



AWARDS

MANUAL

2007

(Including changes to resuscitation as detailed by Resuscitation Council UK 2005)

Experience and Expertise of the Awarding Body

- Has been training lifeguards for 50 years.
- SLSA GB is a member of the European Resuscitation Council and the CCPR.
- Has full membership of the International Lifesaving Federation and the International Lifesaving Federation of Europe

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8	National Ocean Safety Scheme (NOSS)	£2	£2
9	National Surf & Coastal Awards (NSCA)	£1	£1
10	NOSS & NSCA Instructor/Examiner	FREE	FREE
11	NaRS Beach Cross (Bronze, Silver & Gold)	5.00	7.50
17	Surf Competence	5.00	15.00
18	Board Competence	5.00	15.00
19	Ski Competence	5.00	15.00
20	Surf Boat Competence	5.00	15.00
21	Emergency Surf Aid & Rescue Award	10.00	10.00
23	Life Saver Support Award (Part A Only)	15.00 (7.50)	30.00 (15.00)
25	NaRS Beach Patrol Award	15.00	30.00
27	NaRS Surf Life Saving & Surfing Coach Award (*1)	15.00	30.00
29	NaRS Beach Lifeguard (*1)	15.00	50.00
31	NaRS Emergency Aid I	3.00	3.00
32	NaRS Emergency Aid II (*1)	10.00	20.00
34	NaRS Advanced Resuscitation	12.50	25.00
35	NaRS Spinal Management	10.00	20.00
37	NaRS Emergency Responder	20.00	40.00
39	NaRS IRB Surf Crewman	12.50	25.00
41	NaRS IRB Surf Driver	12.50	25.00
43	Coach Level 1	FREE	Not applicable
44	Coach Level 2	FREE	Not applicable
45	Official Level 1	FREE	Not applicable
46	Official Level 2	FREE	Not applicable
47	Referee Level 1	FREE	Not applicable
48	Referee Level 2	FREE	Not applicable
49	Instructor	FREE	Not applicable
50	Examiner	FREE	Not applicable
51	Appendices		

*1 – With all awards with EA II as part of the syllabus, the certificate will include an Appointed Person's First Aid Certificate.

SAFETY & CONDUCT

SAFETY

For all aspects of training, examinations, coaching or competition activity in an **open water** environment, safety cover must be provided by the organisers to a minimum standard as follows:

- Where there are non-competent persons in the water, a ratio of 1 qualified person to 4 non-competent persons must be present and within 25 metres of them at all times in the sea
- Where there are competent persons aged less than 16, a ratio of 1 qualified person to 8 competent persons must be present and at sea with them at all times
- Where there are competent persons aged 16 or over in the water, a ratio of 1 qualified person to 10 competent persons must be present and at sea with them at all times
- Where examinations are taking place a lifeguard dedicated to the event must be present in accordance with the risk assessment
- It is strongly recommended that individuals should not train in an open water environment alone

Safety is paramount and therefore one competent person should be appointed to ensure that every effort is made to measure and reduce any risk and ensure that every effort is made to ensure the safety of trainees.

Persons undergoing **IRB training** must have completed at least 5 hours training in an IRB accompanied and supervised by a qualified IRB Driver before being allowed in a boat unaccompanied.

For all aspects of training, coaching or competition activity in a **stillwater** (pool) environment, safety cover must be provided by the organisers to a minimum standard. Please refer to the relevant SLSA GB sport rulebook.

Qualified:	Holds as a minimum a current NARS Surf Life Saving & Surfing Coach Award
Competent:	If aged 12 or over holds a current Surf Competence Award or higher
Non-Competent:	Holds none of the above awards

Lifeguard cover should be dedicated to the event in accordance with the risk assessment.

CONDUCT

The Surf Life Saving Association of Great Britain has in place the following policies:

- Equity
- Child Protection
- Code of Conduct
- Fair Play

These should be followed at all times and can be seen on the website or can be obtained from the office.

ACCESS & ASSESSMENT

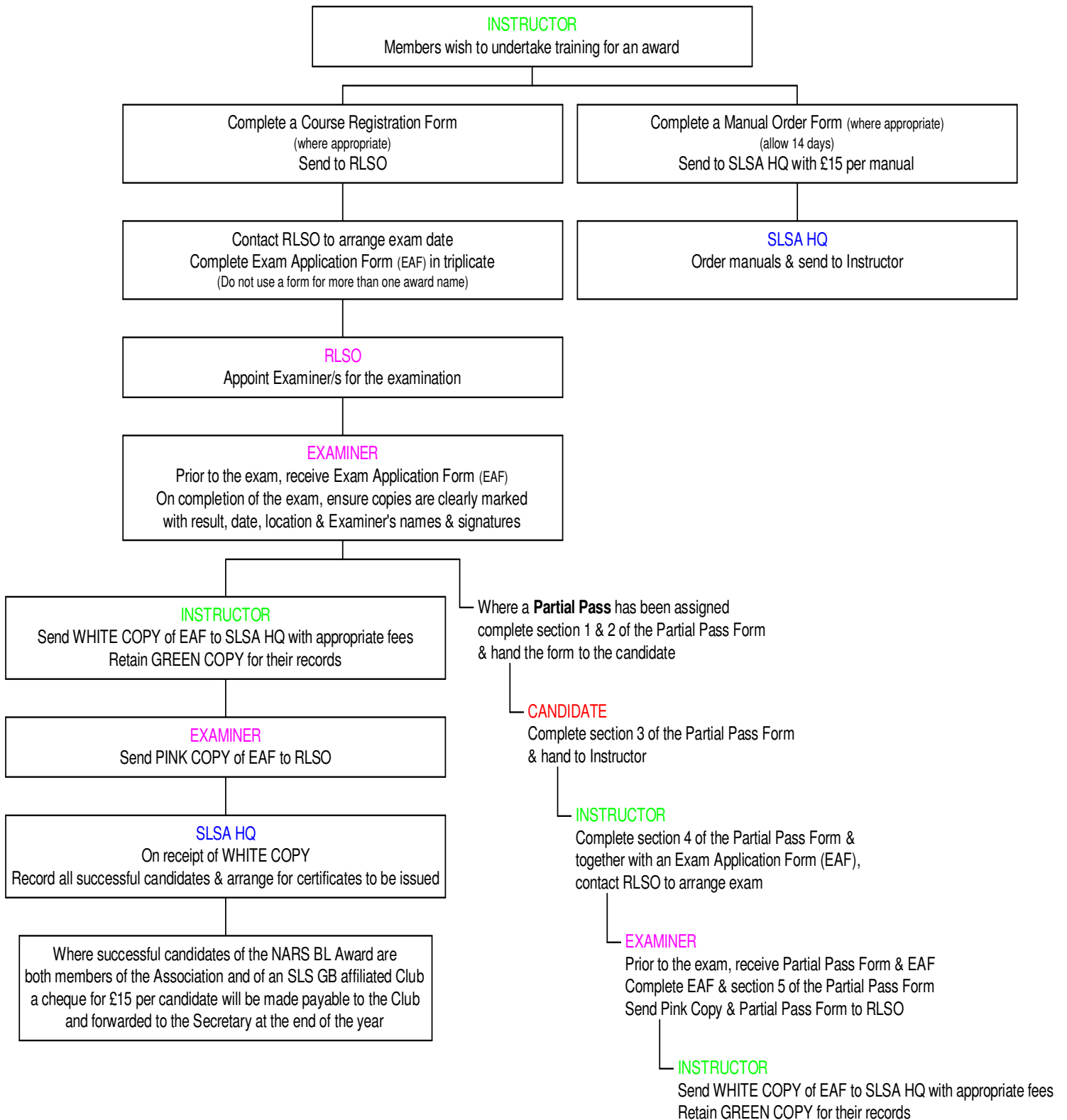
The below table shows, against each award, who can instruct/examine, as well as which awards need to be registered.

