



Specification: RLSS UK Qualifications

Level 3 Award in Pool Lifeguarding

Qualification number: **610/2603/7**

Available from 4th July 2023

COO Number: **COO/4788/7**

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About RLSS UK Qualifications

RLSS UK Qualifications is a specialist awarding organisation that develops qualifications predominantly to meet the needs of leisure sector and it is the leading provider of swimming pool lifeguarding qualifications in the UK, where thousands of pool lifeguards successfully complete and pass the National Pool Lifeguard Qualification each year.

As a trading subsidiary of The Royal Life Saving Society UK (RLSS UK), the drowning prevention charity, RLSS UK Qualifications offers a wide variety of qualifications as part of its portfolio including several qualifications regulated by Ofqual (for England) Qualifications Wales and CCEA Regulations (Northern Ireland)

This qualification sits on the Regulated Qualifications Framework (RQF) and appears as:

The RLSS UK Qualifications Level 3 Award in Pool Lifeguarding

This qualification is more commonly referred to as the National Pool Lifeguarding Qualification (NPLQ)

Qualification overview

This qualification among several first aid and emergency response awards is designed to meet the needs of employers, communities and individuals committed to providing safety and first aid support for aquatic and nonaquatic (dry) activities in a work or associated environment.

The qualification and learning outcomes are based on best practice agreed upon by the following bodies:

- Health and Safety Executive
- Resuscitation Council (UK)
- First Aid Awarding Body Forum

This RLSS UK Qualifications qualification covers a range of knowledge and practical skills in administering first aid to casualties predominately in a work environment. Learners practice assessing the situation, the casualty and providing appropriate care, support and involving external emergency services as required.

It is also for learners that hold other first aid or lifeguarding-related qualifications that wish to augment or refresh existing skill levels.

This qualification specification is designed to provide guidance to Approved Training Centres (ATCs) employers and candidates about the delivery, assessment and quality assurance of RLSS UK Qualifications Level 3 Award in Pool Lifeguarding QAN: **610/2603/7**

Objective

The objective of this qualification is to provide candidates with the knowledge, skills and confidence thus equipping them to supervise swimming pool activities and deal with aquatic rescues, emergencies and administer first aid as required (including CPR, AED and pool-related rescue equipment).

Purpose

The purpose of this qualification is to give candidates the opportunity to develop the knowledge and skills required to work as a pool lifeguard. It is also for candidates that hold a first aid and/or open water lifeguarding qualification who wish to augment or refresh existing skill levels.

Proposed Candidates

This qualification is for candidates aged 16+ who have a specific responsibility at work, or in a voluntary capacity to provide swimming pool supervision, rescue support and administer first aid as required.

Structure

This is a 3-unit, 5-credit qualification course delivered over five or more days; during which the three mandatory units must be completed and passed to achieve this award and receive a certificate of competence. Full details of the unit and its assessment criteria are detailed in Appendix 1.

Unit 1 - Swimming Pool Safety Operation and Supervision - F/650/6714

Unit 2 - Pool Lifeguard Emergency Rescue Skills - L/650/6709

Unit 3 - First aid, illness and Injury Management in a Pool Environment - D/650/6713

Candidates must be assessed as competent in all assessment elements within the registration period to achieve the qualification. The maximum period to achieve this qualification, including any reassessments is no more than 4 weeks.

The total qualification time (TQT) for this qualification is 46 hours. This is made up of 36 guided learning hours (GLH) (excluding breaks) for the delivery of the qualification and 10 hours for candidate self-study (independent learning) for consolidation and preparation for assessments.

Recognition of Prior Learning (RPL)

Recognition of prior learning (RPL) is a process of recognising a candidate's previous achievement towards part of a qualification. It is the responsibility of the Approved Training Centre/Provider (ATC/P) to review whether the evidence submitted is sufficient to demonstrate the candidate has met the assessment requirements for all/part of the current qualification. It is the candidate's responsibility to demonstrate through knowledge, understanding or skills they have met the necessary criteria.

It is a requirement that RPL must be valid and current, reliable, authentic and sufficient.

RPL is provided as evidence against the achievement of part of a qualification and not for an entire qualification which would be classed as an exemption. RPL is normally used where a candidate is required to gain a qualification for a specific purpose.

Relationship with other RLSS UK Qualifications Qualifications

The RLSS UK Qualifications Level 3 Award in Pool Lifeguarding can be transferred to other related qualifications under Recognition of Prior Learning (RPL) providing it is successfully completed and passed within its registration period. Details can be found in the Trainer Instructor resource area in the Trainer's RLSS UK Account.

