

# AWARD SPECIFICATION



## National Vocational Beach Lifeguard (NVBLQ)

<b>Minimum Age at Assessment:</b>	16 years
<b>Minimum Guided Learning Hours:</b>	40 GLH plus an additional assessment day
<b>Pre-Requisites:</b>	<ul style="list-style-type: none"> <li>• Be an existing member of SLSGB</li> <li>• Be able to swim a measured distance of 200 metres in a pool of recommended length 25 metres, minimum 20 metres, within 5 minutes.</li> <li>• 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</li> </ul>
<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>• Level 1 Basic First Aid</li> <li>• Basic Life Support</li> <li>• Level 2 Intermediate First Aid</li> <li>• Paediatric Life Support</li> <li>• Pool Based Practical</li> <li>• Foundation Tube Rescuer</li> <li>• Foundation Ocean Board Rescuer</li> </ul>
<b>Award Aims:</b>	
The National Vocational Beach Lifeguard Qualification will provide the learner with an introduction to all elements of beach lifeguard theory, cardiopulmonary resuscitation (CPR), first aid, pool skills and open water skills. The course is physically demanding and will include swimming to set times and lifting. The NVBLQ is comprised of a variety of units and all must be successfully passed to attain the qualification.	
<b>Award Learning outcomes:</b>	
<ol style="list-style-type: none"> <li>1. Demonstrate an understanding of the underpinning knowledge and skills to work as a Beach Lifeguard within a beach environment</li> <li>2. Demonstrate an understanding of 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 basic skills and knowledge to administer basic life support.</li> <li>6. Demonstrate an understanding of the skills, knowledge and competence required to undertake first aid in an aquatic environment.</li> <li>7. Demonstrate that they can meet the practical fitness requirements needed to act as a Beach Lifeguard.</li> <li>8. 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</li> <li>9. 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</li> </ol>	

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Assessment Process:	
<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> <li>- Theoretical test of knowledge</li> </ul> </li> </ul>	
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"> <li>➤ Training to be a beach 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.</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 Award 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@slsgb.org.uk">mail@slsgb.org.uk</a> who will allocate you a login
Recognition of Prior Learning:	We accept RPL's for the RLSS or SLS Wales NVBLQ (You can download the relevant RPL form from our website)
Progression:	It is possible to progress on to the SLSGB Trainer Assessor programme or upgrade this award to the SLSGB Surf Lifeguard Award

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