

ASSISTANT Beach Lifeguard



lifesavers
The Royal Life Saving Society UK



Guidance & Syllabus

Aim

The award has been designed to develop the competencies of anyone who is assisting / supporting a Beach Lifeguard or training towards being a Beach Lifeguard.

It is NOT a Beach Lifeguard Qualification. The award holder should not be 'employed' as a Beach Lifeguard and should not wear a lifeguard uniform. In addition they should not be 'working' alone but may accompany a qualified Beach Lifeguard.

The award, however, is ideal for those who wish to become lifeguards or have additional role providing the opportunity to support the Beach Lifeguard in their duties.

The training and assessment **is not site specific** and reflects the generic knowledge and skills following a course of training in open water practices, the open water environment, resuscitation and first aid, which shall include:

- Physical fitness
- Self discipline
- Safety supervision
- Teamwork

This assessment is a measure of basic knowledge and ability. It may be followed by on going training at recognised open recreational locations, which must test competence to apply knowledge and skills in the 'operational' environment.

A written schedule of training is essential.

The record of the assessment will state where the open water section was conducted and be endorsed on the candidate's certificate.

Life

Save

Life

Guard

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Save

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Life

Guidelines

Issue 3 version 1

Definitions

The expression 'Beach' is used generically to describe an area - usually covered by sand or pebbles, but possibly a man-made surface - forming a shoreline or sloping bank at the edge of the sea, a lake, riverbank or river estuary.

Trainers

Full courses may be conducted by a RLSS UK Beach Trainer Assessor.

Element A	Theory	RLSS UK Trainer Assessor with open water endorsement.
Element B	CPR	any RLSS UK Trainer Assessor.
Element C	First Aid	any RLSS UK Trainer Assessor.
Element D	Pool Practical	any RLSS UK Trainer Assessor
Element E	Open Water Practical	RLSS UK Trainer Assessor with open water endorsement.

Candidate Pre-requisites

1. Be at least 12 years of age.
2. Be physically fit with good eyesight and hearing.

Training Schedules

The training schedules and the results of continuous assessment must be made available to the Assessor prior to the assessment.

Training

Training should take place at recognised recreational open water locations. The training team can be assisted by those employed in a lifeguard role and knowledgeable of the local area as well as those with specialist RLSS UK Beach TA skills.

The maximum number of candidates on a course must be no more than 12 candidates for each RLSS UK Qualified Beach TA, and no more than 8 candidates on a course conducted by a probationary Trainer Assessor. There is no minimum training time, but as a guide it is expected that in the region of 24 hours for a new candidate. Assessment time is in addition to training time.

Where a candidate holds a current full First Aid at Work qualification, the period may be reduced by 9 hours.

Where the RLSS UK Trainer/Assessors also holds a FAW Lay Instructor an Emergency Aid certificate may be awarded to successful candidates providing the Trainer registers such a course with their FAW Training Provider.

Where a candidate holds a current RLSS UK Life Support or Life Support 3 award, the period of training may be reduced by 3 hours.

For candidates holding a current RLSS UK Bronze Medallion or higher Lifesaving award, the period of training may be reduced by 12 hours.

For candidates holding a current RLSS UK National Pool Lifeguard Qualification award, the period of training may be reduced by 12 hours.

Whatever the awards or qualifications are held candidates may not be awarded more than 12 hours APL / APA in total. This detail will be monitored and recorded by the Trainer.

Candidates renewing an existing qualification may have been involved in continuous on going training over 24 months, which is recorded. Training must cover the complete range of skills and knowledge within the syllabus and be recorded. Once the candidate has proven competence over the complete range of skills and knowledge they may be entered for their renewal assessment, showing a minimum of 12 hours recorded training.

Renewal candidates must undertake their assessment before the expiry date of the previous award. Where a qualification has expired candidates should quote their original assistant beach lifeguard number on the assessment report form.

Training Resources

Each course should have available:

Training Publications

Beach Lifeguard

Safety on Beaches

Safety at Inland Water Sites

Resuscitation Training Equipment

Approved manikins for adult, child and infant, plus provision for hygienic cleaning

Pocket masks

First Aid training kit in accordance with the criteria in the approved CoP L74

Personal Rescue Equipment

Torpedo buoy

Throw bag

Reaching devices if appropriate to the venue

Exemptions

- Where the candidate holds a current RLSS UK Life Support or Life support 3 award gained within the previous 3 months, they shall be exempt from Element B – CPR.
- Where the candidate holds a RLSS UK Bronze Medallion gained within the Previous 3 months they are exempt from Element D – Pool Practical.

