

TRAINER ASSESSOR CHECKLIST



Safety and Rescue Competency Award for a Surf Coach

Lead Trainer Assessor Name:			Date:														
			MIS Course Code:														
Number of Candidates:																	
Competency Criteria:		Candidate Initials:															
Myagi and Pre Course – add score/time in each of the candidates columns																	
Safeguarding																	
200 metre pool swim time																	
#	Assessment Criteria	Example Evidence	Tick once competence for each criteria has been demonstrated or evidenced														
UNIT – Aquatic Safety Management for a Surf Coach																	
Learning outcome 1: Demonstrate a thorough knowledge of assessing risks.																	
1.1	Activity environment Risk Assessment	Myagi or Verbal Questions															
1.2	Safe Zoning for activities	Myagi or Verbal Questioning															
1.3	'5 steps' basic risk management	Myagi or Verbal Questioning															
1.4	Analytical risk assessment	Myagi or Verbal Questioning															
1.5	Environmental considerations	Myagi or Verbal Questioning															
1.6	Recording and Reporting risks	Myagi or Verbal Questioning															
Learning outcome 2: Demonstrate an understanding of a Normal Operating Plan (NOP) including its suggested content																	
2.1	Need for NOP	Myagi or Verbal Questioning															
2.2	Contents of NOP	Myagi or Verbal Questioning															
2.3	NOP Implementation	Practical demonstration															

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Competency Criteria:			Candidate Initials:										
Learning outcome 3: Demonstrate an understanding of a Local Operating Procedure (LOP) including its suggested content													
3.1	Need for LOP	Myagi or Verbal Questioning											
3.2	Contents of a LOP	Myagi or Verbal Questioning											
3.3	LOP implementation	Myagi or Verbal Questioning											
Learning outcome 4: Demonstrate an understanding of an Emergency Action Plan (EAP) including its suggested content													
4.1	Need for EAP	Myagi or Verbal Questioning											
4.2	Contents of EAP	Myagi or Verbal Questioning											
4.3	EAP Implementation	Myagi or Verbal Questioning											
Learning Outcome 5: Demonstrate an understanding of legislation affecting a surf coach													
5.1	Describe RIDDOR and the surf coach's responsibility within	Myagi or verbal questioning											
5.2	Explain the term "negligence" and how it applies to a surf coach	Myagi or verbal questioning											
5.3	Describe the basic outline of the Equality Act 2010	Myagi or verbal questioning											
Learning Outcome 6: Demonstrate an understanding of a surf coach's Duty of Care when operating in a public beach environment													
6.1	Duty of care to your participants	Myagi or verbal questioning											
6.2	Duty of care to members of the general public	Myagi or verbal questioning											
6.3	Duty of care when operating within a lifeguard patrol zone	Myagi or verbal questioning											

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Competency Criteria:			Candidate Initials:										
UNIT – Working Practices for a Surf Coach as a Lifesaver													
Learning outcome 1: Explain the Roles and Responsibilities of a Lifesaver													
1.1	What is a Lifesaver?	Myagi or Verbal Questioning											
1.2	Lifesavers role	Myagi or Verbal Questioning											
1.3	Coach/Lifesavers Responsibilities	Myagi or Verbal Questioning											
1.4	PPE for a Lifesaver	Myagi or Verbal Questioning											
Learning outcome 2: Describe the importance of working with others													
2.1	Emergency Services	Myagi or Verbal Questioning											
2.2	Assisting other emergency/rescue services	Myagi or Verbal Questioning											
2.3	Summoning emergency services	Myagi or Verbal Questioning Scenario based demonstration											
Learning outcome 3: Describe the recording and reporting procedures when acting as a Lifesaver													
3.1	Record Keeping	Myagi or Verbal Questioning											
3.2	Incident reporting	Myagi or Verbal Questioning											
Learning outcome 4: Demonstrate the different communication methods available to communicate from Surf Coach to Lifeguard/lifesaver													
4.1	Methods of communication	Myagi or Verbal Questioning											
4.2	Surf coach to lifesaver Communication	Practical demonstration											
Learning outcome 5: Describe the different communication methods available to communicate from Surf Coach to session participants													
	Methods of communication	Myagi or Verbal Questioning											
	Verbal/non-verbal	Practical Demonstration											

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	communication skills													
	Good practice dealing with confrontation	Practical Demonstration												
	Safety Advice	Practical Demonstration												
	Safety guidance for future participation in surfing	Practical Demonstration												

Competency Criteria:	Candidate Initials:													

UNIT – The Surf Environment, Demonstrate knowledge of the Surf environment and its impact on all involved in the session

Learning outcome 1: Demonstrate knowledge of the cause of the ebb and flow of the tide

1.1	Cause of tides	Myagi or Verbal Questions												
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Learning outcome 2: Demonstrate knowledge of types of tide and how they can affect the work of a Lifesaver

