



## National Vocational Beach Lifeguard Qualification

### *Assessment Criteria Covid Adapted vs1.0 Revised 2020*

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Based on International Life Saving Federation - Beach Lifeguard - Minimum Skill Sets and Competencies

Minimum Age of Candidates 16 years

#### Prerequisite Fitness Test.

Either:

- a. Swimming pool swim of 400m in 8minutes or less.
- b. Complete an accurately measured 400metre swim in calm water or in sea conditions with minimal waves and current within a time limit of 9.00 minutes.
- c. 200m run -200m swim-200m run test within 9 minutes.

MODULE	PREFIX	PAGE
Beach Environment	BE	2
Beach Patrolling	BP	3
Working Practices.	WP	4
Communications	COM	5
Basic Life Support	BLS	6
First Aid	FA	15
Ocean Based Practical Assessment.	O	18

ILS Ref:	Module	Component	Assessment Criteria	Notes
3.i	<b>The Beach Environment</b>			
3.i	BE1	Demonstrate knowledge of the cause of the ebb and flow of the tide.	The candidate will: a. show an understanding of how the combined gravitational pull of the Moon and Sun combined with the rotation of the Earth produce Spring and Neap Tides.	
3.i	BE2	Demonstrate knowledge of the types of tide and how they can affect the work of the Lifeguard.	The candidate will: a. explain how spring and neap tides relate to the amount of exposed beach and hidden hazards that may be visible at low water.	
3.i	BE3	Demonstrate knowledge of what determines the size, strength of and types of waves and how they can affect the work of the Lifeguard.	The candidate will: a. state that waves are caused by wind, discuss the factors that affect the size and strength of the waves. b. describe three types of waves, Spilling, Surging and Dumping, know the causes of each of the three types of waves and explain associated dangers of the waves.	
3.i	BE4	Demonstrate knowledge of the types and causes of rip currents and how they can affect the work of the lifeguard.	The candidate will: a. show knowledge of the causes and characteristics of each type of current. b. describe how a rip current can be identified. c. relate advice to be given to both weak and strong swimmers on how to escape if caught in a rip current. d. outline how a rip current can be of help to a Lifeguard.	
3.i	BE5	Identify categories of hazards.	The candidate will: a. be able to discuss how natural, man- made and people hazards affect the work of the lifeguard.	

ILS Ref:	Module	Component	Assessment Criteria	Notes
3.i	BP1	Demonstrate a thorough knowledge of beach patrolling.	<p>The candidate will:</p> <ul style="list-style-type: none"> <li>a. know how to risk assess a beach to determine a bathing area.</li> <li>b. display a thorough knowledge of the types of Lifeguard Patrol methods.</li> <li>c. describe the essential equipment needed to set up an effective patrol, together with safety checks to be made on that equipment.</li> <li>d. show knowledge of the desired equipment for effective patrolling.</li> <li>e. describe beach user zoning</li> </ul>	
3.i	BP2	Role and responsibility of the lifeguard.	<p>The candidate will:</p> <ul style="list-style-type: none"> <li>a. describe the definition of a lifeguard, 'Qualified and deployed to fulfil the requirements of the role of a lifeguard whilst on duty'.</li> <li>b. have a thorough knowledge of the role of a lifeguard</li> <li>c. have a thorough knowledge of the responsibilities of a lifeguard to both themselves and the Lifeguard Patrol.</li> <li>d. describe Lifeguard Uniform.</li> <li>e. have a thorough knowledge of personal care and protection to be taken in order to remain an effective member of a Patrol, including social distancing</li> <li>f. discuss Personal Protection Equipment that will be needed.</li> <li>g. Precautions to be taken when working in either heat or cold.</li> <li>h. show an understanding of the structure of a Lifeguard Patrol.</li> <li>i. Explain the importance of working as a part of a team.</li> </ul>	

ILS Ref:	Module	Component	Assessment Criteria	Notes
	<b>Working Practices</b>			
3iv	WP1	The duties of a lifeguard.	The candidate will: a. relate the priorities in the following order Prevention-Recognition-Rescue-Reporting	
3iv	WP2	Normal Operating Procedures (NOP).	The candidate will be able to: b. discuss the need for an NOP c. outline the contents of an NOP d. describe the implementation of an NOP.	
3iv	WP3	Emergency Action Plan (EAP).	The candidate will be able to: a. discuss the need for an EAP b. outline the contents of an EAP c. describe the implementation of an EAP.	
3.i	WP4	Working with others.	The candidate will be able to: a. show a clear knowledge of the specific Emergency Services that support the Lifeguard Patrol and how they are summoned. b. have a basic understanding of statutory position and responsibilities of Emergency Services. show a thorough knowledge of the specific information required to both a. successfully summon and b. pass to the Emergency Services that support the Lifeguard Patrol in the event of an emergency or incident requiring their attendance to resolve.	
	WP5	Recording and reporting.	The candidate will be able to: a. explain the need for good record keeping. b. explain the use of a Daily Log. explain that reports are needed for incidents, minor First Aid, major First Aid, water and land based emergencies together with missing persons.	

