

*The Surf Life Saving
Association
of Wales
Awards Booklet
2010*

This book belongs to

--

Registered Charity No. 1048575

The Surf Life Saving Association of Wales wishes to thank all organisations and individuals from around the world in their assistance with this scheme.

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The Surf Life Saving Association of Wales
Management Board/Technical Commission
Seventh Edition 2010



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* Courses to be registered using Appendix 3, Course Registration Form and please note, these awards are to be claimed using Appendix 4, Assessment Claim Form*.



SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ POOL

General Notes

Candidates Ability

Candidates must be physically capable of carrying out the requirements of the scheme. Persons with disabilities shall consult with the Technical Director who shall decide whether any particular disabilities are such as to present or preclude them from carrying out the test in a satisfactory manner. A read/writer can be used upon request.

Minimum Age

Under no circumstances are candidates under the prescribed minimum age permitted to present themselves for the various levels of the scheme.

Assessors

Assessors for the SLSA Wales Safety Awards

- SLSA Surf Life Saving Assessor (Full or Probationary)
- SLSA Beach Life Guard Assessor (Full or Probationary)
- SLSA Nipper Coach or Coach
- SLSA Wales Approved Assessor

Pool Junior Lifesaver and Pool Lifesaver awards must be assessed by a Surf Life Saving or Beach Lifeguard Assessor (Full or Probationary). Assessors from other water based teaching organisations may apply to the SLSA Wales Management Board for approval on a two yearly basis.

Examination award and fees

All Nipper awards are priced at £1 and these certificates can be obtained from the Technical Director before the assessment takes place. Junior Pool Lifesaver and Pool Lifesaver awards are priced at £7.50 and on successful completion the candidate will receive a printed certificate, issued by the Technical Director on receipt of the Assessment Claim Form (Appendix 4).

Equipment and Teaching Materials

All gear, equipment and patients required for the examination shall be provided by the participating club/group. Teaching materials for the Youth Awards can be found in the SLSA Wales Nipper Manual available from Peter Lake (Tel: 01656 655930. email: peter.lake14@tiscali.co.uk)

Group Sizes

No more than 8 per assessment for each assessor except Junior Lifesaver and Lifesaver when maximum number is 4.

Candidates Patients

Where possible patients should be of the same size and sex as the candidates.

Split Assessments

Where an assessment needs to be split, then where possible the same assessor should be used. All level tests must be completed in order and in one session.

Entry and Exits

Where possible all entries must be into deep water, and all exits must be unaided, use of pool steps is not allowed. All surface dives are at candidate's own risk (verbal warning to be read on each occasion).

You are advised that there can be a chance of impairment to your hearing by undertaking any diving to depths larger than 1.5 metres. Any dives are taken at your personal risk

**DURING ALL TRAINING FOR THE AWARDS CANDIDATES SHOULD BE REMINDED TO
AVOID DIRECT PHYSICAL CONTACT WHERE EVER POSSIBLE.**

THE SURF LIFE SAVING ASSOCIATION OF WALES
WATER SAFETY AWARDS ~ POOL

Level A ~ 7 years

1. Throw a buoyant object to patient 5 metres from the side and instruct patient to reach the side.
2. Enter the water in a safe manner (slide in).
3. Swim 50 metres, any forward facing stroke.
4. Pick up object from bottom at candidate's chest depth.
5. Tread water for 30 seconds.
6. Swim 50 metres lifesaving backstroke.
7. Leave the water in a safe manner.
8. Answer 5 questions on water, beach safety and first aid :
 - I. Who should you always tell when you go to the water:
 - II. When visiting the seaside, name some of the dangers associated with inflatables, waves and the tide:
 - III. Describe two different types of information flags you may see on the beach:
 - IV. What are the dangers of sun and heat:
 - V. How would you protect your body from the sun:

THE SURF LIFE SAVING ASSOCIATION OF WALES
WATER SAFETY AWARDS ~ POOL

Level B ~ 8 years

1. Throw a buoyant object to patient 6 metres from side and instruct patient to reach the side.
2. Enter the water in a safe manner (slide in).
3. Swim 75 metres, any forward facing stroke.
4. Pick up object from bottom at candidate's chest depth.
5. Tread water for 1 minute and attract attention by raising one arm for 10 seconds and shout for assistance.
6. Swim 50 metres with rescue tube (no patient).
7. Swim 50 metres lifesaving backstroke.
8. Leave the water in a safe manner.
9. Answer 5 questions on water, beach safety and first aid:
 - I. What would you do if you spot someone in trouble in the sea:
 - II. How would you recognise safe swimming areas:
 - III. Why should you always swim with someone else:
 - VI. What would you do if you get cramp while swimming:
 - VII. What would you do if you get sand in your eyes:

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ POOL

Level C ~ 9 years

1. Throw a buoyant object to patient 6 metres from side and instruct patient to reach the side.
2. Using an aid demonstrate a reaching rescue for a patient 2 metres from the side.
3. Enter the water in a safe manner for unknown conditions (slide in).
4. Swim 100 metres, any forward facing stroke.
5. Pick up object from the bottom (just out of candidate's depth).
6. Tread water for 1 minute 30 seconds and attract attention by raising one arm for 15 seconds and shout for assistance.
7. Swim 75 metres lifesaving backstroke.
8. Swim 75 metres with a rescue tube.
9. Leave the water in a safe manner at the deepest part.
10. Answer 8 questions on water, beach safety and first aid:
 - I. What can you do to stop getting cold in the water:
 - II. How could you signal for assistance if you are in difficulty in the sea:
 - III. Name a group of people who save lives in the sea:
 - IV. Name some of the equipment a lifeguard may use:
 - V. How would you control a nosebleed:
 - VI. What would you do in a case of someone fainting:
 - VII. What action do you take to help lessen the effect of a sting:
 - VIII. How would you treat sunburn:

THE SURF LIFE SAVING ASSOCIATION OF WALES
WATER SAFETY AWARDS ~ POOL

Level D ~ 10 years

1. Throw a buoyant object to patient 6 metres from side and instruct patient to reach the side.
2. Using an aid demonstrate a reaching rescue for a patient 5 metres from side.
3. Enter the water in a safe manner for unknown conditions (slide in).
4. Swim 100 metres front crawl in 4 minutes.
5. Pick up object from bottom (just out of candidate's depth).
6. Tread water for 2 minutes and attract attention by raising one arm for 20 seconds and shout for assistance.
7. Swim 100 metres with a rescue tube.
8. Wade 10 metres to a patient who is 15 metres from side and throw an aid to patient and encourage to return to side then instruct them to a place of safety.
9. Answer 8 questions on water, beach safety and first aid:
 - I. What is a rip current and how may you identify one:
 - II. What causes a wave:
 - III. What action might a lifeguard take to perform a rescue:
 - IV. When would you and how would you, contact the emergency services:
 - V. How should you react when dealing with someone who is hurt:
 - VI. What method of treatment should be applied to burns:
 - VII. What is heat stroke:
 - VIII. How would you treat heat stroke:

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ POOL

Level E ~ 11 years

1. Enter the water by a straddle jump.
2. Swim 100 metres front crawl (head up) in 4 minutes.
3. Pick up object from bottom depth 1.5 metres.
4. Tread water for 2 minutes and attract attention by raising one arm for 20 seconds and shout for assistance.
5. Leave the pool in a safe manner.
6. Enter the water in a safe manner for unknown conditions (slide in) and wade 15 meters to a patient 25 metres from side. Throw an aid to the patient and encourage them to return to the side. Instruct them to a place of safety.
7. Swim 200 metres, the first 100 metres with rescue tube and the second 100 metres sidestroke with harness off.
8. Swim 100 metres life saving backstroke.
9. Demonstrate two defensive actions.
10. Demonstrate placing a patient into the recovery position.
11. Answer 10 questions on water, beach safety and first aid:
 - I. What equipment could be used for a non-contact rescue:
 - II. What should you do if you get into trouble in a rip current:
 - III. What colours are the lifeguard uniform:
 - IV. What are a group of lifeguards called:
 - V. What makes the sea (tides) ebb and flow:
 - VI. How would you treat a bleeding wound:
 - VII. How would you treat a broken bones:
 - VIII. What would you do if you found someone unconscious:
 - IX. Describe a first Aid box and the type of things you would expect to find in it:
 - X. How would you treat fainting:

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ POOL

Level F ~ 12 years

1. Assist patient in difficulties in deep water by using reaching methods (distance set by Assessor).
2. Assist patient in water by throwing objects and using commands to reach side, (distance set by Assessor).
3. Enter the water in a safe manner for unknown conditions (slide in). Swim 50 metres to a conscious patient and tow 50 metres to deep end with rescue tube and instruct how to leave the pool safely.
4. Swim 100 metres in 3 minutes 30 seconds front crawl head up.
5. Pick up object from bottom (1.5 metres).
6. Straddle jump entry, swim 50 metres and tow patient 50 metres (non contact), instruct the patient from deep end and place in a position of safety.
7. Demonstrate placing a patient into the recovery position.
8. Answer 10 questions on water, beach safety and first aid:
 - I. Describe three types of waves:
 - II. What information should you give when reporting an accident:
 - III. Describe three types of information flags you could see on the beach:
 - IV. As well as lifeguard, what other emergency services could be involved in rescues in the sea:
 - V. Demonstrate the following signals:
 - a. Return to shore
 - b. Proceed further out to sea
 - c. Go left or right or remain stationary
 - VI. Describe what are the aims of first aid:
 - VII. What could stop a patient breathing:
 - VIII. How would you treat a patient who vomits:
 - IX. How would you recognise a patient choking:
 - X. How would you treat choking:

**JUNIOR POOL LIFESAVER
(ILS Standard)**

MINIMUM RECOMMENDED COMPETENCIES

A Junior Lifesaver is a person with the basic training required for the assistance in saving of life in the water.

