

# AWARD SPECIFICATION



## Surf Lifesaver

<b>Minimum Age at Assessment:</b>	14 -16 years - May provide supervised supernumerary water cover 16 years - May provide fully competent safety cover <b>*IMPORTANT Please see the National Safety Guide for detailed guidance on the use and application of this award for safety cover *</b>
<b>Minimum Guided Learning Hours:</b>	40 GLH
<b>Pre-Requisites:</b>	Be an existing member of SLSGB Be able to swim 400m in under 9 minutes and 30 seconds Be able to run 200m in under 1 min
<b>Validity:</b>	24 months from assessment, then 12 month annual proficiency (as long as validity has not lapsed)
<b>Continuous Professional Development (CPD):</b>	Not Applicable
<b>Trained By:</b>	SLSGB Lead Trainer Assessor
<b>Assessed By:</b>	SLSGB Verifying Trainer Assessor
<b>Assessment Fee:</b>	£30
<b>Units to be taken in order to achieve this Award:</b>	<ul style="list-style-type: none"> <li>• Beach Environment</li> <li>• Beach Patrolling</li> <li>• Working Practices</li> <li>• Communications</li> <li>• Basic Life Support</li> <li>• Level 1 First Aid</li> <li>• Paediatric Life Support</li> <li>• Level 2 Intermediate First Aid</li> <li>• Tube Rescuer</li> <li>• Rescue Board Paddler</li> <li>• Pool Based Practical</li> </ul>
<b>Award Aims:</b>	
This award will enable participants to provide lifesaving skills when providing safety cover as part of a water safety team or when working in close proximity to participants.	
<b>Award Learning outcomes:</b>	
<ol style="list-style-type: none"> <li>1. Demonstrate the knowledge and skills to work as a Beach Lifeguard within a beach environment</li> <li>2. Demonstrate the knowledge and skills needed to Patrol a Beach as a Lifeguard</li> <li>3. Demonstrate an understanding of the working practices that are in place when working as a Beach as a Lifeguard</li> <li>4. Demonstrate an understanding of the different communication methods available to Lifeguards</li> <li>5. Demonstrate a level of competence in paddling a rescue board that would give them the capability to act as supporting water safety cover for Surf Life Saving sessions</li> <li>6. Demonstrate a level of competence in 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</li> <li>7. Demonstrate an understanding of the basic skills and knowledge to administer basic life support.</li> <li>8. Demonstrate an understanding of the skills, knowledge and competence required to undertake first aid in an aquatic environment.</li> </ol>	
<b>Assessment Process:</b>	
<ul style="list-style-type: none"> <li>• This qualification must be assessed by an SLSGB Trainer Assessor</li> <li>• The assessment may be conducted in a unitised form at the request of the Trainer Assessor</li> <li>• Typical assessment will use various assessment modes to include; <ul style="list-style-type: none"> <li>- Online Tests</li> <li>- Physical Fitness Tests</li> <li>- Water based Practical</li> <li>- Role Play and scenario based assessment</li> </ul> </li> </ul>	

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<b>Typical format of delivery:</b>	
40 Guided Learning Hours delivered over a number of set weeks (please note that 40 GLH is only the minimum hours that must be delivered, if candidates require additional training then additional hours can be added on)	
<b>Supporting Information:</b>	
Guidance:	<ul style="list-style-type: none"><li>➤ Training to be a Surf Life Saver 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.</li><li>➤ 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.</li></ul>
Resources Available:	<ul style="list-style-type: none"><li>➤ Lifeguard Trainer Assessor Checklist</li><li>➤ Lifeguard Manual</li></ul>
MIS (Membership Information System):	Not Applicable
Online Learning Environment (OLE):	For access to this section of the online learning environment please email <a href="mailto:mail@sls.gb.org.uk">mail@sls.gb.org.uk</a> who will allocate you a login
Recognition of Prior Learning:	We do not accept recognition of prior learning for this award. However we do accept RPL's for the RLSS or SLS Wales NVBLQ (You can download the relevant RPL form from our website)
Progression:	Go and practice your swim time and then complete the proficiency test for your National Vocational Beach Lifeguard Qualification or Surf Lifeguard Award