Candidates may wish to continue their learning by undertaking the following:

- RLSS UK Qualifications Level 3 Award in First Aid at Work
- RLSS UK Qualifications Level 3 Award in Emergency First Aid at Work
- RLSS UK Qualifications Level 3 Award in Paediatric First Aid
- RLSS UK Qualifications Level 3 Award in Emergency Paediatric First Aid
- RLSS UK Qualifications Level 2 Award in Automated External Defibrillator – AED
- RLSS UK Qualifications Level 2 Award in Basic Life Support and the Management of Anaphylaxis

Further guidance as to RPL can be found in the 'Recognition of Prior Learning' Policy in the Trainer's RLSS UK Account.

Entry Requirements and identification

2.1 Candidate Requirements

Candidates must meet the following criteria:

- Must be 16 years of age at the date of assessment
- Be able to meet the following criteria:
 - Jump/dive into deep water
 - Swim 50 metres in no more than 60 seconds
 - Swim 100 metres continuously on front
 - Swim 100 metres continuously on back
 - In deep water, tread water for 30 seconds
 - Surface dive to the floor of the pool
 - Climb out unaided without ladder/steps and where the pool design permits
- Must complete minimum guided learning hours
- Complete all activities and revision questions in the course candidate manual 'The Lifeguard'
- Be assessed against all learning outcomes in the units taken

2.2 Identification

All candidates registering for training and assessment courses must provide suitable identification to the Trainer and Assessor who must check and record details of identification prior to candidates being admitted to courses and assessments.

Identification can be verified using the following:

- A passport
- A driving licence
- Other photographic ID card

Where the candidate does not have access to any of the above forms of identification an Approved Training Centre/Provider (ATC/P) may accept another form of identification containing a signature such as a debit or credit card or proof of identification provided/confirmed by their current employer or line manager.

Other course requirements

Candidates should wear appropriate and comfortable clothing such as trousers and flat shoes, there is a requirement to participate in practical learning and skills application, including pool based activities. During swimming pool sessions candidates should wear suitable swimwear and shorts and T-shirt and have a whistle.

Duration and Re-qualification

This qualification is valid for a period of 2 years. The candidates should re-take this qualification prior to the certificate expiry date to remain qualified.

Delivery and support

To ensure the best support is provided to candidates, the maximum number attending a course is limited to 12 per Trainer.

Detailed lesson plans and other guidance materials are provided to Trainer Assessors (TAs) to deliver qualification courses of a high-quality standard to enable candidates to be adequately prepared prior to assessment activities. Approved Training Centre/Providers (ATC/Ps) must provide each candidate with suitable/approved reference materials that support the development of subject knowledge that meets the requirements of the course objectives.

Candidates are encouraged to participate fully throughout the course and TAs will give feedback on individual progress and identify where further practice or refinement of skills will lead to improvement.

Assessment

The RLSS UK Qualifications Level 3 Award in Pool Lifeguarding qualification contains knowledge and skills that must be taught and assessed in accordance with RLSS UK Qualifications guidance that draws on current practice in the UK, to this end RLSS UK staff are members of the First Aid Qualifications AO Forum and attend Resuscitation Council updates.

The assessment methods used for this qualification are practical assessment and theory questions. All candidate assessment results and feedback will be recorded on course records.

Qualification content and assessment criteria is detailed in Appendix 1.

Quality Assurance

Delivery of this qualification is through Approved Training Centres/Providers (ATC/Ps) who employ or engage qualified Trainers and Assessors (TAs). Both the ATC/Ps and TAs are subject to rigorous quality assurance checks to ensure they operate to the required standard so that candidates get a specified level of support and so that assessment activities are valid, reliable and sufficient evidence of performance is produced, whilst candidates are given the best opportunity to demonstrate skills, knowledge and understanding in order to be accurately assessed against the criteria for a specific unit/s that make up the qualification.

Trainer Assessor requirements are detailed in Appendix 2

ATC/Ps are required to have appropriate policies, procedures and systems in place to enable them to operate at a high standard. They are also required to use suitable and adequate venues, learning resources and equipment.

All ATC/P staff must be appropriately qualified for the role they are performing within the centre and maintain CPD to ensure their skills and knowledge are up to date.

Internal Quality Assurance checks will be completed by the ATC/P for the delivery and the assessment of the qualification. These checks are supplemented by External Quality Assurance checks undertaken by RLSS UK.

If the candidate should have any concerns related to the delivery of this qualification they should be directed to the appropriate complaints guidance that can be found on the RLSS UK website (rlss.org.uk/policies) or contact the RLSS UK Compliance team on 0300 3230 096.

