

1. **TITLE:** ACCREDITATION FOR POOL LIFEGUARDS
2. **DATE:** 27 June 2003 **ISSUE:** 1
3. **PURPOSE:** To establish the assessment criteria for the vocational accreditation of Pool Lifeguards.
4. **DESCRIPTION:**

4.1 Theory

Demonstrate theoretical understanding of:

- Lifeguard and the Law
- Accident Prevention
- Rescue Response
- Rescue Skills
- Rescue Procedures
- Administration and Management
- Public Relations and Education
- Pool Operations
- Venue Considerations
- *CPR techniques, including modifications for children and infants*
- Emergency care of people suffering from shock, choking or bleeding
- The use of bystanders and how to contact emergency services

4.2 Resuscitation

- Demonstrate the following components:
- Checking for dangers and taking appropriate action (DRABC)
- The assessment for unconsciousness
- Clearing and opening the airway
- Checking for the signs indicating the presence or absence of breathing
- Positioning of the casualty for EAR
- Performing simulated EAR
- Checking the carotid pulse
- Locating the compression point for CPR
- Demonstrating the appropriate action for a casualty who vomits or regurgitates.
- Placing the casualty in the lateral position

Expired Air Resuscitation (EAR)

Demonstrate on both an adult and child resuscitation mannequin:

- Mouth-to-mouth resuscitation
- Mouth-to-nose resuscitation
- Mouth-to-mask resuscitation
- Operation O2 Resuscitation Equipment
- Application of O2 Therapy
- Application of O2 Supplemented Resuscitation

Cardio Pulmonary Resuscitation (CPR)

Demonstrate on both an adult and child resuscitation mannequin:

- One operator CPR
- Two operator CPR, performing the External Cardiac Compression component.

4.3 Rescue and Resuscitate

Starting in normal lifeguard attire, enter the water and recover a submerged person (or manikin) from the deepest part of the pool at a distance furthest from the edge. Return the person to the side of the pool, land them with assistance. Undertake DRABC and conduct 1 minute of EAR followed by two minutes of two operator CPR, with the candidate undertaking the EAR. The time from the start until the first breath of EAR should not exceed 3 minutes.

4.4 Spinal Management

- Apply the 'vice grip' in water for the immobilisation of the neck.
- Apply the 'extended arm roll-over' in shallow water for the immobilisation of the neck.
- Apply appropriately fitting cervical extrication collar to assist in maintaining the cervical spine in a safe, neutral position.
- Position a casualty on a spine board, secure them to the board and remove them from the water.

4.5 Pool Surveillance

Using a mock scenario (initiative) effect a timely and successful intervention in an emergency demonstrating appropriate;

- Recognition of an emergency
- Emergency response procedure
- Rescue techniques
- Communication

4.6 On-the-job Assessment

- Demonstrate the application of the organisation's OHS procedures.
- Apply the organisation's rescue procedures.
- Supervise clients at an aquatic facility or environment
- To be completed during a minimum of three Pool Lifeguard shifts

4.7 Assessment of Competency

A person holding a Certificate IV in Training and Workplace Assessment (BSZ 40198) and an understanding of the Pool Lifeguard role must undertake the training and assessment of SU 02.1. Trainers and assessors must have current relevant industry knowledge and be either;

- Employed by a Registered Training Organisation
- Acting under the registration of a Registered Training Organisation