ILS Ref:	Module	Component	Assessment Criteria	Notes
	<b>Communications</b>			
3.ii	COM1	Lifeguard to lifeguard.	<p>Prior to the sea based assessment the candidate will be able to:</p> <ul style="list-style-type: none"> <li>a. identify means of communication between lifeguards, hand, flag, whistle signals.</li> <li>b. have a knowledge of the use of other lifeguard to lifeguard communication links that may be available such as air horns, radios and mobile phones.</li> </ul>	These to be tested on the beach prior to ocean based assessment.
	COM 2	Lifeguard to public.	<p>The candidate will be able to:</p> <ul style="list-style-type: none"> <li>a. recognise the need for Public Safety Information.</li> <li>b. describe methods of providing and delivering Public Safety Information. (effective signage and where to place it, the use of PA systems-wind direction).</li> <li>c. identify good and bad person to person verbal and non-verbal communication skills.</li> <li>d. list six examples of good practice when dealing with a confrontational situation.</li> <li>e. relate five top pieces of general safety advice that could be given by a lifeguard to a member of the public when visiting a lifeguarded beach.</li> </ul>	

ILS Ref:	Module	Component	Assessment Criteria	Notes
	<b>Basic Life Support</b>			
	BLS.1	Be fully aware of your club/employer's policy on delivering CPR. Have sound knowledge of hazards that may affect the personal safety of the candidate when approaching a casualty.	The candidate will be able to relate the dangers associated with: <ul style="list-style-type: none"> <li>a. Performing CPR on an unknown victim.</li> <li>b. physical hazards - cars, boats, groynes, piers, electricity etc.</li> <li>c. human hazards - bystanders, animals, casualty themselves (barrier devices) etc.</li> <li>d. environmental hazards - water, weather etc.</li> </ul>	Training and assessing has been amended to comply with the required safety and social distancing criteria. As a result Personal Protective Equipment (PPE) must be worn when having direct person contact.
	BLS.2	Level of response	The candidate will: <ul style="list-style-type: none"> <li>a. show an understanding of the protocol to be adopted to check the level of response of a casualty.</li> </ul>	
	BLS.3	Demonstrate the correct sequence to show the actions to be taken, when approaching a prone patient suspected to be unconscious.	The candidate will: <ul style="list-style-type: none"> <li>a. put on appropriate protective gloves, mask and goggles, or visor</li> <li>b. visibly check for danger to themselves, the casualty or any bystanders.</li> <li>c. check the casualty's response to sound by shouting 'are you alright.'</li> <li>d. check response to Pain by gently shaking the shoulders</li> </ul>	Casualty to be either: <ul style="list-style-type: none"> <li>a. A family member in candidates bubble/household wearing a mask and gloves.</li> <li>b. Member of the training bubble wearing a mask and gloves.</li> <li>c. A Ruth Lee manikin.</li> <li>d. Suitable full body manikin.</li> </ul>
	BLS.4	Turn the casualty from the prone position to supine.	Wearing protective gloves, mask, and goggles, or visor the candidate will confidently and competently demonstrate: <ul style="list-style-type: none"> <li>a. turning the casualty onto their back showing confident handling and good patient care.</li> </ul>	Casualty to be either: <ul style="list-style-type: none"> <li>a. A family member in candidates bubble/household wearing a mask and gloves.</li> <li>b. Member of a training bubble wearing a mask and gloves.</li> <li>c. A Ruth Lee manikin.</li> <li>d. Suitable full body manikin.</li> </ul>

