# **Life Saving**

#### Section Menu

The pool life saving competition is run by the Royal Life Saving Society. St Margaret's has enjoyed much success with lif saving over the years. The competition includes a number of different events for both individuals and teams. Along with r outstanding individual results, the team has come home with the Sheena Dyason Shield for Queensland Secondary Scholife Saving Championships - Champion School Female for the 22nd year and winners of Judith Beal Shield for Overall S 2014-2016 and 2019.

### **Training**

Training commences in Term 1 at the conclusion of QGSSSA swimming and takes place before and/or after school twice week.

### **Training Venue**

St Margaret's swimming pool.

## Competition

The State Life Saving Championships are held early in Term 2, at either Somerville House Aquatic Centre or Sunshine C Grammar swimming centre.

#### **Uniform**

The school swimsuit which is chlorine resistant, is used for training and competition.