LEARNING OUTCOME 1: Perform water-based skills in a pool environment.

Assessment Criteria:

- 1.1 Swim 2 x 50m crawl and breaststroke, with eyes above water level, looking forward
- 1.2 Swim 200m in maximum 10:00 minutes.
- 1.3 Demonstrate 3 different types of entry into the water.
- 1.3 Swim 15m to patient, after 7m dive 1.5m deep and pick up 1 object, drop the object and continue to swim to patient, carry the patient over 15m.
- 1.4 Consecutively perform water-based skills in the following sequence:
 - Enter safely in water,
 - Tread water with arms and legs for 1 minute,
 - Float for 1 minute,
 - Tread water for 1 minute with arms only,
 - Tread water for 1 minute with legs only.

LEARNING OUTCOME 2: Demonstrate land-based skills.

Assessment Criteria:

- 2.1 Demonstrate 2 release and 2 towing techniques (on dry land).

LEARNING OUTCOME 3: Demonstrate emergency aid techniques.

Assessment Criteria:

- 3.1 Show knowledge of respiration and circulation principles and demonstrate correctly an adult CPR (1 rescuer) including recovery position, open airway maintenance, call for emergency service,
- 3.2 Demonstrate elementary first aid methods approved/recommended by ILS.

ASSESSMENT STRATEGY

These learning outcomes are best assessed using some of the following common assessment of the learning outcomes.

- Oral examination on course content.
- Written examination on course content.

RANGE OF VARIABLES

There are a number of variables, which will affect the performance and assessment of the learning outcomes. These may include:

<u>Variable</u>	<u>Scope</u>
• Facilities	Swimming Pool lengths/depths and measurements (metric). Use of alternative aquatic locations where pools are not available.
• Dress	Identification of equipment available for use. Candidates may be required to wear their recognised uniform.
• Candidates	Candidates will have limited experience and will be at least 12 years of age.
• Resources	ILS member organisations will list and identify the use of theoretical and practical resources available to them.

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ POOL

POOL LIFESAVER (ILS Standard)

MINIMUM RECOMMENDED COMPETENCIES

A Lifesaver is a person with the basic training required for the saving of life in the water.

LEARNING OUTCOME 1: Perform water-based fitness skills in a pool environment.

Assessment Criteria:

- 1.1 Swim 100m in less than 1:40 minutes using a stroke in the front only.
- 1.2 Swim 300m in less than 4:30 minutes using fins.
- 1.3 Swim 300m in less than 9:00 minutes without fins.

LEARNING OUTCOME 2: Demonstrate rescue simulation technique.

Assessment Criteria:

- 2.1 Consecutively perform rescue techniques in the following sequence:
 - Perform correct approach technique to casualty; then,
 - Perform three (3) release techniques; then,
 - Tow a person over a total of 25m using three (3) towing techniques.

LEARNING OUTCOME 3: Demonstrate combined rescue technique.

Assessment Criteria:

- 3.1 Consecutively perform combined rescue technique in the following sequence in less than two (2) minutes where the candidate is wearing t-shirt and shorts as a minimum:
 - Lifesaving entry (stride jump, slide entry); then,
 - Swim 25m freestyle; then,
 - Surface dive to dummy/person (max of 1.5m depth); then,
 - Lift dummy/person and tow it a minimum of 25m;
- 3.2 Perform correct patient management, which includes, calling for help, patient assessment and then adult CPR on a manikin for a minimum of three (3) minutes directly after completing criteria 3.1.

LEARNING OUTCOME 4: Demonstrate the ability to swim underwater.

Assessment Criteria:

- 4.1 Dive and swim a minimum of 15m underwater without breaking the surface.

LEARNING OUTCOME 5: Understand and explain the purpose and use of at least two (2) pieces of ILS-approved lifesaving equipment items used in rescue.

Assessment Criteria:

- 5.1 Explain the function of selected lifesaving rescue equipment.
5.2 Perform a rescue simulation using the selected equipment.

LEARNING OUTCOME 6: Perform emergency response techniques including basic resuscitation and first aid techniques.

Assessment Criteria:

- 6.1 Perform basic patient management techniques including:
- Diagnose/check for Dangers, Response, Airway, Breathing, 999 and Compressions (DRAB9C)
 - Lateral position & patient rollover
 - Calling for help
- 6.2 Perform basic resuscitation techniques including:
- CPR (adult, child, infant)
 - One and two-person CPR operation
 - Resuscitation equipment
- 6.3 Perform and manage basic first aid techniques including:
- Patient management
 - Managing basic injuries (ie. shock, fractures, bleeding etc)

ASSESSMENT STRATEGY

These learning outcomes are best assessed using some of the following common assessment methods:

- Observation (personal, video review).
- Oral questioning.
- Written examination (short answer, multiple choice).
- Simulated rescue scenario.

RANGE OF VARIABLES

There are a number of variables, which will affect the performance and assessment of the learning outcomes. These may include:

Variable**Scope**

- Facilities Swimming Pool lengths/depths and measurements (metric). Use of alternative aquatic locations where pools are not available.
- Dress Identification of equipment available for use. Candidates may be required to wear their recognised uniform.
- Candidates Candidates will have limited experience and will be at least 14 years of age.
- Resources ILS member organisations will list and identify the use of theoretical and practical resources available to them.

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

General Notes

Trainers / Assessors

To be able to instruct / examine these awards you must hold or have held a Surf Lifeguard Trainer / Assessor award and have attended an update in Wales within two years of the proposed assessment date.

Examination application

All examinations must be arranged with the Technical Director **at least 14 days** prior to the examination date.

Examination fees

All assessments must be paid for in advance of examination, the current cost being:

Junior Surf Lifesaver ~ £7.50	Racing Surf Ski ~ £5
Masters Surf Competition Award- £7.50	Surf Lifesaver ~ £10
NARS Beach Lifeguard/Lifesaver/Surf Coach ~ £15 (Manual £15)	
Surf Patrol ~ £5	IRB Crew ~ £10
IRB Driver ~ £10	Non-Members, price on application.

Cheques must be crossed and made payable to SLSA Wales.

Responsibilities

All candidates and their Trainers must ensure that there is sufficient safety cover, equipment and patients in line with current SLSA Wales guidelines. It is the Trainers responsibility to 'Risk Assess' the venue, prior to the commencement of the examination. **All** candidates must be sufficiently trained and medically fit before entering the examination (**NB** any relevant medical conditions must be informed to the Assessor).

Resources

Resource material for this award will be the current NARS Beach Lifeguard manual or any other approved material (UK Resuscitation Guidelines, ILSE ~ Safety on Beaches)

Examination award

On successful completion of the award, the candidate will receive a printed certificate. **ALL Beach Awards are valid for three years from date of assessment.**

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

JUNIOR SURF LIFESAVER

MINIMUM RECOMMENDED COMPETENCIES

A Junior Surf Lifesaver is a person with the basic training required for providing assistance to a qualified Surf Lifeguard.

LEARNING OUTCOME 1: Introduction to Surf Life Saving.

Assessment Criteria:

- 1.1 Demonstrate understanding of surf life saving in Wales and identify the surf club as a welcoming place.
- 1.4 Explain how weather and the tides can effect both the beach environment and beach users.
- 1.5 Identify and understand 10 SLSA Wales beach safety tips.
- 1.5 Identify the consequences of not being sunsmart.
- 1.6 Identify:
 - the four different types of rip currents.
 - how to manage rips in a beach environment,
 - how to use rip currents to assist in surf swimming and rescues.

LEARNING OUTCOME 2: Demonstrate emergency aid techniques.

Assessment Criteria:

- 2.1 Identify the principles of DrsAB9C,
- 2.2 Perform cardiopulmonary resuscitation (CPR) techniques on an adult manikin,
- 2.3 Demonstrate placing a casualty in the recovery position,
- 2.4 Recognise and manage casualties suffering from:
 - cramp
 - fainting
 - shock
 - choking

LEARNING OUTCOME 3: Demonstrate communication techniques.

Assessment Criteria:

- 3.3 Recognise the importance of communicating with beach users,
- 3.4 Identify ways to communicate with beach users and other emergency services,
- 3.5 Demonstrate the use of signal flags.