AWARD	REGISTER?	WHO CAN INSTRUCT?		WHO CAN EXAMINE?	
		Instructor	Coach	Examiner	Coach
National Ocean Safety Scheme					
National Surf & Coastal Awards					
NOSS & NSCA Instructor/Examiner					
NaRS Beach Cross		√		√	
Surf Competence		√	√	√	
Board Competence		√	√	√	
Ski Competence		√	√	√	
Surf Boat Competence		√	√	√	
Emergency Surf Aid & Rescue Award		√		√	
Lifesaver Support Award Part A only	√	√	√	√	
Lifesaver Support Award	√	√		√	
NaRS Beach Patrol Award	√	√		√	
NaRS Surf Life Saving & Surfing Coach Award	√	√		√	
NaRS Beach Lifeguard	√	√		√	
NaRS Emergency Aid 1		√		√	
NaRS Emergency Aid 2		√		√	
NaRS Advanced Resuscitation	√	√		√	
NaRS Spinal Management	√	√		√	
NaRS Emergency Responder	√	√		√	
NaRS IRB Crewman	√	√		√	
NaRS IRB Driver	√	√		√	
NCF Coach Level 1					
NCF Coach Level 2					
Sports Official Level 1					
Sports Official Level 2					
Sports Referee Level 1					
Sports Referee Level 2					
Instructor	√				
Examiner	√				

- In-house examination is not permitted except at the discretion of the Director of Lifesaving
- The Regional Life Saving Officer reserves the right to arrange for an external Examiner/Coach to be present as a moderator, or to take the exam him/herself.

AWARD ADMINISTRATION PROCEDURE 2007

Please follow the chart below; alternatively the procedure is laid out in full text on the next page:



AWARD ADMINISTRATION PROCEDURE 2007 (continued)

1 INSTRUCTOR	Complete a Course Registration Form (see page 4 to see if a form is required) & send to the Regional Life Saving Officer
2 INSTRUCTOR	Complete a NARS BL Manual Order Form and send to HQ together with a cheque for £15 per manual payable to SLSA GB. HQ will then order the manuals and send them to the Instructor (allow 14 days).
3 INSTRUCTOR	Make contact with the RLSO to arrange a suitable examination date and then complete Exam Application Forms (in triplicate) for each exam. Do not use a form for more than one award name.
4 RLSO	Appoint Examiner/s for the examination.
5 EXAMINER	Prior to the start of the exam, the Examiner must receive from the Instructor ALL THREE COPIES of the Exam Application Form and ensure that they have been correctly completed. On completion of the exam ensure ALL three copies of the Exam Application Form are suitably endorsed with the result and Examiner's names and signatures.
6 INSTRUCTOR	Send to SLSA HQ the WHITE COPY of the completed EAF (to arrive at SLSA HQ within 3 weeks of the examination date) with the appropriate fees. Retain the GREEN COPY of the EAF for their records.
7 EXAMINER	Send the completed PINK COPY of the examination Application Form to the Regional Life Saving Officer for their records.
8 SLSA HQ	On receipt of the WHITE COPY of the completed EAF, SLSA HQ will place all successful candidates on the database and arrange for certificates to be issued and sent directly to the Instructor
9 SLSA HQ	Where successful candidates of the NARS BL Award are both members of the Association and of a SLSA GB affiliated club, a cheque for £15 per candidate will be made payable to the candidate's club and forwarded to the club secretary, at the end of that year. Any EAF's received after the 30 th November will be processed in the following year.
10 EXAMINER	Where a Partial Pass has been assigned, complete Section 1 & 2 of the Partial Pass Form and hand the form to candidate
11 CANDIDATE	Complete Section 3 of the Partial Pass form
12 INSTRUCTOR	Complete Section 4 of the Partial Pass form together with an Exam Application Form in triplicate and contact the Regional Life Saving Officer to arrange the examination
13 EXAMINER	Prior to the start of the exam, the Examiner must receive from the Instructor ALL THREE COPIES of the Exam Application Form together with the Partial Pass Form. Complete the Exam Application Form and Section 5 of the Partial Pass form. Send the completed PINK COPY of the Examination Application Form together with the Partial Pass Form to the Regional Life Saving Officer for their records.
14 INSTRUCTOR	Send to SLSA HQ the WHITE COPY of the completed EAF (to arrive at SLSA HQ within 3 weeks of the examination date) with the appropriate fees. Retain the GREEN COPY of the EAF for their records.

Incorrectly completed paperwork will be returned to the Instructor and an administration fee will be charged

Instructors and Examiners requiring a replacement Beach Lifeguard Manual will be sent one after the office receives a NARS BL Manual Order Form, together with Examination forms for the number of Instructors/Examiners that have attended an update. These requests should only be made for manuals where they are required.

SPORT ENTRY QUALIFICATIONS

<u>Stillwater</u>	No specific qualification is required, but a "Declaration of Competence" confirming that the competitor is able to swim at least 50m is to be given by the Club on entry for events
<u>Beach</u>	No qualifications are required
<u>Surf</u>	
Nipper	If aged under 12 years old, the competitor must hold a minimum of a Dolphin 3 Award for all water sports
Youth	Surf Competence Award for competitors who wish to compete in any surf events, but may also require; Board Competence Award if they wish to compete in board events, and/or Ski Competence Award if they wish to compete in ski events
Senior	Life Saver Support Award (Part A) for competitors who wish to compete in any surf events, but may also require; Ski Competence Award if they wish to compete in ski events, and/or Surf Boat Competence Award if they wish to compete in Surfboat events
Master	Life Saver Support Award (Part A) for competitors who wish to compete in any surf events, but may also require; Ski Competence Award if they wish to compete in ski events, and/or Surf Boat Competence Award if they wish to compete in Surfboat events

If a youth member intends to participate in a senior event, he/she must be qualified to the senior level.