ATC/P Administration

The Approved Training Centre/Provider (ATC/P) is responsible for the registration of candidates; the Approved Training Centre/Provider (ATC/P) must adhere to RLSS UK Qualifications requirements and follow the guidance appropriate to each qualification, including maintaining accurate records of candidates' identity, attendance, age on the day of assessment (date of birth), email address and contact details. The outcomes of assessment activities must be recorded on the appropriate documentation and signed off by the assessor and the candidate as a true record of the outcome of an assessment.

The ATC/P has the responsibility for accurately compiling and sending candidate details to RLSS UK along with a record of the assessment/s outcome and other appropriate details such as venue etc. together with the assessment decision for unit/s and the qualification as a whole so that the candidate can be issued with a certificate in respect of the qualification (recorded as a pass, or as a fail where the assessment criteria have not been met). Candidates can be re-assessed for the elements or unit/s as required within the allowed timeframe/registration period of 28 days. In the majority of cases additional study and/or training and practice of skills may be required to become competent and ready to be re-assessed; TAs generally provide developmental feedback to candidates and guidance on how progress may be made and explaining the support available from the ATC/P or locally.

The ATC/P is responsible for providing the training equipment that is required for the delivery and assessment of the qualification, namely:

- Training AED / defibrillator (1 per 4 candidates)
- Resuscitation manikins (1 per 4 candidates)
- Manikin wipes
- Disposable gloves
- First aid kit
- Rescue board or Pool Extraction Board (PXB)
- Swimming pool rescue equipment
- Submersible manikin
- Suitable IT equipment for presentation purposes

Appeals, complaints, reasonable adjustments and special considerations

Candidates can appeal an assessment decision if they believe it was unfair or if they believe actions of the TA led to them being disadvantaged in some way or if they have concerns that the assessment criteria were not adhered to.

Full details of how to appeal an assessment decision, make a complaint or an application for a reasonable adjustment or special consideration is to meet a specific individual need can be downloaded from the RLSS UK website (rlss.org.uk/policies). RLSS UK maintain policies and provide guidance that is available to candidates, TAs and ATC/Ps.

Recommended training materials

- National Pool Lifeguard Candidate Manual – Gen 10

Useful websites

- www.RLSS.org.uk
- www.resus.org.uk
- www.hse.gov.uk/firstaid
- www.anaphylaxis.org.uk

Appendix 1 Qualification content and assessment criteria

RLSS UK Qualifications Level 3 Award in Pool Lifeguarding

Unit title	Swimming Pool Safety Operation and Supervision
Unit level	2
GLH	13 (Non GLH 4)- 2 Credits

Learning Outcomes	Assessment Criteria	Assessment Method
1. Understand the role of the pool lifeguard	<p>1.1 Outline the role and responsibilities of the pool lifeguard e.g.</p> <ul style="list-style-type: none"> • Accident prevention • Education • Safety • Supervision • Early intervention • Professionalism • Teamwork • Qualification and CPD 	Theory
2. Understand the requirements for policies and procedures within a swimming pool environment	<p>2.1 Identify the areas covered by the Normal Operating Plan relevant to the pool lifeguard e.g.</p> <ul style="list-style-type: none"> • Lifeguard duties and responsibilities • Dealing with the public • Potential risk factors • Safe systems of work • Admissions policy <p>2.3 Identify the areas covered by the Emergency Action Plan relevant to the pool lifeguard e.g.</p> <ul style="list-style-type: none"> • Serious injury to a member of public • Discovery of a casualty in the water • Fire and Evacuation • Faecal, blood or vomit contamination <p>2.3 Identify the principles of other policies that may impact the role of a lifeguard</p>	Theory
3. Understand legal, regulatory and industry guidance that relate to the swimming pool environment	<p>3.1 Outline the responsibilities of the employer under the Health and Safety law and duty of care relevant in own country</p> <p>3.2 Identify the responsibilities of the employee under the Health and Safety law and duty of care relevant in own country</p> <p>3.3 Identify the principles of the Management of Health and Safety at Work Regulations relevant in own country relating to risk assessment, capabilities, and training</p> <p>3.4 Identify the relevance of swimming pool guidance to the pool environment and safe supervision of swimming pools</p>	Theory
4. Know how to prepare and maintain a safe swimming pool environment	<p>4.1 Identify hazards that pool equipment and features can create</p> <p>4.2 Identify common visual safety checks required prior to opening the pool</p> <p>4.3 Identify the importance of cleaning duties</p> <p>4.4 Outline PPE requirements relevant to using chemicals</p>	Theory