LEARNING OUTCOME 4: Perform swimming and running based fitness skills in a surf environment.

Assessment Criteria:

- 4.1 Demonstrate surf swimming and beach running skills in a 100m run followed by a 400m swim.
- 4.2 Perform a tube rescue on a conscious victim 100m from shore.

LEARNING OUTCOME 5: Craft preparation and maintenance.

Assessment Criteria:

- 5.1 State what checks are needed on a racing/rescue malibu board prior to use.
- 5.2 Describe what routine maintenance should be carried out on Malibu boards in general.
- 5.3 Identify and describe the aspects of a rescue board and how it can be used to secure and support a conscious casualty,

LEARNING OUTCOME 6: Demonstrate the use of a Malibu Boards.

Assessment Criteria:

- 6.1 Be able to perform a competent start.
- 6.2 Be able to paddle to a marker not less than 200m from shore,
- 6.3 To be able to act on signals given by the Assessor from shore.
- 6.4 Perform a board rescue on a conscious casualty 200m from shore, according to guidelines for board rescue endorsed by ILS.

ASSESSMENT STRATEGY

These learning outcomes are best assessed using some of the following common assessment of the learning outcomes.

- Oral assessment on course content.

RANGE OF VARIABLES

There are a number of variables, which will affect the performance and assessment of the learning outcomes. These may include:

<u>Variable</u>	<u>Scope</u>
• Prerequisite	Candidates must be able to swim 400m confidently.
• Facilities	Facilities and use of open water aquatic locations. Conditions of the venue. Identification of equipment that is available for use at that location.
• Dress	Candidates may be required to wear their recognised uniform.
• Candidates	Candidates will have limited experience and will be at least 12 years of age.
• Resources	ILS member organisations will list and identify the use of theoretical and practical resources available to them.
• Distances	These can be altered + or – 25% by the Assessor to take in account sea conditions and beach topography
• Equipment	Malibu Racing Boards or Surf Rescue full size boards are to be used for this assessment (Nipper type boards are not allowed.)

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

SURF LIFESAVER

MINIMUM RECOMMENDED COMPETENCIES

A Surf Lifesaver is a person who will be to act as a 'back-up' to a qualified Surf Lifeguard..

LEARNING OUTCOME 1: Demonstrate combined rescue with and without equipment in a surf environment.

Assessment Criteria:

- 1.1 Perform combined rescue technique in the following sequence:
 - Lifesaving entry (wading, porpoising, swim); then
 - Perform rescue of conscious victim which is minimum of 100m away from shore
- 1.2 Run-Swim-Rescue (Run 200m, swim 200m)
 - Perform rescue of conscious victim using a rescue tube; then
 - Provide appropriate aftercare on returning to shore

LEARNING OUTCOME 2: Demonstrate the use of a board for rescue purposes.

Assessment Criteria:

- 2.1 Identify and describe the aspects of a rescue board and the equipment & procedure used.
- 2.2 Perform a board rescue on a unconscious victim according to guidelines for board rescue endorse by ILS.

LEARNING OUTCOME 3: Perform emergency response techniques including advanced resuscitation and first aid techniques.

Assessment Criteria:

- 3.1 Perform patient management techniques including:
 - Diagnosis/Check for Dangers, Response, Airway, Breathing, 999 and Compressions (DRAB9C)
 - Lateral position & patient rollover
 - Calling for help
- 3.2 Perform resuscitation techniques including the treatment for an adult victim of drowning:
 - CPR (adult, children, infant)
 - One and two-person CPR operation

- 3.3 Identify and perform first aid techniques for managing injury and emergency including:
- Patient management
 - Identify and managing injuries (i.e. shock, fractures, arterial and venal bleeding, spinal injury etc.)
 - Use of appropriate rescue and first aid equipment.

LEARNING OUTCOME 4: Describe medical knowledge about a range of conditions associated with rescues.

Assessment Criteria:

- 4.1 Describe the application of appropriate emergency treatments in a rescue situation.
- 4.2 Describe the use of medical equipment in emergency situations.
- 4.3 Have knowledge of Health & Safety procedures, pertinent to managing emergency medical situations.
- 4.4 Identify and list medical services available for support in an emergency medical situation.

LEARNING OUTCOME 5: Develop and implement strategies to manage emergencies.

Assessment Criteria:

- 5.1 Identify and select strategies for water rescues and emergencies.
- 5.2 Identify and solve potential problems for putting plans into place.
- 5.3 Describe a basic emergency management plan.
- 5.4 Practice emergency management plan.
- 5.4 Review and modify emergency management plan.

LEARNING OUTCOME 6: Identify and describe issues related to the facility/workplace.

Assessment Criteria:

- 6.1 Report on the characteristics of the aquatic location including environmental, geographic and demographic. Identify and select strategies for water rescues and emergencies.
- 6.2 List the nearest available emergency services.
- 6.3 Identify potential resources for use in rescue.
- 6.4 Discuss public relation information required for promoting safety at the location.

LEARNING OUTCOME 7: Simulate the use of land-based rescue skills.

Assessment Criteria:

- 7.1 Support conscious patient and transport him over a minimum distance of 25m using a recognised patient transport technique.
- 7.2 Perform simulated rescue using a throwing aid to a conscious victim in the water over a minimum distance of 10m.

LEARNING OUTCOME 8: Simulate the use of water-based rescue skills .

Assessment Criteria:

- 8.1 Perform a simulated rescue using suitable aids to a conscious victim with spinal injuries in the water over a minimum distance of 10m.

ASSESSMENT STRATEGY

These learning outcomes are best assessed using some of the following common assessment methods:

- Observation (personal, video review)
- Oral questioning
- Written examination (short answer, multiple choice)
- Simulated rescue scenario

RANGE OF VARIABLES

There are a number of variables that will affect the performance and assessment of the learning outcomes. These may include:

Variable	Scope
• Facilities	Facilities and use of open water aquatic locations. Conditions of the venue. Identification of equipment that is available for use at that location.
• Dress	Candidates may be required to wear their recognised uniform; long shirt and shorts or short shirt and shorts during the assessment.
• Candidates	Candidates will be at least 15 years of age with experience and will be seeking or currently employed as a volunteer or paid lifesaver.
• Resources	ILS member organisations will list and identify the use of theoretical and practical resources available to them.

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

SURF PATROL AWARD

MINIMUM RECOMMENDED COMPETENCIES

A Surf Patroller, is a person who will act as a 'back-up' to a qualified Surf Lifeguard on land-based incidents.

LEARNING OUTCOME 1: Perform emergency response techniques including advanced resuscitation and first aid techniques.

Assessment Criteria:

- 1.1 Perform patient management techniques including:
 - Diagnosis/Check for Dangers, Response, Airway, Breathing, 999 and Compressions (DRAB9C)
 - Lateral position & patient rollover
 - Calling for help
- 1.2 Perform resuscitation techniques including treatment for an adult victim of drowning:
 - CPR (adult, children, infant)
 - One and two-person CPR operation
- 1.3 Identify and perform first aid techniques for managing injury and emergency including:
 - Patient management
 - Identify and managing injuries (i.e. shock, fractures, arterial and venal bleeding, spinal injury etc.)
 - Use of appropriate rescue and first aid equipment.

LEARNING OUTCOME 2: Describe medical knowledge about a range of conditions associated with rescues.

Assessment Criteria:

- 2.1 Describe the application of appropriate emergency treatments in a rescue situation.
- 2.2 Describe the use of medical equipment in emergency situations.
- 2.3 Have knowledge of Health & Safety procedures, pertinent to managing emergency medical situations.
- 2.4 Identify and list medical services available for support in an emergency medical situation.

LEARNING OUTCOME 3: Develop and implement strategies to manage emergencies.

Assessment Criteria:

- 2.5 Identify and select strategies for water rescues and emergencies.

- 2.6 Identify and solve potential problems for putting plans into place.
- 2.7 Describe a basic emergency management plan.
- 2.8 Practice emergency management plan.
- 2.9 Review and modify emergency management plan.

LEARNING OUTCOME 4: Identify and describe issues related to the facility/workplace.

Assessment Criteria:

- 4.1 Report on the characteristics of the aquatic location including environmental, geographic and demographic. Identify and select strategies for water rescues and emergencies.
- 4.2 List the nearest available emergency services.
- 4.3 Identify potential resources for use in rescue.
- 4.4 Discuss public relation information required for promoting safety at the location.

LEARNING OUTCOME 5: Simulate the use of water-based rescue skills .

Assessment Criteria:

- 5.1 Perform as part of a team, simulated rescue using suitable aids to a conscious victim with spinal injuries in the water over a minimum distance of 10m.

