

# Assistant Lifeguard

## Pre-requisites

A current Junior Canoe Safety Test or Canoe Safety Test  
A current Primary First Aid (or higher) Award  
Minimum 14 years of age

## Validity

3 years

## Purpose of Award

The basic test for active BCU Lifeguard members to show acceptable standards and knowledge of the basic skills to enable the holders to work with a lifeguard and carry out basic rescues with other Assistant Lifeguards.

## Structure

The syllabus consists of three training modules and an assessment. It is expected that the training modules will take approximately six hours to complete and the assessment will take approximately 2 hours with a group of four candidates. All four parts may be taken over a weekend or separately over a period of up to 6 months. In the latter case, a suitably qualified trainer must sign the candidate's logbook for each module. The training modules are mandatory and must be completed before the assessment. However, the training modules do not need to be repeated for renewal of an award that is still current.

## Trainer/Assessor

A BCU Lifeguard Examiner (LGE) can train up to 8 candidates and assess up to four at any one time. Probationary lifeguard examiners may sign a candidate's logbook for the three training modules.

## Venue

Sheltered water as defined by the BCU, e.g. canals, small lakes, sheltered areas of larger lakes, holiday beaches close inshore and quiet, slow moving rivers not involving rapids or weirs. Adequate safety cover must be provided at all times during training and assessment.

## Syllabus

This award may be taken in any open cockpit kayak, closed cockpit kayak or open canoe and the certificate will be endorsed appropriately. Where there are specific requirements for candidates in open cockpit kayaks, closed cockpit kayaks or open canoes, this is indicated using the abbreviations OCK, CCK and CN, respectively. However, for brevity the syllabus often uses the terms "canoeist" and "canoeing" generically. Similarly, references to buoyancy aids can be taken to also include life jackets.

### 1. General Theory and Skills

a. The theory behind hazards/dangers and problems caused by tides, wind and other weather conditions:

- i) In the candidates normal operating area (if applicable)
  - ii) On moderate coastlines and beaches, as defined in the BCU Coaching Directory
- b. Show an understanding of local rescue organisations and their role in canoe lifeguarding.
  - c. Show an understanding of VHF radio procedure and other electronic communication equipment, such as cellular phones and UHF radio, and its role in the development of canoe lifeguarding.
  - d. The use of lifeguard signals as a communication method.

## **2. Lifesaving**

- a. The variety of different swimming rescues over long distances and methods of transporting a casualty to shore including the cross chest and close chin tow.
- b. The use of a torpedo float as a rescue aid and techniques for its use to apply supported resuscitation in the water.
- c. Methods of landing and transporting an unconscious casualty including a one man drag, two man drag, two handed seat carry and a four man carry.
- d. The use of a canoe as a stretcher and wind break.
- e. The use of throw-bags and a chest harness to create an improvised reel and line.
- f. Two person cardiopulmonary resuscitation with another trained lifeguard

## **3. Canoe/Kayak Rescue Skills**

- a. Towing systems and alternative methods including pushing of getting a tired canoeist to land with their craft. Effective release of a towing system in an emergency, including capsize of the rescuer. The effects of having more than one rescuer towing in a feathered or straight formation The advantages and disadvantages of towing a raft of canoes.
- b. The solo rescue of an unconscious non-breathing casualty, including exit of the canoe in deep water leaving it upright and without losing contact. The advantages & disadvantages of attaching oneself to the boat. The transportation of an unconscious casualty who is not breathing for a minimum of 50m continuing expired air ventilation. The approach of other team members to tow the kayak being used for supported EAV, so as not to disrupt the pattern. Maintaining an airway for EAV when travelling at speed.
- c. The rescue of an unconscious non-breathing casualty with two or more team members of a similar standard. Including varying methods for a small or large patient, and landing a patient correctly on a beach, jetty or bank. The incorporation of the skills regarding lifting and carrying covered in the lifesaving module in a practical environment.

## **4. Assessment**

Candidates must present themselves suitably equipped for the assessment and normal canoeing kit should be worn throughout the practical parts of the exam.

### **4.1 Theory**

Answer a selection of questions to show an understanding of the theory covered by the training modules. In particular at least five questions will be related to the techniques and methods of resuscitation.

#### **4.2 Practical**

Deal with three unknown incidents involving up to three casualties and two bystanders. Of the three casualties only two may be in the water.