

Level 3 Lifeguard Coach Award

1. Purpose of award

To provide a qualification for those wishing to train and assess the Assistant Lifeguard Award, Lifeguard Core Module the Primary Resuscitation & Paediatric Resuscitation Awards as well as assisting with the general training of unit members within a registered BCU lifeguard unit.

2. Validity

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

3. Course Director

An approved Level 4 Lifeguard Coach With a maximum of 4 candidates.

4. Assisting Staff

A Level 3 Lifeguard Coach or NTO approved Level 2 Lifeguard Coach would allow up to 8 candidates.

5. Prerequisites

Hold the BCU Level 2 Lifeguard Coach Award.

Hold the BCU Lifeguards Core Module Award.

Present a logbook showing that the candidate has run at least 2 Canoe Safety Tests within the previous 12 months period.

6. Venue

Sheltered Water as defined in the BCU Coaching Directory and within the BCU Coach remit of the Level 4 Lifeguard Coach

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 BCU Level 3 Lifeguard Coach Training is to be run over a two-day period. After successfully completing the probationary period Candidates will be awarded the Level 3 Lifeguard Coach Award.

Each module consists of a number of lectures, demonstrations and set practical tasks. The aim of the training course is to provide the candidates with background knowledge and feedback about their performance in order to prepare them for their probationary period as a Level 3 Lifeguard Coach.

The following modules are run throughout the two-day course. The exact order and timing of these modules are at the discretion of the Course Director:

Module 1	Introduction	(quick re-cap only)
Module 2	Training (general)	(quick re-cap only)
Module 2.2	Training Assistant Lifeguards	
Module 2.3	Training Lifeguards	
Module 3.2	Examining Assistant Lifeguards	
Module 3.3	Examining Lifeguards	
Module 4.2	Advanced Initiative	
Module 5.0	Life support (general)	
Module 5.1	Basic life support	

Notes:

Module 2.2 & 2.3 Practical Tasks

Candidates will be expected to give six 10-minute presentations, four lecture based and two practical based, the topics of which 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.

Module 3.2 & 3.3 Practical Tasks

Candidates will be expected to analyse and provide feedback to a group of Assistant Lifeguards or Lifeguards. This will also include a practical debrief of a simulated candidate.

Module 5.1 Practical Tasks

Candidates will be expected to deliver part of the basic life support training course to a simulated group of potential candidates. The topics for these will be sent to the candidates prior to the start of the course.

Action after the training course

Candidates are to shadow and run a number of Assistant Lifeguard and Lifeguard training modules and assessments under the guidance of a qualified Level 4 Lifeguard Coach or an approved Level 3 Lifeguard Coach appointed by the National Training Officer.

When the probationary Lifeguard Assessor has completed the running of training and assessments for both the Assistant Lifeguard and the Canoe Lifeguard Core Module Awards to the satisfaction of a qualified Assessor they must then apply to the National Training Officer, in writing with a completed Probationary Level 3 Lifeguard Coach logbook, to be included on the Canoe Lifeguard Assessors register.

Note: A candidate Level 3 Lifeguard Coach may be exempt from parts of the training Module of the course if Approved Prior Learning (APL) can be proven. Applications must be made via the Course Director or the BCU Lifeguards National Training Officer.