ASSESSMENT STRATEGY

These learning outcomes are best assessed using some of the following common assessment methods:

- Observation (personal, video review)
- Oral questioning
- Written examination (short answer, multiple choice)
- Simulated rescue scenario

RANGE OF VARIABLES

There are a number of variables that will affect the performance and assessment of the learning outcomes. These may include:

Variable	Scope
• Facilities	Facilities and use of open water aquatic locations. Conditions of the venue. Identification of equipment that is available for use at that location.
• Dress	Candidates may be required to wear their recognised uniform; long shirt and shorts or short shirt and shorts during the assessment.
• Candidates	Candidates will be at least 15 years of age with experience and will be seeking or currently employed as a volunteer lifesaver.
• Resources	ILS member organisations will list and identify the use of theoretical and practical resources available to them.

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

Masters Surf Competition Award

MINIMUM RECOMMENDED COMPETENCIES

An award designed for potential competitors to prove that they have the minimum fitness and skills available to enter a lifeguard competition.

LEARNING OUTCOME 1: Introduction to Surf Life Saving.

Assessment Criteria:

- 1.1 Demonstrate understanding of surf life saving in Wales and identify the surf club as a welcoming place.
- 1.2 Explain how weather and the tides can effect both the beach environment and beach users.
- 1.3 Identify and understand 10 SLSA Wales beach safety tips.
- 1.4 Identify the consequences of not being sunsmart.
- 1.5 Identify:
 - the four different types of rip currents.
 - how to manage rips in a beach environment,
 - how to use rip currents to assist in surf swimming and rescues.

LEARNING OUTCOME 2: Demonstrate communication techniques.

Assessment Criteria:

- 2.1 Recognise the importance of communicating with beach users.
- 2.2 Identify ways to communicate with beach users and other emergency services.
- 2.3 Demonstrate the use of signal flags.

LEARNING OUTCOME 3: Perform swimming and running based fitness skills in a surf environment.

Assessment Criteria:

- 3.1 Demonstrate surf swimming and beach running skills in a 100m run followed by a 400m swim.
- 3.2 Perform a tube rescue on a conscious victim 100m from shore.

LEARNING OUTCOME 4: Craft preparation and maintenance.

Assessment Criteria:

- 4.1 State what checks are needed on a racing malibu board prior to use.
- 4.2 Describe what routine maintenance should be carried out on Malibu boards in general.
- 4.3 Identify and describe the aspects of a rescue board and how it can be used to secure and support a conscious casualty,

LEARNING OUTCOME 5: Demonstrate the use of a Malibu Boards.

Assessment Criteria:

- 5.1 Be able to perform a competent start.
- 5.2 Be able to paddle to a marker not less than 200m from shore,
- 5.3 To be able to act on signals given by the Assessor from shore.
- 5.4 Perform a board rescue on a conscious casualty 200m from shore, according to guidelines for board rescue endorsed by ILS.

ASSESSMENT STRATEGY

These learning outcomes are best assessed using some of the following common assessment of the learning outcomes.

- Oral assessment on course content.

RANGE OF VARIABLES

There are a number of variables, which will affect the performance and assessment of the learning outcomes. These may include:

<u>Variable</u>	<u>Scope</u>
• Pre-requisite	Candidates must be able to swim 400m confidently.
• Facilities	Facilities and use of open water aquatic locations. Conditions of the venue. Identification of equipment that is available for use at that location.
• Dress	Candidates may be required to wear their recognised uniform.
• Candidates	Candidates will be at least 30 years of age
• Resources	ILS member organisations will list and identify the use of theoretical and practical resources available to them.
• Distances	These can be altered + or – 25% by the Assessor to take in account sea conditions and beach topography
• Equipment	Malibu Racing Boards or Surf Rescue full size boards are to be used for this assessment (Nipper type boards are not allowed.)

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

RACING SURF SKI COMPETENCY AWARD

MINIMUM RECOMMENDED COMPETENCIES

An award aimed at potential competitors to prove that they are able to use a Racing Ski competently and safely.

LEARNING OUTCOME 1: Risk identification and management.

Assessment Criteria:

- 1.1 Demonstrate the use of and understanding of all surf ski related flag and hand signals.
- 1.2 Explain how weather and the tides can effect the way in which surf ski events are run.
- 1.3 Identify three types of waves and state what effect each has on the way in which a ski is handled in them.
- 1.4 Identify the risks when training on a racing ski given a hot summer's day on your beach. State how you would minimise those risks.
- 1.5 Identify the risks when training on a racing ski on a cold winter's day. State how you would minimise the risks.

LEARNING OUTCOME 2: Craft preparation and maintenance.

Assessment Criteria:

- 2.1 State what checks are needed on a racing surf ski prior to use.
- 2.2 State what influences the choice of paddle.
- 2.3 Describe what routine maintenance should be carried out on surf skis in general.

LEARNING OUTCOME 3: Craft Handling.

Assessment Criteria:

- 3.1 Be able to perform a 'competent start'
- 3.2 Be able to sprint paddle to a marker not less than 200m from shore,
- 3.3 To be able to act on signals given by the Assessor from shore.
- 3.4 To be able to right and gain control of a capsized competition surf ski.
- 3.5 To paddle 100m parallel to shore at sprint speed and then on a signal from the assessor return to shore at sprint speed.

ASSESSMENT STRATEGY

These learning outcomes are best assessed using some of the following common assessment of the learning outcomes.

- Oral assessment on theoretical course content.
- Ocean work to be assessed in a minimum of 30cm (1ft) shore break or swell.

RANGE OF VARIABLES

There are a number of variables, which will affect the performance and assessment of the learning outcomes. These may include:

<u>Variable</u>	<u>Scope</u>
• Facilities	Facilities and use of open water aquatic locations. Conditions of the venue. Identification of equipment that is available for use at that location.
• Dress	Candidates may wear wet suits if they wish.
• Candidates	Candidates will be 13 on the 31 December in the year preceding the examination and will reach the age of 14 in the year of the examination.
• Resources	ILS member organisations will list and identify the use of theoretical and practical resources available to them.
• Distances	These can be altered + or – 25% by the Assessor to take In account sea conditions and beach topography.

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

NARS BEACH LIFEGUARD

MINIMUM RECOMMENDED COMPETENCIES

A Surf Lifeguard is a person who will be regularly assigned to protect life and safety in the surf environment.

AIM

- To provide a Nationally recognised award for the Beach Lifeguard covering; fitness, practical lifeguarding skills & knowledge, rescue, life support & first aid

PRE-REQUISITE

- Be a minimum of 16 years of age on the date of assessment

VALIDITY OF AWARD

- 36 months from the date of the assessment

SYLLABUS

1. Fitness Test & Releases

- 1.1 Complete a timed swim of 400 metres over a measured course, in a pool not less than 25 metres in length, using a front stroke. A time of 7:30 minutes is accepted as the maximum time permitted for the swim.
- 1.2 Complete a timed run of 200 metres over a measured course, on a beach. A time of 40 seconds is accepted as the maximum time permitted for the run.

2. Lifeguard Skills, Knowledge & Rescue

- 2.1 Whilst in a Pool, demonstrate two releases selected by the Assessor.
- 2.2 A thorough knowledge and understanding of all signals
- 2.3 Run 50 metres with a rescue tube, swim 100 metres (fins optional) to an unconscious, non-breathing patient. Demonstrate deep water EAV during which time the patient shall be deemed to have become conscious. Bring the patient to shore and demonstrate appropriate aftercare. The exercise must be carried out under simulated rescue

- conditions with an appropriate attempt to perform the rescue 'as quickly as possible'.
- 2.4 Rescue an unconscious, non-breathing, patient 150 metres from the shore using a rescue board. Demonstrate deep water supported EAV and return with the patient to the shore
 - 2.5 Rescue a conscious patient from the sea (approx. 50m from shore) without equipment demonstrating appropriate patient management and care.
 - 2.6 Demonstrate the ability to surface dive to a depth of approximately 2m. This may be completed during entry into the water for the tube rescue.
 - 2.7 Acting as a Lifeguard, as team leader and as part of a team, initiate the appropriate procedures at an incident and provide aftercare for 1 or 2 patients from a previously unknown simulated emergency situation. At the completion of the test, complete an Incident Report form
 - 2.8 Answer 5 questions from the work sheets (Beach Environment section) without referring to any notes. A mark of at least 4 is accepted as the minimum score permitted.
 - 2.9 Answer 10 questions from the work sheets (Lifeguard Techniques section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.
 - 2.10 Answer 5 questions from the work sheets (Communication section) without referring to any notes. A mark of at least 4 is accepted as the minimum score permitted.
 - 2.11 As part of a team, rescue a prone patient with a suspected spinal injury and remove to safety. Demonstrate appropriate action and aftercare

3. Life Support

- 3.1 Using a live simulated unconscious patient (not a manikin) demonstrate:
 - 3.11 Scene safety and assessment
 - 3.12 Turning a patient from prone to supine
 - 3.13 Checking the airway, checking for signs of life
 - 3.14 The action for vomiting and blockages
 - 3.15 The recovery position and aftercare
 - 3.16 Obtaining an airway on a suspected spinal injury patient using jaw thrust
- 3.2 Using a suitable adult manikin, demonstrate CPR (a face shield or mask may be used)
- 3.3 Using a suitable adult manikin, demonstrate CPR using supplementary oxygen via an approved method (may be continuous with above)
- 3.4 Using a suitable adult manikin, demonstrate 1 and 2 person Cardio Pulmonary Resuscitation
- 3.5 Demonstrate CPR on a:
 - 3.51 Child manikin
 - 3.52 Baby manikin

4. First Aid

- 4.1 Acting individually, initiate the appropriate procedures at an incident and provide the aftercare for one or two patients from a previously unknown simulated first aid situation.
- 4.2 Answer 10 questions from the work sheets (First Aid and Resuscitation section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.

