

Lifeguard links

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www.lifeguardsireland.com

White Flags for Approved Training Centres



Majority of successful pools use IQL qualifications

The annual White Flag Awards for Leisure Centres, sponsored by Evian, were presented to successful recipients in October. The Awards ceremony took place at the Ormonde Hotel, Kilkenny, and was compered by RTE sports broadcaster Michael Lyster. The White Flags were presented by John Treacy, Chairman of the Sports Council.

The White Flag is designed to encourage responsible environmental management for leisure centres and also has a secondary emphasis on safety. It was pleasing to note that a majority of successful pools achieving this award were already recognised by IQL Ireland as Approved Training Centres for delivering the IQL-ISR National Pool Lifeguard Qualification.

The high number of successful centres reinforces the position of the NPLQ as the premier pool lifeguard qualification within the Irish leisure industry, and the faith placed in the scheme by leisure managers of hotel, public and private swimming pools up and down the country.

The Approved Training Centre Scheme is now in its fourth successful year and the number of approved sites, and the resultant numbers of lifeguards gaining the NPLQ continues to grow in excess of forecasts.

One of the most attractive features of the scheme is that pools can have a member of staff qualified to deliver the qualification on-site, thus offering unparalleled flexibility in the delivery of staff training. The National Pool Lifeguard Qualification also meets all the requirements laid down in "Managing Health and Safety in Swimming Pools" with regard to providing safety cover at swimming pools. It is also the only nationally available programme which is independently verified to ensure quality of delivery (see page 2)

A full list of pools holding the White Flag can be seen on the Lifeguards Ireland website at www.lifeguardsireland.com

Approved Training Centres ● External Verification Visit 2004

... exceptionally good exceeded standards maintaining high standards ...

Since January 2000, delivery of the IQL - ISRM National Pool Lifeguard Qualification must be through an Approved Training Centre (ATC). A swimming pool can only become an approved centre after an assessment and registration process administered by IQL.

Once approved, courses may be delivered at the centre in accordance with IQL procedures, a copy of which is supplied to all pools joining the scheme.

In order to monitor delivery of the NPLQ, a system of internal verifications takes place at selected sites each year. In order to ensure that standards are being maintained, an annual External Verification is carried out. The contract for this has been awarded to Quality Leisure Management, who for several years developed and managed the *Quest* initiative for leisure centres in Britain.

The 2004 external verification took place from 21 to 25 October. The Lead Assessor was from QLM, accompanied by representatives from IQL Ireland. A random sample of around 25% of Approved Centres in counties Sligo, Dublin, Meath, Offaly, Galway Limerick, Cork and Kerry was visited over a four-day period.

As was the case in previous years, the standard was found to be high, with many sites exceeding the requirements for accreditation. Below are some of the assessor's comments

"Equipment levels and facilities available at all sites visited, met ATC requirements, and in most cases exceeded standards"

"Administration and record keeping is being maintained to required standards, with some venues having exceptionally good records"

"Well done in maintaining high standards!"

During the coming year, a revised programme of internal verifications will be implemented. This will concentrate on on-going staff training and will be conducted by the IQL Ireland internal verifiers (see table below). Centre managers will find the ISRM publication *"The qualified lifeguard's induction and ongoing training manual"* an invaluable resource in this regard. Copies available through ISRM www.isrm.co.uk



Representatives of Approved Training Centres receive their Registration Certificates

Defibrillation Developments

Rotary

In support of the Rotary Community First Responders project, Extended Life Support trainer Jack Britton made a presentation to Rotary's Annual Conference in Galway in September. The project was well received, and progress is now underway with several Rotary groups throughout Ireland to implement local First Responder programmes. These will include community-based schemes as well as those in public places



Candidates at the BLS-AED Trainer Course in Dublin

If your Club or Leisure Centre would like to organise defibrillation courses, free training is available, sponsored by RLSS UK. We can also provide the latest new Laerdal defibrillators

Please contact www.lifesaversdirect.co.uk for further details.

BLS-AED Trainers Course, Dublin

This 2-day course took place in Dublin during the Summer. The course included training and assessing of oxygen therapy, suction and of course defibrillation. Also run at the same time was a trainer re-validation. Candidates from as far away as Coleraine and Cork attended.



Successful course candidates at the BLS-AED Trainers re-validation course in Dublin on 6 November 2004



Oxygen therapy, defibrillation and good old-fashioned chest compressions. This Annie has a good chance of survival....

ISRM News



ISRM - SportExcel Seminar for Dublin “Effective, Efficient and Enthusiastic Lifeguarding”

Following the implementation of the National Pool Lifeguard Qualification (NPLQ) 7th edition, it has been increasingly apparent that the induction and ongoing training of lifeguards once in the workplace needs greater emphasis, broadening in its concept and clarification of its purpose.

