

BCU LIFEGUARDS – JUNIOR LIFESAVERS STAR AWARDS

1. Purpose of the Awards

The awards are designed for young people aged between 10 and 14 years old who are members of a BCU lifeguard unit, canoe club or who are being taught by suitably qualified training providers. The primary aim of the awards is to provide young people with the necessary safety awareness, which will enable them to ensure the safety of themselves and others in a water based environment where paddle sport is a primary activity. The second aim is to provide young people with rescue and lifesaving skills that can be used to help themselves and others in difficulty.

2. Structure

The awards consist of One, Two, Three and Four Star awards with the Four Star being the highest award. Each award consists of four sections – Water Safety, Self Rescue, Rescue of Others and Life Support/First Aid. Training and learning is not constrained by time – it is far more important that students learn at their own pace and be able to retain skills and knowledge and apply them safely. Skills and knowledge that are satisfactorily demonstrated by students are recorded in their logbooks. Assessment is via a review of the logged skills and a practical/oral test.

3. Validity

Each award is valid for three years from the date of the test or until the holder is 14 years of age, whichever is the sooner.

4. Trainer/Assessor

A BCU Canoeing Safety Test Trainer/Assessor or a BCU Level 2 Lifeguard Coach (or higher) with a Pool Endorsement (or equivalent award, e.g. RLSS NPLQ or Bronze Medallion) can train up to 8 candidates.

5. Pre-Requisites

None – candidates may enter the scheme at a level commensurate with their ability. The Two, Three and Four Star awards build upon their predecessors and candidates are required to demonstrate skills and knowledge covered in previous levels.

6. Venue

It is envisaged that swimming rescues and self-rescues should be taught, practised and assessed in a swimming pool environment, particularly at One and Two Star levels. However, suitable, safe stretches of placid water may be used taking into consideration factors such as the temperature, clarity and cleanliness of the water.

7. Syllabus

The awards may be taken using any form of paddle craft including kayaks, sit-ons and open canoes. Some skills may have to be amended by the trainer/assessor to take cognizance of the strengths or limitations of the craft being used.

1 STAR

1. WATER SAFETY

This section covers the following topics:

- a. Why water can be dangerous e.g. stopping oxygen entering the lungs; effects of hot, cold and polluted water; currents, waves and poor visibility; shallow water such as baths and garden ponds.
- b. What happens when a person can't breathe e.g. suffocation; oxygen not getting to the brain and other vital organs; after 3-4 minutes without oxygen a person becomes unconscious.
- c. Water Safety Code: 1. Spot the dangers. 2. Take Safety Advice. 3. Don't Go Alone. 4. Learn How To Help.
- d. The role of lifeguards e.g. on beaches, in swimming pools, prevention of accidents, giving assistance and first aid and safety advice.
- e. Safety signs, posters and flags found in swimming pools, at beaches, etc.

2. SELF RESCUE

Candidates should be able to demonstrate the following skills:

- a. Enter shallow water safely
 - (i) Using the steps
 - (ii) Using a 'slide-in' entry
- b. Signalling and shouting for help.
- c. Swim 10m.
- d. Exit shallow water safely
 - (i) Using the steps
 - (ii) Without using the steps

3. RESCUES

Candidates should be able to perform the following skills:

- a. A shout and signal rescue
- b. A reaching rescue with an item of clothing
- c. A reaching rescue with a rigid aid
- d. A throwing rescue with something that floats
- e. A throwing rescue with rope

4. LIFE SUPPORT/FIRST AID

Candidates should be able to demonstrate knowledge and understanding of the following:

- a. Why the rescuer's/first aider's safety is important
- b. How to check for danger
- c. How to check for responses in someone who looks to be unconscious
- d. How to shout for help

2 STAR

1. WATER SAFETY

This section covers the following topics:

- a. Why it is difficult to swim in cold water and why cold water is dangerous; protection from the cold for water based activities; personal floatation devices.
- b. Safe and dangerous places to swim; prohibition, warning and mandatory signs; safety on beaches and inland waters; safety in and around the home.
- c. Water sports on the sea and inland waters; safety and the skills required.

