

ONGOING TRAINING GUIDANCE

8.0 Introduction to ongoing training

This section forms part of the ISRM guidance on in-service training for pool lifeguards and has been designed to allow trainers to incorporate a recommended **52 hours** of fitness, skills and knowledge training into a two year on-going programme for lifeguards.

The shift system in use will have a significant influence on the frequency of training and the periods that lifeguards are able to attend. It is recommended that training is provided for at least one hour each week to take account of availability of staff due to shift systems. You may also choose to replicate the content on successive weeks to allow for a typical two week shift system. The structure of the programme (based on elements of 20 minutes duration) also permits training sessions to be easily integrated into shorter time slots which may be available during shift changeover or before or after a pool opens or closes.

8.1 Programme structure

The programme is made up of seven units covering the following:

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| Unit 1 - Aquatic fitness and immediate response | <ul style="list-style-type: none">- distance / time swimming- skill swim- swim and tow |
| Unit 2 – Cardio pulmonary resuscitation | <ul style="list-style-type: none">- adult / child / infant- barrier rescue breathing- two person CPR- casualty management |
| Unit 3 – First aid and casualty management | <ul style="list-style-type: none">- diagnose injuries- manage bleeding- manage broken bones- diagnose illness- casualty care |
| Unit 4 – Aquatic rescue skills | <ul style="list-style-type: none">- three carries- unconscious casualty- deep dive- accompanied rescues |
| Unit 5 – Spinal cord injury management | <ul style="list-style-type: none">- identification- rescue- stabilisation- recovery to land |
| Unit 6 – Casualty recovery from water | <ul style="list-style-type: none">- two / three person lift- assist to land- spineboard- horizontal lifting |
| Unit 7 – Incident prevention and management | <ul style="list-style-type: none">- NOP- implementation of the site EAP |

- identification of zones
- supervision / scanning
- casualty identification

Unit 8 – Site specific reviews

- COSHH
- pool safety operating procedures
- customer care
- roles and responsibilities
- equipment

Each of the units is divided into elements. Each element has a number of training or learning outcomes with performance criteria being listed and covering all of the skill and knowledge areas appropriate to the unit. Full details of outcomes and criteria are given in sections 9.0 to 16.0. Performance criteria for each area have been provided to allow on-going assessment of individual competence. The criteria indicate the tasks to be undertaken and lifeguards must be assessed against the standards set out in the RLSS UK training and development manual 'The Lifeguard'. Additionally, first aid skills may be further assessed against the criteria set out in an HSE approved 'First Aid at Work' manual.

At the conclusion of each complete unit and following an assessment of skill and knowledge, lifeguards may be deemed to have continuing competence in the range of lifesaving, lifeguarding and first aid skills relevant to their place of work.

A lifeguard continuing competence assessment record (see Section 1 - Appendix 2) is provided for each lifeguard that allows a comprehensive record to be kept throughout the period of validity of the lifeguard's qualification.