

AWARD SPECIFICATION



Inland Waters Lifeguard

Minimum Age at Assessment:	16 years
Minimum Guided Learning Hours:	40 GLH
Pre-Requisites:	<ul style="list-style-type: none"> • Be an existing member of SLSGB • On enrolment the candidate must be able to demonstrate, to the satisfaction of the Trainer, that by the end of the course they will be capable of achieving a swim time of 400m in under 8 minutes
Validity:	24 months from assessment, then 12 month annual proficiency (as long as validity has not lapsed)
Continuous Professional Development (CPD):	Not Applicable
Trained By:	SLSGB Lead Trainer Assessor
Assessed By:	SLSGB Verifying Trainer Assessor
Assessment Fee:	£30
Units to be taken in order to achieve this Award:	<ul style="list-style-type: none"> • Beach Environment (Optional) • Beach Patrolling • Working Practices • Communications • Level 1 Basic First Aid • Basic Life Support • Level 2 Intermediate First Aid • Paediatric Life Support • Pool Based Practical • Foundation Tube Rescuer • Inland Waters Safety Awareness
Award Aims:	
The Inland Waters Lifeguard will provide the learner with the knowledge and skills required in order to provide professional patrolling and water services at inland water sites, which meet the international standards for lifeguarding. The Inland Waters Lifeguard Award is comprised of a variety of units and all must be successfully passed to attain the qualification.	
Award Learning outcomes:	
<ol style="list-style-type: none"> 1. Demonstrate an understanding of the underpinning knowledge and skills to work as an Inland Waters Lifeguard within a beach environment 2. Demonstrate an understanding of the knowledge and skills needed to Patrol an Inland Waters Lifeguard 3. Demonstrate an understanding of the working practices that are in place when working as an Inland Waters Lifeguard 4. Demonstrate an understanding of the different communication methods available to Lifeguards 5. Demonstrate basic skills and knowledge to administer basic life support. 6. Demonstrate an understanding of the skills, knowledge and competence required to undertake first aid in an aquatic environment. 7. Demonstrate that they can meet the practical fitness requirements needed to act as an Inland Waters Lifeguard. 8. Demonstrate a level of competence at carrying out a rescue using a rescue tube that would give them the capability to act as supporting water cover for Surf Life Saving sessions 	
Assessment Process:	
<ul style="list-style-type: none"> • This qualification must be assessed by an SLSGB Trainer Assessor • The assessment may be conducted in a unitised form at the request of the Trainer Assessor • Typical assessment will take the form of an 8 hour assessment day using various assessment modes to include; • Online Tests • Physical Fitness Tests • Water based Practical • Role Play and scenario assessment 	

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Typical format of delivery:	
40 hours delivered over a timeframe to suit the Trainer Assessor delivering the course	
Supporting Information:	
Guidance:	<ul style="list-style-type: none"> ➤ Training to be an Inland Waters Lifeguard involves physical exertion in both indoor pool and outdoor environments. The open water environment also involves variable temperatures of cold water. If a candidate has any medical condition which might impair them they would be advised to contact their GP before undertaking the training course. ➤ Candidates should be able to dive, without risk to their hearing, to a maximum depth of 2m. It may be appropriate for candidates to seek medical advice with regard to diving to depths greater than 1.5m.
Resources Available:	<ul style="list-style-type: none"> ➤ Inland Waters Lifeguard Trainer Assessor Checklist ➤ Lifeguard Manual
MIS (Membership Information System):	Not Applicable
Online Learning Environment (OLE):	For access to this section of the online learning environment please email mail@sls.gb.org.uk who will allocate you a login
Recognition of Prior Learning:	We do not accept RPL's for this level of Lifeguard Qualification, however if you hold an RLSS or SLS Wales Lifeguard Award we offer recognition of RPL to the NVBLQ
Progression:	It is possible to progress on to the SLSGB Trainer Assessor programme or upgrade this award to the SLSGB Surf Lifeguard Qualification