

## Lifeguard Scheme Pre-requisites & Assessment Criteria

(ISO/IEC 17024, 2012, Clause 7.2.3)

### Prerequisites:

The following is the minimum prerequisites for each lifeguard candidate in order to enroll for a lifeguard course

1. **Be at least 16 years in age**
2. **Swim continuously in a strong manner for:**
  - a. 50m nonstop in a comfortable manner, for a Shallow Water Lifeguards in under 1.5m depth.
  - b. 100m nonstop in a comfortable manner for a Pool Lifeguard in over 1.5m depth
  - c. 200m nonstop in a comfortable manner for a Beach/Waterfront Lifeguard.
3. **Perform a surface dive and recover a 4 kg weight at a depth of:**
  - a. 1.5m for a Shallow Water Lifeguard, where shallow water means that the depth is maximum 1.5m.
  - b. 3m, or to the deepest depth of the facility in which they will be lifeguarding for a Pool Lifeguard, where Pools means that the depth is more than 1.5m
  - c. 5m for Beach/Waterfront Lifeguard.
4. **Tread water for at least:**
  - a. 5 minutes for Pool lifeguards.
  - b. 10 minutes for Beach lifeguards.

### Assessment Criteria:

#### **Basic Life Support (BLS) and First Aid: (PRACTICAL)**

- a) Scene assessment
- b) Barrier use/Standard Precautions
- c) Primary assessment
- d) Adult, child and infant CPR, Artificial resuscitation (Rescue Breathing) including 2 person CPR and the use of resuscitation mask
- e) Conscious and unconscious (FBAO: Foreign Body Airway Obstruction) choking adult, child and infants
- f) Serious bleeding management
- g) Shock management
- h) Spinal cord injury management-inland (this skill shall be retaught again for in water rescue using spine board)
- i) Automated external defibrillator
- j) Emergency oxygen use (as per DCAS Classification)
- k) Injury assessment and response
- l) Illness assessment and response
- m) Basic Bandaging Techniques
- n) Immobilization in case of dislocations or fractures

#### **Water Rescue Skills (PRACTICAL)**

1. Scanning, Recognition, Proactive Rotation
2. Distressed Swimmer Recognition and Response
3. Choking Adult or Child



## Water Rescue Skills cont..

4. Choking Infant
5. Sudden Illness
6. Severe Bleeding and Shock
7. Musculoskeletal Injury
8. Suspected Spinal Injury on land
9. Suspected Spinal Injury in water
10. Adult Sudden Cardiac Arrest on land
11. Unresponsive Drowning Person (adult, child, infant)

A minimum of 100% must be achieved to pass the practical element of the exam

## Written examination:

- a) Minimum of 80% score required to pass
  - ✓ This includes a core examination (relating to general lifeguard duties).
  - ✓ A specialty category(s) relating to shallow water, pool or beach lifeguard duties- whichever is applicable
  - ✓ Exams will be in multiple choice formats
  - ✓ The exam may be administered orally only if the material and/or the exams are not available in the language the candidate can understand or if the candidate cannot read or write.

## Certification requirement and validity:

1. All candidates are required to pass both Written/Oral and Practical Examinations to be certified. The Practical Examination Specialties shall correspond to the Written/Oral Exam Specialties
2. To be eligible for lifeguard certification, candidates must:
  - ✓ Hold valid first aid training and BLS (Health Care Provider CPR) qualification (this does not have to be from HSS, but the BLS/First Aid/Emergency response/CPR curriculum must be approved by DCAS and taught by a DCAS approved training center.)
  - ✓ Have valid Occupational Health Card from Local Health Authority In the place he/she intend to work
  - ✓ Comply with PHSD Substance Abuse Policy
  - ✓ Comply with PHSD Code of Ethics
3. The certificate shall be valid for 1 year from the date of issuance.
4. Candidates have 30 days from the examination day to pass both theory and practical exam/s.