ILS Ref:	Module	Component	Assessment Criteria	Notes
	<b>Basic Life Support</b>  BLS.6	Conduct a 'top to toe' secondary survey of the casualty.	Wearing protective gloves, mask, and goggles, or visor the candidate will confidently and competently demonstrate: <ul style="list-style-type: none"> <li>a. not move the casualty more than necessary.</li> <li>b. consider MOI and history, signs and symptoms and apply appropriate airway management</li> <li>c. conduct the survey in a confident competent manner be prepared to answer questions such as 'what are you checking for'?</li> <li>d. perform the following checks: head and neck, shoulders and chest, abdomen and pelvis, legs and arms.</li> </ul>	Casualty to be either:- <ul style="list-style-type: none"> <li>a. A family member in candidates bubble/household wearing a mask and gloves.</li> <li>b. Member of a training bubble wearing a mask and gloves.</li> <li>c. A Ruth Lee manikin.</li> <li>d. Suitable full body manikin.</li> </ul>
	BLS.7	Place a casualty in recovery position (non-spinal injury).	Wearing protective gloves, mask, and goggles, or visor the candidate will confidently and competently demonstrate: <ul style="list-style-type: none"> <li>a. handle the casualty ensuring good patient care.</li> <li>b. ensure the casualty is in a stable position.</li> <li>c. maintain a good airway.</li> <li>d. ensure upper leg is bent at right angles at the hip and knee.</li> <li>e. ensure upper leg is not resting on lower leg.</li> <li>f. demonstrate close monitoring of the casualty.</li> </ul>	Casualty to be either:- <ul style="list-style-type: none"> <li>a. A family member in candidates bubble/household wearing a mask and gloves.</li> <li>b. Member of a training bubble wearing a mask and gloves.</li> <li>c. A Ruth Lee manikin.</li> <li>d. Suitable full body manikin.</li> </ul>

**When Training and Assessing this element the guidance and protocol laid out on page 7 of the SLSA Wales Guidance For Training and Assessing Lifesaving Awards Oct 2020 *MUST* be followed, together with the guidance for using and cleaning CPR manikins laid out by The Resuscitation Council UK and Laerdal respectively.**

	BLS8	Demonstrate land based Cardio Pulmonary Resuscitation (CPR) on a suitable adult manikin.	<p>Confidently and competently the candidate will:</p> <ol style="list-style-type: none"> <li>check for danger - to themselves, casualty or any bystanders.</li> <li>check the casualty's response -gently shake shoulders and ask loudly 'are you all right?'</li> </ol> <p><b><i>There will be no response.</i></b></p> <ol style="list-style-type: none"> <li>shout for help</li> <li>obtain an open airway using head tilt and chin lift.</li> <li>check for breathing - look, listen and feel for normal breathing for no more than 10 seconds.</li> </ol> <p><b><i>There will be no breathing.</i></b></p> <ol style="list-style-type: none"> <li>send or go for help (999 or 112) and get an AED if available.</li> <li>give 30 chest compressions - centre of chest, rate at least 100/min but not greater than 120/min. (30 between 15 and 18 seconds) Depth of compression 5-6cm, recoil after each compression and release the pressure on the chest without losing contact between your hands and the sternum.</li> <li>2 breaths - 1 second each taking no longer than 5 seconds for the 2 breaths.</li> <li>Continue to combine 30 chest compressions with 2 rescue breaths Candidate to continue CPR for a minimum of 2 minutes (6 cycles)</li> </ol>	
	BLS.9	<p>Demonstrate the correct action to be taken when the casualty vomits.</p> <p>Re-assess breathing</p>	<p>The candidate will:</p> <ol style="list-style-type: none"> <li>Quickly turn the manikin (casualty) on the side facing away from the candidate.</li> <li>Support the head.</li> <li>Ensure the mouth is open to demonstrate how good drainage is obtained.</li> <li>Ensure airway is clear.</li> <li>Show good casualty care when returning patient to supine position.</li> </ol> <p>Open Airway and Assess for breathing. (<i>Breathing Present</i>)</p>	

