

## **Level 2 Lifeguard Coach Award.**

### **1. Purpose of award**

The aim of the BCU Level 2 Lifeguard Award is to provide a qualification for those wishing to Train & Assess the Junior Lifesaving Star Awards, Junior Canoe Safety Test & the Canoe Safety Test. With National Training Officer Approval, a Level 2 Lifeguard Coach can assist on higher Awards. It is not necessary for established Lifeguards to become a Level 1 Coach first.

### **2. Validity**

For the Award to remain valid the holder must maintain their Core Lifeguard Award.

### **3. Course Director**

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

### **4. Assisting Staff**

A Level 2 Lifeguard Coach or National Training Officer approved Level 1 Lifeguard Coach Allows up to 8 candidates.

### **5. Prerequisites**

Hold the BCU Level 2 Coaching Award.

Hold the BCU Lifeguard Core 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 2 Lifeguard Coach course is run as a two-day course.

### Day one

<b>Module 1</b>	Introduction
<b>Module 2</b>	Training (general)
<b>Module 2.1</b>	Training CST (Practical Tasks)
<b>Module 3</b>	Examining
<b>Module 3.1</b>	Examining CST
<b>Module 4</b>	Initiative

Candidates will be expected to give two 10-minute presentations one lecture based and one practical based. The topics for these will be sent to the candidates prior to the start of the course.

Candidates will also be expected to take part in the teaching of the canoe / kayak rescue skills module and should be prepared to teach any skill from this section.

### Day Two

Candidates will be expected to run all of the CST modules (normally as a pair with another candidate for Level 2 Lifeguard Coach) and conduct a CST assessment. This will be done under the supervision of the course director and other supervising staff.

Note: Candidates will only progress to day two of the assessment providing that they have performed satisfactorily on day one. Should a candidate not pass day one it will be possible for them to re do the training modules at a later date.

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

There are two possible outcomes:

- a. Candidates will be signed off as a qualified BCU Level 2 Lifeguard Coach.
- b. Candidates will have to shadow and run further CST training modules and assessments under the guidance of a Level 3 Lifeguard Coach or National Training Officer approved Level 2 Lifeguard Coach.

Note: A Candidate Level 2 Lifeguard Coach may be exempt from day one of the assessment if Approved Prior Learning (APL) can be proven. Applications must be made via the Course Director or the BCU Lifeguards National Training Officer.