

AWARD SPECIFICATION



Lifeguard Proficiency Test

Minimum Age at Assessment:	16 years
Minimum Guided Learning Hours:	8-16 GLH
Pre-Requisites:	<ul style="list-style-type: none">• Be an existing member of SLSGB• Hold an SLSGB Lifeguard qualification (the Validity of which must not have exceeded a 12 month period)• Must be able to achieve the pre-requisites for the level of Lifeguard award you wish to achieve
Validity:	12 months from date of issue
Continuous Professional Development (CPD):	Not Applicable
Trained By:	SLSGB Trainer Assessor
Assessed By:	SLSGB Trainer Assessor (Trainer Assessed)
Assessment Fee:	£12
Units to be taken in order to achieve this Award:	<ul style="list-style-type: none">• Basic Life Support• Paediatric Life Support• Pool Based Practical <i>One of the following; (At the discretion of the Trainer Assessor)</i>• Foundation Tube Rescuer• Foundation Ocean Board Rescuer
Optional Bolt on Units:	Not Applicable
Award Aims:	<p>The SLSGB Lifeguard Qualifications will provide the learners with the knowledge and skills required in order to provide professional patrolling and water services, with rescue skills and fitness requirements. The course is physically demanding and will include swimming to set times and lifting. This award will update the Surf Lifeguard, NVBLQ, Surf Life Saver, and Beach Lifeguard Support</p>
Award Learning outcomes:	<ol style="list-style-type: none">1. Demonstrate basic skills and knowledge to administer basic life support.2. Demonstrate that they can meet the practical fitness requirements needed to act as a Lifeguard (for the Lifeguard qualification level that they wish to achieve) <i>One of the following; (At the choice of the Trainer Assessor)</i>3. Demonstrate a level of competence in paddling a rescue board that would give them the capability to act as supporting water cover for Surf Life Saving sessions4. 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• Online Tests• Physical Fitness Tests• Water based Practical• Role Play and scenario assessment• Theoretical test of knowledge

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Typical format of delivery:	
Attendance of a minimum of 8-16 hours of an SLSGB Lifeguard Qualification and then attendance of an assessment day.	
Supporting Information:	
Guidance:	<ul style="list-style-type: none">➤ If a candidates proficiency test expires and they miss the 3 month window they do not necessarily have to sit an entire 40 hour course to regain validity within a 12 month period of the award expiry date but will need to pay the full assessment fee for the relevant award they wish to gain.➤ It is therefore a Lead Trainer Assessors responsibility to determine what training needs to take place – it is advised that 8-16 hours would be suitable and that swim times are verified before candidates are put forward for assessment➤ If a candidates Lifeguard award has expired out of the 3 month exception window, they will not be deemed qualified during this period➤ Candidates can now upgrade their award based on the swim-time that they achieve for their fitness tests e.g. If a candidate holds their beach lifeguard qualification they can now complete a Surf Lifeguard Proficiency test if they can achieve the 7min 30sec swim time.
Resources Available:	<ul style="list-style-type: none">➤ Lifeguard Proficiency Test Trainer Assessor Checklist➤ Lifeguard Manual
MIS (Membership Information System):	All proficiency tests must have been registered on MIS prior to them taking place.
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:	If you hold an RLSS or SLS Wales Lifeguard Award we offer recognition of RPL to the National Vocational Beach Lifeguard Qualification (NVBLQ)
Progression:	It is possible to progress on to the SLSGB Trainer Assessor programme or complete additional Advanced Lifeguard Units