ILS Ref:	Module	Component	Assessment Criteria	Notes
5.i (cont)	Basic Life Support			
5i	BLS10	State the differences in resuscitation of a person recovered from water	<p>The candidate will relate and show an understanding of the correct protocol when resuscitating a person recovered from water.</p> <ol style="list-style-type: none"> <li>Give 5 initial breaths after no breathing has been established.</li> <li>Give 30 chest compressions followed by two breaths for a period of one minute.</li> <li>Go for help (999 or 112) after 1 minute of CPR if alone and summon and use an AED if available.</li> </ol>	
5.i	BLS11	Demonstrate CPR on a suitable child manikin	<p>Wearing protective gloves, mask, and goggles, or visor the candidate will confidently and competently demonstrate:</p> <ol style="list-style-type: none"> <li>check for danger - to yourself, casualty or any bystanders.</li> <li>check the casualty's response -gently shake shoulders and ask loudly 'are you all right?'</li> </ol> <p><b>there will be no response.</b></p> <ol style="list-style-type: none"> <li>shout for Help</li> <li>obtain an open airway using head tilt and chin lift.</li> <li>check for breathing - look, listen and feel for normal breathing for no more than 10 seconds.</li> </ol> <p><b>there will be no breathing</b></p> <ol style="list-style-type: none"> <li>give up to 5 initial breaths, watching for the chest to rise breaths – 1 second each.</li> <li>give 30 chest compressions - centre of chest using one or two hands, at least 1/3 of depth of chest and rate at least 100/min but not greater than 120/min (30 between 15 and 18 seconds)</li> <li>Continue to combine 30 chest compressions with 2 rescue breaths</li> <li>Go for help (999 or 112) and get an AED if available after one minute of CPR if alone</li> <li>Candidate to continue CPR for a minimum of 2 minutes (6 cycles)</li> </ol>	

ILS Ref:	Module	Component	Assessment Criteria	Notes
5.i (cont)	<b>Basic Life Support</b>			
	BLS12	Demonstrate CPR on a suitable infant manikin	<p>Wearing protective gloves, mask, and goggles, or visor the candidate will confidently and competently demonstrate:</p> <ol style="list-style-type: none"> <li>check for danger - to yourself, casualty or any bystanders.</li> <li>check the casualty's response -gently stimulate the infant and tickle the feet asking loudly 'are you all right?'</li> </ol> <p><b>there will be no response.</b></p> <ol style="list-style-type: none"> <li>shout for Help</li> <li>obtain an open airway using head tilt and chin lift.</li> <li>check for breathing - look, listen and feel for normal breathing for no more than 10 seconds.</li> <li>open the casualty's airway Airway - obtain using head tilt and chin lift - ensure neutral alignment of neck.</li> <li>check for breathing - look, listen and feel for normal breathing for no more than 10 seconds .</li> </ol> <p><b>there will be no breathing</b></p> <ol style="list-style-type: none"> <li>the candidate will seal the infants mouth and nose with his/her mouth and deliver 5 rescue breaths means of mouth to mouth and nose ventilation, watching for the rise and fall of the chest between each breath</li> <li>give 30 chest compressions - centre of chest using two fingers, at least 1/3 of depth of chest and rate at least 100/min but not greater than120/min. (30 between 15 and 18 seconds)</li> <li>give 2 breaths via mouth to mouth &amp; nose method - 1 second each breath taking no longer than 5 seconds for 2 breaths.</li> <li>continue to combine 30 chest compressions with 2 rescue breaths</li> <li>go for help (999 or 112) after one minute of CPR if alone.and summon and use an AED if available</li> <li>candidate to continue CPR for a minimum of 2 minutes. (6 cycles)</li> </ol>	

ILS Ref:	Module	Component	Assessment Criteria	Notes
5.i (cont.)	BLS13	Demonstrate a full understanding of your practical ability to manage a conscious and unconscious Adult who is choking in line with UK Resuscitation Council guidelines.	<p>The candidate will confidently and competently demonstrate:</p> <ul style="list-style-type: none"> <li>a. be able to identify the signs of choking.</li> <li>b. ask the casualty 'are you choking?</li> <li>c. Explain that you should lean the casualty forward and encourage the casualty to cough. <b>(there will be no success in clearing blockage).</b></li> <li>d. shout for help.</li> <li>e. simulate the giving of one firm back blow with the heel of the hand in the middle of the back, of the manikin between the shoulder blades. Explain that the casualty should be leaning forward.</li> <li>f. check to see if the object has been dislodged.</li> <li>g. simulate repetition of back blows with up to four more back blows. (checking between each blow to see if the object has been dislodged.) <b>(there will be no success in clearing blockage).</b></li> <li>h. Describe how to give abdominal thrusts.</li> <li>i. Demonstrate simulated abdominal thrusts on a manikin.</li> <li>j. Explain that if the five abdominal thrusts did not work then the sequence of five back blows followed by five abdominal thrusts should be repeated until the obstruction is removed.</li> <li>k. Explain that if the casualty become unconscious, they should be supported to the ground and start CPR following the correct protocol for an adult casualty beginning with the delivery of 30 chest compressions.</li> </ul>	<p>Practical demonstration to be assessed using a suitable manikin along with relevant questioning.</p> <p><b>No simulation to take place on a live casualty.</b></p>

