



## Aim

To provide a national qualification that meets international standards for professional lifeguarding for a Lifeguard who may be required to operate in surf conditions.

## Pre-requisites

- Minimum of 16 years of age on the date of assessment.
- Minimum Guided Learning Hours – 40 hours prior to assessment.
- Be able to swim 400 metres in 7.5 minutes.
- 200 metres run in 40 seconds.

## Validity

24 months from the date of the assessment, with the option of taking a Lifeguard proficiency test prior to the expiry date and every 12 months thereafter to maintain status.

## Syllabus

### 1. Fitness Test & Releases

- Complete a timed swim of 400 metres over a measured course in a pool of not less than 25 metres in length, using a front stroke. A time of 7.5 minutes is accepted as the maximum time permitted for the swim. Complete a pool swim of 200m in less than 3.5 minutes. (This can be undertaken as part of the 400m swim, the first or second 200m of which should take less than 3.5 minutes).
- Complete a timed run of 200 metres over a measured course. A time of 40 seconds is accepted as the maximum time permitted for the run.

### 2. Lifeguard Skills, Knowledge & Rescue

Whilst in a pool, demonstrate two releases selected by the Assessor.

The Trainer must certify that each candidate has performed all of the water work sections to a competent standard in surf conditions during training.

In open water conditions on assessment date, demonstrate to an independent Assessor the ability to effectively carry out the following:

- A thorough knowledge and understanding of all signals.
- Run 50 metres with a rescue tube, swim 100 metres (fins optional) to an unconscious, non-breathing patient. Demonstrate deep water EAV during which time the patient shall be deemed to have become conscious. Bring the patient to shore and demonstrate appropriate aftercare. The exercise must be carried out under simulated rescue conditions with an appropriate attempt to perform the rescue 'as quickly as possible'.
- Rescue an unconscious, non-breathing, patient 150 metres from the shore using a rescue board. Demonstrate deep water supported EAV and return with the patient to the shore.
- Rescue a conscious patient from the sea (approx. 50m from shore) without equipment, demonstrating appropriate patient management and care
- Demonstrate the ability to surface dive to a depth of approximately 2 metres.
- Acting as a Lifeguard, both as a team leader and as part of a team, initiate the appropriate procedures at an incident and provide aftercare for one or two patients from a previously unknown simulated emergency situation. At the completion of the test, complete an Incident Report Form
- The Trainer must certify that each candidate has performed all of the water work sections to a competent standard in surf conditions during training
- Answer five questions from the worksheets (Beach Environment section) without referring to any notes. A mark of at least four is accepted as the minimum score permitted

- Answer 10 questions from the worksheets (Lifeguard Techniques section) without referring to any notes. A mark of at least eight is accepted as the minimum score permitted.
- Answer five questions from the worksheets (Communication section) without referring to any notes. A mark of at least four is accepted as the minimum score permitted.
- As part of a team, rescue a prone patient with a suspected spinal injury and remove to safety. Demonstrate appropriate action and aftercare.

### 3. Life Support

Using a live simulated unconscious patient (not a manikin) demonstrate:

- Scene safety and assessment.
- Turning a patient from prone to supine.
- Open the airway and check for normal breathing.
- The action for vomiting.
- The recovery position and aftercare.

Using a suitable adult manikin, demonstrate the use of supplementary oxygen for the following:

- Oxygen therapy
- Mouth to mask with oxygen

Demonstrate/explain management of a blocked airway for both a conscious and unconscious:

- Adult
- Child
- Infant

Obtain an airway on a suspected spinal injury patient using jaw thrust

Demonstrate CPR on a:

- Adult manikin
- Child manikin
- Baby manikin

### 4. First Aid

Acting individually, initiate the appropriate procedures at an incident and provide the aftercare for one or two patients from a previously unknown simulated first aid situation.

Answer 10 questions from the worksheets (First Aid and Resuscitation section) without referring to any notes. A mark of at least eight is accepted as the minimum score permitted.

## Assessment

- Complete the syllabus for assessment.
- Assessment of this qualification must be undertaken by a qualified and proficient SLSGB Assessor.
- The assessment may be completed in sections providing that ALL sections are completed within three calendar months.
- Candidates MUST complete Section 1 (Fitness & Releases) before completing Section 2 (Lifeguard Skills, Knowledge & Rescue).
- Section 3 & 4 can be contested as a separate award (Emergency First Aid II).
- Should the assessment be completed over a three month period, the validity will commence from the date on which the first section was completed.
- When the award is renewed, the candidate may complete the assessment one month prior to the expiry date of the existing competency. In this case the period of new competency will remain valid for a maximum of 13 months.