

Canoe Lifeguard Core Module

Pre-requisites

Assistant Lifeguard Award
72 logged hours
8 hour First Aid Certificate
Resuscitation Certificate

Validity

3 years

Purpose of Award

The test of qualified lifeguards who must show acceptable standards of knowledge, judgement, technique and physical ability to carry out complex rescues by themselves and to co-ordinate a rescue using several kayaks and / or other beach craft. Essential for patrol captains.

Structure

The syllabus consists of three training modules and an assessment. It is expected that the training modules will take approximately ten hours to complete and the assessment will take approximately 3-4 hours with a group of three candidates. All four parts may be taken over a weekend or separately over a period of up to 6months. 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 grade 2 (LGE 2) can train up to 8 candidates and assess up to four at any one time. A probationary LGE 2 may sign a candidates logbook for the training modules of this award.

Venue

Sea state must not be any more than that which is experienced in winds up to force 4. If an assessment has been planned to run off a surf beach, assessors are reminded that they may only examine within the remit of their coaching qualification. Section 4.4 of the assessment must take place in a suitably supervised swimming pool. Section 4.4 of the assessment 'Timed swim' is NOT compulsory, however it may be endorsed on a candidates certificate if required.

Syllabus

1. General Theory and Skills

a. Beach zoning, methods of zoning a beach including gaining vantage-points.

b. Knowledge of local conditions, rescue organisations and the identification of beach hazards.

- c. The principles of a normal operating procedure and emergency action plan.
- d. The correct use of flares and other means of signalling in distress.
- e. Different lifeguard signals including flag, hand and whistle signals.
- f. The dangers of transporting a casualty with and without a canoe through surf.
- g. The use of VHF radio as communication equipment.
- h. The structure of the BCU Lifeguards.
- i. The theory of leadership.

2. Lifesaving

- a. Different methods of swimming rescues and casualty recognition.
- b. The stand off position, duck away moves and forms of releases used by lifeguards.
- c. The use of the rescue sequence as a first option before using the kayak.
- d. The use of a throw bag to lifeguards on the beach.

3. Canoe/Kayak Rescue Skills

- a. Self-preservation techniques for the canoe lifeguard. To include:
 - ° methods of swimming in canoe clothing (with or without personal buoyancy),
 - ° methods of swimming a capsized kayak,
 - ° methods of self rescue,
 - ° exiting and re-entering a kayak without assistance,
 - ° how to paddle with a single blade,
 - ° different paddling techniques for a waterlogged rescue craft
 - ° methods of scramble launching quickly, safely and effectively.
- b. Techniques for assisting a fellow kayaker. To include:
 - ° methods of performing effective Eskimo rescues,
 - ° methods of kayak to kayak / canoe rescue,
 - ° different methods of towing,
 - ° rolling whilst towing
 - ° the effects of a second team member on the aforementioned skills.
- c. Techniques for assisting swimmers in distress. To include:
 - ° methods of support, reassurance and transportation of a variety of different casualties (weak swimmer, non-swimmer, injured swimmer, large, small etc...)
 - ° methods of rescuing an unconscious casualty solo or with the assistance of another team member.

4. Assessment

Candidates must present themselves suitably equipped for the assessment and canoeing kit suitable for the environment should be worn throughout the practical parts of the assessment. They should also make themselves aware of the local weather, tides, hazards etc for the venue at the time of assessment.

4.1 Theory

Answer 30 questions from the following topics, at least three questions must come from each topic:

- a. Knowledge of general lifesaving methods.
- b. Safety in kayaking / canoeing
- c. Local hazards
- d. Local conditions and rescue organisations
- e. The training and further participation in the work of the BCU Lifeguards of the Candidate.

4.2 Practical Afloat

- a. Complete an Eskimo Roll at least 5 times from 6 attempts.
- b. Complete three water based incidents at least one as leader. The incidents will be set by the Examiner to suit the prevailing conditions and may incorporate craft and local features applicable to the candidate's area of operation. They will require the demonstration of a combination of skills from each of the three training modules.
- c. At their discretion the Examiner may require the candidate to demonstrate their ability to perform two 'Logged Skills' from each of the following three sections:

4.2.1 Self Preservation

- a. Swim in clothing, suitable for the environment and used for canoeing/kayaking, with personal buoyancy - 500m
- b. Swim a capsized kayak/canoe - 100 metres.
- c. Capsize - come out - self rescue (two methods)
- d. Jump out and re-enter.
- e. Paddle with a single blade 250 metres.
- f. Paddle a waterlogged rescue kayak.
- g. Perform an "Eskimo rescue". (two methods)
- h. Scramble launch for rescue.

4.2.2 Assisting a fellow kayaker/Canoeist

- a. Assist a kayaker in an Eskimo rescue¹
- b. Perform a Kayak to kayak/canoe rescue.
- c. Tow another kayaker/canoeist 800 metres.
- d. Perform a kayak to kayak/canoe rescue, with the help of another kayaker.
- e. Tow two kayakers/canoeists 500 metres.
- f. Eskimo roll whilst towing another kayaker or canoeist.

4.2.3 Assisting others

- a. Support by kayak, and carry by an approved method, a tired swimmer 250 metres.
- b. Support, calm down and carry a struggling swimmer 250 metres.
- c. Support two tired swimmers, and transport 250 metres.
- d. Rescue an unconscious, non-breathing patient, from 200 metres away (unaided).
- e. Rescue with the help of another kayakist or canoeist an unconscious non-breathing patient from 300 metres away.
- f. Rescue with the help of another two kayakists or canoeists, an unconscious non-breathing patient from 500 metres away.
- g. Perform successfully the transfer of a patient from a kayak or canoe to another rescue team (e.g. reel and line team or Inshore Rescue Boat).

4.3 Practical ashore

Note: If the BCU Lifeguards Resuscitation award has been gained within the last three months candidates are exempt sections 4.3 a, b, c, d, e and f.

- a. Perform Expired Air ventilation for a period of at least 3 minutes.
- b. Perform solo Cardiopulmonary resuscitation for a period of at least 5 minutes.
- c. Perform with another trained rescuer two-person cardiopulmonary resuscitation for a period of at least 3 minutes.
- d. Demonstrate the correct method of rolling a casualty into the recovery position and the action for vomiting.
- e. Demonstrate the use of resuscitation masks as a technique used for Expired Air Ventilation.
- f. Demonstrate rolling a casualty into the supine position
- g. Complete two land-based incidents with at least one as leader. The incidents will be set by the examiner and may incorporate up to three casualties and a bystander.

4.4 Timed swim

Note: This section is NOT compulsory, however it may be endorsed on a candidate's certificate if required.

- a. In a swimming pool swim 400m in less than 8 minutes. Candidates are permitted to dive into the pool (depth permitting).