2. SELF RESCUE

Candidates should be able to demonstrate the following skills:

- a. Enter deep water using a safe, appropriate method, e.g. straddle jump
- b. Completely submerge with eyes open and breath out underwater (no swimming goggles, etc. permitted)
- c. Float for three minutes using a floatation aid and signal/shout for help
- d. Demonstrate the HELP position
- e. Be rescued by someone using an appropriate throwing/reaching aid
- f. Swim 25m
- g. Exit deep water without using the steps

3. RESCUES

Candidates should be able to perform the following skills in addition to those covered in the 1 Star syllabus:

- a. Instruct a casualty how to exit the water safely
- b. Perform a wading rescue using an appropriate reaching aid and assist the casualty out of the water
- c. Explain, with the use of visual aids if necessary:
 - (i) What to do if someone has fallen through ice on a pond, lake, etc.
 - (ii) What to do if someone is in difficulty in the sea
 - (iii) How to recognise the four different types of casualty
 - (iv) The three A's for rescue (Assessment, Action & Aftercare)
 - (v) Why the rescuer's safety always comes first
 - (vi) How to carry out a rescue using a paddle craft/rowing boat

4. LIFE SUPPORT/FIRST AID

Candidates should be able to demonstrate knowledge and understanding of the following skills in addition to those covered in the 1 Star syllabus:

- a. How to check for signs of breathing in a casualty
- b. How to carry out rescue breathing
- c. How to maintain an open airway.
- d. Action for vomit
- e. Turning a casualty from prone to supine position
- f. Placing a casualty in the recovery position
- g. Sending a bystander for help

3 STAR

1. WATER SAFETY

This section covers the following topics:

- a. Revision of water based dangers including pollution, cold, waves, steep/slippery banks, bridges, tides, boats (including paddle craft), mud, locks, weed, objects in the water and other people.
- b. Sea safety including currents, offshore wind, rocks and reefs, people on floats and boats; cliffs; dangers to yourself and other people.
- c. Inland water safety including the home and swimming pools.
- d. The emergency services including how/who to call for assistance.

2. SELF RESCUE

Candidates should be able to demonstrate the following skills in addition to those covered in the 1 and 2 Star syllabuses:

a. Swimming (i) Enter deep and shallow water safely using a variety of appropriate

methods

(ii) Surface dive to a depth of 1.5m and retrieve a diving brick

(iii) Float for five minutes using a floating aid and signal/shout for

help

(iv) Float in the HELP position for five minutes

(v) Swim 50m

(vi) Exit deep water without using the steps

b. Paddle craft

(i) Perform a controlled exit from a paddle craft during a capsize and remain with the boat

(ii) Swim the paddle craft 10m to shore and, with assistance, empty it using a safe and appropriate method

(iii) Perform a swimmer to paddle craft rescue, with assistance, as a rescuer and a casualty

(iv) Perform a deep water rescue, with assistance, as a rescuer and a casualty

3. RESCUES

Candidates should be able to perform the following skills in addition to those covered in the 1 and 2 Star syllabuses:

a. Swimming (i) Perform the stand off position
(ii) Perform a back-off when a casualty attempts to grab in the water

(iii) Swim 25m to a weak swimmer in deep water and tow them 25m using an appropriate non contact tow; secure them in a support position at the end of the tow

(iv) Perform a stirrup lift and demonstrate appropriate aftercare of the casualty

- b. Paddle craft (i) Move a paddler in another paddle craft 50m to a point of safety without the use of a towline, rope, etc.
(ii) Paddle 50m to a weak swimmer, demonstrate a safe approach and stand-off; transport them using a bow/stern tow 50m to a point of safety; demonstrate appropriate aftercare of the casualty
(iii) Explain, with the use of visual aids if necessary, how a paddle craft can be used to perform a bow/stern carry

(iv) Explain, with the use of visual aid if necessary, how an Eskimo rescue is performed as a rescuer and as a casualty

4. LIFE SUPPORT/FIRST AID

Candidates should be able to demonstrate knowledge and understanding of the following skills in addition to those covered in the One and Two Star syllabuses:

- a. DrAB
- b. Perform CPR for three minutes
- c. Signs and symptoms of shock in a casualty and how to treat them
- d. How to treat external bleeding
- e. How to treat a choking casualty
- f. How to carry out a 'top to toe' prior to moving a casualty

4 STAR

1. WATER SAFETY

This section covers the following topics:

- a. Cold shock and hypothermia; signs, symptoms and treatment including preventative measures.
- b. Hyperthermia and burns, including sunburn; signs, symptoms and treatment including preventative measures.

