

NATIONAL Beach Lifeguard QUALIFICATION



lifesavers
The Royal Life Saving Society UK



Specialist Unit - Rescue Paddle Craft

Ski, Malibu, Canoe suitable for patrol and rescue, Paddle board, Rowing boat

Aim:

To introduce qualified lifeguards to the basic skills required for handling rescue paddle craft competently.

Pre-requisites:

To hold RLSS UK NBLQ Unit 1 and 2 qualification. Training for the specialist unit may be run concurrently with training for Unit 1 and Unit 2 only when the trainer has ensured candidate's open water swimming ability.

Life

Save

Life

Guard

Life

Save

Life

Guard

Life

RLSS UK National Beach Lifeguard Qualification Specialist Unit - Rescue Paddle Craft

3rd Edition - May 2004

Specialist Unit Content:

This unit will contain the following elements:

1. Craft familiarisation
2. Basic maintenance
3. Basic paddle craft handling
4. Rescue paddle craft skills
5. Knowledge
6. Bends and hitches (Optional unit)

Course duration:

The training will not have minimum hours allotted to it, but the trainer will complete the course member's training log to record training undertaken in all areas. When competency has been demonstrated in all skills the candidate may be formally assessed.

Course staff:

This specialist unit will be run by a RLSS UK Beach TA or NTA who is appropriately experienced. (The RLSS UK Beach TA may enlist other suitably qualified personnel to assist but the RLSS UK TA must be present throughout training).

Training conditions:

All safety aspects, course numbers, training guidance etc apply as for the RLSS UK National Beach Lifeguard Award and identified in the syllabus (3rd edition).

It would be expected that candidates should demonstrate competence in all skills within their operational zone as stated in the BSOPs .

Equipment:

Suitable craft and associated equipment must be provided in suitable numbers in relation to the number of candidates.

Course members should have personal equipment including wetsuit (if appropriate), footwear, and protective clothing.

Safety:

The safety of candidates and staff is of paramount importance. Personal buoyancy aids / life jackets conforming to BSI standards should always be worn when appropriate. The unit trainer must ensure that there is always adequate safety cover for all water based activities.

Assessment:

The assessment will be conducted by a RLSS UK Beach TA or NTA who has not trained the candidate and has the appropriate endorsement. The Assessor must ensure all compulsory skills are signed as competent before the practical assessment takes place. If the compulsory skills are not signed by the trainer the assessment should not take place.

The RLSS UK Beach TA should be appropriately experienced. The Beach TA should, if necessary, enlist other suitably qualified personnel. This should be noted on the assessment form.

Content

1. Craft familiarisation:

Theory elements:

- Handling characteristics
- Stability
- Basic terminology

Practical elements:

- Preparation of the craft for use
- Preparation of the craft for stowage

2. Basic maintenance:

- Checking and testing craft and personal equipment
- Basic craft repairs

3. Basic paddle craft handling:

Practical elements:

- Prepare for launching
- Controlled launching
- Controlled landing
- Forward movement
- Reverse movement
- Turning the craft
- Quick stop
- Getting on and off in deep water

4. Rescue paddle craft skills:

Practical elements:

- Tows
- Carries
- Recovery of conscious casualty
- Recovery of unconscious casualty
- Support rescue breathing using a simulated casualty
- Landing conscious and unconscious casualties

5. Knowledge:

At the conclusion of this element the candidate will understand the following:

- Use of rescue paddle craft within teamwork
- Communications with other team members
- Hazard identification

6. Bends and hitches

(Optional element to be recorded on the trainers and Lifeguards training log)

At the conclusion of this element the candidate will be able to execute the following bends and hitches and identify their uses.

- Reef knot
- Bowline
- Round turn and two half hitches

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RLSS UK National Beach Lifeguard Qualification Specialist Unit - Rescue Paddle Craft Training Log

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<p>Specialist Unit: Rescue Paddle Craft</p> <p>Ski, Malibu, Canoe suitable for patrol and rescue, Paddle board, Rowing boat</p> <p>*(delete as appropriate, use separate sheet for each type of craft)</p>	<p>Candidates Name: <input style="width: 100%;" type="text"/></p> <p>Group: <input style="width: 100%;" type="text"/></p> <p>Trainer: <input style="width: 100%;" type="text"/></p> <p>Society No: <input style="width: 20px;" type="text" value="3"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/> <input style="width: 20px;" type="text"/></p>
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Date	Training content	Venue / Conditions	Comments & Competencies State distance if appropriate	Trainer's Signature	Candidate's Signature
	Theory elements				
	Handling characteristics				
	Stability				
	Basic terminology				
	Practical elements				
	Preparation of craft for use				
	Preparation of craft for stowage				
	Basic maintenance				
	Checking and testing craft				
	Checking and testing personal equipment				
	Basic craft repairs				
	Basic paddle craft handling				
	Prepare for launching				
	Controlled launching				
	Controlled landing				
	Forward movement				
	Reverse movement				
	Turning the craft				
	Quick stop				
	Getting on & off in deep water				
	Tows				
	Carries				
	Recovery of conscious casualty				
	Recovery of unconscious casualty				
	Supported rescue breathing using a simulated casualty				
	Landing conscious and unconscious casualties				
	Knowledge				
	Use of paddle craft within teamwork				
	Communications with other team members				
	Hazard identification				
	Bends, hitches & uses (Optional)				
	Reef knot				
	Bowline				
	Round turn & 2 half hitches				

Specialist Unit - Rescue Paddle Craft

Assessment

Practical Tests:

1. The candidate will rescue a 'conscious casualty'. The test will be set to simulate an incident and local operating procedures should be followed. The casualty will be beyond the 'break' or in other instances at the furthest extent of the patrol zone but not exceeding 100m. The assessment criteria should be in accordance with local conditions and permit candidates to demonstrate a variety of skills.

Following the practical assessment the candidate will explain their actions taken

2. The candidate will rescue an 'unconscious casualty'. The test will be set to simulate an incident and local operating procedures should be followed, (no specific distance is determined by the assessment criteria but should be in accordance with local conditions and permit candidates to demonstrate a variety of skills.

Following the practical assessment the candidate will explain their actions taken

Theory assessment:

1. The candidate must demonstrate knowledge and understanding of the following by answering one question from each heading below and an additional two questions selected at random:

- safety in the use of the craft
- basic maintenance of the craft
- basic preparation of the craft
- aspects of the craft used not demonstrated in the practical assessment

Surf accreditation:

Candidates will be accredited with a surf endorsement when the two practical tests are assessed under surf conditions.

NB: Surf conditions are deemed to be where there is a regular wave height in excess of one metre and at a venue where surf related pastimes regularly take place.

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