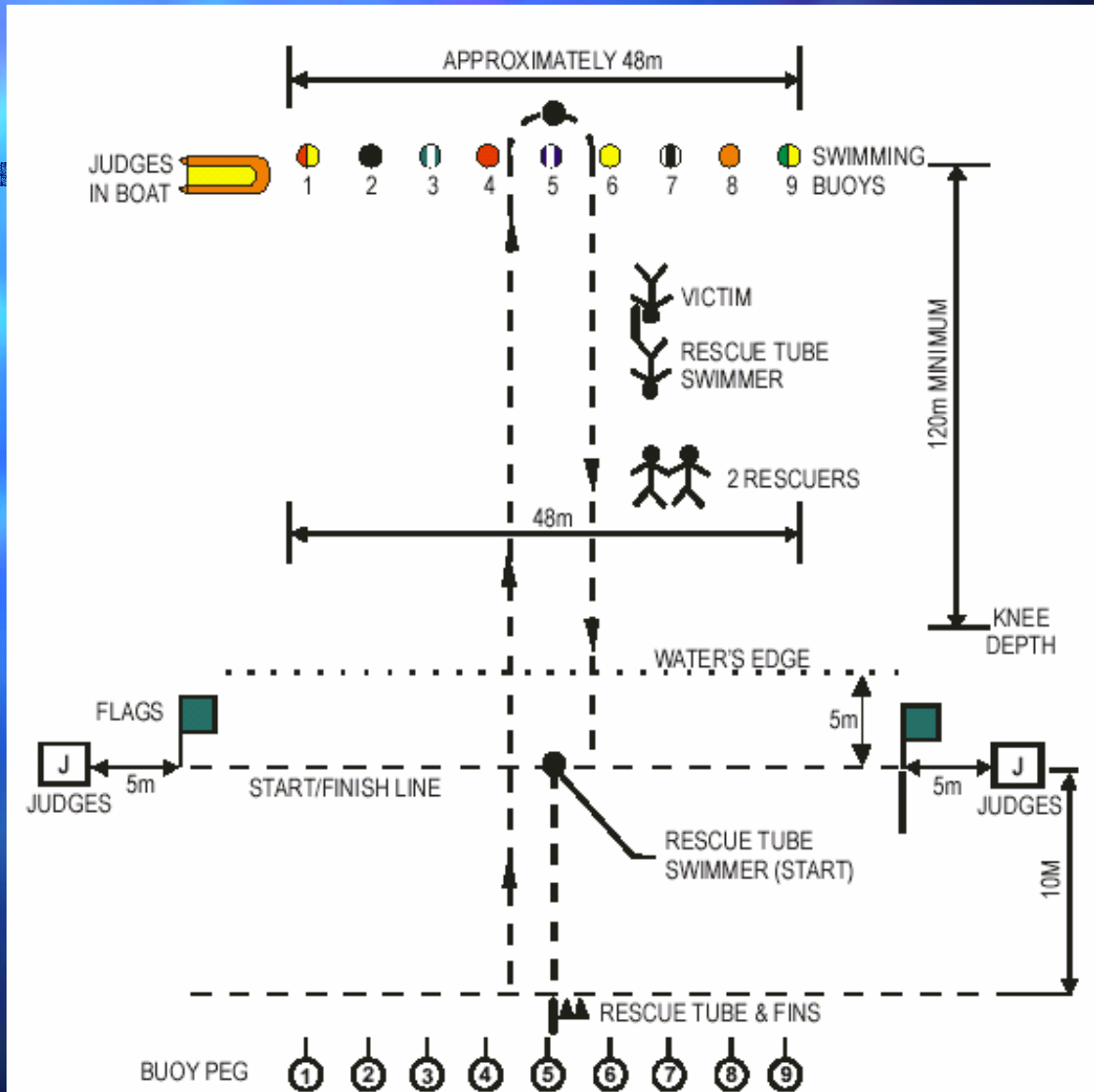
Eventos no oceano



Prova de natação

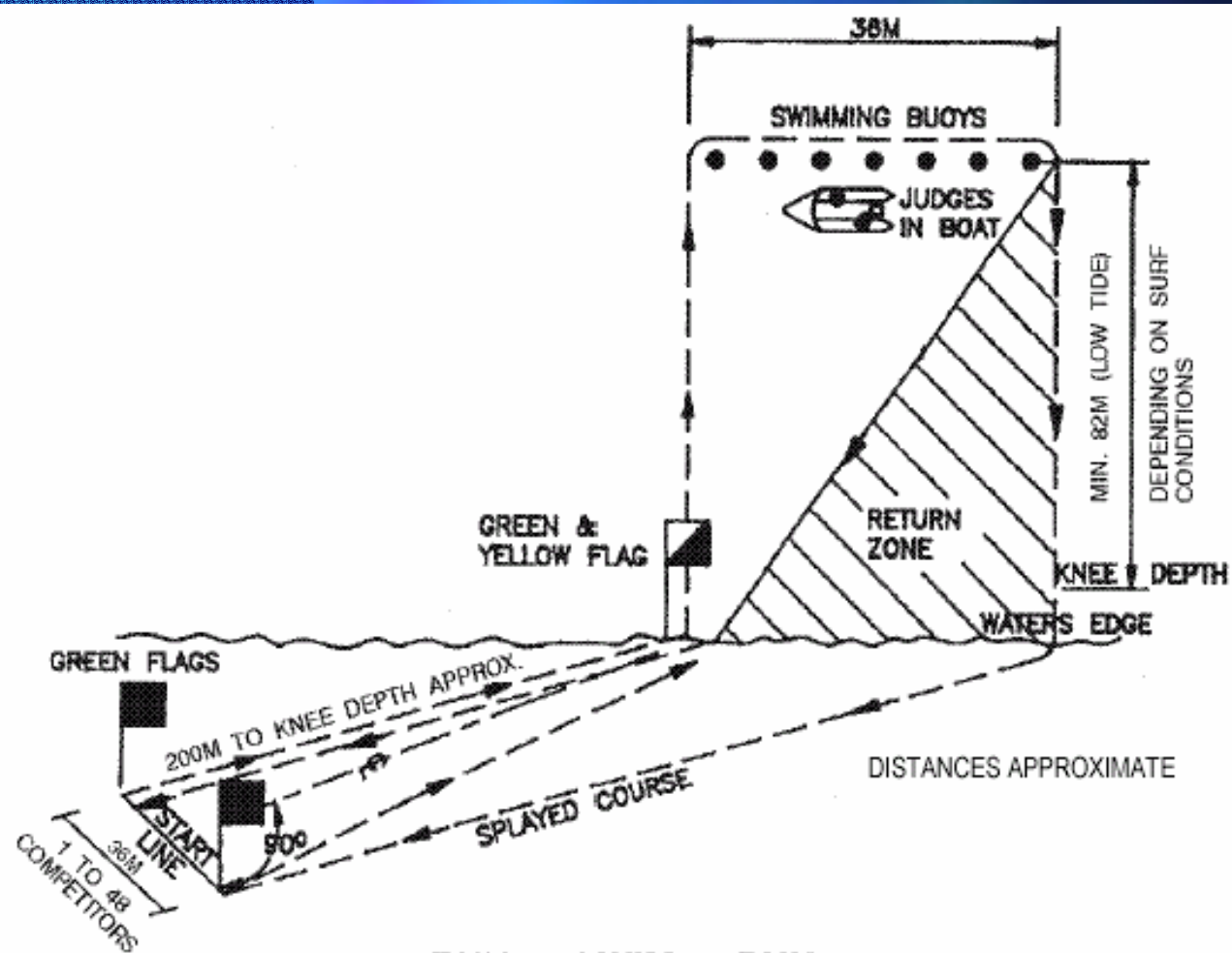


Salvamento com flutuador



