

Senior Lifeguard

Pre-requisites

Canoe Lifeguard Award for min. 3 years

4 Star Test

18 months logged

16 hour First Aid Certificate

Validity

Life

Purpose of Award

This is an advanced test for of a qualified lifeguard, who must have a vast background knowledge of lifeguarding, lifesaving, canoe rescue principles and show all round ability, high management standards and co-ordination skills.

Structure

The senior lifeguard award is purely assessment based and no formal training modules are associated with the award. Candidates should therefore be familiar with the material covered in the following publications:

- ° BCU Canoe Handbook,
- ° Surf Lifesaving Association of Great Britain Training Manual,
- ° Beach Lifeguarding (RLSS),
- ° Pool Lifeguarding (RLSS),
- ° Safety on British Beaches (ROSPA),
- ° Management of Health and safety in Swimming Pools,
- ° First Aid (The voluntary societies handbook)
- ° White Water Safety (Ferrero).

Trainer/Assessor

The national training officer, a BCU lifeguard coach or an National Training Officer approved grade 2 lifeguard examiner may assess up to three candidates for this award.

Venue

At the discretion of the examiner.

3. Examination

3.1 Oral

Give a 10-15 minute presentation on a subject relevant to the level of the award.

3.2 Written

- a. Produce an operational plan for a scenario as described by the examiner. This will be structured around the planning of an operational duty, e.g. a sea swim.
- b. Complete a written test of twenty-five questions. Questions will be taken from the essential reading list.