5. Know how to supervise a swimming pool environment	5.1 Explain the methods and techniques of supervision in a swimming pool environment	Theory
	5.2 Identify the advantages of swimming pool technology	Theory
	5.3 Identify common swimming pool hazards	Theory
	5.4 Identify the methods of supervising different activities and features	Theory
	5.5 Identify how lifeguard numbers may change when supervising different activities and features	Theory
	5.6 Identify the factors that could significantly reduce a lifeguard's field of vision	Theory
	5.7 Outline the principle of lifeguard rotations	Theory
	5.8 Identify when a lifeguard should supervise specific zones <ul style="list-style-type: none"> • Individual • Shared 	Theory
6. Be able to supervise a swimming pool environment	6.1 Demonstrate effective lifeguard supervision of a swimming pool	Practical
	6.2 Demonstrate effective scanning of a swimming pool	Practical
7. Know how to communicate with customers and provide effective feedback	7.1 Identify key components of customer communication	Theory
	7.2 Identify different customer communication methods	Theory
	7.3 Outline the role of the lifeguard in providing customer feedback	Theory
	7.4 Demonstrate how to effectively communicate with customers in a swimming pool environment	Practical

Additional information about the unit	
Unit purpose and aims	Purpose of the unit is for the candidate to attain knowledge regarding the safe operation of the swimming pool and supervision requirements of a lifeguard within a swimming pool environment
Details of the relationship between the unit and relevant NOS or other professional standards or curricula (if appropriate)	CIMSPA Professional Standard HSE Managing Safety in Swimming Pools
Assessment requirements or guidance specified by a sector or regulatory body (if appropriate)	CIMSPA Professional Standard HSE Managing Safety in Swimming Pools
Support for the unit from a SSC or other appropriate body	CIMSPA
Location of the unit within the subject/sector classification system	Sport, Leisure and Recreation
Simulation	Simulation is permitted in this unit The following ACs must be assessed by practical demonstration: 6.1, 6.2, 7.4
Additional information	Assessment For Learning Outcomes with 4 or more Assessment Criteria, that are assessed theoretically, then at least 2 questions will be asked. For those Learning Outcomes with under 4 Assessment Criteria, that are assessed theoretically, then at least 1 question will be asked.

Additional information	<p>Professionalism may include:</p> <ul style="list-style-type: none"> • Appearance • Uniform • Punctuality <p>Teamwork may include:</p> <ul style="list-style-type: none"> • The wider team within a leisure centre • Environment and sample organisations structures, vision, mission and goals <p>Normal Operating Plan may include:</p> <ul style="list-style-type: none"> • Maximum pool user loads • Details of the pool • Detailed work instructions • Time management • Problem solving • Safe systems of work • Routine maintenance and cleaning • Dismantling and storage of equipment • Adhering to manufacturers guidelines • Safe and serviceable equipment policies • Environmental policies • Portable appliance testing • Security and safe storage of equipment • Internal and external performance measures such as health and safety audits / key performance indicators <p>Emergency Action Plan may include:</p> <ul style="list-style-type: none"> • Overcrowding • Disorderly behaviour • Lack of water clarity • Toxic gas emission or chemical spill • Lost child • Bomb threat / terrorism / building lockdown • Lighting or power failure • Structural failure <p>Other policies may include:</p> <ul style="list-style-type: none"> • Principles of the environmental policy • Waste management – hazardous and non-hazardous waste and disposal • Principles of the equality and diversity (Equality Act) <p>Swimming pool guidance may include:</p> <ul style="list-style-type: none"> • HSE publication 'Managing Health and Safety in Swimming Pools' • BS EN 15288-1 Safety requirements for design / 15288-2 Safety requirements for operation • Safe supervision <p>Pool equipment and features may include:</p> <ul style="list-style-type: none"> • Lane ropes • Starting blocks • Pool steps • Disabled hoist • Movable floors • Booms • Diving boards • Waves • Flumes and slides • River rides and rapids • The importance of safety checks for pool equipment and features • How hazards for pool equipment and features can be managed
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Visual safety checks may include:

- Water quality
- Safety equipment and alarms
- Check for hazards

Techniques of supervision may include

- Zoning
- Scanning
- Rotation of lifeguard positions
- Maintaining concentration
- Passing on vital information

Swimming pool hazards may include:

- Conventional pools
- Free form pools (leisure)
- Diving pits

relating to how they will be managed for the:

- Physical environment
- Activity
- People
- Aquatic operations

Supervising different activities and features may include:

- Leisure swimming
- Lane swimming
- Diving and jumping
- Play sessions and equipment
- Swimming lessons
- Competitive swimming
- Foam equipment
- Inflatable equipment
- Water features
- Pool surrounds
- Moveable floors and bulkheads
- Diving Boards
- Wave machines
- Water slides and flumes
- Rapids and inner-tube rides

Reduce a lifeguard's field of vision may include:

- Glare
- Reflection
- Poor lighting
- Turbulence
- Water clarity
- Bathers
- Activity
- Inflatables

Customer communication may include:

- Whistle
- Verbal
- Hand signals
- Communication equipment and alarms
- Impact of body language
- Impact of open questions
- Impact of active listening

Unit title	Pool Lifeguard Emergency Rescue Skills
Unit level	3
GLH	10 (Non GLH 2) - 1 Credit

Learning Outcomes	Assessment Criteria	Assessment Method
1. Know how to respond to swimming pool emergency situations	1.1 Identify different types of casualties for a swimming pool emergency <ul style="list-style-type: none"> • Unconscious • Weak or tired • Injured swimmer • Non -swimmer 	Practical
	1.2 Identify when to correctly use swimming pool rescue equipment	Practical
2. Understand the principles of intervention and rescue in swimming pool emergency situations	2.1 Demonstrate the principle of rescue for a common swimming pool emergency	Practical
	2.2 Identify the principle of early intervention for swimming pool emergencies	Theory
3. Be able to respond to swimming pool emergency situations	3.1 Demonstrate the response and immediate rescue of a casualty using a land or water-based rescue	Practical
	3.2 Demonstrate how to rescue a conscious casualty using a contact tow	Practical
	3.3 Demonstrate a defensive block	Practical
	3.4 Demonstrate effective management and response to a simulated minor swimming pool incident	Practical
	3.5 Demonstrate rapid response by swimming 20 metres to a conscious casualty in deep water and towing them 20 metres to a point of safety in no more than 65 seconds	Practical
	3.6 Demonstrate rapid response by swimming 20 metres to an unconscious casualty and towing them 10 metres to a point of safety in no more than 45 seconds	Practical
	3.7 Demonstrate retrieving a submersible manikin from the pool floor	Practical
	3.8 Demonstrate rescue breathing in the water	Practical
	3.9 Recognise a casualty in a swimming with a suspected spinal injury	Practical
	3.10 Identify a potential spinal cord injury in a swimming pool environment	Practical
	3.11 Demonstrate removing an unconscious adult casualty from the pool with the assisted lift technique using safe manual handling techniques	Practical
	3.12 Demonstrate the rescue of a casualty in deep water with a suspected spinal injury using the vice grip technique	Practical

	3.13 Demonstrate trawling a casualty 10 metres from deep to shallow water using the vice grip technique	Practical
	3.14 Demonstrate the rescue of a casualty in shallow water with a suspected spinal injury using the head splint technique	Practical
	3.15 Demonstrate as part of a team the rescue, and stabilisation of a casualty with a suspected spinal cord injury in shallow water	Practical
	3.16 Demonstrate as part of a team the recovery of a casualty with a suspected spinal cord injury in shallow water as appropriate to the location	Practical
	3.17 As appropriate to the location, identify the method of recovery of a casualty with a suspected spinal cord injury in shallow water	Practical
	3.18 Demonstrate how to perform action for regurgitation when a casualty has been extracted from the pool	Practical

Additional information about the unit	
Unit purpose and aims	Purpose of the unit is for the candidate to attain knowledge and practical competences required to deal with a range of swimming pool rescue situations
Details of the relationship between the unit and relevant NOS or other professional standards or curricula (if appropriate)	CIMSPA Professional Standard HSE Managing Safety in Swimming Pools
Assessment requirements or guidance specified by a sector or regulatory body (if appropriate)	CIMSPA Professional Standard HSE Managing Safety in Swimming Pools
Support for the unit from a SSC or other appropriate body	CIMSPA
Location of the unit within the subject/sector classification system	Sport, Leisure and Recreation
Simulation	Simulation is permitted in this unit The following ACs must be assessed by practical demonstration: 1.1, 1.2, 2.1, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 3.9, 3.10, 3.11, 3.12, 3.13, 3.14, 3.15, 3.16, 3.17, 3.18