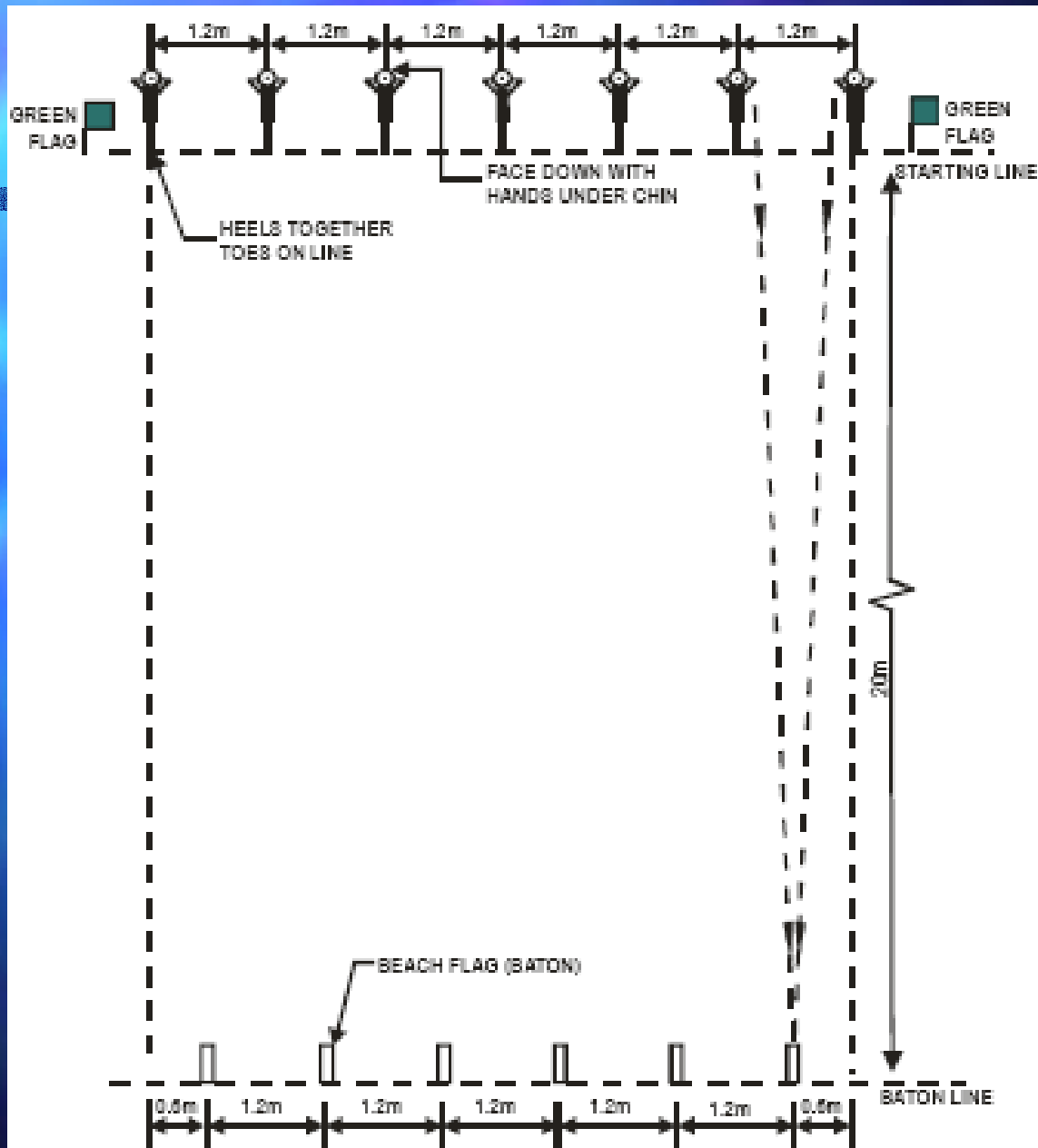
DISTANCES APPROXIMATE

Correr 200
Nadar 200
Correr 200

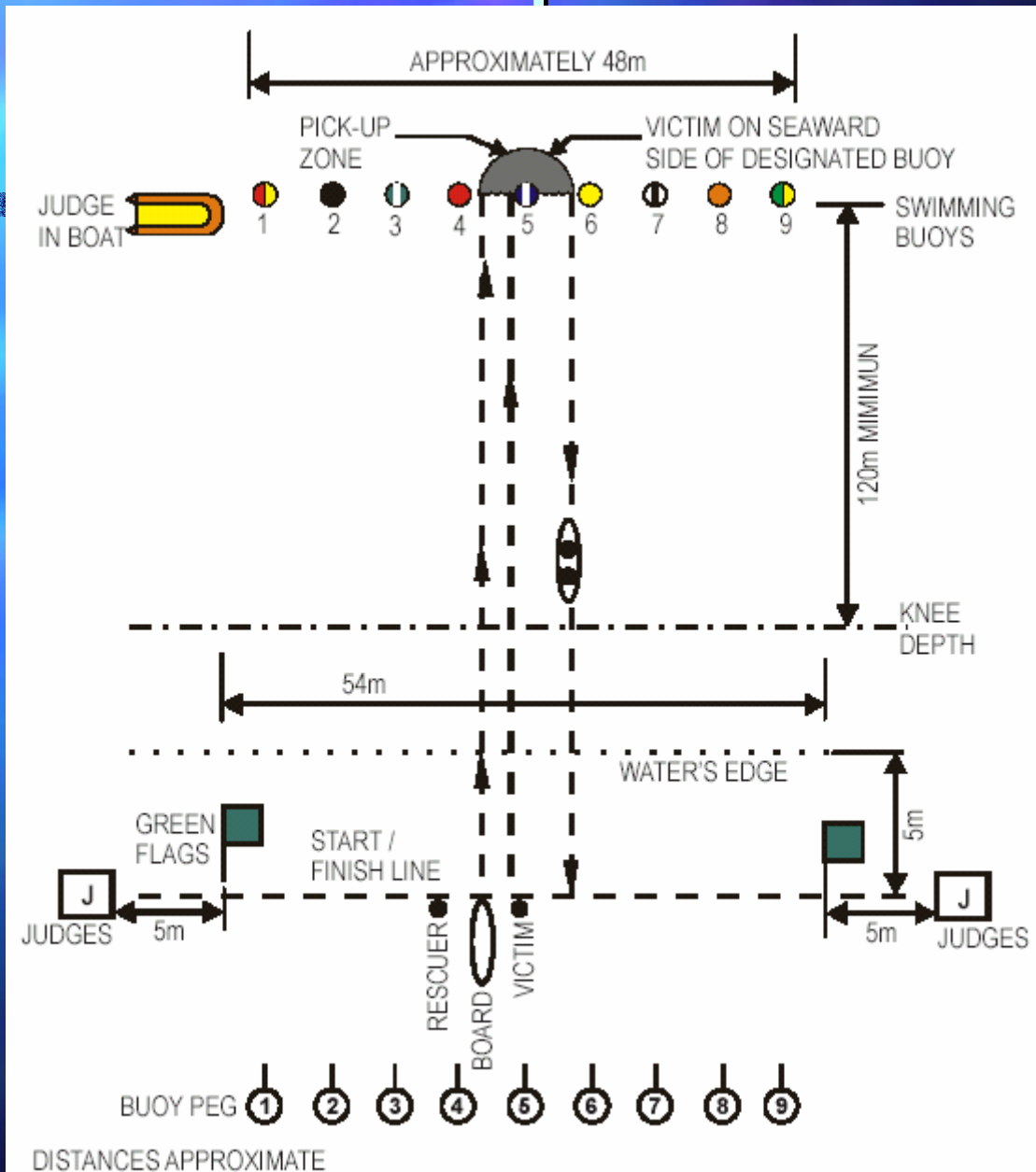


