

# NARS BEACH LIFEGUARD

## AIM

- To provide a National award for the Beach Lifeguard covering; fitness, practical lifeguarding skills & knowledge, rescue, life support & first aid

## PRE-REQUISITE

- Be a minimum of 16 years of age on the date of examination

## VALIDITY OF AWARD

- 36 months from the date of the examination

## SYLLABUS

### **1. Fitness Test & Releases**

Complete a timed swim of 400 metres over a measured course, in a pool not less than 25 metres in length, using a front stroke. A time of 7:30 minutes is accepted as the maximum time permitted for the swim.

Complete a timed run of 200 metres over a measured course, on a beach. A time of 40 seconds is accepted as the maximum time permitted for the run.

### **2. Lifeguard Skills, Knowledge & Rescue**

Whilst in a Pool, demonstrate two releases selected by the Examiner.

In Open Water, demonstrate effectively the ability to carry out the following:

- A thorough knowledge and understanding of all signals
- Run 50 metres with a rescue tube, swim 100 metres (fins optional) to an unconscious, non-breathing patient. Demonstrate deep water EAV during which time the patient shall be deemed to have become conscious. Bring the patient to shore and demonstrate appropriate aftercare. The exercise must be carried out under simulated rescue conditions with an appropriate attempt to perform the rescue 'as quickly as possible'.
- Rescue an unconscious, non-breathing, patient 150 metres from the shore using a rescue board. Demonstrate deep water supported EAV and return with the patient to the shore
- Rescue a conscious patient from the sea (approx. 50m from shore) without equipment demonstrating appropriate patient management and care.
- Demonstrate the ability to surface dive to a depth of approximately 2m. This may be completed during entry into the water for the tube rescue.
- Acting as a Lifeguard, as team leader and as part of a team, initiate the appropriate procedures at an incident and provide aftercare for 1 or 2 patients from a previously unknown simulated emergency situation. At the completion of the test, complete an Incident Report form
- Answer 5 questions from the work sheets (Beach Environment section) without referring to any notes. A mark of at least 4 is accepted as the minimum score permitted.
- Answer 10 questions from the work sheets (Lifeguard Techniques section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.
- Answer 5 questions from the work sheets (Communication section) without referring to any notes. A mark of at least 4 is accepted as the minimum score permitted.

- As part of a team, rescue a prone patient with a suspected spinal injury and remove to safety. Demonstrate appropriate action and aftercare

### 3. Life Support

Using a live simulated unconscious patient (not a manikin) demonstrate:

- Scene safety and assessment
- Turning a patient from prone to supine
- Checking the airway, checking for signs of breathing and of circulation
- The action for vomiting and blockages
- The recovery position and aftercare
- Obtaining an airway on a suspected spinal injury patient using jaw thrust

Using a suitable adult manikin, demonstrate Expired Air Ventilation using supplementary oxygen via an approved method (may be continuous with above)

Using a suitable adult manikin, demonstrate Cardio Pulmonary Resuscitation

Demonstrate CPR on a:

- Child manikin
- Baby manikin

### 4. First Aid

Acting individually, initiate the appropriate procedures at an incident and provide the aftercare for one or two patients from a previously unknown simulated first aid situation.

Answer 10 questions from the work sheets (First Aid and Resuscitation section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.

## **EXAMINATION**

Complete the syllabus for examination

The examination may be completed in sections providing that ALL sections are completed within three calendar months.

Candidates MUST complete Section 1 (Fitness & Releases) before completing Section 2 (Lifeguard Skills, Knowledge & Rescue).

Should the examination be completed over a 3 month period, the 36 month validity will commence from the date on which the first section was completed.

When the award is renewed, the candidate may complete the examination one month prior to the expiration date of the old award. In this case the 36 month period will start on the expiration date of the old award.

(Sections 3 & 4 above constitute the Emergency Aid 2 Award)