Additional information	<p>Swimming pool rescue equipment may include</p> <ul style="list-style-type: none"> • Throw bag • Reaching pole • Torpedo buoy • Rescue board / Pool Extraction Board <p>Common swimming pool emergencies may include</p> <ul style="list-style-type: none"> • Drowning • Conscious casualty in difficulties • Injured <p>Rescue of a casualty may include</p> <ul style="list-style-type: none"> • Reaching rescue • Throwing rescue • Wading rescue <p>Contact tow may include</p> <ul style="list-style-type: none"> • Hip support tow • Under shoulder support tow • Arm support tow • Double shoulder support tow <p>Pool incident must include</p> <p>Incident to be of minor nature to using skills outlined in 3.1 and 3.2. Refer to the Guidance and Syllabus</p> <p>Rapid response must include:</p> <p>Candidates must be able to complete the following as a course prerequisite:</p> <ul style="list-style-type: none"> • Jump and dive into deep water • Swim 50m in no more than 60 seconds • Swim 100m continuously on front • Swim 100m continuously on back • In deep water, tread water for 30 seconds • Surface dive to the deepest part of the pool • Climb out unaided without the use of steps or ladders <p>Pool floor must include:</p> <p>Depth can be set by the trainer assessor as agreed by the candidate and does not have to be the deepest part of the pool</p> <p>Recovery of a casualty with a suspected spinal cord injury may include:</p> <p>Where demonstration of recovery can be achieved, demonstration must include at least one of the following:</p> <ul style="list-style-type: none"> • If suitable equipment is available, demonstration of swimming pool extraction equipment* • Manual extraction if suitable swimming pool extraction equipment* is not available <p>*RLSS UK accepts the use of two types of swimming pool extraction equipment when assessing Assessment Criteria 3.16 of the practical assessment:</p> <ul style="list-style-type: none"> • Aquaboard • Pool Extraction Board <p>Where suitable swimming pool extraction equipment* is NOT available, or candidate levels do not permit or where the pool profile would prohibit a horizontal lift, candidates must not be asked to demonstrate Assessment Criteria 3.16 but must be verbally assessed against Assessment Criteria 3.16</p> <p>Action for regurgitation must include:</p> <p>Working as part of a team keeping the casualty's head, neck and chest inline</p>
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Unit title	First aid, illness and Injury Management in a Pool Environment	
Unit Level	3	
GLH	13 (Non GLH 4) - 2 Credits	

Learning Outcomes	Assessment Criteria	Assessment Method
1. Understand the role and responsibilities of first aid for a pool lifeguard	1.1 Identify the role and responsibilities of a lifeguard and first aider	Theory
	1.2 Identify the need for consent to provide first aid	Theory
	1.3 Identify how to minimise the risk of infection to self and others	Theory
	1.4 Identify the importance of recording accident, incident or near miss information	Theory
2. Be able to assess an incident	2.1 Conduct a scene survey of an incident	Practical
	2.2 Conduct a primary survey of a casualty	Practical
	2.3 Summon appropriate assistance when necessary	Practical
3. Be able to manage an unresponsive casualty	3.1 Justify when to place a casualty into the recovery position	Practical
	3.2 Demonstrate how to turn an unconscious casualty onto their back	Practical
	3.3 Demonstrate action for regurgitation	Practical
	3.4 Demonstrate how to place a casualty into the recovery position	Practical
	3.5 Demonstrate continual monitoring of breathing whilst the casualty is in the recovery position	Practical
	3.6 Identify how to administer first aid to a casualty who is experiencing a seizure	Theory
	3.7 Identify when to administer Cardio Pulmonary Resuscitation (CPR)	Theory
	3.8 Demonstrate CPR using a manikin <ul style="list-style-type: none"> • Adult • Child or Infant 	Practical
	3.9 Demonstrate CPR when there is more than one rescuer	Practical
	3.10 Demonstrate CPR using a pocket mask on an adult manikin	Practical
	3.11 Demonstrate airway management on a manikin with a suspected upper spinal cord injury	Practical
	3.12 Demonstrate how to use the log roll technique when a casualty regurgitates, working as part of a team	Practical
4. Be able to provide first aid to a casualty who is choking	4.1 Identify when a casualty is choking	Practical
	4.2 Demonstrate how to administer first aid to a casualty who is choking	Practical
5. Be able to provide first aid to a casualty with external bleeding	5.1 Identify whether external bleeding is life threatening	Theory
	5.2 Demonstrate how to control external bleeding	Practical

