



# AWARDS & TRAINING GUIDE 2008

## Experience and Expertise of the Awarding Body

- Has been training lifeguards for 55 years.
- SLSGB is a member of the European Resuscitation Council and the CCPR.
- Has full membership of the International Life Saving Federation and the International Life Saving Federation of Europe

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| Page No. | Award  | Members Fees     | Non-Members Fees |
|----------|--|------------------|------------------|
| 9        | *New* National Surf Safety Awards (NSSA)         | £1               | £1               |
| 10       | NaRS Beach Cross (Bronze, Silver & Gold)         | 2.50             | 5.00             |
| 16       | Surf Competence                                  | 5.00             | 15.00            |
| 17       | Board Competence                                 | 5.00             | 15.00            |
| 18       | Ski Competence                                   | 5.00             | 15.00            |
| 19       | Surf Boat Competence                             | 5.00             | 15.00            |
| 20       | Emergency Surf Aid & Rescue Award (*1)           | 10.00            | 25.00            |
| 22       | Life Saver Support Award (Part A Only) (*1)      | 15.00<br>(10.00) | 30.00<br>(20.00) |
| 24       | NaRS Beach Patrol Award (*1)                     | 10.00            | 30.00            |
| 26       | NaRS Surf Life Saving & Surfing Coach Award (*1) | 15.00            | 30.00            |
| 28       | NaRS Beach Lifeguard (*1)                        | 20.00            | 50.00            |
|          | <i>NaRS Beach Lifeguard Manual</i>               | <i>15.00</i>     | <i>25.00</i>     |
| 30       | NaRS Emergency Aid I (*1)                        | 3.00             | 3.00             |
| 31       | NaRS Emergency Aid II (*1)                       | 10.00            | 20.00            |
| 33       | NaRS Advanced Resuscitation                      | 15.00            | 30.00            |
| 34       | NaRS Spinal Management                           | 15.00            | 30.00            |
| 35       | NaRS Emergency Responder                         | 15.00            | 30.00            |
| 36       | NaRS IRB Surf Crewman                            | 12.50            | 25.00            |
| 38       | NaRS IRB Surf Driver                             | 12.50            | 25.00            |
| 40       | *New* IRB Crew                                   | 12.50            | 25.00            |
| 43       | *New* IRB Driver                                 | 12.50            | 25.00            |
| 47       | *New* RWC Driver                                 | 12.50            | 25.00            |
|          | <i>*New* IRB/RWC Manual</i>                      | <i>17.50</i>     | <i>25.00</i>     |
| 50       | *New* Coach Level 1                              | £120.00          | Not applicable   |
| 51       | *New* Coach Level 2 (core module)                | £120.00          | Not applicable   |
| 51       | *New* Coach Level 2 (optional modules)           | £60.00           | Not applicable   |
| 52       | *New* Trainer                                    | N/A              | Not applicable   |
| 53       | Assessor   | N/A              | Not applicable   |
| 54       | *New* IRB/RWC Trainer                            | N/A              | Not applicable   |
| 55       | *New* IRB/RWC Assessor                           | N/A              | Not applicable   |
| 56       | Appendices                                       |                  |                  |

All Coach award fees include manuals and fees must be paid in advance with the Course Registration Form. All other award fees do not include the cost of manuals. The 'refund policy' of NaRS Beach Lifeguard Manual fees is subject to change and is not guaranteed.

\*1 – With all awards with EA I or EA II as part of the syllabus, the certificate will incorporate an Appointed Person's First Aid Certificate. A separate Appointed Person's Certificate may be purchased at a cost of £7.50.

The following awards require annual proficiency testing in order for the award to remain current.

| Page No. | Award                                       | Proficiency Test Fees |             |
|----------|---|-----------------------|-------------|
|          |   | Members               | Non-Members |
| 23       | Life Saver Support Award                    | 5.00                  | 10.00       |
| 23       | Life Saver Support Award (Part A Only)      | 3.00                  | 10.00       |
| 27       | NaRS Surf Life Saving & Surfing Coach Award | 5.00                  | 20.00       |
| 29       | NaRS Beach Lifeguard                        | 5.00                  | 25.00       |

- A proficiency test must be taken within 12 months of the previous test, or full award, for the award holder to be considered to be proficient (as from January 2009).
- Where a person holds an award which has a validity period of longer than 12 months then the award must be valid and in date at the time the proficiency test for that award is taken.
- Should a period in excess of 24 months have passed since the last proficiency test or full Assessment, then the full award will need to be re-taken.
- Proficiency tests can be taken up to 2 calendar months prior to their expiration date and, if the candidate is successful, they will be considered to be proficient for a period of 12 months from the date their previous proficiency test would have expired.

The syllabus for proficiency tests are the same as for the full awards, however, the assessments will be shorter than those for the full award. Proficiency tests may include any skill which appears in the full award syllabus and will be chosen at the Assessors discretion. (See the Assessors Proficiency Test Marking Guide for a particular award to establish how much will be assessed in each area of skills).

Proficiency tests must be assessed by Assessors of SLSGB. However, these Assessors may be members of the same Club as the candidate(s), so long as they have not been involved in their training. The Director of Life Saving or Regional Life Saving Officer will always have the authority to replace any Assessor appointed by the Club or training organisation and appoint Assessors of their choosing without having to justify that decision.

The Regional Life Saving Officer must be informed of any proficiency testing that is scheduled at least 7 days prior to the proposed assessment date. (see award administration process).

Note: Proficiency test are optional for 2008 but will become mandatory for 2009 and award validity for the awards included in the proficiency test will be reduced to 12 months.

## SAFETY & CONDUCT

This policy is provided for all members undergoing training, coaching or other club activities to ensure, as far as possible, that adequate safety is in place. (These persons, hereafter, will be referred to as trainees.)

|   |   |
|---|---|
| <b>Competent Person</b>                   | Normally one of the "Qualified Persons" providing the safety cover  |
| <b>Qualified (Open Water &amp; Beach)</b> | Holders of a current Surf Life Saving & Surfing Coach Qualification or a recognised Beach Lifeguard Qualification   |
| <b>Qualified (Pool &amp; Stillwater)</b>  | Holders of a current NaRS Surf Life Saving & Surfing Coach Qualification, a recognised Beach Lifeguard Qualification or a recognised Pool Lifeguard Qualification |

*The person with overall responsibility for the safety of trainees will be the Trainer or Coach, whether they are qualified or not.*

### Open Water & Beach

Where trainees are under 18 years of age or are considered to be vulnerable adults, there should be a **minimum** of two qualified persons present and in close proximity to the trainees at all times.

The actual number of qualified persons required will be determined based on a risk assessment completed by a competent person immediately prior to the training or coaching session commencing.

Risk Assessments should be documented and include a time and date. Risk assessments should be retained for a period as determined by your local Environment Health officer, which may vary from area to area. Where an incident occurs the RA should be kept in accordance with SLSGB Rules. They should also be available for inspection by any authorised party.

Where the trainees are **all** over the age of 18 and considered competent in the environment in which the training will take place, the **minimum** safety cover may, subject to the results of the risk assessment, be reduced to a **minimum** of 1 qualified person. (The competence of the trainees must be determined by practical assessments carried out by a qualified person.)

Qualified persons providing safety cover must be used exclusively for that purpose and not for other tasks. They should be in close proximity at all times to the trainees whilst they are in an environment where safety cover has been deemed necessary by the risk assessment.

### Pool & Stillwater

For all aspects of training, coaching or competition activity in a stillwater (pool) environment, safety cover must be provided by the organisers to a **minimum** standard as determined by a risk assessment conducted as above.

Qualified persons providing safety cover must be used exclusively for that purpose and not for other tasks. All other aspects of safety are as for Open Water & Beach above.

Persons undergoing **IRB training** must have completed at least 5 hours training in an IRB accompanied and supervised by a qualified IRB Driver before being allowed in a boat unaccompanied.

## CONDUCT

The Surf Life Saving Association of Great Britain has in place the following policies:

- Code of Conduct
- Child Protection
- Equity
- Fair Play Code

These should be followed at all times and can be seen on the website or can be obtained from the office.

## ACCESS & ASSESSMENT

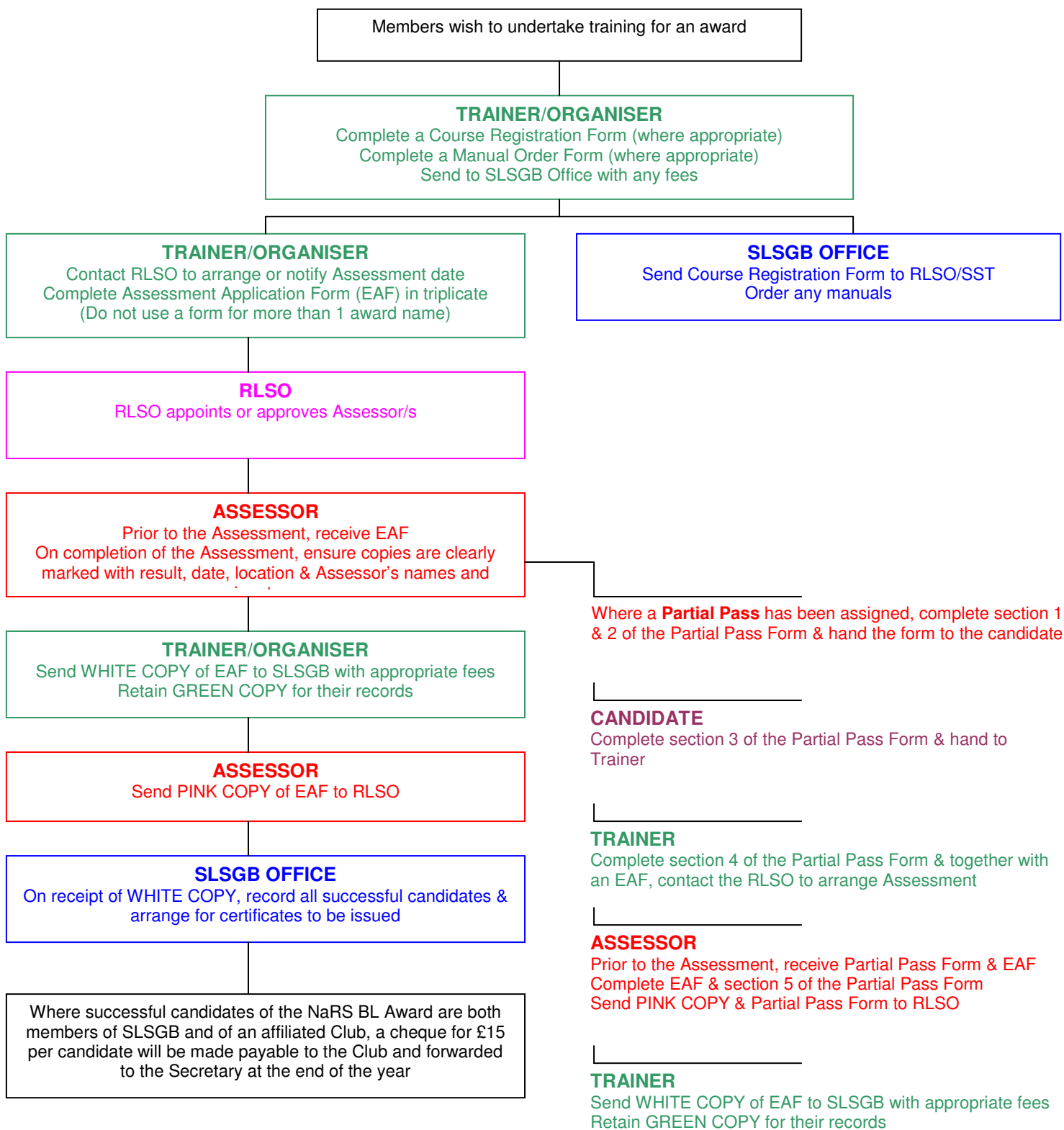
The below table shows, against each award, who can instruct/assess, as well as which awards need to be registered.

