

## **LEVEL 4 LIFEGUARD COACH AWARD**

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

To provide an advanced qualification for those wishing to train and assess the Canoe Lifeguard Site Specific Modules, the Primary Resuscitation & Paediatric Resuscitation awards. The recommended award aimed at unit training officers or coordinators.

### **2. Validity**

For the Award to remain valid the holder must maintain their Lifeguard Core Award, Primary Resuscitation and Paediatric Resuscitation or their equivalent Awards.

### **3. Course Director**

A Level 5 Lifeguard Coach or an approved Level 4 Lifeguard Coach to a Maximum of 4 candidates.

### **4. Assisting Staff**

A Level 4 Lifeguard Coach or approved Level 3 would allow up to 8 candidates.

### **5. Prerequisites**

Hold the BCU Level 3 Lifeguard Coach Award.

Hold the Primary Resuscitation or an equivalent Award.

Hold the Paediatric Resuscitation or an equivalent Award.

Present a logbook showing at least 2 Lifeguard Core Module Courses and 2 Resuscitation Courses where the candidate has run the assessments.

### **6. Venue**

Subject to the Site Specific Module being taken and as defined in the BCU Coaching Directory relating to that area of operation and within the BCU Coach remit of the Level 5 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**

Training is to be run over a two-day period. After successfully completing the probationary period Candidates will be awarded the Level 4 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 as a probationary Level 4 Lifeguard Coach.

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

- Module 2.4** Training Site Specific Canoe Lifeguard Modules
- Module 3.4** Examining the Site Specific Canoe Lifeguard Modules Award
- Module 3.5** Examining Lifeguard Resuscitation Awards
- Module 4.3** Initiative and the Site Specific Canoe Lifeguard Module Award
- Module 5.2** Life support
- Module 6.0** Training Trainers

### ***Notes:***

#### ***Module 2.4 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 3.4 & 3.5 Practical Tasks***

Candidates will be expected to analyse and provide feedback to a group of Simulated candidates. This will also include a practical debrief of a Simulated candidate.

#### ***Module 5.2 Practical Tasks***

Candidates will be expected to deliver part of the lifeguard resuscitation syllabus to a group of Simulated candidates, the topics of which will be sent to the candidates prior to the start of the course.

#### ***Action after the training course***

At the discretion of the examiner candidates will have to shadow and run a number of Site Specific Lifeguard training modules and assessments under the guidance of a qualified Level 5 Lifeguard Coach or an approved Level 4 Lifeguard Coach appointed by the National Training Officer.

When the probationary Level 4 Lifeguard Coach has satisfactorily completed the running of at least one Site Specific Canoe Lifeguard training course, one Site Specific Canoe Lifeguard assessment and one Primary Resuscitation assessment. They must then apply to the National Training Officer in writing with a completed Probationary Level 4 Lifeguard Coach logbook to be included on the Lifeguard Assessors register.

**Notes:**

A Level 4 Lifeguard Coach Candidate may be exempt from parts of the training Modules of the course if Approved Prior Learning (APL) can be proven.

To enable a Level 4 Lifeguard Coach to Train and Assess other Site Specific Modules the Level 4 Lifeguard Coach must first gain all Pre-requisites for the Module/s to be taken. Existing Level 4 Lifeguard Coaches are exempt from parts of the Training Modules for other Site Specific Awards.

Applications for the above notes must be made via the Course Director or the BCU Lifeguards National Training Officer.