



*institute of*  
**QUALIFIED  
LIFEGUARDS**

# IQL Ireland - Summer 2004 News

*Institute of Qualified Lifeguards in Ireland*

## Continued Growth for Pool Lifeguards

The RLSS - ISRM National Pool Lifeguard Qualification has been in unprecedented demand over the first half of 2004. More and more leisure centres are adopting the premier pool lifeguard qualification in Ireland.

Centres where staff have been trained in-house include the Public Service /Eircom Sportslink in Dublin, Europe's largest indoor waterpark, the National Aquatic Centre, together with local authority pools, major hotel chains and private swimming pools and leisure centres.

All these sites have undergone an assessment process to ensure that lifeguard training is of the highest standard, and all centres and the qualification is endorsed by the International Life Saving Federation (ILS).

In addition, the National Pool Lifeguard Qualification is fully compliant with the requirements of "Managing Health and Safety in Swimming Pools", and such lifeguard qualifications are required for pools seeking the White flag award. Since its inception, a majority of successful "White Flag" applicant pools have used the RLSS lifeguard training programme for their staff, making it the recognised market leader.



*The RLSS National Pool Lifeguard Qualification is endorsed by ILS*

## Pool Managers Update

The **Institute of Sport and Recreation Management** has produced a new publication designed to assist the pool manager with the organisation of lifeguard in-service training. "The Qualified Lifeguard's induction and ongoing training manual" offers a complete solution to organising and implementing lifeguard staff training.

This is required under Section 13 of the Irish Safety, Health and Welfare at Work (General Application) Regulations 1993. The publication is an essential tool in the delivery of staff induction and training, and is available direct from ISRM.

A more detailed description of the publication is enclosed with this mailing. Copies of this publication are available from ISRM, price £90 plus P&P (£70 for ISRM members).

One copy is sufficient for any pool, as the CD-ROM included contains master administration documents which can be printed off for each lifeguard.

RLSS Pool Lifeguard Trainer-Assessors who are not ISRM members may purchase this publication through IQL Ireland for a discounted price of £80 plus postage. Please e-mail [iql@ireland.com](mailto:iql@ireland.com) or telephone 086.2311730 for details of how to order.

(Offer valid until 30 September)



## First Responder Defibrillation

Later in 2004, the RLSS will launch its Community First Responder programme, in partnership with Rotary International. The programme has been chosen by Rotary as its Preferred Project for 2004 – 2005.

In preparation for this, trainer-assessors who wish to deliver and assess the defibrillation programme are invited to attend a special conversion course to be able to provide extended life support training. Courses will be run at regional

centres subject to a minimum of 6 participants and cost from €150 (1 day)



## Affordable Defibrillators for Leisure Centres

Through our partnership with a major supplier of defibrillators, IQL Ireland has already been able to supply defibrillators to several sites at a low cost and further special offers will follow later in the year. For details, please contact David Browne at IQL Ireland.

For less than the cost of an entry-level piece of gym equipment, you can equip your centre with this proven life-saving technology. Each year over 12,000

people die from cardiac arrest and related problems in Ireland each year.

In recent years a number of legal cases have been taken against Leisure Centres and airlines in the USA who did not have a defibrillator. In some cases large awards were made against these centres, sometimes exceeding \$5m. With the compensation-hungry environment which is increasingly prevalent in Ireland, the real question is maybe...

Can you afford *not* to have one ?

## Free Defibrillation Training

Thanks to generous sponsorship from Laerdal Medical, IQL Ireland can now offer free training courses in defibrillation as part of its Community First Responder programme.

Four training defibrillators (shown left) and two special manikins, together with training textbooks are available to any RLSS Extended Life Support Trainer who wishes to offer free training to leisure centres or Community First Responder groups.



**Laerdal**  
helping save lives



Please contact David Browne, First Responder Co-ordinator, to arrange for the equipment to be loaned to you.

*Please note this offer is not open to commercial courses or trainers. Courses using this equipment must be provided free of charge.*

A full range of defibrillation training units (14 in all) is available to RLSS Trainers for a nominal charge.



*"The Bronze Medallion,- the most recognised lifesaving award in the World - gets a new look."*

## The New "Bronze Age" has arrived in Ireland

New administration arrangements for the Bronze Medallion came into effect on 1 July. Candidates now receive a detailed textbook and an inscribed certificate, as well as the traditional "Bronze Medallion". However, the new certificate replaces the medallion as the official award insignia. Copies of the relevant forms to register courses and assessments are included with this mailing. Please note that APL applies to prospective Pool Lifeguard candidates who hold a current Bronze Medallion.

A Bronze Medallion Trainer's Pack is now available containing a sample Candidate Handbook, with sample Assessment Forms, along with the Lifesaving Skills & Techniques booklet, Life Support Skills & Techniques booklet, Guide to Administration booklet, 20 copies of the promotional leaflet and 4 posters at a cost: € 20.00 from IQL Ireland. The new Bronze Medallion costs £20 sterling, including Life Support 1 and candidate book.

Courses will now need to be registered in advance with RLSS at River House. Trainers can now also appoint assessors from the list of approved assessors, subject to ratification by RLSS headquarters staff. Special forms are required and these are available to download from the Lifeguards Ireland website, or by post from IQL Ireland.

### Equipment maintenance

Please note that after ongoing use and during training, the strapping on the Ferno Aquaboard can become worn. Ferno recommends replacing the straps and head restraint around every 3 years. Please check your board and replace the straps if necessary

Similarly for manikins, please ensure that faces and lungs are replaced regularly, this should be part of ongoing maintenance.

### On the Beaches . . .

We thank Garnier – Ambre Solaire for their kind sponsorship of the Beach Lifeguard programme



For a free sample of Ambre Solaire please send a stamped addressed envelope (48c) to "Ambre Solaire Promotion", P.O. Box 9702, Dublin 7



### Institute of Qualified Lifeguards in Ireland

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**We're on the Web!**

See us at:

[www.lifeguardsireland.com](http://www.lifeguardsireland.com)

### About IQL Ireland . . .

The **Institute of Qualified Lifeguards** in Ireland is established to promote the development of the RLSS National Lifeguard Qualifications, and to encourage the widespread adoption of water safety education, resuscitation skills and out-of-hospital defibrillation. The Institute administers a registration scheme for pools where RLSS Lifeguard training takes place, ensuring that high standards are maintained, and provides access to the

latest educational materials from Lifesavers-RLSS.

Training is provided to Leisure Managers enabling them to deliver training of all RLSS education programmes at their own pools. For information on any of the activities of IQL Ireland, please contact us - details opposite.