NATIONAL OCEAN SAFETY SCHEME

AIM

- The scheme is a complete coastal water safety package.
- The scheme is intended for use by both SLSA club members and the community
- The scheme is developed to be a fun based educational package.
- To prevent loss of life or injury, in addition to teaching the necessary skills to assist those in difficulty.
- To assist young people to develop/improve their water awareness, life saving knowledge and skills.

PRE-REQUISITE

- The award scheme is open to all young people aged 8 –18 years.

SYLLABUS

The awards are separated into areas of skill or knowledge, brought together under one badge, and are as follows:

1. Surf Awareness

- Beach, Rips, Winds
- Lifeguards, Flags, Equipment
- Signals

2. Beach Activities / Training

- Beach Flags
- Relay races
- Sprints
- Signals

3. Water activities / Training

- Entry into water
- Diving through waves
- Catching a wave / Bodysurfing
- Board /Tube rescue
- Run/Swim/Run
- Relays

4. First Aid

- Courses for 8-11 year olds will be limited:
- Water Activities will include water tag, fetching the ball, wading.
- First Aid element will be basic.

EXAMINATION

Candidates should be able to demonstrate knowledge & skills at the end of the session.

COURSE DURATION

4 hour course - Ocean Skills only OR

2 day course - Ocean Skills ½ day & 1 ½ days Surf Training

NATIONAL SURF AND COASTAL AWARD SCHEME

AIM

- The scheme is fun-based water safety educational package for coastal water.
- The scheme has been adapted to be delivered within swimming pools or coastal water.

PRE-REQUISITE

- The award scheme is open to all young people aged 7-11 years.

SYLLABUS

The awards are separated into areas of skill or knowledge. In some cases different skills are brought together under one badge and are as follows:

Starfish Award Series	Coastal & Waterways Water Awareness	3 Progressive Award Levels
Dolphin Award Series	Coastal Surf Confidence & Skills	4 Progressive Award Levels
Marlin Award Series	Basic First Aid & Coastal Rescue Skills	3 Progressive Award Levels
Sea Otter Award Series	Understanding & Practising First Aid	3 Progressive Award Levels
Seahorse Award Series	Rescue Breathing	3 Progressive Award Levels
Orca Award Series	Coastal Open Water Distance Swimming	8 Progressive Award Levels

Neptune Series; Curriculum Series Key Stages 1 & 2

Developed for schools as a condensed version of the above areas to coincide with curriculum time.

EXAMINATION

Candidates should be able to demonstrate knowledge & skills at the end of the session.

COURSE DURATION

Minimum of 1 hour per level

NOSS & NSCA EXAMINER

NOSS & NSCA Assistant Instructor/Examiners

- Will have no recent teaching or coaching experience or a teaching qualification in any area
- During their induction training all potential examiners must complete a registration form, which after completion should be sent to SLSA GB for approval NB: Until the potential Examiner receives a registration card after the examination of the registration form, they are not permitted to assess or instruct the awards
- Must always follow SLSA Safety Policy
- Must always teach the award alongside a Full NOSS or NSCA Examiner / Instructor
- Training must be renewed annually
- Assistant Examiners can apply for Full Examiner status once they have assisted in the training of at least 30 awards involving a minimum of 10 different candidates. The application must be supported by a reference from a Full Examiner who has worked alongside the applicant on some of the training

Full NOSS & NSCA Instructor/Examiners

- Must have teaching or coaching experience / qualification in any area
- Must always follow SLSA Safety Policy. Examiner is solely responsible for organising Lifeguard cover for the duration of the training session.
- During their induction training all potential examiners must complete a registration form, which after completion should be sent to SLSA GB for approval. NB: Until the potential Examiner receives a registration card after the examination of the registration form, they are not permitted to assess or instruct the awards. SLSA GB retains the sole right to approve or not any applicant who applies to become an Examiner
- Training must be renewed annually

NOSS & NSCA Area Instructor/Examiners

- Must have at least 2 years teaching / coaching experience within a Surf Life Saving Club or have a teaching / coaching qualification
- The NSCA & NOSS Tutors train Examiners / Instructors who are preparing to deliver the Awards.

NB: You MUST attend a NOSS / NSCA training Workshop before delivering the schemes

NARS BRONZE BEACH CROSS

AIM

- The NARS Bronze Beach Cross Award turns competent swimmers into potential Life Savers. The awards are the stepping-stones towards becoming a professional Beach Lifeguard.

PRE-REQUISITE

- Be a minimum of 11 years of age on the date of the Exam.

SYLLABUS

1. Theory

Answer 10 questions on water safety; rescue procedures and sun smart on the beach area that you are in.

2. Resuscitation & First Aid

On an adult manikin demonstrate:

- Checking for dangers
- Assessing responsiveness and calling for help
- Open the airway
- Check breathing
- Call for an ambulance
- Give 30 chest compressions followed by 2 rescue breaths, mouth to mouth or mouth to nose methods
- Continue for 2 minutes
- Action for vomiting

On a live simulated patient demonstrate:

- How to turn someone from their front onto their back
- How to turn someone from their back into the recovery position
- Show appropriate aftercare treatment

Explain & demonstrate:

- How to control bleeding
- Fainting
- Cramp
- Sunburn

Explain how to phone for the emergency services

Wetsuits can be worn if the candidate wishes

3. Survival

- Swim 50 metres out from your own depth with a floating aid and demonstrate supporting yourself using the aid for 1 minute
- Swim 50 metres parallel to the shore, demonstrating what action to take through the waves
- Return to the shore, body surfing if appropriate
- Swim 100 metres parallel to the shore in 3½ minutes

NARS BRONZE BEACH CROSS (continued)

4. Rescue

- In waist depth water throw a rope at 6 metres to a simulated weak swimmer and help them to safety
- In waist depth water throw a buoyant aid 6 metres to a simulated weak swimmer and encourage them back to safety
- Using a buoyant aid swim 20 metres to a simulated weak swimmer in difficulties, throw the aid to them and encourage them back to safety
- Using any aids available, rescue a simulated patient who is 30 metres from waist depth back to safety and provide aftercare. Then explain the reasons for your actions and the reasons for your aftercare treatment

EXAMINER

Complete the syllabus for examination by an external coach or examiner

NARS SILVER BEACH CROSS

AIM

- The NARS Silver Beach Cross Award turns competent swimmers into potential Life Savers. The awards are the stepping-stones towards becoming a professional Beach Lifeguard.

PRE-REQUISITE

- Be a minimum of 11 years of age on the date of the examination.
- Hold the NARS Beach Cross Bronze

SYLLABUS

1. Theory

Answer 10 questions on water safety, rescue procedures, sun smart and local dangers on the beach area that you are in.

