

# Level 1 Lifeguard Coach Award

## 1. Purpose of the award

The BCU Level 1 Lifeguard Coach Award is aimed at Lifeguards wishing to assist a higher Level Lifeguard Coach with the training of the Junior Lifesaving Star Awards, Junior Canoe Safety Test & the Canoe Safety Test. The BCU Level 1 Lifeguard Coach Award is not a stand alone Award, Level 1 coaches can only operate under the general supervision of a higher award holder (Level 2 or above).

## 2. Validity

For the Award to remain valid the holder must maintain their Canoe Safety Test & and a min 8 hour First Aid Award.

## 3. Course Director

An approved Level 3 Lifeguard Coach with a maximum of 4 candidates

## 4. Assisting Staff

Level 2 Lifeguard Coach Allows up to 8 candidates.

## 5. Prerequisites

Minimum 16 years of age  
Hold the BCU 2 Star Award  
Hold a current Canoe Safety Test  
Hold a Minimum 8 hour First Aid Award.

## 6. Venue

Sheltered Water as defined in the BCU Coaching Directory.

### **Manual Handling**

All Canoeists need to raise their awareness of Manual Handling and that damage can occur to joints and muscles, particularly when they are moving or lifting people or any equipment related to the sport of Canoeing. This, could of course, include a body, especially when performing rescues. In addition, Risk Assessments of how to prevent harm and injury to paddlers should be undertaken as a matter of routine.

In Civil Law there is a Duty of Care towards your students and others who paddle. This includes, loss, harm, damage and injury. Coaches are charged with the care of paddlers, and as such, Coaches need to identify where there is a risk of the “Duty” being neglected or abused.

The BCU has prepared an information leaflet which gives a brief outline of procedures to access and evaluate Manual Handling operations. In addition, a one day Injury Prevention Course has been developed which should ensure that information in respect of lifting and carrying and all Manual Handling issues are being disseminated throughout the Coaching Service.

## **7. Structure**

The Level 1 Lifeguard Coach course is run as a 1 day course.

<b>Module 1</b>	Introduction
<b>Module 2</b>	Training (general)
<b>Module 3</b>	Training JLSA
<b>Module 4</b>	Training CST

### **Module 5**

Candidates will be expected to assist in the running of a Canoe Safety Test with simulated candidates or on a live course if available. This will be done under the supervision of the course director and other supervising staff.

### ***Action after the training / assessment course***

There are two possible outcomes:

- a. Candidates will be signed off as a qualified  
BCU Level 1 Lifeguard Coach
- b. Candidates will have to assist on a further Canoe safety test under the guidance of a Level 2 Lifeguard Coach. A report will then be given to the National Training Officer for approval or refusal.

Note: A Candidate Level 1 Lifeguard Coach may be exempt from the training modules if Approved Prior Learning (APL) can be proven. Applications must be made via the Course Director or the BCU Lifeguards National Training Officer.