6. Know how to provide first aid to a casualty with minor injuries	6.1 Identify how to administer first aid to a casualty with a minor injury <ul style="list-style-type: none"> • Small cuts • Grazes • Bruises • Small Splinters • Nosebleeds 	Theory
7. Be able to provide first aid to a casualty who is in shock	7.1 Recognise when a casualty is suffering from shock	Practical
	7.2 Demonstrate how to administer first aid to a casualty who is suffering from shock	Practical
8. Be able to conduct a secondary survey	8.1 Identify the information to be collected when gathering a casualty history	Theory
	8.2 Demonstrate how to conduct a secondary survey	Practical
9. Be able to provide first aid to a casualty with suspected injuries to bones, muscles and joints	9.1 Recognise a casualty with a suspected injury to bones, muscles or joints	Practical
	9.2 Demonstrate how to administer first aid for a casualty with suspected injuries to bones, muscles and joints	Practical
10. Be able to provide first aid to a casualty with suspected head and spinal injuries	10.1 Recognise a suspected: <ul style="list-style-type: none"> • Head injury • Spinal injury 	Theory
	10.2 Identify how to administer first aid for a suspected head injury	Theory
	10.3 Demonstrate how to administer first aid for a suspected spinal injury	Practical
11. Know how to provide first aid to a casualty with suspected chest injuries	11.1 Identify how to administer first aid to a casualty with a suspected chest injury : <ul style="list-style-type: none"> • fractured ribs • penetrating chest injury 	Theory
12. Know how to provide first aid to a casualty with burns and scalds	12.1 Identify the factors that affect the severity of burns and scalds	Theory
	12.2 Identify how to administer first aid to a casualty with burns and scalds <ul style="list-style-type: none"> • Dry heat / wet heat • Electricity • Chemicals 	Theory
13. Know how to provide first aid to a casualty with an eye injury	13.1 Identify how to administer first aid for eye injuries involving: <ul style="list-style-type: none"> • Dust • Chemicals • Embedded objects 	Theory
14. Know how to provide First Aid to a casualty with sudden poisoning	14.1 Identify the routes that poisons can take to enter the body	Theory
	14.2 Identify how to administer immediate first aid to a casualty affected by sudden poisoning	Theory
15. Know how to provide First Aid to a casualty with Anaphylaxis	15.1 Identify common triggers, symptoms and sign for anaphylaxis	Theory
	15.2 Identify how to administer first aid for a casualty suffering from anaphylaxis	Theory
	15.3 Demonstrate the use of a 'training device' adrenaline auto-injector	Practical

16. Know how to provide first aid to a casualty with suspected major illness	16.1 Recognise signs and symptoms for a major illness <ul style="list-style-type: none"> • Heart attack • Stroke • Epileptic seizure • Asthma • Diabetic hypoglycaemic emergency 	Theory
	16.2 Identify how to administer first aid to a casualty suffering from a major illness <ul style="list-style-type: none"> • Heart attack • Stroke • Epileptic seizure • Asthma attack • Diabetic emergency 	Theory
17. Know how provide first aid to a casualty who is hyperventilating	17.1 Identify how to administer first aid to a casualty who is hyperventilating	Theory
18. Know how to administer first aid to a casualty suffering from the effects of heat or cold	18.1 Identify how to administer first aid to a casualty suffering from the effects of cold or heat	Theory

Additional information about the unit	
Unit purpose and aims	Purpose of the unit is for the candidate to attain knowledge and practical competences required to deal with a range of swimming pool and workplace first aid situations
Details of the relationship between the unit and relevant NOS or other professional standards or curricula (if appropriate)	First Aid at Work Health and Safety (First Aid) Regulations relevant in own country Resuscitation Council (UK) Guidelines CIMSPA Professional Standard HSE Managing Safety in Swimming Pools
Assessment requirements or guidance specified by a sector or regulatory body (if appropriate)	CIMSPA Professional Standard HSE Managing Safety in Swimming Pools
Support for the unit from a SSC or other appropriate body	CIMSPA
Location of the unit within the subject/sector classification system	Sport, Leisure and Recreation
Simulation	Simulation is permitted in this unit. The following ACs must be assessed by practical demonstration: 2.1, 2.2, 2.3, 3.1, 3.2, 3.3, 3.4, 3.5, 3.8, 3.9, 3.10, 3.11, 3.12, 4.1, 4.2, 5.2, 7.1, 7.2, 8.2, 9.1, 9.2, 10.3, 15.3