ASSESSMENT

Complete the syllabus for assessment which may be completed in sections providing that **ALL** sections are completed within three calendar months.

Candidates **MUST** complete Section 1 (Fitness & Releases) before completing Section 2 (Lifeguard Skills, Knowledge & Rescue).

Should the assessment be completed over a 3 month period, the 36 month validity will commence from the date on which the first section was completed.

When the award is renewed, the candidate may complete the Assessment one month prior to the expiration date of the old award. In this case the 36 month period will start on the expiration date of the old award.

(Sections 3 & 4 above constitute the Emergency Aid 2 Award)

RANGE OF VARIABLES

There are a number of variables that will affect the performance and assessment of the learning outcomes. These may include:

Variable	Scope
• Facilities	Facilities and use of open water aquatic locations. Conditions of the venue. Identification of equipment that is available for use at that location.
• Dress	Candidates may be required to wear their recognised uniform; long shirt and shorts or short shirt and shorts during the assessment.
• Candidates	Candidates will be at least 16 years of age with experience and will be seeking or currently employed as a volunteer / paid lifeguard.
• Resources	ILS member organisations will list and identify the use of theoretical and practical resources available to them.

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

NARS SURF LIFE SAVING & SURF COACH

MINIMUM RECOMMENDED COMPETENCIES

A Surf Lifesaver is a person who will be to act as a 'back-up' to a qualified Surf Lifeguard..

AIM

- To establish a standard which creates a level of competence in life saving enabling back-up to qualified lifeguards.

PRE-REQUISITE

- Be a minimum of 15 years of age on the date of assessment

VALIDITY OF AWARD

- 36 months from the date of the assessment

SYLLABUS

1. Fitness Test & Releases

- 1.1 Complete a timed swim of 400 metres over a measured course, in a pool not less than 25 metres in length, using a front stroke. A time of 9:30 minutes is accepted as the maximum time permitted for the swim.
- 1.2 Complete a timed run of 200 metres over a measured course, on a beach. A time of 60 seconds is accepted as the maximum time permitted for the run.

2. Lifeguard Skills, Knowledge & Rescue

- 2.1 Whilst in a Pool, demonstrate two releases selected by the Assessor.
- 2.2 A thorough knowledge and understanding of all signals
- 2.3 Run 50 metres with a rescue tube, swim 100 metres (fins optional) to an unconscious, non-breathing patient. Demonstrate deep water EAV during which time the patient shall be deemed to have become conscious. Bring the patient to shore and demonstrate appropriate aftercare. The exercise must be carried out under simulated rescue

- conditions with an appropriate attempt to perform the rescue 'as quickly as possible'.
- 2.4 Rescue an unconscious, non-breathing, patient 150 metres from the shore using a rescue board. Demonstrate deep water supported EAV and return with the patient to the shore
 - 2.5 Rescue a conscious patient from the sea (approx. 50m from shore) without equipment demonstrating appropriate patient management and care.
 - 2.6 Demonstrate the ability to surface dive to a depth of approximately 2m. This may be completed during entry into the water for the tube rescue.
 - 2.7 Acting as a Lifeguard, as team leader and as part of a team, initiate the appropriate procedures at an incident and provide aftercare for 1 or 2 patients from a previously unknown simulated emergency situation. At the completion of the test, complete an Incident Report form
 - 2.8 Answer 5 questions from the work sheets (Beach Environment section) without referring to any notes. A mark of at least 4 is accepted as the minimum score permitted.
 - 2.9 Answer 10 questions from the work sheets (Lifeguard Techniques section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.
 - 2.10 Answer 5 questions from the work sheets (Communication section) without referring to any notes. A mark of at least 4 is accepted as the minimum score permitted.
 - 2.11 As part of a team, rescue a prone patient with a suspected spinal injury and remove to safety. Demonstrate appropriate action and aftercare

3. Life Support

- 3.1 Using a live simulated unconscious patient (not a manikin) demonstrate:
 - 3.11 Scene safety and assessment
 - 3.12 Turning a patient from prone to supine
 - 3.13 Checking the airway, checking for signs of life
 - 3.14 The action for vomiting and blockages
 - 3.15 The recovery position and aftercare
 - 3.16 Obtaining an airway on a suspected spinal injury patient using jaw thrust
- 3.2 Using a suitable adult manikin, demonstrate CPR (a face shield or mask may be used)
- 3.3 Using a suitable adult manikin, demonstrate CPR using supplementary oxygen via an approved method (may be continuous with above)
- 3.4 Demonstrate CPR on a:
 - 3.41 Child manikin
 - 3.42 Baby manikin

4. First Aid

- 4.1 Acting individually, initiate the appropriate procedures at an incident and provide the aftercare for one or two patients from a previously unknown simulated first aid situation.
- 4.2 Answer 10 questions from the work sheets (First Aid and Resuscitation section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.

ASSESSMENT

Complete the syllabus for assessment which may be completed in sections providing that **ALL** sections are completed within three calendar months.

Candidates **MUST** complete Section 1 (Fitness & Releases) before completing Section 2 (Lifeguard Skills, Knowledge & Rescue).

Should the assessment be completed over a 3 month period, the 36 month validity will commence from the date on which the first section was completed.

When the award is renewed, the candidate may complete the Assessment one month prior to the expiration date of the old award. In this case the 36 month period will start on the expiration date of the old award.

(Sections 3 & 4 above constitute the Emergency Aid 2 Award)

RANGE OF VARIABLES

There are a number of variables that will affect the performance and assessment of the learning outcomes. These may include:

Variable	Scope
• Facilities	Facilities and use of open water aquatic locations. Conditions of the venue. Identification of equipment that is available for use at that location.
• Dress	Candidates may be required to wear their recognised uniform; long shirt and shorts or short shirt and shorts during the assessment.
• Candidates	Candidates will be at least 15 years of age with experience and will be seeking or currently employed as a volunteer or paid lifesaver.
• Resources	ILS member organisations will list and identify the use of theoretical and practical resources available to them.

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

NARS IRB CREW

AIM: To provide a standard for the operation of an Inshore Rescue Boat as IRB Surf Crewman

PRE-REQUISITE: Be a minimum of 16 years of age on the date of assessment

Have a minimum of 10 hours experience as an IRB Surf Crewman (5 of which should be logged in surf), evidence of such being verified by means of a recognised log book signed by an Officer of the Club or equivalent

Hold a current Surf Life Saving Award (NARS Beach Lifeguard or recognised equivalent award) or hold a current NARS Emergency Aid 2 Award (or recognised equivalent) and complete Section 3 of the syllabus

Provide proof of hours logged with a recognised log book signed off by a Supervisor/Officer of the Club.

Complete IRB worksheets prior to assessment.

VALIDITY OF AWARD: 36 months from the date of the assessment

NB: The use of all IRB's for training and assessment purposes should be carried out in accordance with the most recent policy statements for powered craft. The assessment should be carried out in testing conditions whilst maintaining a high level of safety at all times

SYLLABUS:

Section 1: Theory

- Answer 25 questions from the Crewman's work sheets without referring to any notes. 20 correct answers, (80%), will be the minimum accepted result to be deemed competent. The question paper will cover knowledge in the following areas:
 - All signals
 - The craft, its equipment & motor, including the appropriate spares to be carried
 - The crew's responsibilities in the pre-operation check and all safety aspects to be observed in the operation of the IRB

- The crew's responsibilities towards the stowage of the IRB, motor & equipment
- The crew's responsibilities towards the routine maintenance of the IRB & motor
- The use of radios and basic maintenance

Section 2: Practical

- Demonstrate competence in all aspects of the crew's responsibilities in launching, manoeuvring and recovery of the IRB
- Demonstrate how to start the motor and return the IRB to shore from beyond the break
- Demonstrate the crew's role whilst performing any of the following rescues, during which the crew must demonstrate an ability to lift a patient weighing 70kg (11 stone) into the craft from the water:
 - ~Pick up beyond the break
 - ~Pick up within the break
 - ~Swim and tow with tube
 - ~Throw line or tube
 - ~Mass rescue encompassing any of the above
- Demonstrate the following:
 - ~The ability to give life support in the craft
 - ~Care of the patient
 - ~The crew's role in the patient carry
 - ~A knowledge of the appropriate treatment of suspected spinal injuries
- Demonstrate the ability to cope with any of the following emergency situations:
 - ~Driver overboard & safe recovery to IRB
 - ~Engine failure in the break
 - ~Simulated puncture of pontoon
 - ~Roll over procedure for craft (to be carried out without the motor)
- Demonstrate knowledge of, and the ability to tie the following knots:
 - ~Bowline
 - ~Fisherman's knot
 - ~Figure of eight on the bight
 - ~Round turn and two half hitches