| AWARD                                 | REGISTER? | WHO CAN INSTRUCT?      |       | WHO CAN ASSESS? |       |
|---------------------------------------|-----------|------------------------|-------|-----------------|-------|
|                                       |           | Trainer                | Coach | Assessor        | Coach |
| *New* National Surf Safety Awards     |           | <i>Refer to Page 9</i> |       |                 |       |
| NaRS Beach Cross                      |           | √                      |       | √               |       |
| Surf Competence                       |           | √                      | √     | √               | √     |
| Board Competence                      |           | √                      | √     | √               | √     |
| Ski Competence                        |           | √                      | √     | √               | √     |
| Surf Boat Competence                  |           | √                      | √     | √               | √     |
| Emergency Surf Aid & Rescue           |           | √                      |       | √               |       |
| Lifesaver Support Part A only         | √         | √                      | √     | √               | √     |
| Lifesaver Support                     | √         | √                      |       | √               |       |
| NaRS Beach Patrol                     | √         | √                      |       | √               |       |
| NaRS Surf Life Saving & Surfing Coach | √         | √                      |       | √               |       |
| NaRS Beach Lifeguard                  | √         | √                      |       | √               |       |
| NaRS Emergency Aid 1                  |           | √                      |       | √               |       |
| NaRS Emergency Aid 2                  |           | √                      |       | √               |       |
| NaRS Advanced Resuscitation           | √         | √                      |       | √               |       |
| NaRS Spinal Management                | √         | √                      |       | √               |       |
| NaRS Emergency Responder              | √         | √                      |       | √               |       |
| NaRS IRB Crewman                      | √         | √                      |       | √               |       |
| NaRS IRB Driver                       | √         | √                      |       | √               |       |
| *New* IRB Crew                        | √         | √                      |       | √               |       |
| *New* IRB Driver                      | √         | √                      |       | √               |       |
| *New* RWC Driver                      | √         | √                      |       | √               |       |
| *New* Coach Level 1                   | √         |                        |       |                 |       |
| *New* Coach Level 2                   | √         |                        |       |                 |       |
| *New* Trainer                         | √         |                        |       |                 |       |
| Assessor                              | √         |                        |       |                 |       |
| *New* IRB/RWC Trainer                 | √         |                        |       |                 |       |
| *New* IRB/RWC Assessor                | √         |                        |       |                 |       |

The Regional Life Saving Officer reserves the right to arrange for an external Assessor/Coach to be present as a moderator, or to take the Assessment him/herself.

## AWARD ADMINISTRATION PROCEDURE 2008

Please follow the chart below; alternatively the procedure is laid out in full text on the next page:



## AWARD ADMINISTRATION PROCEDURE 2008 (continued)

|                             |  |
|-----------------------------|--|
| <b>1</b><br><b>TRAINER</b>  | Complete a Course Registration Form (see page 4 to see if a form is required) & where appropriate, complete a Manual Order Form. Send to HQ at least 14 days prior to the Assessment or proficiency test with a cheque any fees, made payable to SLSGB.  |
| <b>2</b><br><b>SLSGB</b>    | HQ will copy the Course Registration Form to the Regional Life Saving Officer (or Surf Sports Training) and order any manuals.   |
| <b>3</b><br><b>TRAINER</b>  | Make contact with the RLSO to arrange or notify a suitable Assessment date and then complete Assessment Application Forms (in triplicate) for each Assessment. Do not use a form for more than one award name.   |
| <b>4</b><br><b>RLSO</b>     | Appoint or approve Assessor/s for the Assessment.  |
| <b>5</b><br><b>ASSESSOR</b> | Prior to the start of the Assessment, the Assessor must receive from the Trainer ALL THREE COPIES of the Assessment Application Form and ensure that they have been correctly completed. On completion of the Assessment ensure ALL three copies of the Assessment Application Form are suitably endorsed with the result and Assessor's names and signatures. |
| <b>6</b><br><b>TRAINER</b>  | Send to SLSA HQ the WHITE COPY of the completed EAF (to arrive at SLSA HQ within 3 weeks of the Assessment date) with the appropriate fees.<br><br>Retain the GREEN COPY of the EAF for their records.   |
| <b>7</b><br><b>ASSESSOR</b> | Send the completed PINK COPY of the Assessment Application Form to the Regional Life Saving Officer for their records.   |
| <b>8</b><br><b>SLSGB</b>    | On receipt of the WHITE COPY of the completed EAF, SLSA HQ will place all successful candidates on the database and arrange for certificates to be issued and sent directly to the Trainer   |
| <b>9</b><br><b>SLSGB</b>    | Where successful candidates of the NARS BL Award are both members of SLSGB and an affiliated club, a cheque for £15 per candidate will be made payable to the candidate's club and forwarded to the club secretary, at the end of that year. Any EAF's received after the 30 <sup>th</sup> November will be processed in the following year.                   |

|                               |   |
|-------------------------------|---|
| <b>10</b><br><b>ASSESSOR</b>  | Where a Partial Pass has been assigned, complete Section 1 & 2 of the Partial Pass Form and hand the form to candidate  |
| <b>11</b><br><b>CANDIDATE</b> | Complete Section 3 of the Partial Pass form   |
| <b>12</b><br><b>TRAINER</b>   | Complete Section 4 of the Partial Pass form together with an Assessment Application Form in triplicate and contact the Regional Life Saving Officer to arrange the Assessment   |
| <b>13</b><br><b>ASSESSOR</b>  | Prior to the start of the Assessment, the Assessor must receive from the Trainer ALL THREE COPIES of the Assessment Application Form together with the Partial Pass Form. Complete the Assessment Application Form and Section 5 of the Partial Pass form. Send the completed PINK COPY of the Assessment Application Form together with the Partial Pass Form to the Regional Life Saving Officer for their records. |
| <b>14</b><br><b>TRAINER</b>   | Send to SLSA HQ the WHITE COPY of the completed EAF (to arrive at SLSA HQ within 3 weeks of the Assessment date) with the appropriate fees.<br><br>Retain the GREEN COPY of the EAF for their records.  |

**Incorrectly completed paperwork will be returned to the Trainer and an administration fee will be charged**

Trainers and Assessors requiring a replacement Beach Lifeguard Manual will be sent one after the office receives a NARS BL Manual Order Form, together with Assessment forms for the number of Trainers/Assessors that have attended an update. These requests should only be made for manuals where they are required.

## SPORT ENTRY QUALIFICATIONS

**Stillwater**      No specific qualification is required, but a “Declaration of Competence” confirming that the competitor is able to swim at least 50m is to be given by the Club on entry for events

**Beach**            No qualifications are required

**Surf**

|               |                   |         |
|---------------|-------------------|---------|
| <b>Nipper</b> | 8 – 9 year olds   | Level 1 |
|               | 10 – 11 year olds | Level 2 |
|               | 12 – 13 year olds | Level 3 |

Those who currently hold appropriate Dolphin Awards need not re-qualify.

**Youth**            Surf Competence Award for competitors who wish to compete in any surf events, but may also require;

Board Competence Award if they wish to compete in board events, *and/or*  
Ski Competence Award if they wish to compete in ski events

**Senior**            Life Saver Support Award (Part A) for competitors who wish to compete in any surf events, but may also require;

Ski Competence Award if they wish to compete in ski events, *and/or*  
Surf Boat Competence Award if they wish to compete in Surfboat events

**Master**            Life Saver Support Award (Part A) for competitors who wish to compete in any surf events, but may also require;

Ski Competence Award if they wish to compete in ski events, *and/or*  
Surf Boat Competence Award if they wish to compete in Surfboat events

If a youth member intends to participate in a senior event, he/she must be qualified to the senior level.

# NATIONAL SURF SAFETY AWARDS

## **AIM**

- A series of progressive awards aimed at 7 – 13 year olds (Nippers)

## **PRE-REQUISITE**

- Be a minimum of 7 years of age on the date of the assessment

## **SYLLABUS**

Any competent person may instruct the awards:

|         |                                       |        |
|---------|---------------------------------------|--------|
| Level 1 | Surf Awareness & Surf Skills          | Orange |
| Level 2 | Surf Awareness & Surf Skills          | Green  |
| Level 3 | Beach Safety, First Aid & Surf Skills | Blue   |
| Level 4 | Beach Safety, First Aid & Surf Skills | Purple |
| Level 5 | First Aid & Surf Rescue Skills        | Silver |
| Level 6 | First Aid & Surf Rescue Skills        | Gold   |

A resource pack is available from SLSGB HQ or can be downloaded from the SLSGB web site [www.surflifesaving.org.uk](http://www.surflifesaving.org.uk).

## **ASSESSMENT**

Complete the syllabus for the assessment by any current NaRS Surf Life Saving Surfing Coach/Beach Lifeguard Holder

# NARS BRONZE BEACH CROSS

## AIM

- The NARS Bronze Beach Cross Award turns competent swimmers into potential Life Savers. The awards are the stepping-stones towards becoming a professional Beach Lifeguard.

## PRE-REQUISITE

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

## SYLLABUS

### 1. Theory

Answer 10 questions on water safety; rescue procedures and sun smart on the beach area that you are in.