2.1	Types of Tides	Myagi or Verbal Questions												
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Learning outcome 3: Demonstrate knowledge of what determines the size, strength of and types of waves and how they can affect the work of a Lifesaver

3.1	Causes of Waves	Myagi or Verbal Questions												
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3.2	Types of Waves	Myagi or Verbal Questions												
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Learning outcome 4: Demonstrate knowledge of the types and causes of Rip Currents and how they can affect the work of the Lifesaver

4.1	Causes & Characteristics	Myagi or Verbal Questions												
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4.2	Identifying rip currents	Myagi or Verbal Questions												
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4.3	Escaping a rip current	Myagi or Verbal Questions												
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Learning outcome 5: Identify Categories of Hazards

5.1	Types of hazards	Myagi or Verbal Questions												
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5.2	Hazards associated with estuaries and fresh water flow	Myagi or Verbal Questioning Fill out an ARA describe a DRA -need to be written?												
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Learning outcome 6: Demonstrate knowledge of the hazards associated with immersion in water														
6.1	Accessing information on water quality at your operating beach	Myagi or Verbal Questioning												
6.2	Effects of cold water immersion	Myagi or Verbal Questioning												
6.3	Cold water shock	Myagi or Verbal Questioning												
6.4	Safe entry into cold water	Practical Demonstration												

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Competency Criteria:			Candidate Initials:														
UNIT – Level 1 Basic First Aid																	
Learning outcome 1: Explain the aims of first aid																	
1.1	Aims of first aid	Myagi or verbal questioning															
Learning outcome 2: Identify the key components of a first aid kit																	
2.1	Operational Suitability	Myagi or verbal questioning															
2.2	PPE	Myagi or verbal questioning															
Learning outcome 3: Demonstrate how to administer first aid to a casualty who is wounded and bleeding																	
3.1	Types of bleed	Myagi or verbal questioning															
3.2	Bleed Management	Practical Demonstration or Verbal Questioning															
3.3	Bandaging wounds	Practical Demonstration or Verbal Questioning															
Learning outcome 4: Demonstrate how to administer first aid to a casualty who is suffering from shock symptoms																	
4.1	What is 'shock'	Myagi or Verbal Questioning															
4.2	Types of shock	Myagi or Verbal Questioning															
Learning outcome 5: Demonstrate how to provide appropriate first aid for minor injuries																	
5.1	Minor Injury Management & Treatment	Practical Demonstration and/or Verbal Questioning															
Learning outcome 6: Explain the importance of recording and reporting incidents																	
6.1	Recording & Reporting	Myagi or Verbal Questioning															
6.2	Incident report forms – process	Myagi or Verbal Questioning															

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Competency Criteria:			Candidate Initials:														
UNIT – Basic Life Support (SLG, NVBLQ, SLS, BLS)																	
Learning outcome 1: Explain how to manage an incident																	
1.1	Safety Considerations	Myagi or verbal questioning															
Learning outcome 2: Explain the priorities of treatment																	
2.1	Priorities of Treatment	Myagi or verbal questioning															
2.2	Primary Survey	Practical Demonstration															
Learning outcome 3: Demonstrate the treatment of an unconscious adult casualty who is breathing – recovery position																	
3.1	Prone to Supine Roll	Practical Demonstration															
3.2	Secondary Survey	Practical Demonstration															
3.3	Action for Vomit	Practical Demonstration															
3.4	Recovery Position	Practical Demonstration															
3.5	Monitoring casualty	Practical Demonstration															
Learning outcome 4: Demonstrate the treatment of an unconscious adult casualty who is not breathing (Dry) – Cardio Pulmonary Resuscitation (CPR)																	
4.1	Primary Survey	Practical Demonstration															
4.2	Airway	Practical Demonstration															
4.3	Adult CPR process	Practical Demonstration															
4.4	Calling for help	Practical Demonstration															
4.5	2 minutes of CPR	Practical Demonstration															
4.6	Reasons for stopping	Verbal Questioning															
Learning outcome 5: Demonstrate the treatment of a choking adult casualty																	
5.1	Adult Choking protocol	Practical Demonstration															
5.2	Back slaps/abdominal thrusts	Practical Demonstration															
5.3	Loss of consciousness	Practical Demonstration															

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Competency Criteria:			Candidate Initials:											
Learning outcome 6: Explain the importance of a defibrillator and demonstrate how to use an AED in conjunction with CPR														
6.1	Chain of Survival	Verbal Questioning												
6.2	Purpose of Defibrillation	Verbal Questioning												
6.3	Applying an AED	Practical Demonstration												
6.4	Sequence of actions when using AED	Practical Demonstration												
6.5	Safety Considerations	Verbal Questioning												
6.6	AED Storage	Verbal Questioning												
6.7	AED Maintenance	Verbal Questioning												