Section 3: Life Saving Skills

- Complete a timed run swim run of 200m x 200m x 200m in the sea. A time of 9 minutes is accepted as the maximum time permitted for the test. Demonstrate two releases selected by the Assessor.
- Demonstrate effectively the ability to carry out the following:
 - ~A thorough knowledge and understanding of all signals
 - ~Swim 150 metres, head up, to an unconscious, non-breathing patient and demonstrate deep water EAV using a rescue tube. Tow the patient to shore whilst carrying out EAV at regular intervals for the first 50 metres, then assume the patient to be breathing but still unconscious for the remainder of the tow. Land the patient and signal for assistance. Carry out an assisted drag to safety and demonstrate appropriate action and aftercare

- Demonstrate and understanding of the following:
 - ~The beach and ocean environment
 - ~Radio usage
 - ~Back up duties of the Life Saver
 - ~General Life Saving topics
 - Emergency services & incident management
 - Health & safety issues

ASSESSMENT: Complete the syllabus for the assessment

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

NARS IRB DRIVER

AIM: To provide a standard for the operation of an Inshore Rescue Boat as an IRB Surf Driver

PRE-REQUISITE: Be a minimum of 17 years of age on the date of assessment

Have a minimum of 20 hours experience as an IRB Surf Driver (10 of which should be logged in surf), evidence of such being verified by means of a recognised log book signed by an Officer of the Club or equivalent

Hold the NARS IRB Surf Crewman Award

Hold a current Surf Life Saving Award (NARS Beach Lifeguard or recognised equivalent award) or hold a current NARS Emergency Aid I Award (or recognised equivalent award) and complete Section 3 of the syllabus

Complete IRB worksheets prior to assessment.

VALIDITY OF AWARD: 36 months from the date of the assessment

NB: The use of all IRB's for training and assessment purposes should be carried out in accordance with the most recent policy statements for powered craft. The assessment should be carried out in testing conditions whilst maintaining a high level of safety at all times

Candidates are permitted to attempt both the NARS IRB Surf Crew and IRB Surf Driver Awards simultaneously providing sufficient hours have been logged and that fees are paid for BOTH awards.

SYLLABUS:

Section 1 : Theory

- Answer 25 questions, which may be drawn from both the Driver's and Crewman's work sheets, without referring to any notes. 20 correct answers, (80%), will be the minimum accepted result to be deemed competent. The question paper will cover knowledge in the following areas:
 - ~All signals
 - ~The craft, its equipment & motor, including the appropriate spares to be carried

- ~How to carry out minor repairs to the motor using the tools and spares normally carried
- ~The driver responsibilities in the pre-operation check and all safety aspects to be observed in the operation of the IRB
- ~The driver responsibilities towards the stowage of the IRB, motor & equipment
- ~The driver responsibilities towards the routine maintenance of the IRB & motor
- ~The use of radios and basic maintenance

Section 2: Practical

- Demonstrate competence in all aspects of the driver's responsibilities in launching, manoeuvring and recovery of the IRB
- Demonstrate how to start the motor and return the IRB to shore from beyond the break
- Demonstrate the driver's role whilst performing any of the following rescues:
 - ~Pick up beyond the break
 - ~Pick up within the break
 - ~Crew swim and tow with tube
 - ~Throw line or tube
 - ~Safely tow another craft
 - ~Mass rescue encompassing any of the above
- Demonstrate the following:
 - ~The driver's role in the patient carry
 - ~Demonstrate the ability to cope with any of the following emergency situations:
 - ~Crew overboard – solo driving & safe recovery of crew
 - ~Engine failure in the break
 - ~Engine failure beyond the break
 - ~Simulated puncture of pontoon
 - ~Weed or rope tangled in propeller
 - ~Roll over procedure for craft (to be carried out without the motor) including a demonstration of the sequence of steps to be carried out on the motor after immersion
- Where available, demonstrate the accurate laying, adjustment and recovery of buoys and anchors normally used at Carnivals. Possess a knowledge of the use of the IRB as both safety cover and judge boat at Carnivals as set out in the current SLSA GB Competition Handbook
- Demonstrate knowledge of, and the ability to tie the following knots:
 - ~Bowline
 - ~Fisherman's knot
 - ~Figure of eight on the bight
 - ~Round turn and two half hitches

Section 3: Life Saving Skills

- Complete a timed run swim run of 200m x 200m x 200m in the sea. A time of 9 minutes is accepted as the maximum time permitted for the test. Demonstrate two releases selected by the Assessor.
- Demonstrate effectively the ability to carry out the following:
 - ~A thorough knowledge and understanding of all signals
 - ~Swim 150 metres, head up, to an unconscious, non-breathing patient and demonstrate deep water EAV using a rescue tube. Tow the patient to shore whilst carrying out EAV at regular intervals for the first 50 metres, then assume the patient to be breathing but still unconscious for the remainder of the tow. Land the patient and signal for assistance. Carry out an assisted drag to safety and demonstrate appropriate action and aftercare

Section 3: Life Saving Skills

- Demonstrate and understanding of the following:
 - ~The Surf Life (GB) Saving family
 - ~The beach and ocean environment
 - ~Radio usage
 - ~Back up duties of the Life Saver
 - ~General Life Saving topics

ASSESSMENT: Complete the syllabus for assessment

RE-ASSESSMENT: For re-assessment, the candidate will be assessed as a Driver however, will also be asked to demonstrate skills required for IRB crewman to include patient rescue, recovery, after-care and other aspects of the crewman's responsibilities at the discretion of the assessor.

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

IRB CREW (ILS Standard)

PRE-REQUISITES

Prior to undertaking this assessment, participants are to:

- Be a minimum of 16 years of age at the date of the assessment.
- Have no limiting disabilities
- Produce a log of 10 hours practical experience (5 of which should be logged in surf)
- Have satisfied the relevant local boating laws, regulations or licence requirements

MINIMUM RECOMMENDED COMPETENCIES

For the SLSA Wales / ILS International Rescue Boat Crew Certificate the candidate must be able to demonstrate competence in the following areas.

Part 1: Shore based training.

Demonstrate fitness and lifesaving skills.

Assessment Criteria:

1.1 Fitness

Demonstrate a basic minimum fitness level by completing a run of 200 metres, swim of 200metres & run of 200 metres on a beach in a time of less than 9 minutes.

1.2 Tube Rescue

Demonstrate rescue skills by swimming 100 metres with a Rescue Tube (fins optional) to an unconscious, non breathing patient. Demonstrate deep water EAV during which time the patient shall be deemed to have become conscious. Bring the patient to shore and demonstrate appropriate aftercare. The exercise must be carried out under simulated rescue conditions with an appropriate attempt to perform the rescue 'as quickly as possible'.

1.3 Life Support

Demonstrate scene safety and assessment using a live simulated unconscious patient (not a manikin)
Demonstrate turning a patient from prone to supine
Demonstrate checking the airway, signs of breathing and of circulation
Demonstrate the action for vomiting and blockages
Demonstrate the recovery position and aftercare
Demonstrate obtaining an airway on a suspected spinal injury patient using jaw thrust

- 5.1 Demonstrate CPR including treatment for an adult victim of drowning on a:
Adult manikin
Child manikin
Baby manikin

Part 2: Shore based training.

Demonstrate theoretical and practical knowledge of the IRB and motor.

Assessment Criteria:

- 2.1 **Communication**
Demonstrate knowledge of all hand, flag and whistle signals and flares and their uses.
- 2.2 **Boat**
Demonstrate knowledge of the boat, its construction, equipment and maintenance needs.
- 2.3 **Pre Operation Checks**
Demonstrate knowledge of the crew responsibilities in the pre operation checks and all safety aspects to be observed in the operation of the rescue boat.
- 2.4 **Knots**
Demonstrate the following knots.
a. Coil a rope
b. Bowline
c. Clove hitch
d. Sheet bend
- 2.5 **Safety**
Demonstrate a knowledge of the safety requirements when operating an IRB.
- 2.6 **Dry Land Demonstration**
Demonstrate dry land simulated crewing

Part 3: Shore based training.

Demonstrate theoretical and practical knowledge of storage and maintenance.

Assessment Criteria:

- 3.1 **Storage of Equipment**
Demonstrate a knowledge of the responsibilities towards the cleaning and storage of the IRB and associated equipment after use.
- 3.2 **Maintenance**
Demonstrate a knowledge of the responsibilities towards the routine maintenance of the boat and associated equipment.

Part 4: Water based training.

Demonstrate theoretical and practical knowledge of the IRB.