### 2. Resuscitation & First Aid

On an adult manikin demonstrate:

- Checking for dangers
- Assessing responsiveness and calling for help
- Open the airway
- Check breathing
- Call for an ambulance
- Give 30 chest compressions followed by 2 rescue breaths, mouth to mouth or mouth to nose methods
- Continue for 2 minutes

On a live simulated patient demonstrate:

- How to turn someone from their front onto their back
- How to turn someone from their back into the recovery position
- Show appropriate aftercare treatment
- Action for vomiting

Explain & demonstrate:

- How to control bleeding
- Fainting
- Cramp
- Sunburn

Explain how to phone for the emergency services

***Wetsuits can be worn if the candidate wishes***

### 3. Survival

- Swim 50 metres out from your own depth with a floating aid and demonstrate supporting yourself using the aid for 1 minute
- Swim 50 metres parallel to the shore, demonstrating what action to take through the waves
- Return to the shore, body surfing if appropriate
- Swim 100 metres parallel to the shore in 3½ minutes

## NARS BRONZE BEACH CROSS (continued)

### 4. Rescue

- In waist depth water throw a rope at 6 metres to a simulated weak swimmer and help them to safety
- In waist depth water throw a buoyant aid 6 metres to a simulated weak swimmer and encourage them back to safety
- Using a buoyant aid swim 20 metres to a simulated weak swimmer in difficulties, throw the aid to them and encourage them back to safety
- Using any aids available, rescue a simulated patient who is 30 metres from waist depth back to safety and provide aftercare. Then explain the reasons for your actions and the reasons for your aftercare treatment

### ASSESSMENT

Complete the syllabus for Assessment by an external coach or Assessor

# NARS SILVER BEACH CROSS

## AIM

- The NARS Silver Beach Cross Award turns competent swimmers into potential Life Savers. The awards are the stepping-stones towards becoming a professional Beach Lifeguard.

## PRE-REQUISITE

- Be a minimum of 11 years of age on the date of the Assessment.
- Hold the NARS Beach Cross Bronze

## SYLLABUS

### 1. Theory

Answer 10 questions on water safety, rescue procedures, sun smart and local dangers on the beach area that you are in.

### 2. Resuscitation

On an adult manikin demonstrate:

- Checking for dangers
- Assessing responsiveness and calling for help
- Open the airway
- Check breathing
- Call for an ambulance
- Give 30 chest compressions followed by 2 rescue breaths, mouth to mouth or mouth to nose methods
- Continue for 2 minutes
- Explain when how to summon further assistance

On a live simulated patient demonstrate:

- How to turn someone from their front onto their back
- How to turn someone from their back into the recovery position
- Show appropriate aftercare treatment
- Demonstrate and explain how to deal with a blocked airway
- Action for vomiting

Explain and demonstrate:

- What to do for insect & marine stings
- Burns
- Epilepsy /convulsions
- A possible broken limb

Explain what information the emergency services require

## NARS SILVER BEACH CROSS (continued)

*Wetsuits can be worn if the candidate wishes*

### 3. Survival

- Swim 50 metres out from your own depth with a floating aid and demonstrate supporting yourself using the aid for 1 minute
- Swim 75 metres parallel to the shore, demonstrating what action to take through the waves
- Return to the shore, body surfing if appropriate
- Swim 200 metres parallel to the shore in 7 minutes

### 4. Rescue

- A simulated weak swimmer is in difficulties just out of their depth; rescue the person using an accompanied rescue to a position of safety
- A simulated weak swimmer is in difficulties in deep water 15 metres beyond their own depth, on approaching the patient be prepared to take evasive action, then using a buoyant aid rescue the patient using a non-contact tow back to safety and provide suitable aftercare. Explain the reasons for your actions
- A simulated injured swimmer is in difficulties in deep water, 15 metres beyond their own depth. Using a buoyant aid rescue the patient back to safety and provide suitable aftercare
- A simulated unconscious patient is face down in deep water 30 metres beyond their waist depth, using any aids available, rescue the patient back to safety, land the patient with assistance and place them in the recovery position and provide aftercare. Explain the reasons for your actions and the reasons for your aftercare treatment. The patient will be breathing and have a pulse
- Using any aids available rescue a simulated patient whose condition and actions are unknown and who is in deep water no more than 20 metres beyond their own depth. Use assistance as necessary. Explain the reasons for your actions.

## **ASSESSMENT**

Complete the syllabus for Assessment by an external coach or Assessor

# NARS GOLD BEACH CROSS

## AIM

- The NARS Gold Beach Cross Award turns competent swimmers into potential Life Savers. The awards are the stepping-stones towards becoming a professional Beach Lifeguard.

## PRE-REQUISITE

- Be a minimum of 12 years of age on the date of the Assessment.
- Hold the NARS Beach Cross Silver.

## SYLLABUS

### 1. Theory

Answer 15 questions on water safety; rescue procedures; sun smart and local dangers on the beach area that you are in.

### 2. Resuscitation

On an adult manikin demonstrate:

- Checking for dangers
- Assessing responsiveness and calling for help
- Open the airway
- Check breathing
- Call for an ambulance
- Give 30 chest compressions followed by 2 rescue breaths, mouth to mouth or mouth to nose methods
- Continue for 2 minutes
- Explain when and how to summon further assistance

On a live simulated patient demonstrate:

- How to turn someone from their front onto their back
- How to turn someone from their back into the recovery position
- Show appropriate aftercare treatment
- Demonstrate and explain how to deal with a blocked airway in a child
- Action for vomiting

Explain and demonstrate 5 from the following list, chosen by the Assessor:

- What to do for insect and marine stings
- Burns
- Epilepsy /convulsions
- A possible broken limb, arm or leg
- How to control bleeding
- Fainting
- Cramp
- Sunburn

Explain and demonstrate how to deal with a simulated patient who is complaining of neck pain and a possible spinal injury

## NARS GOLD BEACH CROSS (continued)

*Wetsuits can be worn if the candidate wishes*

### 3. Survival

- Swim 75 metres out from the shore with a floating aid and demonstrate supporting yourself using the aid for 1 minute
- Swim 100 metres parallel to the shore, demonstrating what action to take through the waves
- Return to the shore, bodysurfing if appropriate
- Swim 300 metres parallel to the shore in 10½ minutes

### 4. Rescue

- A simulated non-swimmer is in difficulties 20 metres beyond their own depth; rescue the person with any suitable aid available to a position of safety and provide aftercare
- A simulated weak swimmer is in difficulties in deep water 30 metres beyond their own depth, on approaching the patient be prepared to take evasive action then, using a non-buoyant aid i.e. rope or towel, rescue the patient using a non-contact tow back to safety and provide suitable aftercare. Explain the reasons for your actions
- A simulated injured swimmer is in difficulties in deep water, 25 metres beyond their own depth. Using a suitable aid, rescue the patient back to safety and provide suitable aftercare
- A simulated unconscious patient is face down in deep water 30 metres beyond their own depth. Using any aids available, rescue the patient back to shallow water. Summon assistance, land the patient with assistance and assess. Carry out the appropriate care to the satisfaction of the Assessor. Then explain the reasons for your actions and the reasons for your aftercare treatment
- Using any aids available rescue 2 simulated patients whose condition and actions are unknown and who may be in deep water but no more than 25 metres beyond their own depth. Use assistance as necessary. The patients may be up to 20 metres from the starting point; there is unskilled assistance if attracted by the rescue.

## **ASSESSMENT**

Complete the syllabus for Assessment by an external coach or Assessor

## **SURF COMPETENCE**

### **AIM**

- To provide a safe background to open water sea swimming and the surrounding environment

### **PRE-REQUISITE**

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

### **VALIDITY**

- 3 years from the date of Assessment

### **SYLLABUS**

Demonstrate the ability to swim at least 400 metres (2 x 200 metres) in surf conditions or up to 500 metres (2 x 250 metres where surf conditions are not present). At all times the candidate must demonstrate the ability to make the best use of the surf and prevailing sea conditions. A time limit of 15 minutes will be imposed which may be extended to 20 minutes at the discretion of the Assessor.

Demonstrate knowledge of marker flags

Demonstrate a knowledge and understanding of all signals

Demonstrate an understanding of the guidance for surf bathers and surf awareness

### **ASSESSMENT**

Complete the syllabus for Assessment by an external coach or Assessor

## BOARD COMPETENCE

### AIM

- To ensure safe and competent use of the rescue and paddle board in a competition and the surrounding environment

### PRE-REQUISITE

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

### VALIDITY

- Indefinite, but must hold current Surf Competence Award

### SYLLABUS

Demonstrate the ability to launch the board and paddle it 400 metres during which the candidate will lose contact with board. Contact will be regained with the board and the candidate will continue with the paddle.

Demonstrate the ability to launch the board and pick up a conscious patient and return to shore. The patient is to be beyond the 'break' or in the absence of a clearly defined break not less than 200 metres from the shore.

### ASSESSMENT

Complete the syllabus for Assessment by an external coach or Assessor

The Assessment must **not** take place in designated swimming area.

## SKI COMPETENCE

### AIM

- To ensure safe and competent use of a ski and for sport the use of a racing ski in competition.

### PRE-REQUISITE

- Be a minimum of 12 years of age on the date of Assessment

### VALIDITY

- Indefinite, but must hold current Surf Competence Award

### SYLLABUS

Demonstrate knowledge of:

- Preparing the ski for use
- Routine maintenance and minor repairs
- Storage of ski

Demonstrate the ability to launch the ski and paddle it 600 metres during which the candidate will perform the following manoeuvres:

- Stop then move backward
- Stop then move forward
- Turn right, then left (with & without the use of a rudder allow for possible breakage of the steering during usage)
- Capsize and then right the ski, regain control and continue paddling.
- Provide support for a patient while demonstrating the ability to clearly signal to the shore for assistance"

### ASSESSMENT

Complete the syllabus for Assessment by an independent coach or Assessor

The Assessment must **not** take place in designated swimming area.

## **SURF BOAT COMPETENCE**

### **AIM**

- To ensure safe and competent use of a surfboat in both training and sport.

### **PRE-REQUISITE**

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

### **VALIDITY**

- Indefinite, but must hold current Surf Competence Award

### **SYLLABUS**

Demonstrate knowledge of:

- Preparing the Surfboat for use
- Routine maintenance and minor repairs
- Storage of Surfboat

Demonstrate with others the ability to launch and row a surfboat 800 metres during which the candidate will perform the following manoeuvres:

- Enter and Exit in a controlled and safe manner
- Row in unison and in a technically correct manner
- Have an understanding of the commands given by the sweep
- Perform the 'Trail Oars' and 'Come Back' manoeuvres
- Explain the procedures to be adopted should a Surfboat capsize

### **ASSESSMENT**

Complete the syllabus for Assessment by an independent coach or Assessor

The Assessment must **not** take place in designated swimming area.

# EMERGENCY SURF AID & RESCUE AWARD

## AIM

- To establish a standard, which creates a level of competence in life saving as a basic award to prepare candidates for incidents involving watersports activities and coastal emergencies.

## PRE-REQUISITE

- Be a minimum of 18 years of age on the date of Assessment
- Be able to swim 25 metres in a swimming pool
- Be medically and physically fit

## VALIDITY OF AWARD

- 36 months from the date of the Assessment

## SYLLABUS

### 1. Fitness Test & Releases

Complete a swim of at least 25m in a pool or in the sea.

