

BCU Lifeguards Pool Endorsement

1. Purpose of Award

This award is an endorsement to the Canoeing Safety Test to provide the additional skills and knowledge necessary for providing safety cover and lifesaving rescue skills during a canoeing session in a swimming pool.

This award can be used by other governing bodies e.g. RLSS or SLSA as a Site specific training award to train their staff in relation to dealing and supervising canoeists and canoeing related activities in swimming pools.

2. Validity

This award is valid for 3 years from the date of the test, providing the prerequisites remain valid. Initially, the award is only valid for the pool in which the assessment is taken.

However, the award can be validated for use in another pool by;

- a. Demonstrating a knowledge of the normal operating procedures and emergency action plan of the pool.
- b. Recovering a mannequin from the deepest part of the pool. The latter is only required for pools of greater depth.

The candidates certificate will be endorsed with the depth of the pool in which the award was taken.

3. Structure

The syllabus consists of four units, three training and an assessment. It is envisaged that the training will require approximately five hours of contact time. The assessment will require approximately 1 hour with a group of four candidates.

Training may be completed over one day, 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 BCU Lifeguards Pool Endorsement Award, or an equivalent or higher 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 Lifeguards Aquatic First Aid (or equivalent / higher) Award
- b. A current BCU Lifeguards Pool Endorsement (or equivalent / higher) Award
- c. A log showing candidates ongoing training and duties relating to pool Lifesaving or Lifeguarding.

4. Trainer/Assessor

A BCU Level 2 Lifeguard Coach or higher (or a Canoeing Safety Test Assessor / Foundation Safety & Rescue Test Course Provider) who holds a current Pool Endorsement can train up to 8 candidate and assess up to 4 candidates at any one time.

5. Pre Requisites

- a.** Hold the BCU Canoe Safety Test (any craft), or a higher award (for example, Assistant Canoe Lifeguard or another governing bodies equivalent or higher award).
- b.** Hold a first aid certificate, minimum 8 hours contact time, e.g. BCU Aquatic First Aid Level 1 certificate.
- c.** Be able to swim 50m.
- d.** Be at least 16 years of age.

6. Venue

Unit 1 & 2 - The theory can be covered in a training / classroom environment.

Unit 3 & 4 - Lifesaving, kayak rescue skill training and assessments should be conducted in a swimming pool.

7. Syllabus

Unit 1. Theory

- a.** Have knowledge of Normal Operating Procedures (NOP) and Emergency Action Plans (EAP) for a swimming pool. (Normally specific to the pool of which candidates are being trained).
- b.** Have knowledge of Physical, Environmental, People and Lifeguard Hazards relating to swimming pools (include safety rules & recommendations for canoeists).
- c.** Have knowledge of the rescue sequence and the drowning chain.
- d.** Be able to describe and recognise the difference between a Injured swimmer, weak swimmer, non swimmer and unconscious swimmer.
- e.** The use of bystanders during incidents.

Unit 2. First Aid

- a.** Be able to assess and treat an unconscious breathing casualty who may be either prone or supine, including showing action for vomiting and placing the casualty in the recovery position
- b.** Know how to assess and treat a non breathing Adult, including a demonstration of CPR and EAV
- c.** Assess and treat a conscious choking adult, including the correct procedure to follow if the casualty becomes unconscious.

Unit 3. Lifesaving & Kayak Rescue Skills

- a.** Have knowledge of the following swimming strokes, front Crawl, breast stroke, lifesaving backstroke and lifesaving side stroke.
- b.** Safe entries and exits including a lift out of an unconscious casualty.
- c.** Towing, be able to demonstrate a range of tows including extended arm tow, close chin tow, cross chest tow and shoulder support tow.

- d. Casualty recognition, weak swimmer, injured swimmer, non swimmer, and unconscious casualty.
- e. Stand off position and basic releases, escape from wrist grasp, escape from front grasp, escape from a rear grasp.
- f. Supporting the casualty by the poolside in the water. Including how to support a casualty in the water by the side of the pool safely, how to position a casualty to maintain an open airway, how to check for breathing, including giving EAV whilst in the water by the pool side.
- g. Be able to right a kayak in shallow (and deep water if available) with a canoeist sat in the cockpit.
- h. Surface dives and how to recover an unconscious casualty from the bottom of a pool.
- i. Safe reaching rescues of conscious casualties from the poolside.

Unit 4. Assessment / Skills Test

- a. Dive to the bottom of the deepest part of the pool and recover a mannequin to the surface within the first attempt, followed by recovering an unconscious simulated casualty to the side of the pool.

Demonstrate supporting the casualty in the water, assessing for breathing, carry out simulated EAV until help arrives, safely land the casualty (lift out) on the pool side & treat accordingly as directed by the assessor, show appropriate aftercare.

