

AWARD SPECIFICATION



Surf Life Saving Beach Lifeguard Award

Minimum Age at Assessment:	16 years
Minimum Guided Learning Hours:	35 GLH plus an additional assessment day
Pre-Requisites:	<ul style="list-style-type: none"> • Be an existing member of SLSGB • Be able to swim a measured distance of 200 metres in a pool of recommended length 25 metres, minimum 20 metres, within 5 minutes. • 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
Validity:	24 months from assessment, then a rolling 12 month proficiency validation (providing that award validity has not lapsed)
CPR (Recommendation)	CPR proficiency should be personally validated every 6 months
Activity Log (Optional)	A Lifeguard Activity log is recommended to be maintained by the award holder to record experience gained through deployment and relevant CPD activity.
Trained By:	SLSGB Lead Trainer Assessor
Assessed By:	SLSGB (Independent) Verifying Trainer Assessor
Assessment Fee:	£25
Units to be taken in order to achieve this Award:	<ul style="list-style-type: none"> • Beach Environment • Beach Patrolling • Working Practices • Communications • Level 1 Basic First Aid • Basic Life Support • Level 2 Intermediate First Aid • Paediatric Life Support • Pool Based Practical • Foundation Tube Rescuer • Foundation Ocean Board Rescuer
Award Aims:	
<p>The Surf Life Saving Beach Lifeguard Qualification is, for the newcomer, a threshold Lifeguard Vocational Award to provide evidence of the basic skills and knowledge for beach lifeguard activity working as part of a managed beach lifesaving team.</p> <p>For developing and experienced Lifeguards, it is supported by a Lifeguard Activity Log to record the progression of experience, skills and leadership of the holder to recognise their status in the Lifesaving community.</p> <p>The Award meets the standard required for a UK Vocational Award and is recognised by the RNLI.</p> <p>The Award is compliant with the International Lifesaving (ILS) equivalency standards enabling a holder to apply for an International Certificate of Competence</p>	

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Award Outcomes

1. Demonstrate an understanding of the underpinning knowledge and skills to work as a Beach Lifeguard within a beach environment
2. Demonstrate an understanding of the knowledge and skills needed to Patrol a Beach as a Lifeguard
3. Demonstrate how to identify and manage hazards and danger
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 and how to use all the 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 the required fitness levels needed to act as a Beach Lifeguard.
9. Demonstrate the required level of competence to use a rescue board to undertake a rescue
10. Demonstrate a level of competence to undertake a rescue using a rescue tube

Assessment Process:

- The Assessment process will be undertaken using the SLSGB Beach Lifeguard assessment criteria
- The Assessment will be by an SLSGB Trainer Assessor who is not the Teacher of the learning content to be assessed
- The Assessment may be conducted in a unitised form at the request of the Trainer Assessor who is the teacher of the learning content
- Typical assessment will use various assessment modes to include;
 - Online Tests
 - Physical Fitness Tests
 - Water based Practical
 - Role Play and scenario based assessment
 - Theoretical test of knowledge

Typical format of delivery:

35 hours delivered over a timeframe to suit the Candidates needs and the Trainer Assessor delivering the course

Supporting Information:

Guidance:	<ul style="list-style-type: none"> ➤ Beach lifeguard training 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 known medical condition which might impair them, they are advised to contact their GP before undertaking 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 Award Trainer Assessor Checklist ➤ Lifeguard Manual
Online Learning Environment (OLE):	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:	We accept RPL's for the relevant awards provided by RLSS and SLS Wales (You can download the RPL form from our website)
Progression:	This award can be upgraded to the SLSGB Surf Lifeguard Award and holders may also participate in SLSGB Lifeguard Patrol Activity recognised by the Coast Guard