### 2. Life Saving Skills, Knowledge & Rescue

Demonstrate effectively the ability to carry out the following:

- A Board rescue on an unconscious patient
- A Tube rescue on an unconscious patient
- A Board rescue on a conscious patient
- A Tube rescue on a conscious patient

### 3. Life Support

Demonstrate effectively the ability to carry out the following:

- Using a live simulated unconscious patient demonstrate secondary survey and recovery position.
- Demonstrate CPR on an adult manikin
- Demonstrate CPR on a child manikin
- Demonstrate CPR on a baby manikin

### 4. First Aid

Have a thorough knowledge of the recognition and management of the following conditions. Demonstrate the practical management of some of these conditions at the discretion of the Assessor:

- Choking
- Fractures & dislocations
- Cramp
- Fainting
- Strain/Sprain
- Bleeding
- Head injuries
- Shock
- Eye injuries
- Marine & Insect stings
- Sunburn
- Heat stroke/exhaustion
- Hypothermia

Acting individually or as part of a team, initiate the appropriate procedures at an incident and provide the aftercare for 1 or 2 patients from a previously unknown simulated emergency situation

## EMERGENCY SURF AID & RESCUE AWARD (continued)

### ASSESSMENT

This award consists of a course of 16 hours (including Assessment). The Trainer may assess the candidates if he/she is a current Assessor.

(Sections 3 & 4 above constitute the Emergency Aid 1 Award)

# LIFE SAVER SUPPORT AWARD

## AIM

- To establish a standard, which creates a level of competence in life saving enabling the holder to assist with safety cover and compete in lifesaving sport (part A)

## 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, with the option of taking a proficiency test prior to the expiry date and every 12 months thereafter.

## SYLLABUS

### **PART A**

#### **1. Ocean skills, Knowledge, Rescue & Fitness Test**

Demonstrate the ability to swim at least 400 metres (2 x 200 metres) in surf conditions or up to 500 metres (2 x 250 metres where surf conditions are not present). At all times the candidate must demonstrate the ability to make the best use of the surf and prevailing sea conditions. A time limit of 15 minutes will be imposed which may be extended to 20 minutes at the discretion of the Assessor.

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'.

Rescue a conscious co-operative patient 150 metres from the shore using a rescue board

Demonstrate knowledge of marker flags

Demonstrate a knowledge and understanding of all signals

Answer 10 questions on beach environment/surf awareness (8 correct to pass).

## LIFE SAVER SUPPORT AWARD (continued)

### PART B

#### 2. Life Support

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

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

Using a suitable adult manikin, demonstrate Cardio Pulmonary Resuscitation

#### 3. First Aid

Have a thorough knowledge of the recognition and management of the following conditions. Demonstrate the practical management of some of these conditions at the discretion of the Assessor:

- Choking
- Fractures & dislocations
- Cramp
- Fainting
- Strain/Sprain
- Bleeding
- Head injuries
- Shock
- Eye injuries
- Marine & Insect stings
- Sunburn
- Heat stroke/exhaustion
- Hypothermia

Acting individually or as part of a team, initiate the appropriate procedures at an incident and provide the aftercare for 1 or 2 patients from a previously unknown simulated emergency situation

### **ASSESSMENT**

Complete the syllabus for Assessment

(Sections 2 & 3 above constitute the Emergency Aid 1 Award)

# NARS BEACH PATROL AWARD

## AIM

- To provide a National award for the Support of Beach Lifeguarding; fitness, practical lifeguarding knowledge, life support & first aid

## 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**

Complete a timed run of 200 metres over a measured course, on a beach. A time of 1:00 minute is accepted as the maximum time permitted for the run.

### **2. Lifeguard Skills, Knowledge & Rescue**

In Open Water, demonstrate effectively the ability to carry out the following:

- A thorough knowledge and understanding of all signals
- Assist in the aftercare of a conscious patient who has been rescued by a lifeguard using a rescue tube.
- Assist in the recovery and aftercare of an unconscious patient who has been rescued by a lifeguard using a rescue board.
- Assist a Lifeguard 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
- 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.
- 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.
- 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.
- As part of a team, rescue a prone patient with a suspected spinal injury and remove to safety. Demonstrate appropriate action and aftercare

## NARS BEACH PATROL AWARD (continued)

### 3. Life Support

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

- Scene safety and assessment
- Turning a patient from prone to supine
- Checking the airway, checking for signs of life
- The action for vomiting and blockages
- The recovery position and aftercare

Using a suitable adult manikin, demonstrate CPR using supplementary oxygen via an approved method (may be continuous with above)

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

Demonstrate CPR on a:

- Child manikin
- Baby manikin

### 4. First Aid

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.

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

The Assessment 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)

# NARS SURF LIFE SAVING & SURFING COACH AWARD

## 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, with the option of taking a proficiency test prior to the expiry date and every 12 months thereafter.

## SYLLABUS

### **1. Fitness Test & Releases**

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

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**

Whilst in a Pool, demonstrate two releases selected by the Assessor.

In Open Water, demonstrate effectively the ability to carry out the following:

- A thorough knowledge and understanding of all signals
- 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'.
- 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
- Rescue a conscious patient from the sea (approx. 50m from shore) without equipment demonstrating appropriate patient management and care.
- 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.
- 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
- As part of a team, rescue a prone patient with a suspected spinal injury and remove to safety. Demonstrate appropriate action and aftercare
- 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.
- 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.
- 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.

## **NARS SURF LIFE SAVING & SURFING COACH AWARD (continued)**

### **3. Life Support**

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

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

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

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

Demonstrate CPR on a:

- Child manikin
- Baby manikin

### **4. First Aid**

Acting individually, initiate the appropriate procedures at an incident and provide the aftercare 1 patient from a previously unknown simulated first aid situation.

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

The Assessment may be completed in sections providing that ALL sections are completed within three calendar months.

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

Section 3 & 4 can be contested as a separate award (NARS Emergency Aid II).

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)

# NARS BEACH LIFEGUARD

## AIM

- To provide a National 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, with the option of taking a proficiency test prior to the expiry date and every 12 months thereafter.

## SYLLABUS

### **1. Fitness Test & Releases**

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.

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**

Whilst in a Pool, demonstrate two releases selected by the Assessor.

In Open Water, demonstrate effectively the ability to carry out the following:

- A thorough knowledge and understanding of all signals
- 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'.
- 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
- Rescue a conscious patient from the sea (approx. 50m from shore) without equipment demonstrating appropriate patient management and care.
- 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.
- 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
- 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.
- 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.
- 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.
- As part of a team, rescue a prone patient with a suspected spinal injury and remove to safety. Demonstrate appropriate action and aftercare

## NARS BEACH LIFEGUARD (continued)

### 3. Life Support

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

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

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

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

Demonstrate CPR on a:

- Child manikin
- Baby manikin

### 4. First Aid

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.

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

The Assessment 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)

# NARS EMERGENCY AID I

## 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:

- Scene safety and assessment
- Turning a patient from prone to supine
- Open the airway & check for signs of life
- The action for vomiting and blockages
- 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:

- Choking
- Fractures & dislocations
- Cramp
- Fainting
- Strain/Sprain
- Bleeding
- Head injuries
- Shock
- Eye injuries
- Marine & Insect stings
- Sunburn
- Heat stroke/exhaustion
- 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

# NARS EMERGENCY AID II

## 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:

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

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

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

Demonstrate CPR on a:

- Child manikin
- 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:

- Choking
- Fractures & dislocations
- Cramp
- Fainting
- Strain/Sprain
- Bleeding
- Head injuries
- Shock
- Eye injuries
- Marine & Insect stings
- Sunburn
- Heat stroke/exhaustion
- Hypothermia

## **NARS EMERGENCY AID II (continued)**

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.

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 the Assessment

# ADVANCED RESUSCITATION

## AIM

- To establish advanced resuscitation skills and be able to act as a team leader in various situations

## 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. Life Support

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

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

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

- Obtain an airway on a suspected spinal injury patient

Demonstrate CPR on a:

- Child manikin
- Baby manikin

Using a suitable adult manikin, demonstrate management of 2 and 3 person Cardio Pulmonary Resuscitation using bag/mask with oxygen

Demonstrate the effective application of oxygen therapy

Demonstrate a full knowledge of the oxygen and bag/mask resuscitation equipment

Explain the appropriate management of a choking patient (adult, child, infant)

## ASSESSMENT

Complete the syllabus for the Assessment

# SPINAL INJURY MANAGEMENT

## AIM

- To establish a standard, which creates an additional level of competence in spinal injury management for qualified lifeguards

## PRE-REQUISITE

- Be a minimum of 16 years of age on the date of Assessment
- Hold a current Basic Life Support Award

## VALIDITY OF AWARD

- 24 months from the date of the Assessment

## SYLLABUS

### 1. Theory

Candidates are required to demonstrate a clear understanding of the knowledge required in the recognition and management of suspected spinal injuries and will cover the following:

- Anatomy & Physiology of the Spine
- Using a Spinal Board
- Stabilisation on Land
- Airway management and Rescue breathing for Spinal Injuries
- Rescue Procedures
- Injuries to the Spine
- Rigid Cervical Collars
- Lifting the Patient
- Aquatic Rollover & Immobilisation Techniques.
- Marine & Insect stings
- Recognition of Injuries
- Management of Injuries
- Use of Facemasks
- The Emergency Situation

### 2. Practical

As part of a team, demonstrate the application of a cervical collar for:

- A standing patient (dry land)
- A supine patient (dry land)

As part of a team, demonstrate the turning and stabilisation of a prone spinal patient using:

- Canadian Rollover (Log roll)
- Either the Bear Hug (Pool) or the Surf Lift (Beach)

As part of a team, demonstrate landing a spinal patient:

- Either the Horizontal Team Lift (Pool) or the Surf Rollover (Beach)
- Using a spinal board in the water
- Using a spinal board on land
- Using collar, block and straps
- Any other spinal support equipment, which will be endorsed on the Certificate

As part of a team, demonstrate:

- Spinal Airway Management
- Spinal patient resuscitation, this may include the use of oxygen
- Spinal patient action for vomit procedure

## ASSESSMENT

Demonstrate the ability to carry out various defined rescue procedures in a safe manner

# EMERGENCY RESPONDER

## AIM

- To establish a level of skills with those who have proven prior knowledge and experience in primary life support, to deliver intermediate life support. This will include Basic Life Support with airway adjuncts, oxygen theory and the safe application of Automated External Defibrillation (AED).

## PRE-REQUISITE

- Be a minimum of 18 years of age on the date of Assessment
- The NARS (ER) is only open to candidates who have knowledge and experience of primary life support techniques. At the start of the NARS (ER) course all candidates will be required to demonstrate CPR and to satisfactorily complete a worksheet to test their knowledge of the resuscitation standards as set out by the Resuscitation Council (UK). Candidates who fail this test will not be permitted to continue the course and will not be entitled to a repayment of the course (registration) fee.

## VALIDITY OF AWARD

- 12 months from the date of Assessment.