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Competency Criteria Continued			Candidate Initials:											
UNIT – Level 2 Intermediate First Aid														
Learning outcome 1: Assess the situation and circumstances in order to manage an emergency safely, promptly and effectively														
1.1	Priorities of Treatment	Myagi or verbal questioning												
1.2	Effective Communication	Myagi or verbal questioning												
Learning outcome 2: Administer first aid to a casualty with injuries to bones, muscles and joints, including suspected spinal injuries; head injuries; chest injuries, burns and scalds, eye injuries, sudden poisoning														
2.1	Injury definitions	Myagi or verbal questioning												
2.2	Signs and Symptoms of injuries	Myagi or verbal questioning												
2.3	Injury treatment	Myagi, verbal questioning and demonstration												
Learning outcome 3: Recognise the presence of major illness (including heart attack, stroke, epilepsy, asthma, diabetes, sepsis, anaphylactic shock, body temperature) and provide appropriate first aid														
3.1	Types of illness	Myagi or verbal questioning												
3.2	Illness treatment	Myagi, verbal questioning and demonstration												
Learning outcome 4: Demonstrate the ability to manage a first aid incident														
4.1	First Aid Incident	Practical Demonstration												

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Competency Criteria:			Candidate Initials:										
UNIT – Paediatric Life Support													
Learning outcome 1: Administer cardiopulmonary resuscitation to a child and baby casualty;													
1.1	Initial response checks	Verbal questioning											
1.2	Baby or child	Verbal questioning											
1.3	Airway	Practical Demonstration											
1.4	CPR – Baby and Child	Practical Demonstration											
1.5	CPR – Differences	Verbal Questioning											
Learning outcome 2: Administer first aid to a child and baby casualty who is choking													
2.1	Child and Baby choking	Practical Demonstration											
2.2	Loss of consciousness	Practical Demonstration											

Competency Criteria:			Candidate Initials:										
UNIT – Surf Coach Fitness													
Learning outcome 1: Demonstrate all signals													
1.1	Hand Signals	Practical Demonstration											
Learning outcome 2: Demonstrate that you can achieve the required fitness standards													
2.1	Importance of fitness requirements	Verbal questioning											
2.2	100m run, 100m swim, 100m run	Practical Demonstration (not pool swim 200m competency)											

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UNIT – Safety and Rescue Techniques													
Learning outcome 1: Demonstrate the use of a surf board as a flotation device whilst calling and waiting for assistance													
1.1	How to secure a casualty to their own board until assistance arrives	Practical Demonstration											
1.2	Safely signal for assistance	Practical Demonstration											
1.3	Safety advice for participants on using the board as a flotation device	Practical Demonstration											
Learning outcome 2: Demonstrate the use of a participants surfboard to rescue both a conscious and unconscious casualty													
2.1	Conscious surfboard rescue	<ul style="list-style-type: none"> Practical Demonstration 											
2.2	5 after-care questions	<ul style="list-style-type: none"> Practical Demonstration 											
2.3	Unconscious surfboard rescue (EAV included)	<ul style="list-style-type: none"> Practical Demonstration 											
Learning outcome 3: Demonstrate a rescue of an unconscious casualty using a piece of equipment at hand during a coached activity session													
3.1	Unconscious surfboard rescue	<ul style="list-style-type: none"> Practical demonstration 											

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Competency Criteria:			Candidate Initials:											
UNIT – Casualty Care and Rescue														
Learning outcome 1: Explain how you would identify and manage a suspected spinal injury														
1.1	How to assess situation	Verbal questioning												
1.2	Causes of spinal injury	Verbal questioning												
1.3	Priorities for dealing with a suspected spinal injury	Verbal questioning												
Learning outcome 2: Demonstrate how to complete an effective extraction of a suspected spinal injury														
2.1	Correct commands	Practical Demonstration												
2.2	Effective approach in the water	Practical Demonstration												
2.3	Support self-extraction from water	Practical Demonstration												
Learning outcome 3: Demonstrate the effective aftercare of a suspected spinal casualty once in a safe position on the beach														
3.1	Lower to ground	Practical Demonstration MILS												
3.2	Effective log roll	Practical Demonstration												
3.3	Spinal Resuscitation	Practical Demonstration												
3.4	Action for vomit	Practical Demonstration												
3.5	Jaw Thrust	Practical Demonstration												

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Award Outcome:												
I can confirm that the below candidates have completed the training of this award to the following assessment outcomes; <i>To be completed by the Lead Trainer Assessor delivering the course at the end of training prior to verification taking place;</i>												
MIS Course Number:												
Candidate Initials:												
Assessment Decision: <i>Please enter one of the following</i> (C) Competent (NC) Not Yet Competent– Needs further training												
Lead Trainer Assessor Name, Signature and date:												
Lead Trainer Assessor Comments on candidate performance (if applicable) <i>This should include any issues that you may want the Verifying TA to be aware of.</i>												