Safety/NOP/EAP (Rescue Plans) for Trainers and Assessors

Trainers are reminded to take into consideration all safety precautions. This is especially important with regard to cold water immersion of both candidates and casualties. Trainer Assessors should be aware of any local conditions and regulations. Refer also to RLSS UK Code of Practice and Policy Statements - current editions.

Registration

All training courses must be registered at RLSS UK, River House at least 10 days before they commence. RLSS UK will allocate a course reference number. Assessment registration is required, following which RLSS UK will forward forms for the Assistant Beach Lifeguard assessment. Branch Lifesaving Co-ordinators should be notified so they can promote the course.

The award comprises core competencies covering the following elements:

- Lifeguard Theory
- Cardio Pulmonary Resuscitation
- First Aid
- Pool skills
- Open water skills

Assessment and selection of Assessors

The assessment is in five sections:

- Knowledge
- Life Support
- First Aid
- Pool
- Beach

The assessment must be carried out by a fully qualified RLSS UK Beach Lifeguard Trainer Assessor whose name appears on the current list of RLSS UK Trainer Assessors. The assessor must show evidence of current membership to RLSS UK and a current RLSS UK Beach Trainer Assessor Card of Authority.

RLSS UK Beach TA's who have completed the RLSS UK Life Support Unit are authorised to assess the Life Support Award and this may be awarded as part of the RLSS UK Assistant Beach Lifeguard Award should the candidate wish on payment of the additional fee.

Assessment Period

The whole assessment must be satisfactorily completed within a three calendar month period. Any deviation from this must be put in writing to RLSS UK beforehand.

Assessment Organisation

No more than four candidates may be assessed at any one time by one assessor. The elements A, B C and D may be undertaken in any order. Element D must be completed before Element E.

Element A Beach Lifeguard Theory

questions and responses must be in accordance with the principles and practices set out in the current RLSS UK publication Beach Lifeguard and must assess the candidate's underpinning knowledge.

Element B CPR

a candidate holding a current Life Support or Life Support 3 award taken within the last 3 months may be exempt from the practical assessments and questions with the exemption of the CPR with more than one operator, using a pocket mask.

Element C First Aid

a candidate holding a current FAW certification may be given an exemption from the practical assessments and questions.

Element D Pool Practical

must be completed in one uninterrupted session.

Element E Open Water Practical

must be completed during one day but the tests may be taken in any order at the discretion of the assessor to suit local conditions.

A separate assessor may assess any of the five sections. Where tests do not require a timed element the assessor will expect a degree of urgency to be demonstrated in all practical tests as would be the case in a real emergency.

No more than 3 groups of candidates may be assessed in any 24 hour period by the same assessor. No assessor may conduct more than three consecutive assessments for the same Trainer.

The assessment of candidates by an independent Assessor at the conclusion of a training course should be seen as the culmination of the training and assessment programme and a part of the overall continuous assessment of candidates. The trainer will discuss the progress of each candidate on an individual basis throughout the duration of the course.

Assessment Location

The assessment is not 'site specific' and the sections of the test will reflect the generic skills needed for all beach lifeguarding operations.

Medical Considerations

Training involves some physical exertion in both indoor pool and outdoor environments. The open water environment also involves variable temperatures of cold water. If a candidate has any medical condition that might impair them they would be advised to contact their GP before undertaking the training course.

Candidates should be able to dive, without risk to their hearing, to a maximum depth of 1m. It may be appropriate for candidates to seek medical advice with regard to diving to depths greater than 1.5m. Trainers and Assessors MUST advise candidates of the dangers inherent in diving to depths greater than 1.5m.

A few potential candidates may wear aids that cannot be used effectively in the water and without which they would be in able to carry out the test successfully e.g. find a casualty at the bottom of the pool at the training venue, see hand-signals or be unable to hear important communications from either a casualty or a colleague. Such candidates would be unlikely to be able to function effectively or safely as assistants to Beach Lifeguards. They should be strongly advised that they would be most unlikely to be successful in the test since no allowance will be made whether or not the aid is worn.

