

BCU Canoe Lifeguards: Open Water Module

1. Aim

The aim of the award is to build upon the skills and techniques learnt in the Core Lifeguard award.

To develop and improve skills relevant to lifeguarding on open water and prepare the lifeguard to operate in a variety of open water situations including slow moving rivers.

2. Validity

This award is valid for 3 years. During this period a BCU Aquatic First Aid award level 1 (or equivalent) must be kept current.

3. Structure

The syllabus consists of three training modules and an assessment. It is envisaged that training and assessment will take a minimum of 16 hrs contact time.

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, unless an accredited prior learning (APL) application has been granted by the National Training Officer.

The training modules will NOT need to be re taken for re assessment as long as the candidate can show evidence of lifeguard training and duties during the validity of the award.

4. Trainer/Assessor

A BCU Lifeguard Level 4/BCU Technician Coach (Open Water) may train up to 8 candidates and assess up to 4 at any one time.

Up to 8 candidates can be assessed with the assistance of a NTO approved BCU Lifeguard Level 3 Coach

All staff must comply with current child protection policies as laid down by the BCU.

5. Prerequisites

- a. BCU Lifeguards Core Module.
- b. VHF radio license or be able to demonstrate radio competency.
- c. Be at least 16 years of age at time of assessment. Candidates under the age of 18 may take the award but cannot be deemed responsible by law until they turn 18.

6. Venue

This award is to be run on sheltered inland water as defined by the BCU. *Coaches must operate within their BCU Coaching remit.*

7. Syllabus

Part 1: General Theory and Skills

- a. Risk assessment.
- b. Zoning of an operational area and use of vantage points. Creating, marking and operating zones.
- c. The ability to pinpoint locations accurately by several methods.
- d. Handover of casualties to emergency services.
- e. Team leadership skills (inc. briefing & de-briefing of lifeguards and other paddlers).
- f. Incident and Event Management (inc. working with other safety personnel).

Part 2: Lifesaving

- a. Search of an upturned large craft.
- b. Group rescues, (a) solo (b) with a team.
- c. Searching and recovering submerged or partially submerged casualties whilst wearing a PFD.
- d. Torpedo floats, their uses and limitation.

- e. Supported EAV as a lone rescuer.
- f. Extraction of casualties from kayaks/canoes.

Part 3: Canoe/kayak skills

- a. Recovering a conscious casualty from the water into a range of different craft.
- b. Recovering an unconscious casualty from the water into a range of different craft with assistance.
- c. Transfer of conscious and unconscious casualties to other crafts and onto banks, slipways, etc.
- d. Recovering and carrying two tired swimmers to a point of safety.-
- e. Standing/kneeling in a canoe or kayak for observation purposes.
- f. Paddle a water-logged canoe/kayak to a point of 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.

Assessments may be carried out as orchestrated incidents or at organized lifeguard events. A candidate may provide evidence of completion of the training modules or an agreed APL application.

a. Theory

Answer a selection of questions taken from the theory module. At the assessor's discretion the questions may be in written or verbal format. A recommended number of 25 questions may be asked to ensure that candidates have an extensive knowledge of the subjects covered.

b. Logged Skills

Candidates may be expected to perform a selection of relevant skills to the satisfaction of the assessor.

c. Unknown Incidents

There will be one incident for each candidate acting as patrol leader. There must also be at least one other incident where each candidate acts as a team member.

Trainer Notes

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 assess 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 (see Section 5).

Venue

Coaches must operate within their BCU Coaching remit.

Training Modules

The trainer should be looking to improve on the skills learned in the Lifeguard Core Module and introduce the candidate to the concepts of working with multiple teams of lifeguards and non-lifeguards providing safety cover.

Syllabus

Part 1: General Theory and Skills

- a. Risk assessment.
- b. Zoning of an operational area and use of vantage points. Creating, marking and operating zones.
Trainers should only deliver site specific methods and these should build upon the skills taught at Core Lifeguard level.
- c. The ability to pinpoint locations accurately by several methods.
These should include, but not exclusively, use of a compass in conjunction with triangulation, reading a map and GPS.
- d. Handover of casualties to emergency services.
- e. Team leadership skills (inc. briefing & de-briefing of lifeguards and other paddlers).
Lifeguards may not always be working exclusively with trained personnel. Therefore leadership skills must reflect this situation. Utilisation of trained and untrained personnel should be given careful consideration.
- f. Incident and Event Management. (inc. working with other safety personnel).

Part 2: Lifesaving

- a. Search of an upturned large craft.
This skill is meant to prove that a lifeguard can safely enter and exit an upturned craft in order check for any casualties. The trainer must be aware of hazards involved with rigging, etc.
- b. Group rescues, (a) solo (b) with a team.
Trainers need to familiarise themselves with the most up to date protocols as issued by the International Lifesaving Federation (ILS) for prioritising casualties in water based incidents.
- c. Searching and recovering submerged or partially submerged casualties whilst wearing a PFD.
Candidates must not remove their PFD under any circumstances. The purpose of this skill is to prove that a lifeguard is capable of organising a search and recovering a casualty from locations such as shallow canals, duck-ponds, etc. Any recovery should only be performed in water no deeper than waist height.
- d. Torpedo floats, their uses and limitation.
Torpedo floats are no longer used for supported EAV.
- e. Supported EAV as a lone rescuer.

- f. Extraction of casualties from kayaks/canoes.
This is meant to offer some strategies for dealing with possible lower back injuries when handing over or removing a casualty from their craft. It is not a complete spinal injury management exercise.

Part 3: Canoe/Kayak Skills

- a. Recovering a conscious casualty from the water into a range of different craft.
The rescuer will be situated in the craft mentioned above.
- b. Recovering an unconscious casualty from the water into a range of different craft with assistance.
The rescuer will be situated in the craft mentioned above.
- c. Transfer of conscious and unconscious casualties to other crafts and onto banks, slipways, etc.
This should be done with the rescuer in the water and in a canoe/kayak.
- d. Recovering and carrying two tired swimmers to a point of safety.
- e. Standing/kneeling in a canoe or kayak for observation purposes.
- f. Paddle a water-logged canoe/kayak to a point of safety.
- g. Supported EAV as a lone rescuer.

Assessment

It must be possible to deliver the theory section in written or verbal format. There is no set pass mark but the assessor must ensure that candidates do have an extensive knowledge of the subjects taught under this section.

Candidates may be expected to perform a selection of relevant skills to the satisfaction of the assessor. These may be taken from this award or any of the prerequisite awards. Candidates who appear to be lacking in any of the skills requested should be given the opportunity to repeat the skill or demonstrate additional skills to confirm competency.

The unknown incidents should be relevant to the area of operations of the Open Water Module. This should include simulated swimmers, canoe race competitors, craft and bank side environments. The assessor should be looking for the application of relevant skills and the ability of candidates to effectively carry out rescues both as part of a team and in a leadership role.

The candidates should show ability to effectively manage a team, prioritise in a multiple casualty scenario, delegate, continually monitor scenarios and to be able to work as a efficient team member.