## SYLLABUS

### 1. Theory

Candidates are required to complete the relevant section of the course book. This is to demonstrate that the candidate has a clear understanding of the knowledge required as an Emergency Responder covering the following topics:

- The use of facemasks
- The use of oxygen
- Early defibrillation
- The electrical system of the heart
- Using an AED

### 2. Practical

Demonstrate effectively the procedure for using supplementary oxygen for CPR when:

- On your own
- Working as part of a team

Demonstrate effectively the procedure for using an AED for a patient with:

- Ventricular Fibrillation (VF)
- VF with progression to asystole

Demonstrate effectively the procedure for using an AED when the following situations arise:

- Patient motion
- Loose electrode
- Service symbol
- Low battery

## ASSESSMENT

Attend a registered course of instruction

Demonstrate the ability to carry out the practical skills as defined in the syllabus

Complete the syllabus for the Assessment

# NARS IRB SURF CREWMAN

## 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 NARS Surf Life Saving & Surfing Coach Award (or recognised equivalent award) or hold a current NARS Emergency Aid I 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.

## VALIDITY OF AWARD

- 36 months from the date of the Assessment

## SYLLABUS

### 1. Theory

Answer 25 questions from the IRB Crewman's work sheets without referring to any notes. A mark of 20 (80%) is accepted as the minimum score permitted.

Demonstrate knowledge of:

- 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

### 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

## NARS IRB SURF CREWMAN (continued)

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

### 3. Life Saving Skills

(Only in the absence of a current NARS Surf Life Saving & Surfing Coach Award)

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

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

## NARS IRB SURF 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 NARS Surf Life Saving & Surfing Coach Award (or recognised equivalent award) or hold a current NARS Emergency Aid I Award (or recognised equivalent award) and complete Section 3 of the syllabus

### VALIDITY OF AWARD

- 36 months from the date of the Assessment

### SYLLABUS

#### 1. Theory

Answer 25 questions from the Driver's work sheets without referring to any notes. A mark of 20 (80%) is accepted as the minimum score permitted.

Demonstrate knowledge of:

- 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

#### 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
- Patient carry

## NARS IRB SURF DRIVER (continued)

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 SLSGB 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

### 3. Life Saving Skills

(Only in the absence of a current NARS Surf Life Saving & Surfing Coach Award)

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 an 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 Assessment

For re-Assessment, the candidate will be assessed as a Driver however, they will also be asked to demonstrate the skills required for IRB crewman to include patient rescue, recovery, after-care and other aspect of the crewman's responsibilities at the discretion of the Assessor.

**NB:** The use of all IRB's for training and Assessment purposes should be carried out in accordance with the most recent SLSGB 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.

# INSHORE RESCUE BOAT CREWPERSON

## AIM

- To provide a standard for the role of IRB Crewperson

## PRE-REQUISITE

- Be a Minimum of 17 years of age on the date of Assessment
- Hold a valid NARS 'Surf Lifesaving Award' (SLSGB) or recognised national / international equivalent
- Complete the SLSGB IRB Crewperson training course, and in the process, accrue 10 hours afloat (including 5 hours in surf, greater than 1m high, where conditions allow to gain award 'Surf Endorsement'). All such training and time afloat must be logged and verified as accurate by a current SLSGB IRB Trainer

## VALIDITY OF AWARD

- 12 months from the date of Assessment.

## SYLLABUS

### **PART A: THEORY, FITNESS AND DRY TESTING.**

Theory: Complete the IRB - Crewperson -Theory Paper (multiple choice) – Pass mark of 80%. Theory questions concern all aspects of IRB operations and are given on the day of Assessment. Answers to theory papers may be given orally if required.

Fitness: Complete the standard SLSGB fitness test for IRB operations

Dry: Demonstrate knowledge of the following IRB manual sections when questioned:

#### **Section 1      Technical Knowledge**

- *Technical Information, Assembly, Inflation and Fuelling* - Technical Information relating to the hull and fuel system, such as external component names, hull assembly, inflation, pressures and measurement, fuelling and fuelling safety
- *Pre-Operational Duties* - The crewperson's responsibilities with respect to all elements required for pre-operational checking and testing, prior to going afloat. To include the 'Alphabet Checklist', correct PPE and the stowage of relevant equipment
- *Post-Operational Duties* - The crewpersons responsibilities with respect to all elements required for post-operational checking and closedown, including: equipment inspection, equipment storage, fuel storage, hull wash down and hull deflation
- *Maintenance and Repairs* - Understand how to conduct standard hull and floor maintenance and recommended puncture and floor repairs

#### **Section 2      General Knowledge**

- *Public Image* - Understand how to protect the reputation of lifesaving by being a responsible powered craft operator
- *Risk Vs Benefit – Protecting the Rescuer* - Understanding the rules that underline decision making in critical situations
- *Signals* - Demonstrate all signals (given from craft and shore)

## INSHORE RESCUE BOAT CREWPERSON (continued)

- *Radio* - Demonstrate knowledge of correct radio procedure, the limits of VHF and how to communicate with the Coastguard
- *Knots* - Demonstrate and explain the uses and advantages of the six, knot types defined in the manual
- *Preparing an IRB for Transportation* - Understand how to prepare an IRB for transportation on the open road
- *Anchoring an IRB* - Understand how to deploy and recover an Anchor

### PART B: RESCUE SKILLS AND WET TESTING

Wet: The following tests must be successfully completed:

#### Section 3      General Operations

- *Launch and Recovery* - Understand the principals of correct manual handling. Demonstrate IRB pre-launch checks for Crewpersons. Demonstrate the role of the crewperson when launching and recovering the IRB from a trailer
- *Boarding the IRB* - Demonstrate how and when to correctly board an IRB
- *Crewing the IRB* - Demonstrate how to correctly crew an IRB whilst moving within a surf zone. To include correct positioning when turning, moving out through surf, returning to shore, parallel running and beaching

#### Section 4      Hazards and Surf Survival

- *The Draining Procedure* - Demonstrate what is required of a Crewperson when draining the IRB
- *The Punching Manoeuvre* - Demonstrate the Crewperson's 'Punch' position
- *The Emergency Stop* - Demonstrate correct movement during an emergency stop. Understand what is required if contact with the IRB is lost during the maneuver (**note: conduct wet test in non-V-stripped boats only!**)
- *The Capsize Drill* - Demonstrate the procedure required to safely right an IRB after a capsize incident
- *Engine Failure in Surf - Returning a Disabled IRB to Shore* - Demonstrate the correct procedure for stabilizing and safely recovering a disabled IRB to shore in the event of an engine failure within a surf zone

#### Section 5      Rescue Techniques

- *A Single Casualty Rescue from a Surf Zone or Unbroken Water* - Demonstrate the safe rescue of a conscious or unconscious casualty and perform essential lifesaving procedures as required. The Crewperson must be capable of lifting a 70kg casualty into the IRB unassisted
- *A Single Casualty Rescue near Rocks or Obstacles requiring a Rescue Tube* - Demonstrate the safe rescue of a conscious or unconscious casualty near rocks or obstacles, using the rescue tube, delivering simulated EAV as required
- *A Mass Rescue* - Describe how to carry out Mass Rescues, and convey an understanding of the factors that govern how to prioritise one's actions when dealing with them

## INSHORE RESCUE BOAT CREWPERSON (continued)

- *Mass Rescues requiring Alternative Techniques*  
Describe how alternative rescue techniques may be utilized for the purposes of mass rescue

### **Section 6**      **Casualty Management and Evacuation**

- *Unconscious Casualty – Lift and Carry* - Demonstrate the safe lifting and carrying of a casualty from an IRB
- *Neck Injury Management, Immobilization and Evacuation* - Describe the correct procedure for the treatment of casualties with suspected neck injuries when rescued from a surf zone. Describe how to prepare the IRB for use as an emergency stretcher.
- *Dive Incident Management and Hypothermia* - Describe the correct procedure for the treatment of dive incidents and hypothermic casualties
- *Casualty Transfer – Evacuation by Air (Principal of Safe Helicopter Evacuation)* - Describe how to correctly engage the services of an air ambulance or rescue helicopter for the purposes of medical evacuation. Understand how to safely prepare and use a landing site, brief members of the public, and safely liaise with helicopter crews for the purposes of medical evacuation.

### **Section 7**      **Patrol, Search and Craft Assistance**

- *Patrolling and Shepherding* - Describe the safe methods of patrolling and shepherding members of the public.
- *Search Types* - Describe how to conduct appropriate search patterns, based on known criteria
- *IRB Towing* - Describe how to safely tow a vessel and define the criteria for doing so
- *Windsurfer Recovery* - Describe how to safely approach and recover a windsurfer
- *Kite Surfer Recovery* - Describe how to safely approach and recover a kite surfer

### **ASSESSMENT**

Submit a completed training log for each candidate to the Assessor

Each candidate completes a multiple choice theory paper (pass mark 85%)

Each candidate completes Part A: Theory and Dry Testing

Each candidate completes Part B: Rescue Skills and Wet Testing

# INSHORE RESCUE BOAT DRIVER

## AIM

- To provide a standard for the role of IRB Driver

## PRE-REQUISITE

- Be a Minimum of 18 years of age on the date of Assessment
- Hold a valid NARS 'Surf Lifesaving Award' (SLSGB) or recognised national / international equivalent
- Hold a valid IRB Crewperson Award (or Internationally recognised equivalent)
- Complete the SLSGB IRB Driver training course, and in the process, accrue 20 hours afloat (including 10 hours in surf, greater than 1m high, where conditions allow, to gain award 'Surf Endorsement'). All such training and time afloat must be logged and verified as accurate by a current SLSGB IRB Trainer

## VALIDITY OF AWARD

- 12 months from the date of Assessment.

