

BCU Canoe Lifeguard: Core Module

1. Purpose of the Canoe Lifeguard: Core Module

To provide members of the BCU and BCU-affiliated clubs with an award which enables them to operate on sheltered water to:

- a. Carry out rescues on their own.
- b. Work within a lifeguard patrol to carry out a range of complex rescues.
- c. Lead a patrol of suitably qualified personnel and to co-ordinate lifeguarding activities.

The Core Module is a prerequisite for a site-specific endorsement which will enable the holder to operate in a more specialised environment, e.g. white water or surf.

NB For the definition of 'sheltered water', refer to the BCU Coaching Directory.

2. Validity

This award is valid for three years.

3. Structure

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

Training 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 logged skill(s) completed. All three training units must be completed prior to assessment.

NB: Candidates holding a current open water lifeguard award may be exempt from units 1 and 2 at the discretion of the trainer/assessor.

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

- a. A current BCU Aquatic First Aid (or equivalent) Award
- b. A current BCU Paediatric Resuscitation (or equivalent) Award
- c. 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 or assess up to four candidates at any one time.

5. Prerequisites

- a. An appropriate BCU Three Star award.
- b. A current BCU Aquatic First Aid (or equivalent) Award.
- c. A current BCU Paediatric Resuscitation (or equivalent) Award.

- d. Be a minimum of sixteen years of age
- e. Evidence of completion of the 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

Unit 1: General Theory and Skills

- a. Hazards and dangers; tides/moving water; wind and other weather conditions.
- b. Local rescue organisations (statutory and voluntary) and their relationship to canoe lifeguards.
- c. Radio procedure and electronic communication equipment, including cellular phones, VHF/UHF radios, etc., and its role in lifeguarding.
- d. The use of lifeguard signals, whistles and other means of communication.
- e. Zoning, scanning and vantage points; identifying potential casualties.
- f. Normal Operating Procedure (NOP) and Emergency Action Plan (EAP).
- g. Spinal injury identification and care.
- h. Injury protection and manual handling.
- i. Leadership roles and incident management.

Unit 2: Lifesaving

- a. Identification of casualty types, e.g. weak swimmer, panicking swimmer, injured swimmer, spinal injury, etc.
- b. The rescue sequence (shout/signal, reach, throw, wade, row, swim with an aid, swim with a tow).
- c. Non-contact tows, including the use of towing aids; contact tows including extended arm, cross chest and chin tow.
- d. Entries and exits to/from the water; landing conscious and unconscious casualties; safe movement of conscious and unconscious casualties; spinal injury management.
- e. The stand-off position; duck away and releases used by lifeguards.
- f. The use of a canoe/kayak as a stretcher and shelter.
- g. The use of throw-bags and a chest harness to affect a rescue.
- h. Single and two-person resuscitation.

Unit 3: Canoe/Kayak Rescue Skills

This unit covers the ‘logged skills’ that canoe/kayak lifeguards are required to perfect, practice and record in their logbooks.

- a. Towing systems and alternative methods, including pushing a craft to shore; effective 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 kayaks/canoes; towing a raft and/or small craft 200m; scramble launching to an incident.
- b. The rescue of conscious casualties, including cooperative and uncooperative casualties with and 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.
 - c. 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; identification and care of a casualty with a suspected spinal injury.
 - d. Self-preservation techniques for canoe lifeguards including: Eskimo rescues and rolls; exiting and re-entering a canoe/kayak unaided; swimming 100m in canoe/kayak clothing and buoyancy aid; swimming a capsized canoe/kayak 100m; self-rescues.

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

- i. Candidates answer a selection of questions to demonstrate their understanding of the theory and skills covered in the training units and, where relevant, their club's NOP and EAP.
- ii. Candidates demonstrate their ability to identify and treat a casualty with a suspected spinal injury.

b. Incidents

- i. The rescue of a co-operative casualty involving a 50m head up swim and a 50m tow.
- ii. Within a patrol, rescue an unconscious, non-breathing casualty 100m from shore using a canoe or kayak; demonstrate deep water supported resuscitation and return with the casualty to shore; demonstrate calling for assistance and aftercare.
- iii. Within a patrol, initiate and co-ordinate an incident involving up to three casualties and two by-standers; demonstrate appropriate rescue and first aid protocols; demonstrate calling for assistance and providing aftercare.

c. Logged skills

- i. Demonstrate a range of logged skills as requested by the Assessor.

d. Revalidation

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