

## Surf Lifesaving Association of Wales

### Beach Lifesaver Level 2 - Covid 19 Adapted November2020 vs1.0

#### *Assessment Criteria*

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#### **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 four modules. Assessment of Modules 1, 2 and 3 must be completed before Module4 assessment can take place.**

**The practical elements of modules 2,3 and 4 will also be backed up by questions in the electronic test.**

Aim: To prove competency in the basic skills and knowledge required for supervising accredited SLSA Wales water-based activities and work as part of a Patrol Team for the purpose of saving life in the water.

### Prerequisite Fitness Test.

Either:

Complete a 300metre swim in a pool within a maximum permitted time of 7.5 minutes.

or

Complete an accurately measured swim of 300 metres in length, to be conducted in calm water or in sea conditions with minimal waves and current within a time limit of 8.5 minutes.

**The prerequisite fitness test must be assessed by an external assessor appointed by the Regional Tutor.**

**Minimum Age of Candidates:- 15 years**

**Prerequisite:-** None

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Module	Component	Assessment Criteria	Notes
<b>1. Beach Lifeguarding</b>			
1.1	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.	<b>Electronic Assessment</b>
1.2	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.	<b>Electronic Assessment</b>
1.3	Demonstrate knowledge of the strength and types of waves	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, explain associated dangers of the waves.	<b>Electronic Assessment</b>
1.4	Demonstrate knowledge of the types and causes of Rip Currents.	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.	
1.5	Demonstrate a knowledge of the different types of beach patrolling methods	The candidate will:  a. display a thorough knowledge of the types of Lifeguard Patrol methods. b. describe the essential equipment needed to set up an effective patrol, <b>including the Personal Protection Equipment that will be needed.</b> c. describe beach user zoning d. demonstrate a thorough knowledge of beach patrolling e. recognise the need for good record keeping	<b>Electronic Assessment</b>

<b>Module 1</b>	<b>Component</b>	<b>Assessment Criteria</b>	<b>Notes</b>
1.6	Identify items of equipment required for good communications between the lifeguard and public and lifeguard to lifeguard	<ul style="list-style-type: none"> <li>a. describe methods of providing and delivering Public Safety Information. (Effective Signage and where to place it, the use of tannoy - wind direction).</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>	<b>Electronic Assessment</b>
1.7	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. identify good and bad person to person verbal and non-verbal communication skills.</li> <li>c. list six examples of good practice when dealing with a confrontational situation.</li> <li>d. 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>	<b>Electronic Assessment</b>

<b>Module 2 Basic Life Support</b>	<b>Component</b>	<b>Assessment Criteria</b>	<b>Notes</b> <b>Supplementary questions included in the electronic test.</b>
2.1	Be fully aware of your club's for 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.
2.2	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>	
2.3	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>
2.4	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>

Module 2.	Component	Assessment Criteria	Notes Supplementary questions included in the electronic test.
2.5	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>
2.6	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>

Module 2.	Component	Assessment Criteria	Notes Supplementary questions included in the electronic test.
<p><b>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.</b></p>			
2.7	Demonstrate land based Cardio Pulmonary Resuscitation (CPR) on a suitable adult manikin.	<p>Confidently and competently the candidate will:</p> <ul style="list-style-type: none"> <li>a. check for danger - to themselves, casualty, or any bystanders.</li> <li>b. check the casualty's response -gently shake shoulders and ask loudly 'are you all right?'</li> </ul> <p><b>There will be no response.</b></p> <ul style="list-style-type: none"> <li>c. shout for help</li> <li>d. obtain an open airway using head tilt and chin lift.</li> <li>e. check for breathing - look, listen and feel for normal breathing for no more than 10 seconds.</li> </ul> <p><b>There will be no breathing.</b></p> <ul style="list-style-type: none"> <li>f. send or go for help (999 or 112) and get an AED if available.</li> <li>g. 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>h. 2 breaths - 1 second each taking no longer than 5 seconds for the 2 breaths.</li> <li>i. Continue to combine 30 chest compressions with 2 rescue breaths Candidate to continue CPR for a minimum of 2 minutes (6 cycles)</li> </ul>	Supplementary questions included in the electronic test
2.9	<p>Demonstrate the correct action to be taken when the casualty vomits.</p> <p>Re-assess breathing</p>	<p>The candidate will:</p> <ul style="list-style-type: none"> <li>a. Quickly turn the manikin (casualty) on the side facing away from the candidate.</li> <li>b. Support the head.</li> <li>c. Ensure the mouth is open to demonstrate how good drainage is obtained.</li> <li>d. Ensure airway is clear.</li> <li>e. Show good casualty care when returning patient to supine position.</li> </ul> <p>Open Airway and Assess for breathing. (<i>Breathing Present</i>)</p>	Supplementary questions included in the electronic test

Module 2.	Component	Assessment Criteria	Notes Supplementary questions included in the electronic test.
2.10	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>	
2.11	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>	

Module 2.	Component	Assessment Criteria	Notes Supplementary questions included in the electronic test.
2.12	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>a. check for danger - to yourself, casualty or any bystanders.</li> <li>b. 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>c. shout for Help</li> <li>d. obtain an open airway using head tilt and chin lift.</li> <li>e. check for breathing - look, listen and feel for normal breathing for no more than 10 seconds.</li> <li>f. open the casualty's airway Airway - obtain using head tilt and chin lift - ensure neutral alignment of neck.</li> <li>g. 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>h. the candidate will seal the infant's 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>i. 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 than 120/min. (30 between 15 and 18 seconds)</li> <li>j. 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>k. continue to combine 30 chest compressions with 2 rescue breaths</li> <li>l. go for help (999 or 112) after one minute of CPR if alone and summon and use an AED if available</li> <li>m. candidate to continue CPR for a minimum of 2 minutes. (6 cycles)</li> </ol>	