2. Resuscitation

On an adult manikin demonstrate:

- Checking for dangers
- Assessing responsiveness and calling for help
- Open the airway
- Check breathing
- Call for an ambulance
- Give 30 chest compressions followed by 2 rescue breaths, mouth to mouth or mouth to nose methods
- Continue for 2 minutes
- Action for vomiting
- Explain when how to summon further assistance

On a live simulated patient demonstrate:

- How to turn someone from their front onto their back
- How to turn someone from their back into the recovery position
- Show appropriate aftercare treatment
- Demonstrate and explain how to deal with a blocked airway

Explain and demonstrate:

- What to do for insect & marine stings
- Burns
- Epilepsy /convulsions
- A possible broken limb

Explain what information the emergency services require

NARS SILVER BEACH CROSS (continued)

Wetsuits can be worn if the candidate wishes

3. Survival

- Swim 50 metres out from your own depth with a floating aid and demonstrate supporting yourself using the aid for 1 minute
- Swim 75 metres parallel to the shore, demonstrating what action to take through the waves
- Return to the shore, body surfing if appropriate
- Swim 200 metres parallel to the shore in 7 minutes

4. Rescue

- A simulated weak swimmer is in difficulties just out of their depth; rescue the person using an accompanied rescue to a position of safety
- A simulated weak swimmer is in difficulties in deep water 15 metres beyond their own depth, on approaching the patient be prepared to take evasive action, then using a buoyant aid rescue the patient using a non-contact tow back to safety and provide suitable aftercare. Explain the reasons for your actions
- A simulated injured swimmer is in difficulties in deep water, 15 metres beyond their own depth. Using a buoyant aid rescue the patient back to safety and provide suitable aftercare
- A simulated unconscious patient is face down in deep water 30 metres beyond their waist depth, using any aids available, rescue the patient back to safety, land the patient with assistance and place them in the recovery position and provide aftercare. Explain the reasons for your actions and the reasons for your aftercare treatment. The patient will be breathing and have a pulse
- Using any aids available rescue a simulated patient whose condition and actions are unknown and who is in deep water no more than 20 metres beyond their own depth. Use assistance as necessary. Explain the reasons for your actions.

EXAMINATION

Complete the syllabus for examination by an external coach or examiner

NARS GOLD BEACH CROSS

AIM

- The NARS Gold Beach Cross Award turns competent swimmers into potential Life Savers. The awards are the stepping-stones towards becoming a professional Beach Lifeguard.

PRE-REQUISITE

- Be a minimum of 12 years of age on the date of the examination.
- Hold the NARS Beach Cross Silver.

SYLLABUS

1. Theory

Answer 15 questions on water safety; rescue procedures; sun smart and local dangers on the beach area that you are in.

2. Resuscitation

On an adult manikin demonstrate:

- Checking for dangers
- Assessing responsiveness and calling for help
- Open the airway
- Check breathing
- Call for an ambulance
- Give 30 chest compressions followed by 2 rescue breaths, mouth to mouth or mouth to nose methods
- Continue for 2 minutes
- Action for vomiting
- Explain when and how to summon further assistance

On a live simulated patient demonstrate:

- How to turn someone from their front onto their back
- How to turn someone from their back into the recovery position
- Show appropriate aftercare treatment
- Demonstrate and explain how to deal with a blocked airway in a child

Explain and demonstrate 5 from the following list, chosen by the Examiner:

- What to do for insect and marine stings
- Burns
- Epilepsy /convulsions
- A possible broken limb, arm or leg
- How to control bleeding
- Fainting
- Cramp
- Sunburn

Explain and demonstrate how to deal with a simulated patient who is complaining of neck pain and a possible spinal injury

NARS GOLD BEACH CROSS (continued)

Wetsuits can be worn if the candidate wishes

3. Survival

- Swim 75 metres out from the shore with a floating aid and demonstrate supporting yourself using the aid for 1 minute
- Swim 100 metres parallel to the shore, demonstrating what action to take through the waves
- Return to the shore, bodysurfing if appropriate
- Swim 300 metres parallel to the shore in 10½ minutes

4. Rescue

- A simulated non-swimmer is in difficulties 20 metres beyond their own depth; rescue the person with any suitable aid available to a position of safety and provide aftercare
- A simulated weak swimmer is in difficulties in deep water 30 metres beyond their own depth, on approaching the patient be prepared to take evasive action then, using a non-buoyant aid i.e. rope or towel, rescue the patient using a non-contact tow back to safety and provide suitable aftercare. Explain the reasons for your actions
- A simulated injured swimmer is in difficulties in deep water, 25 metres beyond their own depth. Using a suitable aid, rescue the patient back to safety and provide suitable aftercare
- A simulated unconscious patient is face down in deep water 30 metres beyond their own depth. Using any aids available, rescue the patient back to shallow water. Summon assistance, land the patient with assistance and assess. Carry out the appropriate care to the satisfaction of the examiner. Then explain the reasons for your actions and the reasons for your aftercare treatment
- Using any aids available rescue 2 simulated patients whose condition and actions are unknown and who may be in deep water but no more than 25 metres beyond their own depth. Use assistance as necessary. The patients may be up to 20 metres from the starting point; there is unskilled assistance if attracted by the rescue.

EXAMINATION

Complete the syllabus for examination by an external coach or examiner

SURF COMPETENCE

AIM

- To provide a safe background to open water sea swimming and the surrounding environment

PRE-REQUISITE

- Be a minimum of 11 years of age on the date of examination

VALIDITY

- 3 years from the date of examination

SYLLABUS

Demonstrate the ability to swim at least 400 metres (2 x 200 metres) in surf conditions or up to 500 metres (2 x 250 metres where surf conditions are not present). At all times the candidate must demonstrate the ability to make the best use of the surf and prevailing sea conditions. A time limit of 15 minutes will be imposed which may be extended to 20 minutes at the discretion of the examiner.

Demonstrate knowledge of marker flags

Demonstrate a knowledge and understanding of all signals

Demonstrate an understanding of the guidance for surf bathers and surf awareness

EXAMINATION

Complete the syllabus for examination by an external coach or examiner

BOARD COMPETENCE

AIM

- To ensure safe and competent use of the rescue and paddle board in a competition and the surrounding environment

PRE-REQUISITE

- Be a minimum of 11 years of age on the date of examination

VALIDITY

- Indefinite, but must hold current Surf Competence Award

SYLLABUS

Demonstrate the ability to launch the board and paddle it 400 metres during which the candidate will lose contact with board. Contact will be regained with the board and the candidate will continue with the paddle.

Demonstrate the ability to launch the board and pick up a conscious patient and return to shore. The patient is to be beyond the 'break' or in the absence of a clearly defined break not less than 200 metres from the shore.

