

Course Aim

To provide a level of training and knowledge to ensure people employed as lifeguards at swimming pools can work as team members and undertake their duties in a professional and customer focused manner, thus ensuring the safety of venue users.

Course Structure

Our Pool Lifeguard course is structured in 4 modules. These modules should be undertaken simultaneously and they must be completed in the sequence set out in the Course Content as some modules contain critical underpinning knowledge. The full course has a target duration of **20 hours**. Update courses are also offered for lifeguards who have previously done a full course and just need to undertake the annual refresher course. These Update courses cover the same outcomes as the full course but are delivered over a shorter period of time as they allow for all candidates having prior knowledge and experience.

How to Enrol

Enrolments should be made on an H2O Pro Pty Ltd application form that you will find with this course outline or which can be obtained from our website. To enrol into a course, you will need to complete the form and return it, together with your payment, to **H2O Pro Pty Ltd, PO Box 831, Mulgrave Vic 3170** (or it can be faxed with your credit card details to (03) 9548 4288 or e.mailed to enrolments@h2opro.com.au). Once we receive your application form and payment we will confirm your enrolment by e.mail, or if an e.mail address has not been provided, by mail.

Pre-Requisites

- 1) The minimum age for participants is 16 years.
- 2) All candidates need to have completed the Unit of Competency - **HLTAID003 Provide First Aid** prior to being issued the “Pool Lifeguard Award”. A copy of your First Aid Statement of Attainment should be provided with your course application form or no later than 6 weeks after completion of the Lifeguard course.
- 3) Update candidates need to have previously completed a Full Pool Lifeguard course and have *current* industry experience and knowledge.

A degree of fitness and swimming ability is required, as candidates will be required to perform CPR on a manikin on the floor for at least 2 minutes and, with assistance, lift an adult patient out of the pool. Candidates will also need to swim 200m in less than 6 minutes, and be able to tow a patient 25m in the water.

Course Content

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| <p>1) Resuscitation
(Includes the use of a Semi automatic external defibrillator)</p> | <ul style="list-style-type: none"> • Recognising an emergency situation • Assessing the casualty and recognising the need for CPR • Performing CPR • Automated external defibrillator (AED) is operated as per manufacturer’s instructions and AED prompts are followed accordingly | <ul style="list-style-type: none"> • Identifying, assessing and minimising hazards • Displaying respectful behaviour towards casualty • Casualty’s condition is assessed, monitored and responded to in accordance with established first aid principles, procedures and AED prompts |
| <p>2) Oxygen Supplemented Resuscitation</p> | <ul style="list-style-type: none"> • Indications for the use of supplemental oxygen in first aid situations • Safe handling, use & storage procedures for Oxygen Resuscitation Equipment • Administration of Oxygen Supplemented Resuscitation to a non breathing patient | <ul style="list-style-type: none"> • Recognition of the components of Oxygen Resuscitation equipment • Setting up, closing down & cleaning of Oxygen Resuscitation Equipment • Administration of Oxygen Therapy to a spontaneously breathing patient. |
| <p>3) Aquatic Spinal Injury Management</p> | <ul style="list-style-type: none"> • Causes of spinal injury in aquatic environments • Turning a patient with a spinal injury whilst immobilizing the neck | <ul style="list-style-type: none"> • Recognition of spinal injury in aquatic environments • Securing a patient to a backboard • Removing a patient from the water |
| <p>4) Aquatic Surveillance & Rescue Techniques</p> | <ul style="list-style-type: none"> • The need for regular training • Surveillance techniques • Rescue procedures (including a 25m approach and tow of a patient and a 200m swim in less than 6 minutes) • Follow up after an incident | <ul style="list-style-type: none"> • Pool operations & safety • Safety assessment of facilities • Aquatic emergency care • The Roles & Responsibilities of a lifeguard |

Qualification to be issued on successful completion

Upon successful completion of this course, candidates will be issued with a **Statement of Attainment** for the following units of competency from the **Sport, Fitness and Recreation (SIS) Training Package**:

HLTAID001	Provide cardiopulmonary resuscitation	PUAEME001B	Provide Emergency Care
PUAEME003C	Administer oxygen in an emergency situation	SISCAQU002	Perform basic water rescues
SISCAQU006	Supervise clients at an aquatic facility or environment	SISCAQU007	Perform advanced water rescues

These units, together with the Pre-requisite **HLTAID003 Provide first aid**, form the **Pool Lifeguard Skill Set** from the SIS training package. This skill set complies with the “NSW Practice Note 15 – Water Safety” and is recognized as the minimum standard for a Pool Lifeguard.

For information regarding Educational Standards, Mutual recognition, Cancellations and Refunds, Trainee Grievances and our Training Guarantee, contact H2O Pro for a copy of our Code Of Practice, or you can view it on our website at www.h2opro.com.au