Goggles may be worn at any time during the training but not during the assessment of the water tests. Where a candidate wears spectacles, these may be removed prior to entering the water. Candidates are responsible for and should make suitable arrangement for their safekeeping.

Jewellery including body jewellery must be removed during training and assessment. A trainer / assessor will insist that jewellery is removed if it is likely to create a hazard for the candidate or person acting as casualty.

Equal Opportunities Policy

RLSS UK is committed to the principal of equal opportunities and as an awarding body, has a legal responsibility to take such steps as maybe considered reasonably practicable to prevent unlawful discrimination on account of race, ethnic origin, nationality, gender, sexual orientation, religious convictions, religious beliefs or disability. All of RLSS UK's policies, practices and procedures relating to the terms upon which it is prepared to confer, grant or withdraw its qualifications are administered equally and in accordance with all applicable laws.

RLSS UK takes great care to ensure the standardisation of all assessments. In the event that a candidate requires special assessment arrangements arising out of a disability, special needs, or foreign language translation requirements at the time of assessment, then TAs should contact RLSS UK Lifesaving Department 21 working days prior to the assessment date to ascertain whether these special requirements can be met.

If special arrangements are made, RLSS UK will carefully consider the nature of the assessment to ensure that the standard of the assessment remains consistent.

It is RLSS UKs policy to give full and fair consideration to all candidates who are disabled and to make the appropriate arrangements to enable them to participate in the training programmes. However, due to the requirements of the role of a lifeguard, and in accordance with the RLSS UK's overriding duty to comply with health and safety legislation, it will not always be possible to accept applications from disabled candidates.

Pre-requisites, Candidate Fitness and Preparation for Assessment

Pre-requisites

- Candidates must be 12 years of age or over
- Be physically fit with good eyesight and

hearing

Fitness preparation

Prior to attending a training course, it is recommended that candidates should be able to swim 100m on their front and 100m on their back. Candidates should be able to surface dive to a depth of 1m, tread water for 3 minutes and climb out of deep water unaided and without using the steps.

Dress for Assessment (Element E only)

Candidate

Minimum uniform of t-shirt, shorts and footwear. Wetsuits may be worn for Element E. Footwear may be discarded during swim rescues if it is safe to do so. A high visibility lifeguard cap or swim cap must be worn. Any candidate failing to wear high visibility headgear will not be allowed to take the test.

Goggles may be worn at any time during the training but not during the assessment of the water tests. Where candidates wear spectacles, these may be removed prior to entering the water. Candidates are responsible for and should make suitable arrangements for their safe-keeping. Candidates may wear goggles for the timed pool swim only.

Jewellery, including body jewellery must be removed during training and assessment. A trainer / assessor will insist that jewellery is removed if it is likely to create a hazard for the candidate or person acting as a casualty.

Casualty: Swimwear

Wet suits may be worn for Element E (Beach).

A high visibility swim cap must also be worn for Element E, this is compulsory.

Validity

The RLSS UK Assistant Beach Lifeguard Award is for 24 months from the date on the candidate's certificate.

Assessment Structure and Guidance Notes

An independent RLSS UK qualified Assessor will assess the candidate's ability to demonstrate competence through sound knowledge, an understanding of the principles of beach lifeguarding and safe practices. The candidate will be expected to answer questions both individually and as part of a team.

The practical assessment will require candidates to demonstrate competence in those skills contained in current RLSS UK publications as noted under 'Training Resources'. Training records and information concerning the conduct of the programme must be made available by the Trainer to the Assessor prior to the assessment. Failure to provide such documentation will make the assessment void.

Assessment fees

Candidates shall pay the full assessment fee as published by RLSS UK. Any candidate who fails any section of the assessment shall forfeit the fee.

The same fee is payable for new candidates and for renewal candidates.

Assessment forms

It is the responsibility of the Course Trainer to prepare the Assistant Beach Lifeguard Award and if applicable, Life Support Award assessment forms. When completed by the Assessors, it remains the Trainer's responsibility to forward all forms and fees directly to RLSS UK for processing.

Management of the Assessment of the Beach Element Communication with Beach Operators and Trainer / Assessor (see also the RLSS UK Code of Practice and Policy Statements [current editions])

1 Liaison with Beach Operator

SAFETY is a vital element of beach training and assessment. A regular lifeguard patrol area must be identified with a SHELTERED area for protection against the elements and for CHANGING. The foreshore should be checked for suitable POINTS of ENTRY and EXIT.