EXAMINATION

Complete the syllabus for examination by an external coach or examiner

The examination must **not** take place in designated swimming area.

SKI COMPETENCE

AIM

- To ensure safe and competent use of a ski and for sport the use of a racing ski in competition.

PRE-REQUISITE

- Be a minimum of 12 years of age on the date of examination

VALIDITY

- Indefinite, but must hold current Surf Competence Award

SYLLABUS

Demonstrate knowledge of:

- Preparing the ski for use
- Routine maintenance and minor repairs
- Storage of ski

Demonstrate the ability to launch the ski and paddle it 600 metres during which the candidate will perform the following manoeuvres:

- Stop then move backward
- Stop then move forward
- Turn right, then left (with & without the use of a rudder allow for possible breakage of the steering during usage)
- Capsize and then right the ski, regain control and continue paddling.
- Provide support for a patient while demonstrating the ability to clearly signal to the shore for assistance"

EXAMINATION

Complete the syllabus for examination by an independent coach or examiner

The examination must **not** take place in designated swimming area.

SURF BOAT COMPETENCE

AIM

- To ensure safe and competent use of a surfboat in both training and sport.

PRE-REQUISITE

- Be a minimum of 16 years of age on the date of examination

VALIDITY

- Indefinite, but must hold current Surf Competence Award

SYLLABUS

Demonstrate knowledge of:

- Preparing the Surfboat for use
- Routine maintenance and minor repairs
- Storage of Surfboat

Demonstrate with others the ability to launch and row a surfboat 800 metres during which the candidate will perform the following manoeuvres:

- Enter and Exit in a controlled and safe manner
- Row in unison and in a technically correct manner
- Have an understanding of the commands given by the sweep
- Perform the 'Trail Oars' and 'Come Back' manoeuvres
- Explain the procedures to be adopted should a Surfboat capsize

EXAMINATION

Complete the syllabus for examination by an independent coach or examiner

The examination must **not** take place in designated swimming area.

EMERGENCY SURF AID & RESCUE AWARD

AIM

- To establish a standard, which creates a level of competence in life saving as a basic award to prepare candidates for incidents involving watersports activities and coastal emergencies.

PRE-REQUISITE

- Be a minimum of 18 years of age on the date of examination
- Be able to swim 25 metres in a swimming pool
- Be medically and physically fit

VALIDITY OF AWARD

- 36 months from the date of the examination

SYLLABUS

1. Fitness Test & Releases

Complete a swim of at least 25m in a pool or in the sea.

2. Life Saving Skills, Knowledge & Rescue

Demonstrate effectively the ability to carry out the following:

- A Board rescue on an unconscious patient
- A Tube rescue on an unconscious patient
- A Board rescue on a conscious patient
- A Tube rescue on a conscious patient

3. Life Support

Demonstrate effectively the ability to carry out the following:

- Using a live simulated unconscious patient demonstrate secondary survey and recovery position.
- Demonstrate CPR on an adult manikin
- Demonstrate CPR on a child manikin
- Demonstrate CPR on a baby manikin

4. First Aid

Have a thorough knowledge of the recognition and management of the following conditions. Demonstrate the practical management of some of these conditions at the discretion of the Examiner:

- | | |
|----------------------------|--------------------------|
| • Choking | • Shock |
| • Fractures & dislocations | • Eye injuries |
| • Cramp | • Marine & Insect stings |
| • Fainting | • Sunburn |
| • Strain/Sprain | • Heat stroke/exhaustion |
| • Bleeding | • Hypothermia |
| • Head injuries | |

Acting individually or as part of a team, initiate the appropriate procedures at an incident and provide the aftercare for 1 or 2 patients from a previously unknown simulated emergency situation

EMERGENCY SURF AID & RESCUE AWARD (continued)

EXAMINATION

This award consists of a course of 16 hours (including examination).

(Sections 3 & 4 above constitute the Emergency Aid 1 Award)

LIFE SAVER SUPPORT AWARD

AIM

- To establish a standard, which creates a level of competence in life saving enabling the holder to assist with safety cover and compete in lifesaving sport (part A)

PRE-REQUISITE

- Be a minimum of 14 years of age on the date of examination

VALIDITY OF AWARD

- 36 months from the date of the examination

SYLLABUS

PART A

1. Ocean skills, Knowledge, Rescue & Fitness Test

Demonstrate the ability to swim at least 400 metres (2 x 200 metres) in surf conditions or up to 500 metres (2 x 250 metres where surf conditions are not present). At all times the candidate must demonstrate the ability to make the best use of the surf and prevailing sea conditions. A time limit of 15 minutes will be imposed which may be extended to 20 minutes at the discretion of the examiner.

Run 50 metres with a rescue tube, swim 100 metres (fins optional) to an unconscious, non-breathing patient. Demonstrate deep water EAV during which time the patient shall be deemed to have become conscious. Bring the patient to shore and demonstrate appropriate aftercare. The exercise must be carried out under simulated rescue conditions with an appropriate attempt to perform the rescue 'as quickly as possible'.

Rescue a conscious co-operative patient 150 metres from the shore using a rescue board

Demonstrate knowledge of marker flags

Demonstrate a knowledge and understanding of all signals

Answer 10 questions on beach environment/surf awareness (8 correct to pass).

LIFE SAVER SUPPORT AWARD (continued)

PART B

2. Life Support

Using a live simulated unconscious patient (not a manikin) demonstrate:

- Scene safety and assessment
- Turning a patient from prone to supine
- Open the airway & check for signs of life
- The action for vomiting and blockages
- The recovery position and aftercare

Using a suitable adult manikin, demonstrate Cardio Pulmonary Resuscitation

3. First Aid

Have a thorough knowledge of the recognition and management of the following conditions. Demonstrate the practical management of some of these conditions at the discretion of the Examiner:

- Choking
- Fractures & dislocations
- Cramp
- Fainting
- Strain/Sprain
- Bleeding
- Head injuries
- Shock
- Eye injuries
- Marine & Insect stings
- Sunburn
- Heat stroke/exhaustion
- Hypothermia

Acting individually or as part of a team, initiate the appropriate procedures at an incident and provide the aftercare for 1 or 2 patients from a previously unknown simulated emergency situation

EXAMINATION

Complete the syllabus for examination

(Sections 2 & 3 above constitute the Emergency Aid 1 Award)

NARS BEACH PATROL AWARD

AIM

- To provide a National award for the Support of Beach Lifeguarding; fitness, practical lifeguarding knowledge, life support & first aid

PRE-REQUISITE

- Be a minimum of 15 years of age on the date of examination

VALIDITY OF AWARD

- 36 months from the date of the examination

SYLLABUS

1. Fitness Test & Releases

Complete a timed run of 200 metres over a measured course, on a beach. A time of 1:00 minute is accepted as the maximum time permitted for the run.