## SYLLABUS

### **PART A: THEORY, FITNESS AND DRY TESTING.**

Theory: Complete the IRB - Driver -Theory Paper (multiple choice) – Pass mark of 80%. Theory questions concern all aspects of IRB operations and are given on the day of Assessment. Answers to theory papers may be given orally if required

Fitness: Complete the standard fitness test for IRB operations

Dry: Demonstrate knowledge of the following IRB manual sections when questioned:

#### **Section 1      Technical Knowledge**

- *Technical Information, Assembly, Inflation and Fuelling* - Technical Information relating to the hull, engine and fuel system, such as: external component names (hull and engine), internal component names (engine), specifications (hull and engine), 'surf' modifications, hull assembly, inflation, pressures and measurement, fuelling and fuelling safety
- *Pre-Operational Duties* - The driver's responsibilities with respect to all elements required for pre-operational checking and testing, prior to going afloat. To include the 'Alphabet Checklist', PPE, essential equipment and stowage, external and internal engine checks as well as engine start and stop tests
- *Post-Operational Duties* - The driver's responsibilities with respect to all elements required for post-operational checking and closedown, including: fuel storage, hull and engine wash down, engine run-out and hull deflation
- *Reinstatement and Troubleshooting* - Demonstrate knowledge of basic outboard engine reinstatement procedures and use of the troubleshooting chart
- *Maintenance and Repairs* - Understand how to conduct standard hull, floor and engine maintenance. Demonstrate a knowledge of recommended puncture and floor repair procedures

## INSHORE RESCUE BOAT DRIVER (continued)

### Section 2      General Knowledge

- *Public Image* - Understand how to protect the reputation of lifesaving by being a responsible powered craft operator
- *Risk Vs Benefit – Protecting the Rescuer* - Understanding the rules that underline decision making in critical situations
- *Signals* - Demonstrate all signals (given from craft and shore)
- *Radio* - Demonstrate knowledge of correct radio procedure, the limits of VHF and how to communicate with the Coastguard
- *International Regulations for the Prevention of Collisions at Sea (IRPCS)* - Demonstrate a knowledge of IRPCS as defined in the IRB Manual
- *Knots* - Demonstrate and explain the uses and advantages of the six, knot types defined in the manual
- *Preparing an IRB for Transportation* - Understand how to prepare an IRB for transportation on the open road
- *Anchoring an IRB* - Understand how to deploy and recover an Anchor

### **PART B: RESCUE SKILLS AND WET TESTING**

Wet:            The following tests must be successfully completed:

### Section 3      General Operations

- *Effective Positioning of the IRB for Operations* - Demonstrate the most suitable placement of an IRB in order to minimize the time required to effect timely rescues, whilst considering local factors
- *Launch and Recovery* - Understand the principals of correct manual handling. Demonstrate IRB pre-launch checks for drivers. Demonstrate the role of the driver when launching and recovering the IRB from a trailer
- *Starting and Boarding* - Demonstrate safe starting and boarding techniques, observing correct procedure and using appropriate commands
- *Driving in Surf* - Demonstrate safe handling, positioning and use of power whilst driving in and out of a surf zone. Explain the advantages of parallel running, and safely demonstrate the technique. Understand how to minimize the effects 'aeration' in white water. Explain how to return to shore safely, using effective communication, when conducting operations inside crowded surf zones
- *Solo Driving* - Demonstrate the ability to 'solo' the IRB safely within a surf zone, whilst optimising IRB control and stability
- *Beaching the IRB* - Demonstrate how to safely beach an IRB, whilst performing shut down tasks in sequence

### Section 4      Hazards and Surf Survival

- *Prop Clearance Procedure* - Demonstrate the standard clearance procedures required after loss of propulsion, due to propeller fouling
- *The Draining Procedure* - Demonstrate how to effectively drain the IRB in the safest and most efficient manner

## INSHORE RESCUE BOAT DRIVER (continued)

- *The Punching Maneuver* - Demonstrate the correct commands, body positioning and safe use of power when punching through surf.
- *The Emergency Stop* - Demonstrate an emergency stop. Explain what is required if the crewperson loses contact with the IRB during the maneuver (**note: conduct wet testing in non-V-strip equipped boats only!**)
- *The Capsize Drill* - Demonstrate the procedure required to safely right an IRB after a capsize incident
- *Engine Failure in Surf and Returning a Disabled IRB to Shore* - Demonstrate the correct procedure for stabilizing and safely recovering a disabled IRB to shore in the event of an engine failure within a surf zone

### **Section 5**      **Rescue Techniques**

- *A Single Casualty Rescue from a Surf Zone or Unbroken Water* - Demonstrate the safe rescue of a conscious or unconscious casualty and perform essential lifesaving procedures as required. To include all essential communication as appropriate
- *A Single Casualty Rescue near Rocks or Obstacles requiring a Rescue Tube* - Demonstrate the safe rescue of a conscious or unconscious casualty near rocks or obstacles, using the crewperson and rescue tube. To include all essential communication as appropriate
- *A Mass Rescue* - Describe how to carry out Mass Rescues, and convey an understanding of the factors that govern how to prioritise one's actions when dealing with them
- *Mass rescues Requiring Alternative Techniques* - Describe how alternative rescue techniques may be utilized for the purposes of mass rescue

### **Section 6**      **Casualty Management and Evacuation**

- *Unconscious Casualty – Lift and Carry* - Demonstrate the safe lifting and carrying of a casualty from an IRB
- *Neck Injury Management, Immobilization and Evacuation* - Describe the correct procedure for the treatment of casualties with suspected neck injuries when rescued from a surf zone. Describe how to prepare the IRB for use as an emergency stretcher.
- *Dive Incident Management and Hypothermia* - Describe the correct procedure for the treatment of dive incidents and hypothermic casualties
- *Casualty Transfer – Evacuation by Air (Principal of Safe Helicopter Evacuation)* - Describe how to correctly engage the services of an air ambulance or rescue helicopter for the purposes of medical evacuation. Understand how to safely prepare and use a landing site, brief members of the public and safely liaise with helicopter crews for the purposes of medical evacuation

### **Section 7**      **Patrol, Search and Craft Assistance**

- *Patrolling and Shepherding* - Describe the safe methods of patrolling and shepherding members of the public
- *Combined IRB / RWC Operations* - Describe the role of the IRB and RWC with an emphasis on strengths and weaknesses of craft type
- *Search Types* - Describe how to conduct appropriate search patterns, based on known criteria

## INSHORE RESCUE BOAT DRIVER (continued)

- *IRB Towing* - Describe how to safely tow a vessel and define the criteria for doing so
- *Windsurfer Recovery* - Describe how to safely approach and recover a windsurfer
- *Kite Surfer Recovery* - Describe how to safely approach and recover a kite surfer

### **ASSESSMENT**

Submit a completed training log for each candidate to the Assessor

Each candidate completes a multiple choice theory paper (pass mark 85%)

Each candidate completes Part A: Theory and Dry Testing

Each candidate completes Part B: Rescue Skills and Wet Testing

# RESCUE WATER CRAFT DRIVER

## AIM

- To provide a standard for the role of RWC Driver

## PRE-REQUISITE

- Be a Minimum of 18 years of age on the date of Assessment
- Hold a valid 'NARS Beach Lifeguard' Award (SLSGB), or a nationally/ Internationally recognised 'lifeguard' award equivalent
- Complete the SLS RWC Driver training course and in the process, accrue 20 hours afloat (including 10 hours in surf, greater than 1m high, for award 'Surf Endorsement'). All such training and time afloat must be logged and verified as accurate by a current SLSGB RWC Trainer

## VALIDITY OF AWARD

- 12 months from the date of Assessment.

## SYLLABUS

### **PART A: THEORY, FITNESS AND DRY TESTING.**

Theory: Complete the RWC - Driver -Theory Paper (multiple choice) – Pass mark of 80%. Theory questions concern all aspects of RWC operations and are given on the day of Assessment. Answers to theory papers may be given orally if required

Fitness: Complete the standard fitness test for RWC operations

Dry: Demonstrate knowledge of the following sections:

#### **Section 1      Technical Knowledge**

- *Technical Information* - Craft and sled specifications as well as all hull and engine component names (Internal and external)
- *Pre-Operational Duties* - The driver's responsibilities with respect to all elements required for pre-operational checking and testing, prior to going afloat. To include RWC bottom and top half hull checks, rescue sled attachment, front compartment checks, engine bay checks and rear compartment checks. Start and stop engine tests, PPE provision, essential equipment and stowage positions, as well as safe oiling and fuelling practices must also be demonstrated
- *Post-Operational Duties* - The driver's responsibilities with respect to all elements required for post-operational checking and closedown, including hull, engine and equipment wash-down, engine run-out procedures and storage

#### **Section 2      General Knowledge**

- *Public Image* - Understand how to protect the reputation of lifesaving by being a responsible powered craft operator
- *Risk Vs Benefit – Protecting the Rescuer* - Understanding the rules that underline decision making in critical situations
- *Signals* - Demonstrate all signals (given from craft and shore)

## RESCUE WATER CRAFT DRIVER (continued)

- *Radio* - Demonstrate knowledge of correct radio procedure, the limits of VHF and how to communicate with the Coastguard
- *International Regulations for the Prevention of Collisions at Sea (IRPCS)* - Demonstrate a knowledge of IRPCS as defined in the RWC Manual
- *Knots* - Demonstrate and explain the uses and advantages of the six, knot types defined in the manual
- *Transporting the RWC on the Open Road* - Understand how to prepare an RWC for transportation on the open road

### PART B: RESCUE SKILLS AND WET TESTING

Wet: The following tests must be successfully completed:

#### **Section 3**      **General Operations**

- *Effective Positioning of the RWC for Operations* - Demonstrate the most suitable placement of an RWC in order to minimize the time required to effect timely rescues, whilst considering local factors
- *Launch and Recovery* - Understand the principals of correct manual handling. Demonstrate RWC pre-launch checks for drivers. Demonstrate safe launching and recovery of the RWC from a trailer using the trailer type used at your location
- *Starting and Boarding* - Demonstrate safe starting and boarding techniques, observing correct procedure and using appropriate commands
- *Driving in Surf* - Demonstrate safe handling, positioning and use of power whilst driving in and out of a surf zone as a solo driver and dual crew. Understand how to minimize the effects of 'aeration' in white water. Explain how to return to shore safely, using effective communication, when conducting operations inside crowded surf zones
- *Beaching the RWC*- Demonstrate how to safely beach an RWC

#### **Section 4**      **Hazards and Surf Survival**

- *The Punching Maneuver* - Describe the correct commands, body positioning and safe use of power when punching through surf
- *Impeller Clearance Procedure* - Describe the standard clearance procedures required after loss of propulsion, due to propeller fouling
- *The Capsize Drill* - Demonstrate the procedure required to safely right an RWC after a capsized incident
- *Engine Failure in Surf and Returning a Disabled RWC to Shore* - Demonstrate the correct procedure and understand the 'safe limits' for safely recovering a disabled RWC to shore in the event of an engine failure within a surf zone

#### **Section 5**      **Rescue Techniques**

- *A Single Casualty Rescue from a Surf Zone or Unbroken Water by a Solo Driver* - Demonstrate the safe rescue of a conscious or unconscious casualty and perform essential lifesaving procedures as required, including all essential communication as appropriate. Candidates will perform the following:

## RESCUE WATER CRAFT DRIVER (continued)

- A conscious, assisted rescue
  - A conscious, 'presenting the sled' rescue
  - An unconscious rescue by a solo driver using a rescue tube
  - Rescue breaths using the rescue sled
- *A Single Casualty Rescue from a Surf Zone or Unbroken water by a Dual Crew* - Demonstrate the safe rescue of an unconscious casualty and perform essential lifesaving procedures as required, including all essential communication as appropriate. Candidates will demonstrate the following:
    - Surf zone or short transit pick-up
    - Long transit pick-up
  - *A Single Casualty Rescue near Rocks or Obstacles by a Dual Crew requiring a Rescue Tube* - Demonstrate the safe rescue of a conscious or unconscious casualty near rocks or obstacles, using the crewperson and rescue tube, administering rescue breaths as required. To include all essential communication as appropriate
  - *A Mass Rescue* - Describe how to carry out Mass Rescues, and convey an understanding of the factors that govern how to prioritise one's actions when dealing with them
  - *Mass rescues Requiring Alternative Techniques* - Describe how alternative rescue techniques may be utilized for the purposes of mass rescue