- b. Using a suitable buoyant aid not specially provided, enter the water and approach a struggling weak swimmer in deep water 20m away. Demonstrate a safe non contact rescue of the casualty and swim them back to the point of entry, assist the casualty out of the swimming pool safely (the candidate must show an effective stand off position and not swim straight up to the swimmer).
- c. Enter the water, swim to a weak or injured swimmer in deep water 20m away and tow the casualty using an appropriate tow, if the casualty should struggle whilst being towed show an effective release. When appropriate, land the casualty with assistance if needed and continue to demonstrate aftercare (the candidate must show an effective standoff position and not swim straight up to the casualty).
- d. Enter the swimming pool showing a safe entry and right a canoeist in a capsized kayak. This may be in either shallow or deep water.
- e. Conduct a safe reaching rescue from the poolside using a suitable aid to a person no more than 2 metres away.
- f. **Unknown Incident**
Deal with a simple canoeing incident involving up to two casualties.

The key word is simple. Casualties may be unconscious, injured / unwell or simply in difficulty. Optionally, there can be a bystander on the poolside who can assist as directed by the candidate. Candidates are expected to use correct first aid techniques where appropriate.

Each candidate must be in charge and demonstrate correct decisions throughout the assessment. Candidates must not have prior knowledge of the incident. Thus, if the same incident is used for each candidate, they must be assessed separately. The candidate is required to deal with the previously unknown situation in an appropriate manner.

Notes for Trainers and Assessors

The emphasis is on the candidate's ability to deal with a situation calmly and safely by making a correct assessment of the situation and taking the appropriate action.

At some point during the assessment, the candidate must demonstrate effective CPR for at least 3 minutes. This can be done under A. recovering a manikin from the bottom of the pool or under E. during the incident in the Assessment / Skills test.

If the assessor did the training previously for Unit 2 - First Aid it will be at the trainers discretion if they wish to see the candidates re-do the 3 minutes CPR including action for vomit.

The candidate is expected to make a correct assessment and take the appropriate actions, which will include a demonstration of at least 3 minutes of CPR. If breathing is not present to start with, it may be lost at some point. Whether or not a casualty will vomit is also at the discretion of the assessor.

Casualty handling and initial assessments should be demonstrated with volunteers. However, the use of a mannequin for CPR is essential. Under no circumstances should CPR be attempted on a volunteer.

The recovery of a casualty from the bottom of a swimming pool should be demonstrated using a recognised pool training manikin.

Useful Reading / Reference Resources

RLSS Lifesaving Manual

RLSS Pool Lifeguard Manual

HSE Managing Health & Safety in Swimming Pools

BCU document "The Canoeist and the Swimming Pool"

BCU Lifeguards First Aid Manual



BCU Lifeguards Pool Endorsement Personal Training Log

Members Name:

Club / Lifeguard Unit:

Unit One. Theory

| Skill: | Date: | Trainers Signature: |
|--|-------|---------------------|
| a. Knowledge of NOPs & EAPs | | |
| b. Knowledge of hazards relating to pools | | |
| c. Knowledge of rescue sequence & drowning chain | | |
| d. Be able to recognise swimmers in difficulty | | |
| e. The use of bystanders during incidents | | |

Unit Two. First Aid

| Skill: | Date: | Trainers Signature: |
|--|-------|---------------------|
| a. Be able to assess & treat an unconscious breathing casualty, including action for vomiting, recovery position | | |
| b. Know how to assess and treat a non breathing Adult, including a demonstration of CPR and EAV | | |
| c. Assess & treat a conscious choking adult, and the correct procedure to follow if the casualty becomes unconscious | | |

Unit Three. Lifesaving & Kayak Rescue Skills

| Skill: | Date: | Trainers Signature: |
|--|-------|---------------------|
| a. swimming strokes, front crawl, breast stroke, lifesaving backstroke and lifesaving side stroke | | |
| b. Safe entries and exits including a lift out of an unconscious casualty | | |
| c. demonstrate a range of tows including extended arm tow, close chin tow, cross chest tow and shoulder support tow | | |
| d. Casualty recognition, weak swimmer, injured swimmer, non swimmer, and unconscious casualty | | |
| e. Stand off position and basic releases, escape from wrist grasp, escape from front grasp, escape from a rear grasp | | |
| f. Supporting a casualty in deep water by the poolside and carrying out EAV | | |
| g. Be able to right a kayak in shallow (and deep water if available) with a canoeist sat in the cockpit | | |
| h. Surface dives and how to recover an unconscious casualty from the bottom of a pool | | |
| i. Safe reaching rescues | | |

Unit Four. Assessment

| Skill: | Pass (Y/N) | Date: | Assessors Signature: |
|--|------------|-------|----------------------|
| a. b. c. d. e. Lifesaving Skills Section | | | |
| f. Unknown Incident | | | |