ILS Ref:	Module Basic Life Support	Component	Assessment Criteria	Notes
5.i (cont.)	BLS14	Simulate on a child manikin the correct sequence of actions to be taken on a child who is choking.	<p>The candidate will confidently and competently demonstrate:</p> <ul style="list-style-type: none"> <li>a. being able to identify the signs of choking.</li> <li>b. ask the casualty 'are you choking?</li> <li>c. Explain that you should lean the casualty forward and encourage the casualty to cough.</li> <li>d. <b>(there will be no success in clearing blockage).</b></li> <li>e. shout for help.</li> <li>f. simulate the giving of one firm back blow with the heel of the hand in the middle of the back, of the manikin between the shoulder blades. Explain that the casualty should be leaning forward.</li> <li>g. check to see if the object has been dislodged.</li> <li>h. simulate repetition of back blows with up to four more back blows. (checking between each blow to see if the object has been dislodged.)</li> <li>i. <b>(there will be no success in clearing blockage).</b></li> <li>j. Describe how to give abdominal thrusts.</li>   <li>k. Demonstrate simulated abdominal thrusts on a manikin.</li> <li>l. Explain that if the five abdominal thrusts has not worked then the sequence of five back blows followed by five abdominal thrusts should be repeated until the obstruction is removed.</li> <li>m. Explain that if the casualty become unconscious, they should be supported to the ground and start CPR following the correct protocol for an adult casualty beginning with the delivery of 30 chest compressions</li> </ul>	<p>Practical demonstration to be assessed using a suitable manikin along with relevant questioning.</p> <p><b>No simulation to take place on a live casualty.</b></p>

ILS Ref:	Module	Component	Assessment Criteria	Notes
5.i (cont.)	BLS15	Simulate on an infant manikin the correct sequence of actions to be taken on an infant who is choking.	<p>The candidate will confidently and competently demonstrate:</p> <ul style="list-style-type: none"> <li>a. being able to identify the signs of choking.</li> <li>b. support the infant safely in a head down prone position to allow gravity to assist.</li> </ul> <p><b>(there will be no success in clearing blockage).</b></p> <ul style="list-style-type: none"> <li>c. shout for help.</li> <li>d. demonstrate on the manikin the giving of one firm back blow with the heel of the hand in the middle of the back between the shoulder blades.</li> <li>e. check to see if the object has been dislodged.</li> <li>f. repeat the giving of back blows with up to four more back blows. (checking between each blow to see if the object has been dislodged.)</li> </ul> <p><b>(there will be no success in clearing blockage).</b></p> <ul style="list-style-type: none"> <li>g. position the infant manikin safely head down in a supine position. The infant will be placed along one of the candidate's arms which is resting on the candidate's thigh. The back of the neck and head of the casualty will be supported with the candidate's hand.</li> <li>h. identify the land mark for chest compression on an infant and using two fingers deliver a sharp thrust to the chest.</li> <li>i. check to see if the obstruction has been dislodged.</li> <li>j. repeat the giving of chest thrusts four more times (checking between each thrust to see if the object has been dislodged.)</li> <li>k. explain that if the chest thrusts have not worked then the sequence of five back blows followed by five chest thrusts should be repeated until the obstruction is removed.</li> <li>l. If the infant becomes unconscious, place the infant on the ground or on a firm flat surface and begin CPR with 30 chest compressions.</li> </ul>	<p>Practical demonstration to be assessed using a suitable manikin along with relevant questioning.</p> <p><b>No simulation to take place on a live casualty.</b></p>

ILS Ref:	Module Basic Life Support	Component	Assessment Criteria	Notes
	BLS16	Given the current COVID-19 situation, explain the modifications that you (the rescuer) would make to your assessment and subsequent treatment of a casualty who is; <ol style="list-style-type: none"> <li>1. Unconscious but breathing</li> <li>2. Unconscious and not breathing</li> </ol>	Put on PPE before approaching casualty (minimum of gloves, face mask and eye protection) <ol style="list-style-type: none"> <li>1. Adapted breathing assessment – check if the chest is moving or if there are signs of breathing without getting close. Do not place your cheek next to the casualty’s face. Preserve life (i.e. treat life threatening bleeds and maintain airway / place in recovery position if safe to do so)</li> <li>2. Adapted breathing assessment (as above) with <b>compression only CPR &amp; AED</b>. If a family member is present and willing (assuming casualty is low risk and/or not presenting with COVID symptoms) you should ask them to perform rescue breaths if possible</li> </ol>	Refer to section 9 (COVID CPR Algorithm) in the document <b>‘guidance on delivering training and assessment of lifesaving awards during COVID-19’</b>

