

AWARD SPECIFICATION



Surf Lifeguard

Minimum Age at Assessment:	16 years
Minimum Guided Learning Hours:	40 GLH
Pre-Requisites:	<ul style="list-style-type: none"> • Be a current 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 7 minutes 30 secs • Be able to run 200m in under 40 seconds
Validity:	24 months from assessment, then 12 month annual proficiency (Please refer to the Trainer Assessor Guide for further guidance)
Continuous Professional Development (CPD):	The Surf Lifeguard Award includes resuscitation units and SLSGB recommend that CPD training should regularly be undertaken at least every 3 months, in club. (This should be logged on the SLSGB CPD Log Form)
Trained By:	SLSGB Lead Trainer Assessor
Assessed By:	SLSGB Verifying Trainer Assessor who has not been involved with candidate training
Assessment Fee:	£30
Units to be taken in order to achieve this Award:	<ul style="list-style-type: none"> • Beach Environment • Beach Patrolling • Working Practices • Communications • Basic Life Support • Level 1 First Aid • Paediatric Life Support • Level 2 First Aid • Pool Based Practical • Foundation Tube Rescuer • Foundation Ocean Board Rescuer • Supplementary Oxygen Administration • Spinal Extraction • Radio Communications
Award Aims:	The Surf Lifeguard Award will provide the knowledge and skills required in order to undertake professional patrolling and water services, in surf conditions, with rescue skills and advanced fitness requirements. The course is physically demanding and will include swimming to set times and casualty lifting. The Surf Lifeguard Award is comprised of a variety of units and all must be successfully passed to attain the qualification.
Award Learning outcomes:	

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1. Demonstrate an understanding of the underpinning knowledge and skills to work as a Beach Lifeguard within a beach environment
2. Demonstrate by achievement of 100% pass of the Myagi module Mastering the Skill of Seeing Accurately
3. Demonstrate an understanding of the knowledge and skills needed to Patrol a Beach as a Lifeguard
4. Demonstrate an understanding of the working practices that are in place when working as a Beach as a Lifeguard
5. Demonstrate an understanding of the different communication methods available to Lifeguards
6. Demonstrate basic skills and knowledge to administer basic life support.
7. Demonstrate an understanding of the skills, knowledge and competence required to undertake first aid in an aquatic environment.
8. Demonstrate that they can meet the practical fitness requirements needed to act as a Beach Lifeguard.
9. 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 sessions
10. 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
11. Demonstrate how to use an Automated External Defibrillator (AED) safely alongside Aquatic First Aid Scenarios

Assessment Process:

- This qualification must be verified by an SLSGB Trainer Assessor who has not involved in the training of the candidate
- The assessment may be conducted in a unitised form at the request of the Trainer Assessor
- Typical assessment will take the form of an assessment day where an SLSGB Trainer Assessor will verify the training and assessment of candidates using various assessment modes to include;
 - Online Tests
 - Physical Fitness Tests
 - Water based Practical
 - Role Play and scenario based assessment
 - Theoretical test of knowledge

Suggested Course Structure:

The course has been designed to enable you to deliver it based on the needs of your club and candidates to be trained. A suggested course delivery schedule is shown below

- 5 Day course (including assessment verification)
- Course delivered over a number of evenings during club nights
- Course delivered over 3 weekends

Supporting Information:

Guidance:	<ul style="list-style-type: none"> ➤ Training to be a surf lifeguard involves physical exertion in both indoor pool and outdoor environments. The open water environment also involves variable temperatures including cold water. ➤ This level of award requires the individual to have the skills and experience to carry out professional rescues in surf and variable conditions. ➤ If a candidate has any medical condition which might impair them they should seek medical advice before undertaking any part of 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"> ➤ Lifeguard Trainer Assessor Checklist ➤ Lifeguard Verifier Checklist ➤ Lifeguard Verifier Sampling Form ➤ Surf Lifeguard Scheme of Work ➤ Surf Lifeguard FULL Award Specification ➤ Lifeguard Manual ➤ Surf Lifeguard Pathway Diagram ➤ Myagi online learning resources

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MIS (Membership Information System):	You do not require access to the membership information system for this level of award.
Online Learning Environment (Myagi):	For access to this section of the online learning environment please email mail@slsgb.org.uk who will allocate you a login
Recognition of Prior Learning:	A holder of a RLSS or SLS Wales NVBLQ award can progress to the Surf Lifeguard award, please download the relevant RPL form from the education section of our website and submit payment and required information for consideration of RPL to the SLSGB Surf Lifeguard Award.
Progression:	It is possible to progress on to the SLSGB Trainer Assessor programme or to complete additional Advanced Lifeguard Units. Your ultimate goal will be the SLSGB Patrol Captain. To find out more about any of these awards please check out the education section of the SLSGB website on www.slsgb.org.uk