

INTERNATIONAL LIFE SAVING FEDERATION

Headquarters for World Water Safety
Gemeenteplein 26 – 3010 Leuven – Belgium
Tel: (32.16) 35.35.00 – Fax: (32.16) 35.01.02
E-mail: ils.hq@pandora.be - Web: www.ilsf.org

SURF LIFEGUARD

MINIMUM RECOMMENDED COMPETENCIES

A Surf Lifeguard is a person who will be regularly assigned to protect life and safety in the surf environment.

The following are the minimum competencies recommended by the International Life Saving Federation for a Surf Lifeguard. ILS recognizes that many of its Member Federations have standards that exceed these minimums, based on the circumstances presented in their own countries. ILS encourages the highest possible standards in lifeguarding, and merely provides the following as recommended minimum competencies.

LEARNING OUTCOME 1: Perform water-based fitness skills in a pool environment.

Assessment Criteria:

- 1.1 Swim 50m in less than 50 seconds with the head above the water.
- 1.2 Swim 400m in less than 8:00 minutes without using equipment
- 1.3 Run-Swim-Run (Run 200 m, swim 200 m and run 200 m) within 8 minutes

LEARNING OUTCOME 2: Demonstrate underwater rescue without equipment in a pool environment.

Assessment Criteria:

- 2.1 Swim 25 m underwater without breaking the surface. While swimming underwater retrieve three (3) objects placed 5m apart, with one (1) in the deepest end of the pool.

LEARNING OUTCOME 3: Demonstrate combined rescue without equipment in a surf environment.

Assessment Criteria:

- 3.1 Perform combined rescue technique in the following sequence:
 - Lifesaving entry (wading, porpoising, swim); then
 - Perform rescue of conscious victim which is minimum of 100m away from shore

LEARNING OUTCOME 4: Simulate the use of land-based rescue skills.

Assessment Criteria:

- 4.1 Lift conscious patient and transport him over a minimum distance of 25m using a recognised patient transport technique.
- 4.2 Perform simulated rescue using a throwing aid to a conscious victim in the water over a minimum distance of 10m.

LEARNING OUTCOME 5: Perform emergency response techniques including advanced resuscitation and first aid techniques.

Assessment Criteria:

- 5.1 Perform patient management techniques including:
 - Diagnosis/Check for Dangers, Reaction, Airways, Breathing and Circulation (DRABC)
 - Lateral position & patient rollover
 - Calling for help
- 5.2 Perform advanced resuscitation techniques including:
 - EAR (adults, children, infant)
 - CPR (adult, children, infant)
 - One and two-person CPR operation
- 5.3 Identify and perform first aid techniques for managing injury and emergency including:
 - Patient management
 - Identify and managing injuries (i.e. shock, fractures, arterial and venal bleeding, spinal injury etc.)
 - Use of appropriate rescue and first aid equipment.

LEARNING OUTCOME 6: Document medical knowledge about a range of conditions associated with rescues.

Assessment Criteria:

- 6.1 Describe the application of appropriate emergency treatments in a rescue situation.
- 6.2 Describe the use of medical equipment in emergency situations.
- 6.3 Identify regulations pertinent to managing emergency medical situations.
- 6.4 Identify and list medical services available for support in an emergency medical situation.

LEARNING OUTCOME 7: Develop and implement strategies to manage emergencies.

Assessment Criteria:

- 7.1 Identify and select strategies for water rescues and emergencies.
- 7.2 Identify and solve potential problems for putting plans into place.
- 7.3 Design a basic emergency management plan.
- 7.4 Practice emergency management plan.
- 7.5 Review and modify emergency management plan.

LEARNING OUTCOME 8: Identify and describe issues related to the facility/workplace.

Assessment Criteria:

- 8.1 Prepare a report on the characteristics of the aquatic location including environmental, geographic and demographic. Identify and select strategies for water rescues and emergencies.
- 8.2 List the nearest available safety services.
- 8.3 Find and use potential resources for use in rescue.
- 8.4 Discuss communications and public relations requirements for promoting safety at the location.

LEARNING OUTCOME 9: Demonstrate the use of a boat for rescue purposes.

Assessment Criteria:

- 9.1 Identify and describe the aspects of a rescue boat and the equipment & procedure used.
- 9.2 Perform a boat rescue according to guidelines for boat rescue endorsed by ILS.

ASSESSMENT STRATEGY

These learning outcomes are best assessed using the following common assessment methods:

- Observation (personal, video review)
- Oral questioning
- Written examination (short answer, multiple choice)
- Simulated rescue scenario

RANGE OF VARIABLES

There are a number of variables that will affect the performance and assessment of the learning outcomes. These may include:

Variable	Scope
<ul style="list-style-type: none">• Facilities	Facilities and use of inland-open water aquatic locations. Conditions of the venue. Identification of equipment that is available for use at that location.
<ul style="list-style-type: none">• Dress	Candidates may be required to wear their recognised uniform; long shirt and pants of short shirt and pants during the assessment.
<ul style="list-style-type: none">• Candidates	Candidates will have experience and will be seeking or currently employed as a lifeguard.
<ul style="list-style-type: none">• Resources	ILS member organisations will list and identify the use of theoretical and practical resources available to them.

Regulation approved by the ILS Board of Directors and ratified by the ILS General Assembly.