ILS Ref:	Module	Component	Assessment Criteria	Notes
5.ii	<b>First Aid</b>			
	FA1	The aims of administering First aid.	The candidate will:  a. be able to state and show an understanding of the aims of First aid.	
	FA2	The First Aid kit.	The candidate will be able to:  a. demonstrate operational suitability of a first aid kit.	
	FA3	Recording and reporting.	The candidate will:  a. be able to explain the need for recording and reporting and be familiar with the completion of casualty report forms and accident books. b. explain why reporting of any personal injury or accidental contact with candidate's body fluid should always be reported and recorded.	
	FA4	Personal protection.	The candidate will:  a. explain the importance of checking for dangers before approaching a casualty. b. <b>Explain the importance of remaining at a safe distance (if able to)</b> c. <b>describe the personal protection measures they should take to minimise the risk of any infection before and after administering First Aid. E.g. gloves face mask, goggles/visor, apron, alcohol gel, and dealing with clinical waste.</b>	
	FA5.	Priorities of treatment.	The candidate will:  a. state the priorities of treatment of a casualty i.e. <b>B</b> reathing, <b>B</b> leeding, <b>B</b> ones, <b>B</b> urns. b. explain how to prioritise in an incident involving more than one casualty.	

ILS Ref: 5.ii	Module First Aid	Component	Assessment Criteria	Notes
	FA6	Managing medical conditions.	<p>The candidate will:</p> <ul style="list-style-type: none"> <li>a) explain what is meant by signs and symptoms.</li> <li>b) be able to describe the signs and symptoms of the following conditions and outline the treatment of: <ul style="list-style-type: none"> <li>I. shock</li> <li>II. chest pain</li> <li>III. asthma</li> <li>IV. fainting</li> <li>V. hyperventilation</li> <li>VI. hypothermia</li> <li>VII. heat exhaustion</li> <li>VIII. heat stroke</li> <li>IX. diabetes</li> <li>X. epilepsy</li> <li>XI. seizures</li> <li>XII. stroke</li> </ul> </li> </ul>	

ILS Ref:	Module First Aid	Component	Assessment Criteria	Notes
	FA7	Managing and treatment of injuries.	<p>The candidate will:</p> <p>a. describe the management and treatment of:</p> <ol style="list-style-type: none"> <li>I. external bleeding, to include types of wounds and nose bleeds</li> <li>II. Internal bleeding</li> <li>III. head injuries</li> <li>IV. chest injuries</li> <li>V. fractures</li> <li>VI. sprains and strains</li> <li>VII. dislocations</li> <li>VIII. burns</li> <li>IX. eye injuries</li> <li>X. weever fish stings</li> <li>XI. jellyfish stings</li> <li>XII. insect stings</li> <li>XIII. snake bites</li> </ol>	
	FA9	First Aid scenario.	<p>The candidate will:</p> <p>a. prioritise and treat up to two casualties with injuries in an unknown First Aid scenario.</p>	<p><b>The treatment may be given</b></p> <p><b>Either:</b></p> <ol style="list-style-type: none"> <li>a. to candidate by themselves.</li> <li>b. by telling the casualty what to do in order to self-treat the condition.</li> <li>c. by demonstrating on a manikin.</li> </ol> <p><b>Bandages/dressings should be clean, ideally unused not shared by multiple candidates, and disposed of safely following the demonstration.</b></p>