Obtaining the IQL-ISRM NPLQ 7th Edition is merely the first stage of being an effective and efficient lifeguard. It involves a comprehensive induction process and ongoing training for the two years leading up to renewal of the qualification should be regarded as a natural progression.

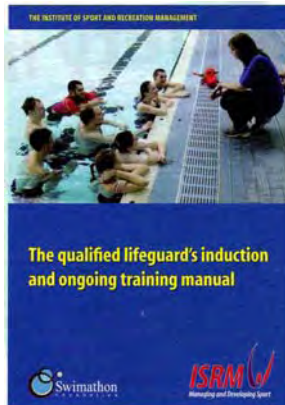
Once upon a time, lifeguarding was seen as the first step to a fulfilling and challenging career in sport and recreation; the first step on the ladder of an exciting and exhilarating process. Attending training was seen as an advantage, something that enhanced your career prospects, and lifeguarding was seen as a valuable profession.

Sadly, this is often no longer the case. Many organisations are struggling to even recruit lifeguards, not to mention develop lifeguards to provide the high quality of customer service that is desired.

This seminar will look at how some of these problems might be overcome, focusing on issues such as job descriptions, recruitment, the induction process, vigilance, training and motivation of lifeguards, with reference to the new ISRM publication, *The qualified lifeguard's induction and ongoing training manual*.

Who should attend?

NPLQ Unit 1 and Unit 2 Trainer Assessors, lifeguards, trainee lifeguards, pool supervisors and duty managers.



Seminar Topics include

Recruiting and retaining lifeguards *Charlie Ramsay*

Recruitment and selection is an expensive process in terms of finance and human resources, and induction. Many organisations with high turnovers are facing dwindling numbers of lifeguards, as existing staff find better paid or more enjoyable jobs, as well as struggling to recruit quickly enough to replace leavers. Many lifeguards are part time and casual which doesn't help the case. This session will look at different ways of recruiting lifeguards and at steps that can be taken to improve retention.

The induction of lifeguards *John Wileman/Julie Hunt*

We all know it should happen but how many of us actually invest resources in carrying out a proper and effective induction process with lifeguards? As well as adhering to legislation, a good induction can greatly enhance the lifeguard's effectiveness, knowledge and enthusiasm in a very short space of time. Earlier this year ISRM produced a new manual detailing the essential parts of the induction process and this session will outline what the induction should cover, and why.

The vigilant lifeguard – on going training *Andy Ebben/Charlie Ramsay*

How vigilant are your lifeguards? Do they really know what to look for and more importantly, how often are they distracted from watching the pool? Andy will look at the role of the lifeguard, the importance of ongoing training and will outline steps that can be taken to make them more vigilant

Lifeguarding requirements for private pool hire - *Andy Ebben*

New guidance has recently been issued about the role and responsibility of lifeguards and hirers when pools are hired out. Andy will outline the different roles of lifeguards for different activities and clarify good conditions of hire that should be stipulated when pools are hired out.

Motivating the lifeguard – their role and responsibility - *Charlie Ramsay*

Too often lifeguards are told not to talk to people for fear it will distract them from their role. How many lifeguards if asked a question can inform the public of how to use the lockers, when swimming lesson enrolments are, what times certain programmes are on? Should we be encouraging lifeguards to interact more with the public so they can sell other activities such as aqua aerobics and swimming lessons? Can we incite lifeguards to undertake a similar role to that of fitness instructors, whereby they can advise on issues such as stroke technique, stamina and fitness programmes and weight loss? This session will look at some ways in which the role of the lifeguard can develop – a thought for the future?



The seminar takes place at Sportslink, Santry, Dublin 9 on Thursday 17 February from 9.30 – 4 pm. All delegates receive a free conference bag. See www.isrm.co.uk for booking details

Kiss For Life for *lifesavers*

Publicity and Promotional Opportunity for Lifesaving



What is Kiss 4 Life ?

Kiss 4 Life for Lifesavers is a Valentine's-themed fundraising project run each year in the week of Valentine's Day. Fundraising is primarily for the "Save a Baby's Life" and "Community First Responders" projects, as well as to promote schools water safety.

We also hope to improve public awareness of *Lifesavers* as the premier provider of water safety training and education.

We Want to.....

Ensure that every community has a well-trained and resourced Community First Responder team able to defibrillate heart attack victims and buy valuable time in advance of the full emergency services.



Save a Baby's Life

The 'Save a Baby's Life' campaign has been developed to give new parents and carers confidence to know what to do if an accident happened to their child or a child in their care. Two-hour training sessions are held throughout Ireland to help prepare parents and carers to react should a crisis occur



We Want to

Ensure that every new parent is given to information on basic life support for babies who choke or stop breathing

How will it work ?