Organisers of Beach Lifeguard Assessments are advised to contact the Beach operator and to liaise with them to ensure that swimming activities are safe at the venue.

2 Liaison with the Trainer

Liaison with the trainer responsible for presenting candidates and ensure any medical conditions are made known.

3 Beach Safety Operating Procedures

Beach Safety Procedures or Instructions should be noted and acted upon where necessary.

Where necessary notify local emergency services about the event to ensure false alarms are not raised by members of the public who might observe an assessment.

Knowledge of the water and weather conditions should be obtained from the Coastguard or relevant governing bodies.

THE SERVICES OF EXPERIENCED BEACH LIFEGUARDS SHOULD BE OBTAINED AS NECESSARY. THERE MUST BE A RESCUE CAPABILITY TO EFFECT A SIMULTANEOUS RESCUE OF EVERYONE IN THE WATER SHOULD THIS PROVE NECESSARY.

Adequate safety provision must be made for all swimmers moving more than 20m from shoreline. This may include a rescue craft, or rescue board and be appropriate to the conditions. Appropriate First Aid and communications equipment must be provided in accordance with Beach Safety Operating Procedures.

A check of water and weather conditions, both before and during the assessment must be made. Safety provision must include any warnings to other water users. Care should be taken when water frequented by boats, other watercraft or water skiers is used.

All candidates and casualties must wear high visibility hats.

Candidates must remain in visual contact with the shore or boat throughout and should not be allowed to become widely separated from each other.

Confirm the Beach safety arrangements and provision has been made for the whole period of the assessment (Beach Section).

4 Water Depth

Ensure the Assessment Area at the beach has sufficient water depth for all parts of the assessment to be carried out.

Element A - Theory

Demonstrate knowledge and understanding of the following by answering one question from below on each subject:

- Water Safety
- Self Rescue
- Accident Prevention
- Hazard Identification
- Rescue Sequence
- Sea awareness (effect of wind, tides and currents)
- Principles of rescue
- Use and maintenance of basic rescue equipment
- Communications
- Signals
- Customer Relations
- Dealing with the Public
- Purpose of BSOPs
- Observation

Questions and responses must be in accordance with the principles and practices set out in the current RLSS UK publication Beach Lifeguard and must assess the candidates underpinning knowledge.

Element B - CPR

Objective:

To assess the candidates knowledge of life support.

All of section B must be achieved in one session.

1. Complete the examination syllabus for the RLSS UK Life Support

Candidates are exempt this section if they hold a RLSS UK Life Support or Life Support 3 award gained within the previous three months and evidence is produced.

They must undertake the practical element of CPR in the open water section 3 regardless of any exemption.

Note: Candidates may opt to receive the RLSS UK Life Support award for this section Provided:

- I. The Trainer Assessor is also a current RLSS UK Life Support Assessor and holds a Card of Authority
- II. Assessment Report Forms are prepared
- III. The current assessment fee is paid (in addition to that being paid for the Assistant Beach Lifeguard Award.)

Candidates must demonstrate competence in the following:

B1 Demonstration of assessment and treatment of a simulated unconscious casualty

Demonstrate on a live simulated casualty, the following:

This test will include:

- Turning a simulated unconscious casualty from face down to face up
- Simulated check for normal breathing
- Demonstration of action for vomit
- Demonstration of recovery position

The candidate will explain:

- When help would be called
- How to make an emergency call
- How their actions would be different if the casualty responded

B2 Demonstration of assessment and treatment of a simulated unconscious non breathing adult casualty

Demonstrate on an approved adult manikin the assessment of an adult casualty deemed to have suffered sudden collapse and is not breathing normally.

- The candidate will demonstrate single operator CPR for a period of 2 minutes.
- The demonstration will include getting emergency help

B3 Knowledge and Understanding of Basic Life Support

Demonstrate underpinning knowledge and understanding of the following by answering four to six questions from the following topics:

- Basic life support sequence
- Choking
- Bleeding
- Shock

Questions and responses must be in accordance with the principles and practices set out in the current RLSS UK publication Beach Lifeguard.