ILS Ref:	Module		Assessment Criteria	Notes
	<b>Ocean based</b>			
3.ii	O.1	Demonstrate all signals.	<p>The candidate will:</p> <p>a. display a thorough knowledge and understanding of all hand/flag and whistle signals as per the current Lifeguard Resource through demonstration and interpretation.</p>	<p>a. each signal to be tested in turn.</p> <p>b. for whistle signals, the corresponding number of fingers will be held up by the candidate to indicate the number of whistle blasts.</p> <p>c. can be conducted as part of a group or individually as appropriate.</p> <p>d. candidates to face away from each other during the assessment.</p> <p>f. signals should also be employed and interpreted correctly throughout the practical assessment.</p>
2.i	O.2	<p>Identify the appearance of:</p> <p>a. a panicking casualty.</p> <p>b. a weak swimmer.</p> <p>c. an injured casualty.</p> <p>d. a non- panicking swimmer in difficulties.</p>	<p>The candidate will:</p> <p>Either:</p> <p>a. Demonstrate in a pool if possible.</p> <p>b. Demonstrate in the sea if possible.</p> <p>c. Explain how you would identify the four drowning casualties.</p>	
4.ii	O.3	<p>Demonstrate appropriate releases whereby the candidate is:</p> <p>a. grabbed around the neck from the front</p> <p>b. grabbed around the neck from behind.</p>	<p>The candidate will:</p> <p>Demonstrate these releases <b>on dry land</b> with a live casualty.</p>	<p>Casualty to be either:-</p> <p>a. A family member wearing a mask and gloves.</p> <p>b. Member of a training bubble wearing a mask and gloves.</p> <p><b>Both rescuer and casualty must be comfortable to participate in this demonstration.</b></p>

ILS Ref:	Module  Ocean based		Assessment Criteria	Notes For detailed, step by step guidance for this section, refer to the document 'guidance on delivering training and assessment of lifesaving awards during COVID-19'
2i	O.4	<p>Carrying a rescue tube, complete a 200m run to the water's edge enter the water and swim 100metres from suitable swimming depth to a conscious weak swimmer.</p> <p>Taking the appropriate action approach the casualty stop 2m away adopt the 'stand off' position instruct the casualty in the use of the tube and tow the casualty to shore demonstrating a hand over to a second 'back up' lifeguard who will provide aftercare. The candidate will then run a further 200 metres on the beach.</p>	<p>The candidate will: -</p> <ol style="list-style-type: none"> <li>a. signal for assistance prior to starting the run.</li> <li>b. demonstrates good use of surf conditions to their advantage i.e. rips, wind direction etc.</li> <li>c. chooses a suitable water entry with a sense of urgency (high knees and porpoising)</li> <li>d. maintains observation of the casualty. (on approach and return to shore).</li> <li>e. on approaching the casualty adopts a safe stand- off position whilst maintaining social distancing</li> <li>f. communicate to the casualty reassuring the casualty throughout.</li> <li>g. gives clear concise instructions tell the casualty to 'hold the tube with two hands and kick when I start swimming' return casualty to shore</li> <li>h. when in the surf zone the candidate will place themselves surf side of the casualty in order to be protect the casualty from waves,</li> <li>i. At a safe depth hand over to a back up Patrol Member in full PPE who will provide aftercare as appropriate i.e. relevant casualty questioning (CHUMS - Chums with you? Hit your head? Unconscious at any time? Medical conditions? Swallowed or inhaled any water?)</li> <li>j. with urgency the candidate is able to complete a further 200 metre run.</li> <li>k. the candidate will explain the need to complete paperwork.</li> </ol>	<p>This test is to be conducted without goggles (unless prescription goggles)</p> <p><b>The use of a suitable manikin is recommended for this component.</b> Where a manikin is used it can be fed to the candidate by someone on a board- maintaining social distancing.</p> <p>However if a live casualty is to be used then the following consideration needs to be taken into account:</p> <p><b>The rescuer and casualty are comfortable to participate in this demonstration.</b></p> <p><b>The casualty must be well briefed with regards to distancing and contact.</b></p> <p>there is no set time limit.</p> <p>footwear may be worn for the run at the candidate's discretion</p> <p>the course will be visibly marked out and explained to the candidate prior to the test.</p> <p>the course will be measured accurately to 200m from start to finish.</p>