2. Lifeguard Skills, Knowledge & Rescue

In Open Water, demonstrate effectively the ability to carry out the following:

- A thorough knowledge and understanding of all signals
- Assist in the aftercare of a conscious patient who has been rescued by a lifeguard using a rescue tube.
- Assist in the recovery and aftercare of an unconscious patient who has been rescued by a lifeguard using a rescue board.
- Assist a Lifeguard as part of a team, initiate the appropriate procedures at an incident and provide aftercare for 1 or 2 patients from a previously unknown simulated emergency situation. At the completion of the test, complete an Incident Report form
- Answer 5 questions from the work sheets (Beach Environment section) without referring to any notes. A mark of at least 4 is accepted as the minimum score permitted.
- Answer 10 questions from the work sheets (Lifeguard Techniques section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.
- Answer 5 questions from the work sheets (Communication section) without referring to any notes. A mark of at least 4 is accepted as the minimum score permitted.
- As part of a team, rescue a prone patient with a suspected spinal injury and remove to safety. Demonstrate appropriate action and aftercare

NARS BEACH PATROL AWARD (continued)

3. Life Support

Using a live simulated unconscious patient (not a manikin) demonstrate:

- Scene safety and assessment
- Turning a patient from prone to supine
- Checking the airway, checking for signs of breathing and of circulation
- The action for vomiting and blockages
- The recovery position and aftercare
- Obtaining an airway on a suspected spinal injury patient using jaw thrust

Using a suitable adult manikin, demonstrate Expired Air Ventilation using supplementary oxygen via an approved method (may be continuous with above)

Using a suitable adult manikin, demonstrate Cardio Pulmonary Resuscitation

Demonstrate CPR on a:

- Child manikin
- Baby manikin

4. First Aid

Acting individually, initiate the appropriate procedures at an incident and provide the aftercare for one or two patients from a previously unknown simulated first aid situation.

Answer 10 questions from the work sheets (First Aid and Resuscitation section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.

EXAMINATION

Complete the syllabus for examination

The examination may be completed in sections providing that ALL sections are completed within three calendar months.

Candidates MUST complete Section 1 (Fitness & Releases) before completing Section 2 (Lifeguard Skills, Knowledge & Rescue).

Should the examination be completed over a 3 month period, the 36 month validity will commence from the date on which the first section was completed.

When the award is renewed, the candidate may complete the examination one month prior to the expiration date of the old award. In this case the 36 month period will start on the expiration date of the old award.

(Sections 3 & 4 above constitute the Emergency Aid 2 Award)

NARS SURF LIFE SAVING & SURFING COACH AWARD

AIM

- To establish a standard, which creates a level of competence in life saving enabling back up to qualified lifeguards

PRE-REQUISITE

- Be a minimum of 15 years of age on the date of examination

VALIDITY OF AWARD

- 36 months from the date of the examination

SYLLABUS

1. Fitness Test & Releases

Complete a timed swim of 400 metres over a measured course, in a pool not less than 25 metres in length using a front stroke. A time of 9:30 minutes is accepted as the maximum time permitted for the swim

Complete a timed run of 200 metres over a measured course, on a beach. A time of 60 seconds is accepted as the maximum time permitted for the run.

2. Lifeguard Skills, Knowledge & Rescue

Whilst in a Pool, demonstrate two releases selected by the Examiner.

In Open Water, demonstrate effectively the ability to carry out the following:

- A thorough knowledge and understanding of all signals
- Run 50 metres with a rescue tube, swim 100 metres (fins optional) to an unconscious, non-breathing patient. Demonstrate deep water EAV during which time the patient shall be deemed to have become conscious. Bring the patient to shore and demonstrate appropriate aftercare. The exercise must be carried out under simulated rescue conditions with an appropriate attempt to perform the rescue 'as quickly as possible'.
- Rescue an unconscious, non-breathing, patient 150 metres from the shore using a rescue board. Demonstrate deep water supported EAV and return with the patient to the shore
- Rescue a conscious patient from the sea (approx. 50m from shore) without equipment demonstrating appropriate patient management and care.
- Demonstrate the ability to surface dive to a depth of approximately 2m. This may be completed during entry into the water for the tube rescue.
- Acting as a Lifeguard, as team leader and as part of a team, initiate the appropriate procedures at an incident and provide aftercare for 1 or 2 patients from a previously unknown simulated emergency situation. At the completion of the test, complete an Incident Report form
- As part of a team, rescue a prone patient with a suspected spinal injury and remove to safety. Demonstrate appropriate action and aftercare
- Answer 5 questions from the work sheets (Beach Environment section) without referring to any notes. A mark of at least 4 is accepted as the minimum score permitted.
- Answer 10 questions from the work sheets (Lifeguard Techniques section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.
- Answer 5 questions from the work sheets (Communication section) without referring to any notes. A mark of at least 4 is accepted as the minimum score permitted.

NARS SURF LIFE SAVING & SURFING COACH AWARD (continued)

3. Life Support

Using a live simulated unconscious patient (not a manikin) demonstrate:

- Scene safety and assessment
- Turning a patient from prone to supine
- Open the airway & check for signs of life
- The action for vomiting and blockages
- The recovery position and aftercare
- Obtaining an airway on a suspected spinal injury patient using jaw thrust

Using a suitable adult manikin, demonstrate CPR and the use of supplementary oxygen via an effective method.

Demonstrate CPR on a:

- Child manikin
- Baby manikin

4. First Aid

Acting individually, initiate the appropriate procedures at an incident and provide the aftercare 1 patient from a previously unknown simulated first aid situation.

Answer 10 questions from the work sheets (First Aid and Resuscitation section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.

EXAMINATION

Complete the syllabus for examination

The examination may be completed in sections providing that ALL sections are completed within three calendar months.

Candidates MUST complete Section 1 (Fitness) before completing Section 2 (Lifeguard Skills, Knowledge & Rescue).

Section 3 & 4 can be contested as a separate award (NARS Emergency Aid II).

Should the examination be completed over a 3 month period, the 36 month validity will commence from the date on which the first section was completed.

When the award is renewed, the candidate may complete the examination one month prior to the expiration date of the old award. In this case the 36 month period will start on the expiration date of the old award.

(Sections 3 & 4 above constitute the Emergency Aid 2 Award)

NARS BEACH LIFEGUARD

AIM

- To provide a National award for the Beach Lifeguard covering; fitness, practical lifeguarding skills & knowledge, rescue, life support & first aid

PRE-REQUISITE

- Be a minimum of 16 years of age on the date of examination

VALIDITY OF AWARD

- 36 months from the date of the examination

SYLLABUS

1. Fitness Test & Releases

Complete a timed swim of 400 metres over a measured course, in a pool not less than 25 metres in length, using a front stroke. A time of 7:30 minutes is accepted as the maximum time permitted for the swim.

