INTERNATIONAL LIFE SAVING FEDERATION

World Water Safety
Gemeenteplein 26 – 3010 Leuven – Belgium
Tel: (32.16) 89.60.60 – Fax: (32.16) 89.70.70
E-mail: ils.hq@telenet.be - Web: www.ilsf.org

INLAND OPEN WATERS LIFEGUARD

MINIMUM RECOMMENDED COMPETENCIES

An Inland – Open Water Lifeguard is a person who will be regularly assigned to protect life and safety at a non-surf, stillwater beach, such as a lake or river.

The following are the minimum competencies recommended by the International Life Saving Federation for an Inland – Open Water Lifeguard, assigned to a non-surf beach. 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.

LEARNING OUTCOME 1: Perform water-based skills (on the front only) in an open water environment.

Assessment Criteria:

1.1 Swim 50m in less than 50 seconds with the head above the water.
1.2 Swim no less than 400m in less than 9:00 minutes without using equipment.
1.3 Swim 25m under water.
1.4 Retrieve three (3) objects placed 5m apart in the deepest end of an available pool.
1.5 Run-Swim-Run(run 200 m, swim 200 m and run 200 m) within 8 minutes.

LEARNING OUTCOME 2: Demonstrate combined rescue without equipment in an open water environment.

Assessment Criteria:

2.1 Perform combined rescue technique in the following sequence:
- Lifesaving entry (stride jump, slide entry, wading, swim); then,
- Perform rescue of conscious victim that is minimum of 100m away from shore.

LEARNING OUTCOME 3: Simulate the use of land-based rescue skills.

Assessment Criteria:

3.1 Lift conscious patient and transport them over a minimum distance of 25m using a recognised patient transport technique.
3.2 Perform simulated rescue using a throwing aid to a conscious victim in the water over a minimum distance of 10m.

LEARNING OUTCOME 4: Perform emergency response techniques including resuscitation and first aid techniques.

Assessment Criteria:

4.1 Perform basic patient management techniques including:
- Diagnosis/Check for Dangers, Reaction, Airways, Breathing and Circulation (DRABC)
- Lateral position & patient rollover

- Calling for help

4.2 Perform resuscitation techniques including:
- Expired Air Resuscitation (EAR) for adults, children, infants
- Cardio Pulmonary Resuscitation (CPR) for adults, children, infants
- One and two-person CPR operation
- Set up and use oxygen equipment

4.3 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 5: Document medical knowledge about a range of conditions associated with rescues.

Assessment Criteria:

5.1 Describe the application of appropriate emergency treatments in a rescue situation including CPR and spinal management.
5.2 Describe the use of medical equipment in emergency situations.
5.3 Identify regulations pertinent to managing emergency medical situations.
5.4 Identify and list medical services available for support in an emergency medical situation.

LEARNING OUTCOME 6: Develop and implement strategies to manage emergencies.

Assessment Criteria:

6.1 Identify and select strategies for water rescues and emergencies.
6.2 Identify and solve potential problems for putting plans into place.
6.3 Design a basic emergency management plan.
6.4 Practice emergency management plan.
6.5 Review and modify emergency management plan.

LEARNING OUTCOME 7: Identify and describe issues related to the facility/workplace.

Assessment Criteria:

7.1 Prepare a report on the characteristics of the aquatic location including environmental, geographic and demographic information.
7.2 List the nearest available safety services.
7.3 Find and use potential resources for use in rescue.

LEARNING OUTCOME 8: Demonstrate the use of a craft for rescue purposes.

Assessment Criteria:

8.1 Demonstrate the use of a craft for rescue purposes. Craft to be defined as rescue boat, board, ski, personal water craft (PWC) or similar which is used by a member organisation for rescue purposes.
8.2 Perform a craft rescue according to guidelines for craft 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 the assessment of the learning outcomes. These may include:

Variable	Scope
• 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.
• Dress	Candidates may be required to wear their recognised uniform; long shirt and pants of short shirt and pants during the assessment.
• Candidates	Candidates will have experience and seeking or currently employed as a lifeguard.
• 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 2000 ILS General Assembly.