ILS Ref:	Module Ocean based	Component	Assessment Criteria	Notes
4.i	O.5	<p>Complete a 50 metre run with a Rescue Tube to the water's edge; run into the water and from a suitable depth; swim 25 metres (fins optional) to an unconscious casualty, secure the casualty, and return the casualty to shore.</p> <p>At a suitable depth the candidate will be told to stop, and the casualty may leave the water. The candidate will be joined by a backup lifeguard in PPE and a two person lift and carry extraction will take place. The 'casualty' will be taken to a point of safety where the patient is laid down and safely assessed for breathing. Simulated CPR will be performed on a manikin for a period of two minutes by the candidate.</p>	<p>The candidate will:-</p> <ol style="list-style-type: none"> <li>signal for assistance prior to the run.</li> <li>use of surf conditions to their advantage i.e. rips, wind direction etc.</li> <li>suitable water entry with a sense of urgency. (high knees and porpoising)</li> <li>maintains observation of the casualty throughout the rescue. (on approach and return to shore)</li> <li>adopts a safe distance stand-off position.</li> <li>communicates to the casualty to test response.</li> <li>The casualty will strap themselves in the rescue tube.</li> <li>with urgency return casualty to shore using rescue tube via an approved method.</li> <li>Be aware of patient care when in the surf zone.</li> <li>Work confidently and competently with 'back up lifeguard when performing a two person lift and carry</li> <li>good casualty care, conducted with urgency, when placing the casualty in a place and position of safety.</li> <li>distance assess breathing.</li> <li>CPR to be performed confidently and competently.</li> <li>explain the need to complete paperwork.</li> </ol>	<p>This test is to be conducted without goggles (unless prescription goggles)</p> <p><b>The use of a suitable manikin is recommended for this component.</b> Where a manikin is used it can be fed to the candidate by someone on a board-maintaining social distancing.</p> <p>However if a live casualty is to be used then the following consideration needs to be taken into account:</p> <p><b>The rescuer and casualty are comfortable to participate in this demonstration.</b></p> <p><b>The casualty must be well briefed with regards to distancing and contact.</b></p> <p>Instruct the casualty to keep his/her head turned away from rescuer at all times.</p> <p>When simulating the unconscious casualty, the casualty should be face down for minimal amount of time. On being turned over the casualty must avoid gasping and instructed to keep his/her head turned away from the rescuer at all times.</p>

ILS Ref:	Module  Ocean based	Component	Assessment Criteria	Notes
4.1	O.6	<p>Demonstrate the use of a Rescue Board to reach a conscious patient up to 200 metres from shore, beyond the surf line. On reaching the patient demonstrate the pickup procedure for a conscious casualty.</p> <p>The casualty will dismount the board and simulate an unconscious casualty.</p> <p>The candidate will demonstrate the pickup procedure for an unconscious casualty and return the unconscious patient to shore.</p>	<p>The candidate will:</p> <ol style="list-style-type: none"> <li>a. Signal for assistance prior to entering the water.</li> <li>b. use the surf conditions to their advantage i.e. rips, wind direction etc.</li> <li>c. demonstrate suitable water entry with a sense of urgency.</li> <li>d. demonstrate confident, competent handling of the board on the way to the conscious casualty.</li> <li>e. maintain observation of the casualty throughout approach</li> </ol> <p><b>(for conscious casualty)</b></p> <ol style="list-style-type: none"> <li>f. adopts a safe stand-off position.</li> <li>g. communicate to the casualty.</li> <li>h. position the board with nose into prevailing conditions.</li> <li>i. straddle the craft to obtain stability.</li> <li>j. instruct the casualty on how to mount the board.</li> <li>k. obtain a good trim and paddle</li> <li>l. the board a short distance parallel to the shore.</li> </ol> <p><b>(for unconscious casualty).</b></p> <ol style="list-style-type: none"> <li>m. turn casualty so that they are face up in the water.</li> <li>n. secure casualty onto board using approved technique.</li> <li>o. return casualty to shore in a safe and controlled manner.</li> <li>p. At a suitable depth the assessor will terminate the rescue.</li> <li>q. explain the need to complete paperwork.</li> </ol>	<p>This test is to be conducted without goggles (unless prescription goggles)</p> <p><b>The use of a suitable manikin is recommended for this component.</b> Where a manikin is used it can be fed to the candidate by someone on a board-maintaining social distancing.</p> <p>However if a live casualty is to be used then the following consideration needs to be taken into account:</p> <p><b>The rescuer and casualty are comfortable to participate in this demonstration.</b></p> <p><b>The casualty must be well briefed with regards to distancing and contact.</b></p> <p>Instruct the casualty to keep his/her head turned away from rescuer at all times.</p> <p>When simulating the unconscious casualty the casualty should be face down for minimal amount of time. On being turned over the casualty must avoid gasping and instructed to keep his/her head turned away from the rescuer at all times.</p>

ILS Ref:	Module	Component	Assessment Criteria	Notes
4ii	O.7	Demonstrate a 50 m contact tow using a suitable manikin, followed by a 50m free swim. During the free swim the candidate will demonstrate a surface dive to 1.5 metre.	The candidate will:-  a. Select the correct tow for the prevailing sea conditions. b. During surface dive pick up handful of sand or pebble quickly. hold it up in order the assessor can see the candidate has touched bottom.	a. this test is to be conducted without goggles. (unless prescription goggles) The towing manikin must be $\frac{3}{4}$ full of water.