Complete a timed run of 200 metres over a measured course, on a beach. A time of 40 seconds is accepted as the maximum time permitted for the run.

2. Lifeguard Skills, Knowledge & Rescue

Whilst in a Pool, demonstrate two releases selected by the Examiner.

In Open Water, demonstrate effectively the ability to carry out the following:

- A thorough knowledge and understanding of all signals
- Run 50 metres with a rescue tube, swim 100 metres (fins optional) to an unconscious, non-breathing patient. Demonstrate deep water EAV during which time the patient shall be deemed to have become conscious. Bring the patient to shore and demonstrate appropriate aftercare. The exercise must be carried out under simulated rescue conditions with an appropriate attempt to perform the rescue 'as quickly as possible'.
- Rescue an unconscious, non-breathing, patient 150 metres from the shore using a rescue board. Demonstrate deep water supported EAV and return with the patient to the shore
- Rescue a conscious patient from the sea (approx. 50m from shore) without equipment demonstrating appropriate patient management and care.
- Demonstrate the ability to surface dive to a depth of approximately 2m. This may be completed during entry into the water for the tube rescue.
- Acting as a Lifeguard, as team leader and as part of a team, initiate the appropriate procedures at an incident and provide aftercare for 1 or 2 patients from a previously unknown simulated emergency situation. At the completion of the test, complete an Incident Report form
- Answer 5 questions from the work sheets (Beach Environment section) without referring to any notes. A mark of at least 4 is accepted as the minimum score permitted.
- Answer 10 questions from the work sheets (Lifeguard Techniques section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.
- Answer 5 questions from the work sheets (Communication section) without referring to any notes. A mark of at least 4 is accepted as the minimum score permitted.
- As part of a team, rescue a prone patient with a suspected spinal injury and remove to safety. Demonstrate appropriate action and aftercare

NARS BEACH LIFEGUARD (continued)

3. Life Support

Using a live simulated unconscious patient (not a manikin) demonstrate:

- Scene safety and assessment
- Turning a patient from prone to supine
- Open the airway & check for signs of life
- The action for vomiting and blockages
- The recovery position and aftercare
- Obtaining an airway on a suspected spinal injury patient using jaw thrust

Using a suitable adult manikin, demonstrate CPR and the use of supplementary oxygen via an effective method

Demonstrate CPR on a:

- Child manikin
- Baby manikin

4. First Aid

Acting individually, initiate the appropriate procedures at an incident and provide the aftercare for one or two patients from a previously unknown simulated first aid situation.

Answer 10 questions from the work sheets (First Aid and Resuscitation section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.

EXAMINATION

Complete the syllabus for examination

The examination may be completed in sections providing that ALL sections are completed within three calendar months.

Candidates MUST complete Section 1 (Fitness & Releases) before completing Section 2 (Lifeguard Skills, Knowledge & Rescue).

Should the examination be completed over a 3 month period, the 36 month validity will commence from the date on which the first section was completed.

When the award is renewed, the candidate may complete the examination one month prior to the expiration date of the old award. In this case the 36 month period will start on the expiration date of the old award.

(Sections 3 & 4 above constitute the Emergency Aid 2 Award)

NARS EMERGENCY AID I

AIM

- To establish a standard, which creates a level of competence in Basic Life Support and first aid skills

PRE-REQUISITE

- Be a minimum of 11 years of age on the date of examination

VALIDITY OF AWARD

- 36 months from the date of the examination

SYLLABUS

1. Life Support

Using a live simulated unconscious patient (not a manikin) demonstrate:

- Scene safety and assessment
- Turning a patient from prone to supine
- Open the airway & check for signs of life
- The action for vomiting and blockages
- The recovery position and aftercare

Using a suitable adult manikin, demonstrate Cardio Pulmonary Resuscitation

2. First Aid

Have a thorough knowledge and ability to recognise and manage the following conditions. Demonstrate the practical management of some of these conditions at the discretion of the Examiner:

- | | |
|----------------------------|--------------------------|
| • Choking | • Shock |
| • Fractures & dislocations | • Eye injuries |
| • Cramp | • Marine & Insect stings |
| • Fainting | • Sunburn |
| • Strain/Sprain | • Heat stroke/exhaustion |
| • Bleeding | • Hypothermia |
| • Head injuries | |

Acting individually or as part of a team, initiate the appropriate procedures at an incident and provide the aftercare for one patient from a previously unknown simulated emergency situation

EXAMINATION

Complete the syllabus for the examination

NARS EMERGENCY AID II

AIM

- To establish a standard, which creates a level of competence in Basic Life Support and First Aid skills

PRE-REQUISITE

- Be a minimum of 14 years of age on the date of examination

VALIDITY OF AWARD

- 36 months from the date of the examination

SYLLABUS

1. Life Support

Using a live simulated unconscious patient (not a manikin) demonstrate:

- Scene safety and assessment
- Turning a patient from prone to supine
- Open the airway & check for signs of life
- The action for vomiting and blockages
- The recovery position and aftercare
- Obtaining an airway on a suspected spinal injury patient using jaw thrust

Using a suitable adult manikin, demonstrate CPR and the use of supplementary oxygen via an effective method.

Demonstrate CPR on a:

- Child manikin
- Baby manikin

2. First Aid

Have a thorough knowledge and ability to recognise and manage the following conditions. Demonstrate the practical management of some of these conditions at the discretion of the Examiner:

- | | |
|----------------------------|--------------------------|
| • Choking | • Shock |
| • Fractures & dislocations | • Eye injuries |
| • Cramp | • Marine & Insect stings |
| • Fainting | • Sunburn |
| • Strain/Sprain | • Heat stroke/exhaustion |
| • Bleeding | • Hypothermia |
| • Head injuries | |

NARS EMERGENCY AID II (continued)

Acting individually, initiate the appropriate procedures at an incident and provide the aftercare for one or two patients from a previously unknown simulated first aid situation.

Answer 10 questions from the work sheets (First Aid and Resuscitation section) without referring to any notes. A mark of at least 8 is accepted as the minimum score permitted.

EXAMINATION

Complete the syllabus for the examination

NARS ADVANCED RESUSCITATION

AIM

- To establish advanced resuscitation skills and be able to act as a team leader in various situations

PRE-REQUISITE

- Be a minimum of 16 years of age on the date of examination

VALIDITY OF AWARD

- 36 months from the date of the examination

SYLLABUS

1. Life Support

Using a live simulated unconscious patient (not a manikin) demonstrate:

- Scene safety and assessment
- Turning a patient from prone to supine
- Open the airway & check for signs of life
- The action for vomiting
- The recovery position and aftercare
- Obtaining an airway on a suspected spinal injury patient

Using a suitable adult manikin, demonstrate CPR and the use of supplementary oxygen via an effective method and using appropriate flow rates.

