

INTERNATIONAL LIFE SAVING FEDERATION

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

LIFESAVER

MINIMUM RECOMMENDED COMPETENCIES

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

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

Assessment Criteria:

- 1.1 Swim 100m in less than 1:40 minutes using a stroke in the front only.
- 1.2 Swim 300m in less than 4:30 minutes using fins.
- 1.3 Swim 300m in less than 8:00 minutes without fins.

LEARNING OUTCOME 2: Demonstrate rescue simulation technique.

Assessment Criteria:

- 2.1 Consecutively perform rescue techniques in the following sequence:
 - Perform correct water entry; then,
 - Perform correct approach technique to casualty; then,
 - Perform at least three (3) release techniques; then,
 - Tow a person over a total of 25m using at least three (3) towing techniques.

LEARNING OUTCOME 3: Demonstrate combined rescue technique.

Assessment Criteria:

- 3.1 Consecutively perform combined rescue technique in the following sequence in less than two (2) minutes where the candidate is wearing t-shirt and shorts as a minimum:
 - Lifesaving entry (stride jump, slide entry); then,
 - Swim 25m freestyle; then,
 - Surface dive to dummy/person (min of 1.5m depth); then,
 - Lift dummy/person and tow it a minimum of 25m;
- 3.2 Perform correct patient management, which includes, calling for help, patient assessment and then adult CPR on a manikin for a minimum of three (3) minutes directly after completing criteria 3.1.

LEARNING OUTCOME 4: Demonstrate the ability to swim underwater.

Assessment Criteria:

- 4.1 Dive and swim a minimum of 25m underwater without breaking the surface.

LEARNING OUTCOME 5: Understand and explain the purpose and use of at least two (2) pieces of ILS-approved lifesaving equipment items used in rescue.

Assessment Criteria:

- 5.1 Explain the function of selected lifesaving rescue equipment.
- 5.2 Perform a rescue simulation using the selected equipment.

LEARNING OUTCOME 6: Perform emergency response techniques including basic resuscitation and first aid techniques.

Assessment Criteria:

- 6.1 Perform basic patient management techniques including:
 - Diagnose/check for Dangers, Reaction, Airways, Breathing and Circulation (DRABC)
 - Lateral position & patient rollover
 - Calling for help
- 6.2 Perform basic 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
 - The use of resuscitation equipment
- 6.3 Perform and manage basic first aid techniques including:
 - Patient management
 - Managing basic injuries (ie. shock, fractures, bleeding etc)

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

<u>Variable</u>	<u>Scope</u>
• 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 16 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.