

# INTERNATIONAL LIFE SAVING FEDERATION

World Water Safety  
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## POOL LIFEGUARD

### MINIMUM RECOMMENDED COMPETENCIES

A Pool Lifeguard is a person who will be regularly assigned to protect life and safety at a pool.

The following are the minimum competencies recommended by the International Life Saving Federation for a Pool Lifeguard. 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 50m in less than 50 seconds with the head above the water.
- 1.2 Swim 400m in less than 8:00 minutes without using equipment.
- 1.3 Swim 25m under water, retrieve three (3) objects placed 5m apart in the deepest end of the pool).

#### LEARNING OUTCOME 2: Demonstrate combined rescue without equipment.

##### Assessment Criteria:

- 2.1 Consecutively perform combined rescue technique in the following sequence in less than two (2) minutes:
  - lifesaving entry (stride jump, slide entry); then,
  - 25m freestyle with head above the water.
  - surface dive to adult dummy/person (minimum depth of 1.5m)
  - lift the dummy/person and tow minimum of 25m to the edge of pool
  - lifting the person out of the pool.

#### LEARNING OUTCOME 3: Demonstrate the use of land-based rescue simulation 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 patient 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)

**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: Choose and plan strategies to manage basic emergencies.**

**Assessment Criteria:**

- 6.1 Identify and select possible 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 basic emergency management plan.

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

**Assessment Criteria:**

- 7.1 List the specifications of the pool including depth, access, use of spas or saunas etc.
- 7.2 List the nearest available safety services.
- 7.3 Find and use potential resources for use in rescue.

**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 that will affect the performance and the assessment of the learning outcomes. These may include:

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