

BCU Assistant Lifeguard Award

1. Purpose of the Assistant Lifeguard Award

To provide members of the BCU and BCU affiliated clubs with a basic award to enable them to:

- i. Work with a lifeguard
- ii. Work with other assistant lifeguards in a patrol to carry out basic rescues on sheltered water (as defined in the BCU coaching handbook).

NB Although this award is primarily for persons aged between 14 and 16 years old, it is open to those who are post-16.

2. Validity

This award is valid for three years.

3. Structure

The syllabus consists of three training modules and an assessment. It is envisaged that the training modules will require approximately six hours of contact time. The assessment will require approximately two hours with a group of four candidates.

Training and assessment may be completed during a two-day period, e.g. a weekend. Where training takes place over a longer period, the trainer must sign each candidate's logbook for the module(s) completed. All three modules must be completed prior to assessment.

NB: Candidates holding a current lifesaving/lifeguard award may be exempt from the lifesaving training module at the discretion of the trainer/assessor.

The training modules do not have to be repeated prior to revalidation if a candidate can provide evidence of:

- a. A current BCU Primary First Aid (or higher) Award
- b. A log of their ongoing training, duty and rescue work

4. Trainer/Assessor

A BCU Level 3 Lifeguard Coach may train up to eight candidates and assess up to four candidates at any one time.

5. Prerequisites

- a. A current Junior Canoe Safety Test or Canoe Safety Test
- b. A current BCU Primary First Aid (or higher) Award
- c. Be a minimum of fourteen years of age at assessment
- d. For assessment: provide evidence of having successfully completed the three training modules

6. Venue

'Sheltered water' as defined in the BCU Coaching Directory, e.g. canals, small lakes, sheltered areas of larger lakes, holiday beaches close inshore and quiet, slow moving rivers not involving rapids or weirs. Adequate safety cover must be provided at all times during training and assessment.

7. Syllabus

a. General Theory and Skills

- i. Hazards and dangers; tides/moving water; wind and other weather conditions.
- ii. Local rescue organisations (statutory and voluntary) and their relationship to canoe lifeguards.
- iii. VHF radio procedure and other electronic communication equipment, including cellular phones and UHF radios, and its role in canoe lifeguarding.
- iv. The use of lifeguard signals and whistles as methods of communication.

b. Lifesaving

- i. Identification of casualty types, e.g. weak swimmer, panicking swimmer, injured swimmer, etc.
- ii. The rescue sequence (shout/signal, reach, throw, wade, row, swim with an aid, swim with a tow).
- iii. Non-contact tows, including the use of towing aids; contact tows including extended arm, cross chest and chin tow.
- iv. Entries and exits to/from the water; landing conscious and unconscious casualties; safe movement of conscious and un-conscious casualties.
- v. The use of a canoe/kayak as a stretcher and shelter.
- vi. The use of throw-bags and a chest harness to affect a rescue.
- vii. Resuscitation, including introduction to two-person resuscitation.

c. Canoe/Kayak Rescue Skills

- i. Towing systems and alternative methods, including pushing a craft to shore; effective release of towing systems in an emergency, including capsize of the rescuer; the effects of having more than one rescuer towing a casualty; the advantages and disadvantages of forming and towing a raft of canoes/kayaks.
- ii. The rescue of conscious casualties, including cooperative and uncooperative casualties with or without injuries; the use of a range of tows and carries, including bow and stern tows/carries and their appropriateness to the casualty and prevailing conditions.
- iii. The rescue of unconscious, non-breathing casualties with two or more patrol members; the use of a range of tows and carries to rescue large and small casualties; landing casualties correctly at a variety of exit points; lifting casualties safely, including the rescuers' safety.

8. Assessment

Candidates must present themselves suitably equipped for the assessment. Canoeing/kayaking kit suitable for the environment should be worn throughout the practical elements of the assessment.

a. Theory

Candidates will answer a selection of questions to demonstrate their understanding of the theory and practical work covered by the training modules.

b. Incidents

- i. Candidates will complete a rescue of a co-operative casualty, involving a 50m head up swim and a 50m tow.
- ii. Candidates will work within a patrol and deal with three unknown incidents on sheltered water. Incidents will involve up to three casualties and two bystanders. Of the three casualties, only two may be in the water.

c. Revalidation

Candidates for revalidation are assessed in accordance with the above criteria and with reference to Section 3 above.