RUN - SWIM - RUN
200M RUN - 200M SWIM - 200M RUN

Corrida dos bastões



Salvamento com prancha

















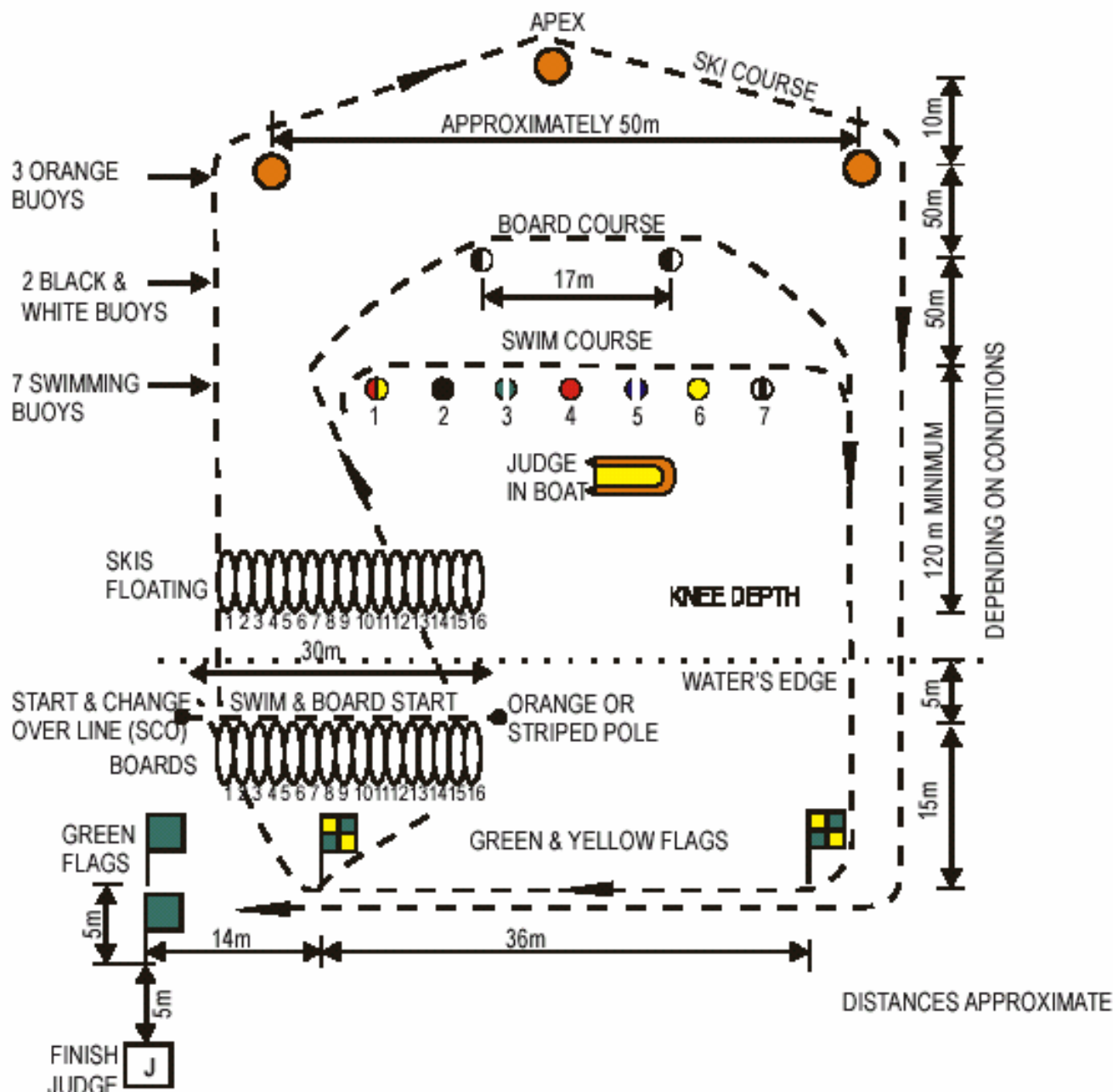
16 8:34





16 3:04

Ironman





Provas sem contagem de pontos

- Simulado de atendimento de emergência
- Barco de águas abrigadas
- Barco de surf
- Barco inflável para resgate (IRB)



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FUI !!!