### **Section 6**      **Casualty Management and Evacuation**

- *Casualty Lifting Techniques* - Demonstrate both lifting and carrying techniques of a casualty from an RWC rescue sled
- *Dive Incident Management and Hypothermia* - Describe the correct procedure for the treatment of dive incidents and hypothermia casualties
- *Casualty Transfer – Evacuation by Air (Principal of Safe Helicopter Evacuation)* - Describe how to correctly engage the services of an air ambulance or rescue helicopter for the purposes of medical evacuation. Understand how to safely prepare and use a landing site, brief members of the public and safely liaise with helicopter crews for the purposes of medical evacuation

### **Section 7**      **Patrol, Search and Craft Assistance**

- *Patrolling and Shepherding* - Describe the safe methods of patrolling and shepherding members of the public
- *Combined RWC / IRB Operations* - Describe the role of the RWC and IRB with an emphasis on strengths and weaknesses of craft type
- *Search Types* - Describe how to conduct appropriate search patterns, based on known criteria
- *Windsurfer Recovery* - Describe how to safely approach and recover a windsurfer
- *Kite Surfer Recovery* - Describe how to safely approach and recover a kite surfer

### **ASSESSMENT**

Submit a completed training log for each candidate to the Assessor  
Each candidate completes a multiple choice theory paper (pass mark 80%)  
Each candidate completes Part A: Theory and Dry Testing  
Each candidate completes Part B: Rescue Skills and Wet Testing

## SPORT LEVEL 1 COACH

### AIM

- This program is aimed at those wishing to further the performance of Surf Life Saving Sport participants in Great Britain
- The Level 1 Coach will assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision of a level 2 qualified coach or above



### PRE-REQUISITE

- The participant must be at least 16 years old on commencement of the course

### VALIDITY OF AWARD

- Indefinite

### SYLLABUS

- Safety
- Communication
- Good practice
- Basic skills (Beach, Surf Swim, Paddleboard and Ski paddling events)
- Physical training components that affect performance and evaluation methods

The course will combine theory with practical activities, but will not require any candidates to go in the water at this level. The level 1 coach is considered a 'dry' coach.

2 x 7 hour days, including practical assessment

NB The delivery of the learning program is dependent on the Coach Educator and needs of the course participants. Flexibility in delivery is allowed to account for this and courses may run over the time period and on occasions may finish short of this time frame.

The candidate is required to complete the course work book; time is allocated on the course for guidance on this process. Completion of this workbook may require an additional 1-4 hours beyond the designated course hours.

### ASSESSMENT

Candidates will be assessed by the Coach Educator who delivers the course:

- Through individual and group oral activities in each module
- Through completion of a short answer written workbook
- Through a practical coaching assessment

Candidates must have completed a satisfactory SLSGB CRB Enhanced Check and signed a Child Welfare Training Record Form.

Satisfactory completion of the award and subsequent log of 10 hours supervised coaching enables the candidate to undertake the SLS Level 2 Coach Course and 'add on' discipline specific modules.

## SPORT LEVEL 2 COACH

### AIM

- This program is aimed at those wishing to further the performance of Surf Life Saving Sport participants in Great Britain
- The Level 2 Coach will be qualified to act independently; to plan, deliver and evaluate a series of sessions within a pre-prepared long-term plan in order to improve performance



### PRE-REQUISITE

- Participant must be at least 18 years old to practice as a level 2 Coach
- Participants must have completed 10 hours recorded coaching at SLS Sport Coach Level 1

### VALIDITY OF AWARD

- Indefinite

### SYLLABUS

- To develop individual performance
- To develop skills & fitness
- To undertake risk assessments
- To set goals
- To plan & evaluate training sessions

The course will combine theory with practical activities, participants will be required to get wet during this course, but it is not necessary for individuals to undertake the disciplines. Appropriate wetsuits and accessories should be brought along to the course.

2 x 8 hour days, including delivery of core modules and surf swim technical development module. Additional 1 day (8 hour) courses are available for ski and board specific technical development. Beach and surf-boat modules are currently underdevelopment.

NB The delivery of the learning program is dependent on the Coach Educator and needs of the course participants. Flexibility in delivery is allowed to account for this and courses may, on occasions, finish short or over this time frame.

The candidate is required to complete revision of course material. Time is allocated on the course for guidance on this process. Completion of this may require an additional 1-4 hours beyond the designated course hours.

### ASSESSMENT

Candidates will be assessed by the Coach Educator who delivers the course:

- Through individual and group oral activities in each module
- Through completion of open-book assessments
- Through completion of multiple-choice tests
- Through a practical coaching assessment

Satisfactory completion of the award and subsequent log of 10hours coaching enables the candidate to undertake the SLS Level 3 Coach Course.

Candidates must have completed a satisfactory SLSGB CRB Enhanced Check and signed a Child Welfare Training Record Form.

## TRAINER

### AIM

- To provide an award which qualifies the holder to train candidates for SLSGB awards

### PRE-REQUISITE

- Be a current member of SLSGB
- Be a minimum of 17 years of age on the date of Assessment
- Hold or have held the appropriate SLSGB award, or equivalent for which they will instruct, within the previous 10 years. Where the awards held are of another organisation, the approval of the Director of Life Saving must be sought
- Trainers should complete a portfolio of evidence

### VALIDITY OF AWARD

- 24 months from the date of the Assessment
- Trainers must attend and successfully complete a National Update Seminar at least once every two years. Failure to attend within this period will result in suspension of status. If a three year period lapses without satisfactory completion of a seminar, status will be removed

### SYLLABUS

- Attend an SLSGB Trainers Induction Course
- Undertake SLSGB Child Welfare Training

### ASSESSMENT

Having successfully completed a SLSGB Trainers Induction Course, a probationary appointment is made.

Candidates must have completed a satisfactory SLSGB CRB Enhanced Check and signed a Child Welfare Training Record Form.

The Probationary Trainer must then register a training course within 2 years of completion of the induction course. A mentor will be appointed who will observe and feed back on at least two training sessions (depending on the feedback this number may be increased).

The Probationary Trainer will then present a minimum of two candidates, not re-takes, for assessment. The Trainer will be assessed for their full award whilst their candidates are being assessed.

The quality of those candidates presented will form a major part of the Trainer's assessment.

The Probationary Trainer will be assessed, in accordance with the assessment criteria for the qualification. The Assessor in charge will discuss the performance of their candidates with the Probationary Trainer and may ask questions on techniques used and from any other relevant sections of the training manual.

On a successful outcome of the final assessment SLSGB Trainer status will be awarded.

## **ASSESSOR**

### **AIM**

- To provide an award, which qualifies the holder to assess candidates for SLSGB awards

### **PRE-REQUISITE**

- Be a current member of the SLSGB
- Be a minimum of 18 years of age on the date of Assessment
- Hold a current SLSGB Trainer/Trainer Award
- Hold or have held the appropriate SLSGB award wishing to assess in the last 10 years.

### **VALIDITY OF AWARD**

- 24 months from the date of the Assessment
- Assessors must successfully complete a National update seminar at least once every two years, and must, once during that period demonstrate the ability to perform a 2 x 200 metres competence swim in the sea. Failure to attend within this period will result in suspension of status. If a three-year period lapses without satisfactory completion of a seminar, status will be removed

### **ASSESSMENT**

All appointments are initially probationary; all candidates are assessed during probation, having successfully completed an SLSGB Assessor course

Candidates must have completed a satisfactory SLSGB CRB Enhanced Check, undertaken Child Welfare Training and signed a Child Welfare Training Record Form.

The probationary period will normally last 12 months although a shorter period is acceptable at the discretion of the Regional Life Saving Officer

During this period conduct 2 Assessments supervised by a Senior Assessor, then satisfactorily conduct a 3<sup>rd</sup> Assessment as the Assessor in charge. If deemed competent during the final Assessment, the candidate will be granted Full Assessor status.

## IRB/RWC TRAINER

### AIM

- To provide an award, which qualifies the holder to instruct candidates for SLSGB IRB/RWC awards

### PRE-REQUISITE

- Hold either a current IRB Driver or RWC Driver Award

### VALIDITY OF AWARD

- 24 months from the date of the Assessment
- Trainers must attend and successfully complete a National Update Seminar at least once every two years. Failure to attend within this period will result in suspension of status. If a three year period lapses without satisfactory completion of a seminar, status will be removed

### SYLLABUS

- Attend a Trainer Foundation Course (or RNLI equivalent)
- Attend a 2 day course to include:

#### Dry

Administration procedures & award system  
Risk Assessment  
Technical & Safety Training  
Engine & Hull knowledge  
Fitness Testing  
Maritime Regulations (IRPCS)  
Equipment Carried  
Transport

#### Wet

Pre and Post Operational Checks  
Rescue Techniques  
Capsize Drills  
Hazards and Surf Survival  
Casualty Management  
Surf and Flat Water Training

### ASSESSMENT

Satisfactorily complete a theory test following the 2 day course.

Having already successfully completed the SLSGB Trainer Foundation Course a probationary appointment is made.

Candidates must have completed a satisfactory SLSGB CRB Enhanced Check, undertaken Child Welfare Training and signed a Child Welfare Training Record Form.

The Probationary Trainer must then register a training course. A mentor will be appointed who will observe and feed back on at least two training sessions (dependant on the quality of training).

The Probationary Trainer will then present a minimum of two candidates for Full Certification Assessment.

The Probationary Trainer will be assessed on the quality of those candidates presented.

The Probationary Trainer will be assessed, in accordance with the assessment criteria for the qualification. The Assessor in charge will discuss the performance of their candidates with the Probationary Trainer and may ask questions on techniques used and from any other relevant sections of the training manual.

On a successful outcome of the final assessment SLSGB Trainer status will be awarded.

## IRB/RWC ASSESSOR

### AIM

- To provide an award, which qualifies the holder to assess candidates for SLSGB IRB/RWC awards

### PRE-REQUISITE

- Hold either a current IRB Trainer or RWC Trainer Award

### VALIDITY OF AWARD

- 24 months from the date of the Assessment
- Assessors must successfully complete a National update seminar at least once every two years, and must, once during that period demonstrate the ability to perform a 2 x 200 metres competence swim in the sea. Failure to attend within this period will result in suspension of status. If a three-year period lapses without satisfactory completion of a seminar, status will be removed

### SYLLABUS

Attend a 2/3 hour course.

### ASSESSMENT

All appointments are initially probationary; all candidates are assessed during probation, having successfully completed an SLSGB Assessor course.

Candidates must have completed a satisfactory SLSGB CRB Enhanced Check, undertaken Child Welfare Training and signed a Child Welfare Training Record Form.

