



Surf Lifesaving Association of Wales

Beach Lifesaver Level 1 Award Assessment Criteria Covid Adapted Nov 2020

General notes and guidance

Before undertaking any training for, or assessing of this award the protocol outlined in the SLSA Wales document

'Guidance on delivering training and assessment of lifesaving awards during COVID – 19, Version 1.0 Oct 2020'

MUST be read and understood and the guidelines strictly adhered to.

The document 'COVID-19 Risk Assessment (Training & Assessment of Lifesaving Awards) – guidance notes'

Must be used to produce a fully documented Risk Assessment of the activity.

Written permission from a parent or legal guardian must be obtained for a person under the age of 18years old MUST be obtained before the candidate can participate in any training or the assessment of this award.

The Award is split into three modules. Assessment of Modules 1 and 2 must be completed before Module3 assessment can take place.

MODULE	PREFIX	PAGE
1. Lifesaving Knowledge and first aid knowledge	LK	3
2. Emergency Aid	EA	5
3. Ocean Based	O	10

Minimum Age of Candidates 12 years

Prerequisite Fitness Test.

Either:

Complete a 200metre swim in a pool within a maximum permitted time of 5 minutes.

or

Complete an accurately measured swim of 200 metres in length, to be conducted in calm water or in sea conditions with minimal waves and current within a time limit of 6.00 minutes.

The prerequisite fitness test may be assessed by the candidate's own Club SLSA Wales Trainer Assessor who is not the trainer of the candidate. A declaration that the candidate can complete this swim within the time is to be completed on the Assessment Claim Form by the trainer. Without this declaration the Award will not be processed.

Module	Component	Assessment Criteria	Notes
Lifesaving knowledge	This module to be tested electronically using multi choice questions. Trainers are responsible for notifying the lead assessor of any candidate who may experience difficulties with this system. 70% or above correct answers from 20 questions will be deemed a pass.		
LK1	Discuss the mains aims of Surf Life Saving in Wales.	The candidate will: a. Explain that personal safety is paramount and that the main objective of SLSA Wales is to prevent drowning, through education.	
LK2	Explain how the weather and tides can affect the beach environment and beach users.	The candidate will: a. Explain what is meant by a Spring tide and a Neap tide and how they affect the beach environment.	
LK3	Discuss general beach safety issues	The candidate will: a. Describe published beach safety advice.	
LK4	<ul style="list-style-type: none"> Identify four types of rip current and their characteristics. 	The candidate will: a. State the causes and effects of currents, their associated dangers and how to manage them.	

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Lifesaving knowledge			
LK5	Give general advice to the public.	The candidate will: a. Describe equipment available to ensure effective communications between lifeguards and the public and lifeguard to lifeguard	
LK6	Explain how to summon emergency service.	The candidate will: a. Explain how to summon emergency services and describe what information should be readily on hand when emergency services are contacted.	
LK7	Translate hand and flag signals used to converse between craft and shore. Interpret whistle signals.	The candidate will: a. Identify and interpret all hand, flag and whistle signals used by Lifeguards.	As well as being assessed in the multichoice questions, hand, flag and whistle signals will be demonstrated and interpreted on the beach prior to ocean based assessment.
LK8	Identify and manage casualties suffering from cramp, fainting, shock and who is choking. Explain how treat a casualty who is bleeding (including nose bleeds)	The candidate will: a. Know basically what causes cramp, shock, fainting, and choking. b. Describe types of bleeding and how to stem that bleeding by applying direct pressure.	

Module	Component	Assessment Criteria	Notes
Emergency Aid			
EA.1	Identify the principles of DRAB999C	<p>The candidate will be able to relate the dangers associated with:</p> <ol style="list-style-type: none"> Performing CPR on an unknown victim. physical hazards - cars, boats, groynes, piers, electricity etc. human hazards - bystanders, animals, casualty themselves (barrier devices) etc. environmental hazards - water, weather etc. show an understanding of the protocol to be adopted to check the level of response of a casualty. State the reasoning of summoning emergency services quickly <p>Explain the purpose of giving CPR.</p>	<p>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.</p> <p>Maybe tested orally and electronically</p>
EA.3	Demonstrate the correct sequence to show the actions to be taken, when approaching a prone patient suspected to be unconscious.	<p>The candidate will:</p> <ol style="list-style-type: none"> put on appropriate protective gloves, mask and goggles, or visor visibly check for danger to themselves, the casualty or any bystanders. check the casualty's response to sound by shouting 'are you alright.' check response to Pain by gently shaking the shoulders 	<p>Casualty to be either:</p> <ol style="list-style-type: none"> A family member in candidates bubble/household wearing a mask and gloves. Member of the training bubble wearing a mask and gloves. A Ruth Lee manikin. Suitable full body manikin.