Assessment Criteria

- 4.1 **Launching, Manoeuvring and Recovery**
Demonstrate competence in all aspects of the crewman's responsibilities in the launching, manoeuvring and recovery of the rescue boat.
- 4.2 **Rescue**
Demonstrate the crew role whilst performing the following rescues, during which the crew must demonstrate an ability to recover a patient, weighing approximately 70kg (11stone or 154 pound), into the boat from the water.
 - a. Conscious casualty
 - b. Unconscious casualty
 - c. Injured casualty
 - d. Two (2) conscious casualties
- 4.3 **Care of Casualty**
Demonstrate care of the casualty in the rescue boat.
- 4.4 **Casualty Carry**
Demonstrate the crew role in casualty transportation from the rescue boat to shore and safety.
- 4.5 **Emergency Procedures**
Demonstrate the ability to cope with the following emergency situations.
 - a. Driver (helmsman) overboard
 - b. Engine failure in operational conditions
 - c. Simulated puncture of pontoon (inflatable rubber boat)
 - d. Roll-over procedure for craft; simulated roll-over to be carried out without motor attached to boat
- 4.6 **Resuscitation**
Demonstrate effective CPR, where the rescue boat design permits, inside the rescue boat while stationary.

ASSESSMENT STRATEGY

These learning outcomes are best assessed using the following common assessment methods:

- a. Observation
- b. Oral questioning
- c. Written examination (short answer or multiple choice)
- d. Simulated rescue scenario

Only accredited Trainers or trainers holding a current and valid certificate in the specific environment of Offshore or Inshore operation are authorised to teach and examine the ILS Rescue Boat Crew Certificate.

RANGE OF VARIABLES

There are a number of variables that will affect the performance and the assessment of the learning outcomes associated with the ILS International Rescue Boat Crew Certificate. ILS members applying for achievement of the MINIMUM Standard should specify the use of such variables in their documentation.

<u>Variable</u>	<u>Scope</u>
• Rescue Boat	Type of Rescue Boat, whether Inflatable Rescue Boat (IRB), or other type of boat
• Conditions	Water conditions in which the rescue craft are normally used such as surf or inland waterways.
• Dress	Candidates may be required to wear their recognised uniform during the assessment.
• Candidates	Candidates will have experience and seeking service or currently employed as a lifesaver/lifeguard.
• Resources	ILS member organisations will list and identify the use of theoretical resources available to them.

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

IRB DRIVER (ILS Standard)

PRE-REQUISITES

Prior to undertaking this assessment, participants are to:

- Be a minimum of 16 years of age at the date of the assessment.
- Have no limiting disabilities
- Produce a log of 20 hours practical experience (10 of which should be logged in surf)
- Hold a current SLSA Wales/ILS Rescue Boat Crew Certificate (Both SLSA Wales/ILS Rescue Boat Crew and Driver Certificates may be taken at the same time)
- Have satisfied the relevant local boating laws, regulations or licence requirements

MINIMUM RECOMMENDED COMPETENCIES

For the SLSA Wales / ILS International Rescue Boat Driver Certificate the candidate must be able to demonstrate competence in the following areas.

Part 1: Shore based training. Demonstrate fitness and lifesaving skills.

Assessment Criteria:

1.1 Fitness

Demonstrate a basic minimum fitness level by completing a run of 200 metres, swim of 200metres & run of 200 metres on a beach in a time of less than 9 minutes.

1.2 Tube Rescue

Demonstrate rescue skills by swimming 100 metres with a Rescue Tube (fins optional) to an unconscious, non breathing patient. Demonstrate deep water EAV during which time the patient shall be deemed to have become conscious. Bring the patient to shore and demonstrate appropriate aftercare. The exercise must be carried out under simulated rescue conditions with an appropriate attempt to perform the rescue 'as quickly as possible'.

1.3 Life Support

Demonstrate scene safety and assessment using a live simulated unconscious patient (not a manikin)
Demonstrate turning a patient from prone to supine
Demonstrate checking the airway, signs of breathing and of circulation

Demonstrate the action for vomiting and blockages
Demonstrate the recovery position and aftercare
Demonstrate obtaining an airway on a suspected spinal injury patient using jaw thrust

- 5.2 Demonstrate CPR including treatment for an adult victim of drowning on a:
Adult manikin
Child manikin
Baby manikin

Part 2: Shore based training.

Demonstrate theoretical and practical knowledge of the IRB.

Assessment Criteria:

- 2.1 **Communication**
Demonstrate knowledge and use of two-way radio including basic maintenance.
- 2.2 **Navigation**
Demonstrate knowledge of the navigation rules and regulations in the area the IRB will normally be used.
- 2.3 **Motor**
Demonstrate knowledge of the boat's motor, its construction, components, associated equipment and maintenance.
- 2.4 **Safety**
Demonstrate knowledge of the safety requirements when operating an IRB.
- 2.5 **Dry Land Demonstration**
Demonstrate dry land simulated driving.
- 2.6 **Weather and Local Conditions**
Demonstrate knowledge of local weather and prevailing conditions in the normal operating area for the IRB.
- 2.7 **Record Keeping**
Demonstrate knowledge of incident reporting systems.
Demonstrate knowledge in the use of log books.

Part 3 – Shore based training

Demonstrate theoretical and practical knowledge of storage and maintenance.

Assessment Criteria:

- 3.1 **Storage of Equipment**
Demonstrate knowledge of the driver's responsibilities towards the cleaning and storage of the motor after use.
- 3.2 **Maintenance**
Demonstrate knowledge of the driver's responsibilities towards the routine maintenance of the boat and engine.

Part 4: Water based training.

Demonstrate theoretical and practical knowledge of the IRB.

Assessment Criteria:

- 4.1 **Launching, Manoeuvring and Recovery**
Demonstrate competence in all aspects of the driver's responsibilities in the launching, manoeuvring and recovery of the IRB.
- 4.2 **Towing**
Demonstrate the correct towing technique for a disabled IRB and other disabled craft.
- 4.3 **Motor Ignition, Running and Stopping**
Demonstrate competence in starting the motor, running the motor, stopping the motor and diagnosing starting difficulties.
- 4.4 **Rescue**
Demonstrate the driver's role whilst performing the following rescues, during which the crew must demonstrate an ability to recover a patient, weighing approximately 70kg (11stone or 154 pound), into the boat from the water.
 - a. Conscious casualty
 - b. Unconscious casualty
 - c. Injured casualty
 - d. Two (2) conscious casualties
 - e. Tube rescue
- 4.5 **Care of Casualty**
Demonstrate care of the casualty in the IRB.
- 4.6 **Casualty Carry**
Demonstrate the driver's role in casualty transportation from the IRB to shore.
- 4.7 **Emergency Procedures**
Demonstrate the ability to cope with the following emergency situations.
 - a. Crew overboard
 - b. Engine failure in operational conditions
 - c. Simulated puncture of IRB pontoon
 - d. Roll-over procedure for craft; (simulated roll-over to be carried out without motor attached to boat)
- 4.8 **Buoys and Anchors**
Demonstrate (where available) the accurate laying, adjustment and recovery of buoys and anchors.

ASSESSMENT STRATEGY

These learning outcomes are best assessed using the following common assessment methods:

- a. Observation
- b. Oral questioning
- c. Written examination (short answer or multiple choice)
- d. Simulated rescue scenario

Only accredited Trainers or trainers holding a current and valid certificate in the specific environment of Offshore or Inshore operation are authorised to teach and examine the ILS Rescue Boat Driver Certificate.

RANGE OF VARIABLES

There are a number of variables that will affect the performance and the assessment of the learning outcomes associated with the ILS International Rescue Boat Driver Certificate. ILS members applying for achievement of the MINIMUM Standard should specify the use of such variables in their documentation.

<u>Variable</u>	<u>Scope</u>
• Rescue Boat	Type of Rescue Boat, whether Inflatable Rescue Boat (IRB), or other type of boat
• Conditions	Water conditions in which the rescue craft are normally used such as surf or inland waterways.
• Dress	Candidates may be required to wear their recognised uniform during the assessment.
• Candidates	Candidates will have experience and seeking service or currently employed as a lifesaver/lifeguard.
• Resources	ILS member organisations will list and identify the use of theoretical resources available to them.