Additional information	<p>Assessment</p> <p>For Learning Outcomes with 4 or more Assessment Criteria, that are assessed theoretically, then at least 2 questions will be asked. For those Learning Outcomes with under 4 Assessment Criteria, that are assessed theoretically, then at least 1 question will be asked.</p> <p>Role and Responsibilities may include:</p> <ul style="list-style-type: none"> • Preventing cross infection • The need for recording incidents and actions • Safe use of available equipment • Assessing an incident • Summoning assistance • Prioritising treatment • Dealing with post incident stress <p>Consent may include</p> <ul style="list-style-type: none"> • Candidates should be aware of the need for consent on a continual basis when providing first aid. • Implied consent can be assumed when treating an unresponsive casualty <p>Recording may include</p> <ul style="list-style-type: none"> • Completion of an accident / incident / near miss report form <p>When necessary must include</p> <ul style="list-style-type: none"> • Evaluation of a situation to determine when to summon further assistance and what type of assistance to request <p>Recovery Position must include</p> <ul style="list-style-type: none"> • A position that maintains a stable open draining airway <p>Administer first aid may include</p> <ul style="list-style-type: none"> • Provided appropriate help to a casualty, managing the situation and seeking appropriate assistance when necessary <p>Seizure may include</p> <ul style="list-style-type: none"> • Relates to a generalised seizure • First aiders should be suspicious of cardiac arrest in any casualty presenting with seizure <p>When to administer Cardio Pulmonary Resuscitation may include</p> <ul style="list-style-type: none"> • Agonal gasps • 'follows AED instructions' <p>CPR must include</p> <ul style="list-style-type: none"> • Drowning sequence and 'correct placement of AED pads' and <p>Manikin to include</p> <ul style="list-style-type: none"> • Must include demonstration on an adult manikin • May include demonstration on either a child or infant manikin <p>Pocket mask may include</p> <ul style="list-style-type: none"> • Use on child • Use on infant <p>Problems with CPR may include</p> <ul style="list-style-type: none"> • Tracheostomies • Regurgitation of Stomach Contents • Air in Stomach • Broken ribs • Chest does not rise • Fluid in the airway <p>Choking may include</p> <ul style="list-style-type: none"> • Adult • Child • Infant • Obese casualty's • Pregnant casualty's
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	<ul style="list-style-type: none"> • Mild choking • Severe choking <p>Cross infection may include</p> <ul style="list-style-type: none"> • Gloves • Pocket mask • Needles and sharps <p>Minor injuries may include</p> <ul style="list-style-type: none"> • small cuts • grazes • bruises • small splinters • bites and stings <p>Shock may include</p> <ul style="list-style-type: none"> • Hypovolaemic shock (resulting from blood loss) <p>Secondary survey must include</p> <p>Conducted on a casualty with a continually monitored or protected airway (e.g. a conscious casualty or a casualty placed in the recover position).</p> <ul style="list-style-type: none"> • Checking the pulse to monitor the casualty <p>Bones, muscles or joints may include</p> <ul style="list-style-type: none"> • Fractures • Dislocations • Sprains and strains • Cramp <p>Administer first aid may include</p> <ul style="list-style-type: none"> • Fractures • Dislocations • Sprains and strains • Cramp • Providing appropriate help to a casualty, managing the situation and seeking appropriate assistance when necessary • Use of support sling or elevated sling <p>Head injury may include</p> <ul style="list-style-type: none"> • Concussion • Compression • Skull fracture • The candidate is not expected to differentiate between these conditions <p>Spinal injury may include</p> <ul style="list-style-type: none"> • Recognition with a casualty in the swimming pool and on poolside <p>Chest injury may include</p> <ul style="list-style-type: none"> • Flail chest • Penetrating chest injury <p>Burns and scalds may include</p> <ul style="list-style-type: none"> • Dry heat • Wet heat • Electricity • Chemicals • Sunburn <p>Eye injuries may include</p> <ul style="list-style-type: none"> • Dust • Chemicals • Embedded objects
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	<p>Major illness may include</p> <ul style="list-style-type: none">• Stroke• Diabetic emergency• Heart attack• Epileptic seizure• Asthma attack <p>Diabetic emergency may include</p> <ul style="list-style-type: none">• Focus on the condition of hypoglycaemia <p>Asthma attack may include</p> <ul style="list-style-type: none">• Assisting a casualty to use a spacer device and to take their own inhaler
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Appendix 2 - Trainer Assessor requirements

In order to deliver the RLSS UK Qualifications Level 3 Award in Pool Lifeguarding individuals must hold:

- RLSS UK Trainer Assessor National Pool Lifeguard Qualification

And

- RLSS UK Licence to Operate Membership

And one of the following:

- RLSS UK Qualifications Level 2 Award in Pool Lifeguarding, Intervention, Supervision and Rescue (NPLQ)
- RLSS UK Qualifications Level 3 Award in Pool Lifeguarding
- RLSS UK Life Support 3 or equivalent