Element C - First Aid

Objective: To assess the candidates knowledge of first aid

Demonstrate underpinning knowledge and understanding of the following by answering one question from each heading below:

- Shock
- Hypothermia
- Cold Shock
- Effects of drowning
- Basic treatment of bleeding and simple bandaging
- Principles of treating fractures

Questions and responses must be in accordance with the principles and practices set out in the current RLSS UK publication Beach Lifeguard.

Practical – the candidates will demonstrate one of the following:

- Bleed to arm or leg
- Elevated or arm sling
- Basic treatment of a fracture of a leg or arm

Element D - Pool Practical Assessment

A candidate who holds a current Bronze Medallion, taken within the last 3 months will be exempt from this section.

All other candidates will successfully complete the syllabus below:

1. Throw a buoyant aid to a casualty 8m away. Instruct the casualty to return to safety.
2. Coil and throw a rope to a casualty 10m away and pull them to the side in less than 45 seconds.
3. Enter shallow water and wade to a casualty 10m away. Using a throwing aid, instruct the casualty to hold the aid and instruct them what to do.
4. Enter shallow water and wade to a casualty 10m away. Using a rigid aid instruct the casualty to hold the aid. Instruct the casualty in what to do. Slowly pull them to the side and place them in a support position.
Help the casualty out of shallow water without using the steps.
5. In shallow water turn a face down 'unconscious casualty' face up and walk to the poolside whilst shouting for help.
6. Using initiative assist 1 casualty in difficulty up to 5m away.
7. Demonstrate a safe entry into clear deep water.
Swim continuously in clothing (minimum of shorts and t-shirt) for 200m (100m on your front and 100m on your back) in less than 10 minutes.
Tread water for 3 minutes, shouting and signalling for help every 30 seconds or so.
Remove t-shirt and shorts.
8. Swim 100m during which perform 2 feet first and 2 head first surface dives, recover an object in 1m of water before surfacing.
Climb out of deep water unaided.

Element E - Open Water Practical Assessment

No candidate may take this section until Element D - Pool Practical has been successfully completed.

E1 Conscious Weak Casualty Rescue

- A conscious weak swimmer is in difficulty 10 metres from waist depth water.
- Taking instructions from a Beach Lifeguard and using a torpedo buoy, demonstrate a 10 metre safe approach, communication from a stand-off position and a 10 metre non-contact rescue.
- Assist the casualty to land using other team members and treat for hypothermia.

E2 Assisted Rescue

Receive details of injuries sustained by two casualties from a Beach Lifeguard.

- Run 200 metres to the patrol base, request the appropriate emergency service and advise that service of the number of casualties, their condition and the assistance required.

E3 Unconscious Casualty Assisted Rescue

In waist deep water, take instructions from a Beach Lifeguard who has brought ashore an unconscious casualty.

- Take over the handling of the casualty from the Lifeguard, who is required to assist another casualty in deep water.
- Organise the landing of the casualty.
- On the beach assess the condition of the casualty.
- Ensure an ambulance has been called and demonstrate single operator CPR (using a pocket mask) on a recognised adult manikin for two minutes at the assessors discretion.
- The assessor will direct another team member to offer to take over CPR from the Assistant Beach Lifeguard.
- The team member will do so using a recognised barrier pocket mask device.
- Returning to the simulated unconscious casualty the candidate will demonstrate action for vomit and place the casualty in the recovery position

E4 Signals

Using the appropriate hand signals, direct a Beach Lifeguard to a point where an unconscious casualty has disappeared from sight in deep water.

E5 Team Incident

Working with a Beach Lifeguard follow the instruction to assist with a rescue of up to 3 casualties.

The candidate will not go beyond 10 metres past waist depth and will be expected to undertake a shout and signal rescue, reach, throw, wade or non-contact rescue. The candidate will also assist with providing any appropriate aftercare and completion of the incident report form.

Equipment List

- Torpedo buoy
- Throw devices
- Reach devices

Specialist Additional Units

Following successful completion of the Assistant Beach Lifeguard award holders may undertake training for the National Beach Lifeguard Specialist units – Malibu board and rescue paddle board. These may only be trained by an RLSS UK Beach Trainer Assessor who has the relevant Beach Specialist TA endorsement. Assistant Beach Lifeguard award holders may be assessed for these specialist units if they are over the age of 16 years.

ASSISTANT Beach Lifeguard



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