

Pool Lifeguard Course

Candidate Outline

Course Aim

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

Course Structure

The course consists of 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 22 hours. Update courses are also offered. These cover the same outcomes but are delivered over a shorter period of time.

Entry Requirement

Enrolments should be made on an H₂O Pro Pty Ltd application form that you will find with this course outline. In order 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**. Once we receive your application form and payment we will confirm your enrolment by mail.

In some instances the facility where the course is to be held may also take enrolments. Please contact H₂O Pro or the facility if further information is required on the enrolment procedures.

The minimum age for participants is 16 years. ***A degree of fitness is required, as candidates will be required to lift an adult patient out of the pool and to tow a patient 25m in the water.***

Course Content

1) Resuscitation

- Recognition of an emergency situation
- Assessment of an unconscious patient
- Application of CPR
- Priorities in an emergency
- Maintenance of an airway
- Placement of an unconscious patient

2) Oxygen Supplemented Resuscitation & O2 Equipment (LSP Bag)

- 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
- Ventilate a Patient with Bag/Valve/Mask
- Oropharyngeal airways
- 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.
- Resuscitation whilst patient is being ventilated.
- Pre-operation checks

3) Aquatic Spinal Injury Management

- Causes of spinal injury in aquatic environments
- Maintenance of an airway of a patient with a spinal injury
- Application of a cervical collar
- Removing a patient from the water
- Recognition of spinal injury in aquatic environments
- Turning a patient with a spinal injury whilst immobilizing the neck
- Securing a patient to a backboard

4) Aquatic Surveillance & Rescue Techniques

- The need for regular training
- Surveillance techniques
- Rescue procedures
- Follow up after an incident
- 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 Community Recreation Industry Training Package:

SRX FAD 001A	Provide First Aid
SRX EMR 003A	Administer oxygen in an emergency situation
SRC AQU 003B	Respond to an aquatic emergency using basic water rescue techniques
SRC AQU 006B	Supervise clients at an aquatic facility or environment
SRC AQU 007B	Respond to an aquatic emergency using advanced water rescue techniques

These units can be used to gain credit towards a Certificate II or Certificate III in Community Recreation.

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