INTERNATIONAL LIFE SAVING FEDERATION

World Water Safety
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POOL LIFEGUARD INSTRUCTOR

MINIMUM RECOMMENDED COMPETENCIES

An Instructor is the person instructing candidate(s) in the specific requirements of the appropriate ILS International Certificate.

The following are the minimum competencies recommended by the International Life Saving Federation for an Instructor. ILS recognises that many of its Member Organisations have standards which exceed these minimums, based on the circumstances presented in their own countries. ILS encourages the highest possible standards in lifesaving, and merely provides the following as recommended minimum competencies.

PREREQUISITES

The prerequisites for course attendance are as follows:

- Minimum of 18 years of age
- Member of the National Federation
- Possess the Certificate of the discipline to be Instructed
- Be the current designated Instructor for the candidates being assessed for the appropriate ILS International Certificate of Lifesaver

LEARNING OUTCOME 1: Knowledge of the methodology and didactics about water lifesaving education as per the accreditation guidelines.

Assessment criteria:

1.1 Instruction of a group of Pool Lifeguard candidates.

LEARNING OUTCOME 2: Demonstrate the delivery of a programme of instruction of anatomy, physiology and resuscitation of a person.

Assessment criteria:

2.1 Instruction of a group of Pool Lifeguard candidates.

LEARNING OUTCOME 3: Demonstrate the delivery of a programme of instruction of swimming and lifesaving techniques.

Assessment criteria:

3.1 Instruction of a group of Pool Lifeguard candidates .

LEARNING OUTCOME 4: Understand and explain the correct handling of resuscitation and life saving equipment.

Assessment criteria:

4.1 Instruction of a group of Pool Lifeguard candidates.

LEARNING OUTCOME 5: Demonstrate the delivery of a programme of instruction in the organisation of rescue operations.

Assessment criteria:

5.1 Instruction of a group of Pool Lifeguard candidates.

ASSESSMENT STRATEGY

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

- Oral questioning.
- Presentation of a written thesis about water life saving to the National Education Committee, or equivalent group.
- Oral defence of the thesis during 30 minutes in front of the Education Director or members of the National Education Committee, or equivalent group.
- Assessments to be held by a commission of a minimum of two members authorized by the National Federation/Education Committee, as appropriate.
- Assessment documents to be signed by a representative of National Federation/Education Committee.

Regulation approved by the ILS Board of Directors and ratified by the 2000 ILS General Assembly.