Module 2.	Component	Assessment Criteria	Notes Supplementary questions included in the electronic test.
2.13	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. <b>No simulation to take place on a live casualty.</b></p>

Module 2	Component	Assessment Criteria	Notes Supplementary questions included in the electronic test.
2.14	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.  <b>No simulation to take place on a live casualty.</b></p>

Module 2.	Component	Assessment Criteria	Notes Supplementary questions included in the electronic test.
2.15	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>

Module 2.	Component	Assessment Criteria	Notes
2.16	<p>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;</p> <ul style="list-style-type: none"> <li>a. Unconscious but breathing</li> <li>b. Unconscious and not breathing</li> </ul>	<p>The candidate will:</p> <p>Explain the need to put on PPE before approaching casualty (minimum of gloves, face mask and eye protection) and discuss:</p> <ul style="list-style-type: none"> <li>a. 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>b. 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> </ul>	<p>Refer to section 9 (COVID CPR Algorithm) in the document <b>‘guidance on delivering training and assessment of lifesaving awards during COVID-19’</b></p>

Module 3. First Aid	Component	Assessment Criteria	Notes
FA. 1	Demonstrate a Basic Knowledge of First Aid	<p>The candidate will be able to:            Demonstrate a basic knowledge of and ability to recognise and manage the following conditions:</p> <ul style="list-style-type: none"> <li>a. Shock</li> <li>b. Strain or sprain</li> <li>c. Bleeding</li> <li>d. Choking</li> <li>e. Cramp.</li> <li>f. Fractures and dislocations</li> <li>g. Fainting</li> <li>h. Head injuries (concussion and compression)</li> <li>i. An eye injury</li> <li>j. A marine or insect sting</li> <li>k. Sunburn</li> <li>l. Heat stroke heat exhaustion</li> <li>m. Hypothermia.</li> </ul>	<p>Electronic assessment with practical assessment of one element.</p>
FA.2	First Aid scenario.	<p>The candidate will:            prioritise and treat up to two casualties with injuries in an unknown First Aid scenario.</p>	<p><b>The treatment may be given Either:</b></p> <ul style="list-style-type: none"> <li><b>a. to candidate by themselves.</b></li> <li><b>b. by telling the casualty what to do in order to self-treat the condition.</b></li> <li><b>c. by demonstrating on a manikin.</b></li> </ul> <p><b>Bandages/dressings should be clean, ideally unused not shared by multiple candidates, and disposed of safely following the demonstration.</b></p>

<b>Outcom 4. Ocean/ Beach Based</b>	<b>Component</b>	<b>Assessment Criteria</b>	<b>Notes</b>
4.1	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	<b>Practical Demonstration</b> a) Each signal to be tested in turn. b) For whistle signals, the corresponding number of fingers will be held up by the candidate to indicate the number of whistle blasts. c) Can be conducted as part of a group or individually as appropriate. d) Candidates to face away from each other during the assessment. e) Signals should also be employed and interpreted correctly throughout the practical assessment.
4.2	Demonstrate appropriate releases whereby the candidate is: a. grabbed around the neck from the front b. grabbed around the neck from behind.	The candidate will: Demonstrate these releases <b>on dry land</b> with a live casualty.	Casualty to be either: e. A family member wearing a mask and gloves. f. Member of a training bubble wearing a mask and gloves. <b>Both rescuer and casualty must be comfortable to participate in this demonstration.</b>

Module 4.	Component	Assessment Criteria	Notes
4.3	<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. The casualty will be escorted to a place of safety and appropriate aftercare applied.</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'</li> <li>h. return casualty to shore safely.</li> <li>i. Demonstrate appropriate aftercare at a safe distance from the water's edge.</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 considered:</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. footwear may be worn for the run at the candidate's discretion.</p>

Module 4.	Component	Assessment Criteria	Notes
4.4	<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>At a suitable depth the candidate will be joined by a backup lifeguard who will assist with a two person carry of the patient to a point of safety where the patient is laid down and assessed simulated CPR will be started if necessary.</p>	<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>At a suitable depth the candidate will be joined by a backup lifeguard who will assist with a two person carry of the patient to a point of safety where the patient is laid down and assessed simulated CPR will be started if necessary.</p>	<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 considered:</p> <p><b>The rescuer back up lifeguard 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>Always instruct the casualty to keep his/her head turned away from rescuer.</p> <p>When simulating an unconscious casualty, the casualty should be face down for minimal amount of time.</p> <p>On being turned over the casualty must always avoid gasping and instructed to keep his/her head turned away from the rescuer.</p>
4.5	<p>Demonstrate a 50 m contact tow using a suitable manikin, followed by a 50m free swim.</p> <p>During the free swim, the candidate will demonstrate a surface dive to 1.5 metre.</p>	<p>The candidate will:</p> <ol style="list-style-type: none"> <li>Select the correct tow for the prevailing sea conditions.</li> <li>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.</li> </ol>	<p>a) this test is to be conducted without goggles. (unless prescription goggles)</p> <p>The towing manikin must be ¾ full of water.</p>

