

IWS National Beach Lifeguard Award Syllabus

Aim

To establish, a corps of dedicated and specifically trained personnel, for the patrol of our beaches

Prerequisites

Minimum age 16yrs (Rescue 2 & BLS 3 recommended but not essential)

A high level of swim fitness

Re-validation

Every 2 years

PART A: "LAND PRACTICAL"

1. BLS 3 and two-operator CPR (theory and practice). An approved resuscitation manikin must be used.

2. A written test of 20 questions on First Aid with emphasis on Aquatic First Aid based on the Lifeguard Handbook.

3. A written test based on the IWS National Beach Lifeguard Handbook which must include the following elements:

(1) Authority, Administration Structure, Log Books, Accident Reports, Public Relations and Press.

(2) Beach Patrol System, Observation Techniques, Signals, Communications with Public and Emergency Rescue Services.

(3) Lifeguard duties and personal presentation.

(4) Knowledge of Patrol Area: Surf conditions, currents, beach topography, winds, tides, temperature and weather conditions.

(5) Legal requirements, health and safety at work. Personal responsibilities and legal implications.

(6) First Aid specific for Lifeguards.

(7) N.O.P. (*Normal Operation Plan*) Theory and E.A.P. (*Emergency Action Plan*) Theory.

(8) The preparation of an N.O.P. and an E.A.P. by the candidate for a beach designated by the Examiner

PART B: "POOL PRACTICAL"

OBJECTIVE

To assess the candidate's basic fitness, and rescue skills in a controlled environment prior to assessment in open water.

Failure in this section prohibits progression to Section C.

4. 400 metres swim consisting of 200 metres Front Crawl and 200 metres Breast Stroke. (*Time not more than 8 minutes.*)

5. Swim 100 metres lifesaving Side Stroke and 100 metres Inverted Breaststroke.

6. Swim 100 metres to a conscious casualty and tow 100 metres Fins should be used.
7. Swim to a conscious casualty and carry cross-chest 100 metres.
8. Candidate will pick up three objects from the bottom of the pool. (Max.depth 2 metres). The objects will be 3 metres apart.
9. Candidates will swim 10 metres underwater, surface and take 12 seconds rest and repeat the underwater swim three times continuously with a 12 seconds rest between swims.
10. Demonstrate three releases and two defensive actions as specified by the Examiner. Distance 10 metres.
11. Show ability to cope with two interlocked subjects in deep water.
12. Take a Rescue Tube or Can Buoy and swim 100 metres to a floating casualty, who may be considered to be unconscious and not breathing. Demonstrate deep water supported EAR. and return 100 metres. Direct and land casualty with assistance from trained helpers, placing in recovery position.
13. Demonstrate ability to deal with a Spinal Injury Casualty as specified by the Examiner.
14. Any item required by the Examiner as set out in the relevant handbooks of the IWS.

PART C: "OPEN WATER PRACTICAL"

15. Candidate will run 400 metres along the beach to waters edge carrying a Can Buoy or Rescue Tube and Fins. Swim to a marker 100 metres from waist depth and return to shoreline within 8 minutes.
16. The candidate will rescue a conscious co-operative casualty 100 metres from waist deep water using a Can Buoy or Rescue Tube and Fins.
17. The candidate will perform a rescue on an unconscious casualty 150 metres from waist deep water, using a rescue board or rescue ski, demonstrating EAR using the equipment and returning to shore with the casualty.
18. The candidate will perform a rescue on a casualty 50m. from waist deep water using a cross-chest carry. (No rescue aids to be used).
19. The candidate will rescue three casualties, the condition and actions of each will be unrevealed. One casualty will be 15 metres from waist deep water and the remaining two will be within their respective depths. No casualty will be more than 50 metres from the water edge. *The candidate will direct and carry out the rescues with the assistance of one other candidate. On completion, the candidate will explain the reasons for the actions they took and the directions that they gave to the second candidate.*
20. An unconscious casualty has disappeared from sight 25 metres from waist deep water. The candidate must demonstrate his/her ability to direct a second Candidate to the point where the casualty was last seen. This to be carried out with the use of the whistle, hand signals and/or flag signals and/or signal bats using approved signals as set out in the I.W.S. Lifeguard Handbook. No casualty will in fact be in the water and the Examiner will determine the point of disappearance.