Module Emergency Aid	Component	Assessment Criteria	Notes
EA.4	Turn the casualty from the prone position to supine.	<p>Wearing protective gloves, mask, and goggles, or visor the candidate will confidently and competently demonstrate:</p> <p>turning the casualty onto their back showing confident handling and good patient care.</p>	<p>Casualty to be either:</p> <ol style="list-style-type: none"> a. A family member in candidates bubble/household wearing a mask and gloves. b. Member of a training bubble wearing a mask and gloves. c. A Ruth Lee manikin. d. Suitable full body manikin.
EA5	Place a casualty in recovery position (non-spinal injury).	<p>Wearing protective gloves, mask, and goggles, or visor the candidate will confidently and competently demonstrate:</p> <ol style="list-style-type: none"> a. handle the casualty ensuring good patient care. b. ensure the casualty is in a stable position. c. maintain a good airway. d. ensure upper leg is bent at right angles at the hip and knee. e. ensure upper leg is not resting on lower leg. f. demonstrate close monitoring of the casualty. 	<p>Casualty to be either:</p> <ol style="list-style-type: none"> a. A family member in candidates bubble/household wearing a mask and gloves. b. Member of a training bubble wearing a mask and gloves. c. A Ruth Lee manikin. d. Suitable full body manikin.

Module	Component	Assessment Criteria	Notes
Emergency Aid			
<p>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 <i>MUST</i> be followed, together with the guidance for using and cleaning CPR manikins laid out by The Resuscitation Council UK and Laerdal respectively.</p>			
EA6	State the differences in the resuscitation protocol of an adult suffering cardiac arrest with that of an adult victim of drowning, a child, and an infant who are not breathing.	The candidate will relate and show an understanding of the correct protocol when resuscitating a person who falls into one of the categories.	Maybe tested orally and electronically.
EA7	Demonstrate CPR on a suitable adult manikin Cardio Pulmonary Resuscitation for a victim of drowning	<p>Wearing protective gloves, mask, and goggles, or visor the candidate will confidently and competently demonstrate:</p> <ol style="list-style-type: none"> check for danger - to yourself, casualty or any bystanders. check the casualty's response -gently shake shoulders and ask loudly 'are you all right?' <p>there will be no response.</p> <ol style="list-style-type: none"> shout for Help obtain an open airway using head tilt and chin lift. check for breathing - look, for normal breathing for no more than 10 seconds. <p>there will be no breathing</p> <ol style="list-style-type: none"> give up to 5 initial breaths, watching for the chest to rise breaths – 1 second each. 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) Continue to combine 30 chest compressions with 2 rescue breaths Go for help (999 or 112) and get an AED if available after one minute of CPR if alone Candidate to continue CPR for a minimum of 2 minutes (6 cycles) 	<p>Checking for dangers here means on retrieval from water is the casualty in a safe place eg. far enough from the waters edge.</p>

Module Emergency Aid	Component	Assessment Criteria	Notes
EA8	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"> a. be able to identify the signs of choking. b. ask the casualty 'are you choking? c. Explain that you should lean the casualty forward and encourage the casualty to cough. (there will be no success in clearing blockage). d. shout for help. 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. f. check to see if the object has been dislodged. 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.) (there will be no success in clearing blockage). h. Describe how to give abdominal thrusts. i. Demonstrate simulated abdominal thrusts on a manikin. 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. 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. 	<p>Practical demonstration to be assessed using a suitable manikin along with relevant questioning.</p> <p>No simulation to take place on a live casualty.</p>