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

NARS EMERGENCY AID 1

AIM

- To establish a standard, which creates a level of competence in Basic Life Support and first aid skills

PRE-REQUISITE

- Be a minimum of 11 years of age on the date of Assessment

VALIDITY OF AWARD

- 36 months from the date of the Assessment

SYLLABUS

1. Life Support

Using a live simulated unconscious patient (not a manikin) demonstrate:

- 1.1 Scene safety and assessment
- 1.2 Turning a patient from prone to supine
- 1.3 Open the airway & check for signs of life
- 1.4 The action for vomiting and blockages
- 1.5 The recovery position and aftercare

Using a suitable adult manikin, demonstrate Cardio Pulmonary Resuscitation

2. First Aid

Have a thorough knowledge and ability to recognise and manage the following conditions. Demonstrate the practical management of some of these conditions at the discretion of the

Assessor:

- 2.1 Choking
- 2.2 Fractures & dislocations
- 2.3 Cramp
- 2.4 Fainting
- 2.5 Strain/Sprain
- 2.6 Bleeding
- 2.7 Head injuries
- 2.8 Shock

- 2.9 Eye injuries
- 2.10 Marine & Insect stings
- 2.11 Sunburn
- 2.12 Heat stroke/exhaustion
- 2.13 Hypothermia

Acting individually or as part of a team, initiate the appropriate procedures at an incident and provide the aftercare for one patient from a previously unknown simulated emergency situation

ASSESSMENT

Complete the syllabus for the Assessment

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS ~ BEACH

NARS EMERGENCY AID 2

AIM

- To establish a standard, which creates a level of competence in Basic Life Support and First Aid skills

PRE-REQUISITE

- Be a minimum of 14 years of age on the date of Assessment

VALIDITY OF AWARD

- 36 months from the date of the Assessment

SYLLABUS

1. Life Support

Using a live simulated unconscious patient (not a manikin) demonstrate:

- 1.1 Scene safety and assessment
- 1.2 Turning a patient from prone to supine
- 1.3 Open the airway & check for signs of life
- 1.4 The action for vomiting and blockages
- 1.5 The recovery position and aftercare

Using a suitable adult manikin, demonstrate CPR and the use of supplementary oxygen via an effective method.

- 1.6 Obtain an airway on a suspected spinal injury patient using jaw thrust

Demonstrate CPR on a:

- 1.7 Child manikin
- 1.8 Baby manikin

2. First Aid

Have a thorough knowledge and ability to recognise and manage the following conditions. Demonstrate the practical management of some of these conditions at the discretion of the Assessor:

- 2.1 Choking
- 2.2 Fractures & dislocations
- 2.3 Cramp
- 2.4 Fainting
- 2.5 Strain/Sprain
- 2.6 Bleeding
- 2.7 Head injuries
- 2.8 Shock
- 2.9 Eye injuries
- 2.10 Marine & Insect stings
- 2.11 Sunburn
- 2.12 Heat stroke/exhaustion
- 2.13 Hypothermia

Acting individually or as part of a team, initiate the appropriate procedures at an incident and provide the aftercare for one patient from a previously unknown simulated emergency situation

ASSESSMENT

Complete the syllabus for the Assessment

THE SURF LIFE SAVING ASSOCIATION OF WALES WATER SAFETY AWARDS

INTRODUCTION TO COACHING

MINIMUM RECOMMENDED COMPETENCIES

Introduction to Coaching is an Award aimed at beginners in Surf Life Saving who will be supporting and helping Club Coaches.

PREREQUISITES

Prior to undertaking this assessment, participants are to:

- Be a minimum of 16 years of age at the date of the course.
- Be a member of SLSA Wales

CONTENTS

DAY 1	Sportscoach UK Courses <ul style="list-style-type: none">• Coaching Sports Safely• Coaching Children in Sport
DAY 2	Surf Lifesaving Modules <ul style="list-style-type: none">• Surf Swimming• Malibu Board• Surf Ski• Beach• Stillwater• Surf Officials• IRB

NOTE

This weekend Course is run in conjunction with the Sports Council of Wales. Course fee is dependant upon the number of candidates registered, but is typically £30 per candidate. For further information, contact Phil Rees (Tel: 01443 686098, email: philrees2003@yahoo.co.uk).



APPENDIX 1

APPENDIX 2

Nipper Coaching Awards.

- Assistant Nipper Coach
 - Nipper Coach
 - Criteria on how to become a Nipper Coach is laid out within the current Nipper Training Manual.
 - Award Certificate Cost ~ £0
 - All Coaches and Assistant Coaches Require a Nipper Training Manual.
-

Nipper Surf Competence Awards.

Levels 1, 2, 3 & 4 and each Level Teaches the Progressive Basic Skills.

- Beach and Surf Safety.
- Basic Life Support.
- First Aid.
- Surf Competence
- Nipper Board Skills
- Fitness Training and Warm up Exercises.
- Certificate covering the above Competence Awards

Please Note. These Awards are required for all Nippers who wish to participate in Nipper Carnivals and Ocean Championships.

Nipper Certificate of Achievement.

Levels 1, 2, 3 & 4 and each Level Teaches the Progressive Basic Skills.

- Beach and Water Safety.
 - Basic Life Support.
 - First Aid.
 - Swimming Pool Training Standards.
(Covering Both Basic Stroke and Nipper Board Skills.)
 - Games Skills.
 - Fitness Training and Warm up Exercises.
 - Certificate covering the above Achievement Award
-

- Cost of Award Certificates for all above £1.00 Plus p/p
- Awards Available via Peter Lake. (Awards Co-ordinator)
- Awards to be ordered via e/mail on Official Awards Form.
- **All the above awards and skills are shown in the current Nipper Training Manual which cost £10.00 Plus p& p. available from Peter Lake.**

Peter.lake14@tiscali.co.uk

APPENDIX 3

COURSE REGISTRATION FORM	
CLUB	
TRAINER	
ADDRESS	
POSTCODE	
TELEPHONE	
EMAIL	
COURSE TO BE REGISTERED	
NUMBER OF CANDIDATES	
LIFEGUARD MANUALS REQUIRED	YES / NO
Please send me Lifeguard manuals priced at £15 each including postage and package and I include a cheque made payable to SLSA Wales for the amount of to cover the same	
ADDRESS to send manuals if different from above	
POSTCODE	
DAY / DATES / TIMES / VENUES OF TRAINING SESSIONS FOR THIS AWARD	Please note an SLSA Wales Tutor may observe one of these sessions for quality control purposes
PROPOSED DATE OF ASSESSMENT	
VENUE OF ASSESSMENT	

Send to: William Hedges, Technical Director, 31 Merthyr Mawr Road, Bridgend, CF31 3NN
Please keep a copy for your records

APPENDIX 4

ASSESSMENT CLAIM FORM	
CLUB	
TRAINER	
ADDRESS to send certificates	
POSTCODE	
TELEPHONE	
EMAIL	
I include a cheque made payable to SLSA Wales for the amount of to cover the assessments taken	
DATE / VENUE OF ASSESSMENT	
NAME OF AWARD	

	First Name	Last Name	Date of Birth	SLSA Wales Membership No	EXAM FEE	RESULT
1						
2						
3						
4						
5						
6						
7						
8						

	ASSESSOR'S NAME	ASSESSORS SIGNATURE	DATE	FEEDBACK
ASSESSOR 1				
ASSESSOR 2				

Send to: William Hedges, Technical Director, 31 Merthyr Mawr Road, Bridgend, CF31 3NN
Please keep a copy for your records

APPENDIX 5

Club/Organisation		Date	
Assessor: 1		Signature 1	
Assessor: 2		Signature 2	

Candidates Names						
Section 1 – Fitness and Releases						
Time limits	NARS.BL	NARS.SL/SC				
400m Swim (record time)	7:30 mins	9:30 mins				
200m Beach Run (record time)	0:40 secs	1:00 mins				
Section 1 Result (Competent/Not Yet Competent)						
Section 2 – Lifeguard Skills, Knowledge and Rescues						
In a pool						
2 Releases						
In open water						
Signals						
150m board/ski rescue, deep water EAV, Aftercare						
50m run, 100m Unconscious / Conscious Tube rescue						
Swim 50m to Rescue a conscious casualty – no aids						
Complete Submersion dive						
Incident Management / Report Form						
Spinal Lift & Carry						
5 Questions on Beach Environment (4 correct to pass)						
10 Questions on Lifeguard Techniques (8 correct to pass)						
5 Questions on Communication (4 correct to pass)						
Section 2 Result (Competent/Not Yet Competent)						
Section 3 – Emergency Aid II (Basic Life Support)						
Scene Assessment & Safety						
Primary Survey						
Turning Patient (prone to supine)						
Secondary Survey						
Action for vomit						
Recovery position & Aftercare						
Jaw Thrust						
Adult CPR to include action for blocked airway						
Adult CPR with oxygen						
Adult One Person CPR						
Adult Two Person CPR						
Child CPR to include action for blocked airway						
Baby CPR to include action for blocked airway						
Section 3 Result (Competent/Not Yet Competent)						
Section 4 – Emergency Aid II (First Aid)						
10 Questions on First Aid & Resuscitation (8 correct to pass)						
Practical management of first aid scenario						
Section 4 – Result (Competent/Not Yet Competent)						
Overall Result (Competent/Not Yet Competent)						

ASSESSOR CHECK LIST

Who to apply to.

Here should be a flow chart of exams and who to apply to with addresses.

Also a flowchart of who makes up tech commission.

Also what awards can be taken at what age.

**We also need: Marking guidelines from Lyle?
Marking charts (KB)- SEE EXAMPLE.**

ON EACH SECTION SAY WHO TO GET AWARDS FROM AND WHETHER THEY NEED TO REGISTER- THIS IS DUPLICATION BUT MIGHT HELP.

ADD ASSESSOR SYL

EXPENSES CLAIM FORM

