

# INTERNATIONAL LIFE SAVING FEDERATION

## World Water Safety

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## JUNIOR LIFESAVER

### MINIMUM RECOMMENDED COMPETENCIES

A Junior Lifesaver is a person with the basic training required for the assistance in saving of life in the water.

The following are the minimum competencies recommended by the International Life Saving Federation for a Junior Lifesaver. 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 in a pool environment.

##### Assessment Criteria:

- 1.1 Swim 2 x 50m crawl and breaststroke, with eyes above water level, looking forward
- 1.2 Swim 200m in maximum 10:00 minutes.
- 1.3 Demonstrate 3 different types of entry into the water.
- 1.3 Swim 15m to patient, after 7m dive 2m deep and pick up 1 object, drop the object and continue to swim to patient, carry the patient over 15m.
- 1.4 Consecutively perform water-based skills in the following sequence:
  - Enter safely in water; then,
  - Tread water with arms and legs for 1 minute; then,
  - Float for 1 minute; then,
  - Tread water for 1 minute with arms only; then,
  - Tread water for 1 minute with legs only.

#### LEARNING OUTCOME 2: Demonstrate land-based skills.

##### Assessment Criteria:

- 2.1 Demonstrate 2 release and 2 towing techniques (on dry land).

#### LEARNING OUTCOME 3: Demonstrate emergency aid techniques.

##### Assessment Criteria:

- 3.1 Show knowledge of respiration and circulation principles and demonstrate correctly an adult CPR (1 rescuer) including recovery position, open airway maintenance, call for emergency service,
- 3.2 Demonstrate elementary first aid methods approved/recommended by ILS.

### ASSESSMENT STRATEGY

These learning outcomes are best assessed using the following common assessment of the learning outcomes.

- Oral examination on course content.
- Written examination on course content.

### **RANGE OF VARIABLES**

There are several variables, which will affect the performance and assessment of the learning outcomes. These may include:

<b><u>Variable</u></b>	<b><u>Scope</u></b>
• Facilities	Swimming Pool lengths/depths and measurements (metric/imperial). Use of alternative aquatic locations where pools are not available. Identification of equipment available for use.
• Dress	Candidates may be required to wear their recognised uniform.
• Candidates	Candidates will have limited experience and will be at least 12 years of age.
• 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.