2. SELF RESCUE

Candidates should be able to demonstrate the following skills in addition to those covered in the One, Two and Three Star syllabuses:

- a. Swimming
 - (i) Float in the HUDDLE position with at least three other clothed people for three minutes during which time one person is to call for help using the International Distress Signal
 - (ii) Tread water for four minutes in light clothing(t/polo shirt and trousers/skirt over bathing costume); after four minutes, remove an item of clothing and make a float; float/tread water for a further four minutes
 - (iii) Swim 100m (bathing costume only)
 - (iv) Exit deep water unaided without using the steps
- b. Paddle craft
 - (i) Perform an Eskimo rescue as a rescuer and a casualty
 - (ii) Perform a deep-water rescue as a rescuer and a casualty
 - (iii) Perform a paddle craft to paddle craft rescue as a rescuer and a casualty
 - (iv) Perform an 'all-in' rescue with at least two other paddlers

3. RESCUES

Candidates should be able to perform the following skills in addition to those covered in the 1, 2 and 3 Star syllabuses:

- a. Swimming
 - (i) Swim 25m to a panicking casualty in deep water, demonstrate the stand-off position, appropriate pick-up and close contact tow over 25m; at the mid point the casualty will struggle – demonstrate a release; approach the casualty and complete the rescue; secure the casualty in the support position
 - (ii) Swim 25m to an unconscious non breathing casualty; tow 25m using an appropriate contact tow; secure at the end of the tow, carry out the necessary checks and commence EAV.
 - (iii) Perform, with the help of another person, an Assisted Lift and continue EAV/CPR as appropriate
 - (iv) Swim 25m, surface dive to 1.5m and retrieve a diving brick; once on the surface, swap the brick for an 'unconscious' casualty and tow for 25m and secure ready to perform EAV
- b. Paddle craft
 - (i) Paddle 50m to a weak swimmer and perform a 50m stern carry; at the mid way point swap the casualty to a pillion position

(ii) Paddle 50m to a panicking swimmer; demonstrate the stand-off position; perform a pick-up and a 50m bow carry

(iii) Paddle 50m to an unconscious non breathing casualty; jump out and perform supported resuscitation using the paddle craft for support; call for assistance

NB – Candidates must demonstrate an acceptable level of casualty care during and after all swimming and paddle craft rescues.

4. LIFE SUPPORT/FIRST AID

Candidate should be able to demonstrate knowledge and understanding of the following skills in addition to those covered in the 1, 2 and 3 Star syllabuses:

- a. Perform CPR in adults, young people and babies
- b. Signs and symptoms of heart attack in a casualty and how to treat them
- c. Signs and symptoms of a fracture in a casualty and how to treat them

NOTES FOR TRAINERS/ASSESSORS

1. Junior Lifesavers must present themselves suitably equipped for training and assessment, especially on open water.
2. Before taking part in activities, Junior Lifesavers should remove their jewellery and similar items to avoid injury.
3. When taking part in contact activities, Junior Lifesavers should work in pairs or groups of the same gender.
4. Although the minimum qualification for leading the delivery and assessment of these awards is BCU CST Trainer/Assessor, he/she may be assisted by suitably qualified/experienced helpers working under his/her close supervision.
5. If specialist equipment is available for use, e.g. torpedo float for use in non contact tows, these may be used if appropriate. However, other non specialist items may also be used to good effect, for example an item of clothing, towel, etc.
6. Training and assessment should be safe and fun experiences for Junior Lifesavers. Please remember, they are aged between 10 and 14 years old.