During this period conduct an Assessment supervised by a senior Assessor, then satisfactorily conduct a 2<sup>nd</sup> Assessment as the Assessor in charge.

If deemed competent during the final Assessment, the candidate will be granted Full Assessor status.

## APPENDICES

| Page No. | Forms                                | Comments   |
|----------|--------------------------------------|--|
|          | Course Registration Form             | See index at the start of this manual to see which forms need a completed registration form        |
|          | Manual Order Form                    | Allow 14 days for ordering manuals. Cheques should be made payable to SLSGB                        |
|          | Pre-Assessment Checklist             | An Assessment will not start until all relevant elements listed on this form are checked           |
|          | Assessment Application Form (sample) | This is only for information. You should use the triplicate pad issued from HQ                     |
|          | Child Welfare Training Record Form   | Use this form to record all Coaches/Trainers Child Welfare training (submit with EAF).             |
|          | Partial Pass Form                    | Use this form to apply for a re-Assessment where a candidate has received a partial pass           |
|          | Assessment Appeal form               | If you are unhappy with the result, please use this form to initiate the appeal process            |
|          | Marking Guides                       | Available on the website: <a href="http://www.surflifesaving.org.uk">www.surflifesaving.org.uk</a> |



**MANUAL ORDER FORM 2007**

This form should be sent to **SLSGB** (allow 14 days)

| ITEM                        | QTY | PRICE    | TOTAL |
|-----------------------------|-----|----------|-------|
| NARS BEACH LIFEGUARD MANUAL |     | £15 each |       |
|                             |     |          |       |
|                             |     |          |       |
|                             |     |          |       |
| <b>SUB TOTAL</b>            |     |          |       |
| <b>VAT</b>                  |     |          | ZERO  |
| <b>TOTAL<br/>(enclosed)</b> |     |          |       |

**PLEASE SEND TO:**

NAME: \_\_\_\_\_ CLUB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

TEL.NO: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

|                        |       |             |       |
|------------------------|-------|-------------|-------|
| <b>Office Use Only</b> |       |             |       |
| Date Rec'd:            | ..... | Fees Rec'd: | ..... |
| Order No.:             | ..... | Ordered:    | ..... |

## PRE-ASSESSMENT CHECKLIST

The Assessor in charge must complete this checklist before the Assessment commences

|                            |  |  |
|----------------------------|--|--|
| <b>Assessors name (s)</b>  |  |  |
| <b>Assessors signature</b> |  |  |
| <b>Date</b>                |  |  |

| Check  | Tick | Initials |
|--|------|----------|
| Course Registration Form (if applicable)     |      |          |
| Pool time results sheet                      |      |          |
| Completed Assessment Application Forms       |      |          |
| Trainer present                              |      |          |
| Written risk assessment completed on the day |      |          |
| Lifeguard / Safety cover present             |      |          |
| First aid kit available                      |      |          |
| Rescue boards serviceable                    |      |          |
| Torpedo tubes serviceable                    |      |          |
| Manikins serviceable & wipes available       |      |          |
| Oxygen equipment & Face mask available       |      |          |
| Surf & Beach conditions suitable             |      |          |
| Weather conditions suitable                  |      |          |
| 'Dry' area suitable                          |      |          |
| <b>Comments</b>                              |      |          |
|  |      |          |

## ASSESSMENT APPLICATION FORM

- Prior to the start of the Assessment, the Assessor must receive from the Trainer ALL THREE COPIES of the Assessment Application Form correctly completed
- On completion of the Assessment ensure ALL three copies of the Assessment Application Form are suitably endorsed with the result and Assessor's names and signatures.
- Note 1: Successful candidates for the NARS Surf Life Saving & Surfing Coach, NARS Beach Lifeguard and Emergency Aid 2 Awards are entitled to purchase an Appointed Persons Certificate. Tick the box for candidates requiring these certificates and enclose the appropriate fees

CLUB / ORGANISATION: .....

AWARD CONTESTED: .....

COURSE TRAINER: ..... MEMB NO: .....

ADDRESS: .....

..... Tel:.....

EMAIL .....

I certify that the below listed candidates will ALL take the Assessment at the arranged time and date

|   | SLSGB Memb. No. | FIRST NAME | SURNAME | D.O.B | Appointed Person<br>See Note 1<br>✓ | ASSESSMENT RESULT<br><br>Competent (C)<br>Partial Pass (PP)<br>Not Yet Competent (NYC) |
|---|-----------------|------------|---------|-------|-------------------------------------|--|
| 1 |                 |            |         |       |                                     |  |
| 2 |                 |            |         |       |                                     |  |
| 3 |                 |            |         |       |                                     |  |
| 4 |                 |            |         |       |                                     |  |
| 5 |                 |            |         |       |                                     |  |
| 6 |                 |            |         |       |                                     |  |
| 7 |                 |            |         |       |                                     |  |
| 8 |                 |            |         |       |                                     |  |

ASSESSOR (s): 1. .... SIGNATURE 1. .... Memb. no: .....

2. .... SIGNATURE 2. .... Memb. no: .....

LOCATION: ..... DATE: .....

Total fees submitted: £ ..... Cheque No: .....

White Copy – SLSGB    Pink Copy – RLSO    Green Copy – Retain by Trainer

### OFFICE USE ONLY

Date Rec'd: ..... Course Reg No: ..... Fee Rec'd: .....

Certs sent: ..... Database: ..... Cleared: .....

## Child Welfare Training Record Form

All members working with young people must complete Child Welfare or Good Practice Training either as part of the requirement of a qualification or as ongoing professional development.

This must be recorded and sent to the SLSGB Office (submit with Assessment Application Form).

|           |  |
|-----------|--|
| Award:    | i.e. Level 1 Sport Coach or Trainer              |
| Training: | i.e. (SCUK) Good Practice or SLSGB Child Welfare |
| Location: |  |
| Trainer:  |  |
| Date:     |  |

*I hereby declare that I have undertaken Child Welfare Training and I understand my responsibilities when working with young people.*

Candidates:

| First Name | Surname | Signature |
|------------|---------|-----------|
|            |         |           |
|            |         |           |
|            |         |           |
|            |         |           |
|            |         |           |
|            |         |           |
|            |         |           |
|            |         |           |
|            |         |           |

## PARTIAL PASS FORM

| <b>SECTION 1 (to be completed by the Assessor)</b> |  | <b>CANDIDATE'S DETAILS</b> |  |
|--|--|----------------------------|--|
| Candidate's Name:                                  |  |                            |  |
| SLSGB Membership No:                               |  |                            |  |
| Club/Organisation:                                 |  |                            |  |
| Address:   |  |                            |  |
|  |  |                            |  |
|  |  | Postcode:                  |  |
| Award contested:                                   |  |                            |  |
| Original EAF No:                                   |  |                            |  |
| <b>Section requiring re-Assessment:</b>            |  |                            |  |

**This candidate must re-sit the above named section of the relevant award having been successful in attaining the required standard in all other sections**

| <b>SECTION 2 (to be completed by the Candidate)</b>  |  | <b>CANDIDATE'S DECLARATION</b> |  |
|--|--|--------------------------------|--|
| I certify that the information above is correct and that I have undergone further instruction and training. If applicable, I enclose a cheque made payable to SLSGB for the appropriate fee. |  |                                |  |
| Signed:  |  | Date:                          |  |

| <b>Section 3 (to be completed by the Trainer)</b>   |  | <b>TRAINER'S DECLARATION</b> |  |
|---|--|------------------------------|--|
| I have completed an Assessment application Form for the above named candidate and have arranged for re-Assessment to take place at: _____ on: _____ |  |                              |  |
| Signed:   |  | Date:                        |  |

| <b>Section 4 (to be completed by the Assessor)</b> |                  | <b>RE-ASSESSMENT RESULT</b> |  |
|--|------------------|-----------------------------|--|
| Result: (delete as applicable)                     | <b>COMPETENT</b> | <b>NOT YET COMPETENT</b>    |  |
| Reason, if not yet competent                       |                  |                             |  |
| Date:  |                  | Location:                   |  |
| Assessor 1:  |                  | Signature 1:                |  |
| Assessor 2:  |                  | Signature 2:                |  |

**Copy the form and attach to the newly completed Assessment Application Form and send to SLSGB**

## ASSESSMENT APPEAL FORM

### PART A (to be completed by the candidate and sent to SLSGB)

|                  |  |
|------------------|--|
| Name:            |  |
| Address:         |  |
|                  |  |
| Telephone No:    |  |
| Award:           |  |
| Assessment Date: |  |
| Trainer:         |  |
| Assessor:        |  |

I am dissatisfied with the Assessment carried out on the above course; I have discussed this with my Assessor and I am not satisfied with the outcome. I set out below brief details of my complaint and I confirm that I wish to invoke the appeals procedure.

|  |  |
|--|--|
|  |  |
|--|--|

|                          |  |       |  |
|--------------------------|--|-------|--|
| Signed by the candidate: |  | Date: |  |
| Signed by the Assessor:  |  | Date: |  |

---

### PART B (to be completed by Regional Life Saving Officer)

I have discussed the above complaint with the candidate and the Assessor. I set out below my comments, which I have discussed with the candidate.

|  |  |
|--|--|
|  |  |
|--|--|

I consider that the appeal should be upheld/ dismissed\* and the original Assessment result be amended/unchanged\*.

|            |  |       |  |
|------------|--|-------|--|
| Signature: |  | Date; |  |
|------------|--|-------|--|

I am/am not\* satisfied with the outcome of the appeal and do not/wish\* to carry the appeal to the next stage.

|                        |  |       |  |
|------------------------|--|-------|--|
| Candidate's Signature: |  | Date: |  |
|------------------------|--|-------|--|

---

### PART C (to be completed by the Director of Life Saving)

I have reviewed the procedure adopted by the Assessors and I set out my comments below:-

|  |  |
|--|--|
|  |  |
|--|--|

I have met with the candidate, the Assessors and the Regional Life Saving Officer and I consider that the appeal should be upheld/ dismissed\* and the original Assessment result be amended/unchanged\*.

|            |  |       |  |
|------------|--|-------|--|
| Signature: |  | Date: |  |
|------------|--|-------|--|

I am/am not\* satisfied with the outcome of the appeal and do not/wish\* to carry the appeal to the next stage.

|                        |  |       |  |
|------------------------|--|-------|--|
| Candidate's Signature: |  | Date: |  |
|------------------------|--|-------|--|

**PART D (Appeals Panel)**

|   |  |
|---|--|
| Received by the SLSA of GB:   |  |
| Appeal Panel formed on:   |  |
| Members of Appeal Panel:  |  |
|   |  |
| I confirm that the Appeal panel met on _____ to consider the above appeal |  |

The decision of the Appeal Panel is:-

That the appeal be upheld / That the appeal should be dismissed and the original Assessment upheld.

|           |      |
|-----------|------|
| Signature | Date |
|-----------|------|

(Chairman of the Appeal Panel)