

Lifeguard Training

COURSE CONTENT

This course includes both theory and practical components that will give the participants the confidence to act as a Lifeguard.

Participants will, after completing this course, understand the responsibilities of a Lifeguard, the use of safety equipment and have the required skills to perform a rescue and be able to identify and respond to incidents where the patient requires medical assistance.

This course must be combined with our Essential First Aid & CPR course to ensure that participants have the required skills to act as a Lifeguard.

ELEMENTS OF COMPETENCY

- a) Responsibilities of a Lifeguard
- b) Scene evaluation
- c) Effective surveillance
- d) How to quickly and safely enter a pool
- e) Dealing with an unconscious or conscious patient
- f) The functions of rescue equipment and how to use correctly
- g) Extracting a patient from a pool
- h) Resuscitation techniques

COURSE DURATION

Half Day (4 hours).

PARTICIPANTS

Min 10 Max 12.

DESIGNED FOR

All individuals regardless of employment status, together with members of emergency response teams, health and safety team members, fire wardens and any other employee who may be required to act as a Lifeguard or be required to assist in the event of an incident.

PRE-REQUISITES

Essential First Aid & CPR Training.
Strong and confident swimmer.

ASSESSMENT

Participants will demonstrate knowledge of the elements of competency during class based training.

Confirmation of their underpinning knowledge is also gathered through demonstrating skills during practical exercises.

CERTIFICATION

Upon successful completion of the course, participants will be issued with a CAM FIRESAFE certificate.

QUALITY ASSURANCE

This course is designed using international best practice principles, which are in line with those used in countries such as Australia.

DELIVERY METHOD

Classroom based and practical training consisting of presentations, case studies and training focusing on basic Lifeguard principles and techniques.

The course is delivered by suitably experienced and qualified trainers, who have years of hands on experience in their field.

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