Module Emergency Aid	Component	Assessment Criteria	Notes
EA8	Personal protection when administering First Aid	<p>The candidate will:</p> <ul style="list-style-type: none"> a. explain the importance of checking for dangers before approaching a casualty. b. Explain the importance of remaining at a safe distance (if able to) c. 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. 	
EA9	<p>Identify and manage a casualty who is suffering from</p> <ul style="list-style-type: none"> a. Cramp b. a faint c. shock 	<p>The candidate will:</p> <p>Know the causes and treatment of each of the conditions.</p>	Tested electronically
EA10	Explain how to treat a casualty who is bleeding	<p>The candidate will:</p> <ul style="list-style-type: none"> a. describe the types of bleeding including nose bleeds. b. describe how to stem the bleeding from wounds and nose bleeds 	Tested electronically

Module Ocean based	Component	Assessment Criteria 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'	Notes
O.1	Demonstrate all signals.	The candidate will: a. display a thorough knowledge and understanding of all hand/flag and whistle signals as per the current Lifeguard Resource through demonstration and interpretation.	a. each signal to be tested in turn. b. for whistle signals, the corresponding number of fingers will be held up by the candidate.
O.2	Carrying a rescue tube, complete a 50m run to the water's edge enter the water and swim 100metres from suitable swimming depth to a conscious weak swimmer. 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. Provide Appropriate aftercare.	The candidate will: - a. signal for assistance prior to starting the run. b. demonstrates good use of surf conditions to their advantage i.e. rips, wind direction etc. c. chooses a suitable water entry with a sense of urgency (high knees and porpoising) d. maintains observation of the casualty. (on approach and return to shore). e. on approaching the casualty adopts a safe stand- off position whilst maintaining social distancing f. communicate to the casualty reassuring the casualty throughout. 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 h. when in the surf zone the candidate will place themselves surf side of the casualty in order to protect the casualty from waves. i. Escort the casualty to shore, at a safe distance from the water's edge sit the casualty down provide aftercare and ask appropriate i.e. relevant questions (CHUMS - Chums with you? Hit your head? Unconscious at any time? Medical conditions? Swallowed or inhaled any water?)	This test is to be conducted without goggles (unless prescription goggles) The use of a suitable manikin is recommended for this component. Where a manikin is used it can be fed to the candidate by someone on a board-maintaining social distancing. However if a live casualty is to be used then the following consideration needs to be taken into account: The rescuer and casualty are comfortable to participate in this demonstration. The casualty must be well briefed with regards to distancing and contact. there is no set time limit. footwear may be worn for the run at the candidate's discretion

Module	Component	Assessment Criteria	Notes
Ocean based	<p>Describe what checks must be made to a Rescue Board prior to use.</p> <p>Explain the difference between a Malibu Board and a Rescue Board.</p> <p>Explain how a Rescue Board can be used to and support a conscious casualty.</p>	<p>The candidate will: -</p> <ol style="list-style-type: none"> State what checks need to be made to a Malibu/Rescue Board prior to use. Identify areas of wear and explain the consequences of such wear on a Rescue Board. Identify and describe the features of a Malibu/Rescue Boards. 	
O.6	<p>:Demonstrate the use of a Malibu Board/Rescue Board</p> <p>The candidate will be able to:</p> <ol style="list-style-type: none"> Demonstrate a competent start. Paddle out to a marker not less than 200m metres from shore. Recognise and respond to signals given from shore. Demonstrate competence in negotiating surf on a Malibu/Rescue Board. Demonstrate a simulated rescue of a person in difficulty 200 metres from shore. 	<p>The candidate will be able to:</p> <ul style="list-style-type: none"> Apply the 'Surf Conditions' present to execute competent negotiation of the surf. Demonstrate two way communications with the shore using flag and hand signals. Demonstrate communication skills with a person in difficulty. Demonstrate how the Malibu/Rescue Board is used as a stable platform in order to return a victim to shore. Complete safe negotiation of the surf line for both victim and rescuer. Demonstrate appropriate aftercare. 	<p>This test is to be conducted without goggles (unless prescription goggles)</p> <p>The use of a suitable manikin is recommended for this component. 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>The rescuer and casualty are comfortable to participate in this demonstration.</p> <p>The casualty must be well briefed with regards to distancing and contact.</p> <p>Instruct the casualty to keep his/her head turned away from rescuer at all times.</p>