After a modest start to the campaign in 2004, we will be asking all trainers and pools to help us promote these objectives.

The promotion runs from 7 to 14 February 2005, though you may wish to run a specific fundraising event on just one or two days.

All Approved Training Centres will be sent a sample promotional pack in the coming weeks. Please register your interest by returning the form with that pack, or you can register on-line at

www.kiss4life.org.uk

We would like each leisure centre to place a collection box at reception. Lifesavers will supply boxes of 50 pin badges and a collection box. Please encourage club members and swimmers to contribute a euro or two to the box in return for their own pair of collectible lips. The design of the lips will change each year, so these are sure to become collectors items !

If you are a part-time trainer, perhaps you would consider bringing a box of lips into your workplace and make a small collection for *Lifesavers*.

The lips are free of charge; simply return any unused lips after the promotion.



Register now at
www.kiss4life.org.uk

Approved Training Centres Around the Country

Trainer Assessor Courses, Lifeguard Training

Trainer Assessor Courses

The next Course for Pool Lifeguard Trainer Assessors will take place in Dublin on 19, 20 and 26, 27 February 2005.

Pre-requisites

Candidates must be 18 years of age or over and must hold a current teaching qualification (e.g. Swim Ireland Teacher Certificate) and also hold a current National Pool Lifeguard Qualification (both Units).

Full details of the course timetable contact IQL Ireland

ISRM Unit 2 Trainers Course

The Trainer Assessor course in February will also include an ISRM Unit 2 Provider Course on Sunday 27. This can be taken by current Unit 1 Trainer Assessors or by any trainer responsible for lifeguard in-service training and induction at a swimming pool.

Beach TA course

Following unprecedented demand of the RLSS National Beach Lifeguard Qualification nationwide during 2004, the next Beach Trainer Assessor Course will take place in Dublin in March.

Pre-requisites are similar to those for the Pool Course (see right) but candidates must hold a current National Beach Lifeguard Qualification or other equivalent open water award.



Lifeguard Training Nationwide

Following their success at Trainer Assessor courses during the year, our newest TA's have been busy training and assessing as they progress through their probationary period.

Some pictures of recent courses are shown below.

Changes to Approved Training Centre Scheme

Trainers and Approved centre co-ordinators need to note some small changes taking place during 2005.

These are mailed separately only to Approved Centre co-ordinators



Successful beach lifeguard candidates in Co. Mayo,

We acknowledge the continued support for the Beach Lifeguard programme from Ambre Solaire



Winners of the Mountbatten Competition are presented with their trophy by the President of RLSS Ireland



Successful Pool Lifeguards in Newry and Sligo

Casualty Simulation Basics

Due to pressure of time at the Annual Branch Conference, the planned session on casualty simulation was removed from the programme. In this article we present some tips for improving simulation of basic injuries during lifeguard training.

Improvised Techniques

Very simple ways to add realism to training involve improvising basic requirements. Suitable coloured plasticine can be used to simulate basic wounds such as a gash to the palm of the hand. Simulated blood can be readily prepared from suitable light coloured washing up liquid and red food colouring. Just don't shake the bottle too much or it becomes excessively frothy.

A bottle of ready mixed red poster paint adds to the effect but is perhaps a bit too unrealistic.

A bit more advanced . . .

Modern casualty make up can be realistic but expensive. A slightly cheaper alternative can be to use Halloween makeup readily available in October – November and from specialist party shops all year round. Some items that are particularly good include gel blood which sets when cold and so is not too messy during simulation, and can be prepared in advance

Specialist techniques

For greatest realism, specialist wound materials or "moulages" are available. These are expensive but most realistic.

Two options are available, the first requires some skill and involves special skin coloured wax or gels and simulated blood. The range of effects is enormous but requires lots of practice to get it looking right.

A better option for the less experienced trainer is to use pre-made rubber prosthetics. These are attached to the skin using a spirit gum and can be further improved with a little make-up to hide the edges. Add a little liquid or gel blood to complete the effect. More complicated moulages such as open fractures, lacerations and incisions are available.

Consideration should be given to preparing these in advance as the gum takes time to dry. Preparing them on a full body manikin allows you to set up a variety of scenarios.

A selection of wounds (see below) is commercially available. The most useful are 4" incision, 4" laceration, slit wrists (pair) and open fracture.

The ultimate scenario . . .

Specialist manikins are available with a selection of attachable wounds. These come complete with self bleeding pumps and can bleed with no help from the trainer, for a realistic scenario. Costs are not cheap and some of the wounds tend to be a bit advanced for lifeguard training as they are aimed at paramedics *etc.*, but they do show how messy an open leg fracture can be for example. Looking at an open fractured femur with a litre of blood around it, would you be so quick to splint that leg, or just call an ambulance ...?