Demonstrate CPR on a:

- Child manikin
- Baby manikin

Using a suitable adult manikin, demonstrate management of 2 and 3 person Cardio Pulmonary Resuscitation using bag/mask with oxygen

Demonstrate the effective application of oxygen therapy

Demonstrate a full knowledge of the oxygen and bag/mask resuscitation equipment

Using a live simulated patient (not a manikin) demonstrate management of spinal immobilisation using a cervical collar

Explain the appropriate management of a choking patient (adult, child, infant)

Complete a 40 question oral or written test covering the resuscitation and aftercare of a patient.

EXAMINATION

Complete the syllabus for the examination

NARS SPINAL INJURY MANAGEMENT

AIM

- To establish a standard, which creates an additional level of competence in spinal injury management for qualified lifeguards

PRE-REQUISITE

- Be a minimum of 16 years of age on the date of examination
- Hold either a NARS Beach Lifeguard Award/Surf Life Saving & Surfing Coach Award/STA NARS Pool Lifeguard Award/NARS Pool Attendant Award or any other recognised acceptable qualification

VALIDITY OF AWARD

- 24 months from the date of the examination

SYLLABUS

1. Theory

Candidates are required to complete 3 worksheets and to complete a 20 question multi-choice examination. These are designed to demonstrate that the candidate has a clear understanding of the knowledge required in the recognition and management of suspected spinal injuries and will cover the following:

- Anatomy & Physiology of the Spine
- Using a Spinal Board
- Stabilisation on Land
- Airway management and Rescue breathing for Spinal Injuries
- Rescue Procedures
- Injuries to the Spine
- Rigid Cervical Collars
- Lifting the Patient
- Aquatic Rollover & Immobilisation Techniques.
- Marine & Insect stings
- Recognition of Injuries
- Management of Injuries
- Use of Facemasks
- The Emergency Situation

2. Practical

As part of a team, demonstrate the application of a cervical collar for:

- A standing patient (dry land)
- A supine patient (dry land)
- A water borne patient

As part of a team, demonstrate the turning and stabilisation of a prone spinal patient using:

- Canadian Rollover (Log roll)
- Vice Grip
- Either the Bear Hug (Pool) or the Surf Lift (Beach)

As part of a team, demonstrate landing a spinal patient:

- Either the Horizontal Team Lift (Pool) or the Surf Rollover (Beach)
- Using a spinal board in the water
- Using a spinal board on land
- Any other spinal support equipment, which will be endorsed on the Certificate

NARS SPINAL INJURY MANAGEMENT (continued)

As part of a team, demonstrate:

- Spinal Airway Management
- Spinal patient resuscitation, this may include the use of oxygen
- Spinal patient action for vomit procedure

EXAMINATION

Complete 3 worksheets to the satisfaction of the Examiner.

Demonstrate the ability to carry out various defined rescue procedures in a safe manner

Complete a 20 question, multi-choice examination paper

NARS EMERGENCY RESPONDER

AIM

- To establish a level of skills with those who have proven prior knowledge and experience in primary life support, to deliver intermediate life support. This will include Basic Life Support with airway adjuncts, oxygen theory and the safe application of Automated External Defibrillation (AED).

PRE-REQUISITE

- Be a minimum of 18 years of age on the date of examination.
- The NARS (ER) is only open to candidates who have knowledge and experience of primary life support techniques. At the start of the NARS (ER) course all candidates will be required to demonstrate CPR and to satisfactorily complete a worksheet to test their knowledge of the resuscitation standards as set out by the Resuscitation Council (UK). Candidates who fail this test will not be permitted to continue the course and will not be entitled to a repayment of the course (registration) fee.

VALIDITY OF AWARD

- 36 months from the date of examination.

SYLLABUS

1. Theory

Candidates are required to complete the relevant section of the course book and to complete a 20 question multi-choice examination paper. These are designed to demonstrate that the candidate has a clear understanding of the knowledge required as an Emergency Responder covering the following topics:

- The use of facemasks
- The use of oxygen
- Early defibrillation
- The electrical system of the heart
- Using an AED

2. Practical

Demonstrate effectively the procedure for using supplementary oxygen for CPR when:

- On your own
- Working as part of a team

Demonstrate effectively the procedure for using an AED for a patient with:

- Ventricular Fibrillation (VF)
- VF with progression to asystole

Demonstrate effectively the procedure for using an AED when the following situations arise:

- Patient motion
- Loose electrode
- Service symbol
- Low battery

NARS EMERGENCY RESPONDER

EXAMINATION

Attend a registered course of instruction

Demonstrate the ability to carry out the practical skills as defined in the syllabus

Complete the syllabus for the examination

NARS IRB SURF CREWMAN

AIM

- To provide a standard for the operation of an Inshore Rescue Boat as IRB Surf Crewman

PRE-REQUISITE

- Be a minimum of 16 years of age on the date of examination
- Have a minimum of 10 hours experience as an IRB Surf Crewman (5 of which should be logged in surf), evidence of such being verified by means of a recognised log book signed by an Officer of the Club or equivalent
- Hold a current NARS Surf Life Saving & Surfing Coach Award (or recognised equivalent award) or hold a current NARS Emergency Aid I Award (or recognised equivalent) and complete Section 3 of the syllabus
- Provide proof of hours logged with a recognised log book signed off by a Supervisor/Officer of the Club.

VALIDITY OF AWARD

- 36 months from the date of the examination

SYLLABUS

1. Theory

Answer 25 questions from the IRB Crewman's work sheets without referring to any notes. A mark of 20 (80%) is accepted as the minimum score permitted.

Demonstrate knowledge of:

- All signals
- The craft, its equipment & motor, including the appropriate spares to be carried
- The crew's responsibilities in the pre-operation check and all safety aspects to be observed in the operation of the IRB
- The crew's responsibilities towards the stowage of the IRB, motor & equipment
- The crew's responsibilities towards the routine maintenance of the IRB & motor
- The use of radios and basic maintenance

2. Practical

Demonstrate competence in all aspects of the crew's responsibilities in launching, manoeuvring and recovery of the IRB

Demonstrate how to start the motor and return the IRB to shore from beyond the break

Demonstrate the crew's role whilst performing any of the following rescues, during which the crew must demonstrate an ability to lift a patient weighing 70kg (11 stone) into the craft from the water:

- Pick up beyond the break
- Pick up within the break
- Swim and tow with tube
- Throw line or tube
- Mass rescue encompassing any of the above

NARS IRB SURF CREWMAN (continued)

Demonstrate the following:

- The ability to give life support in the craft
- Care of the patient
- The crew's role in the patient carry
- A knowledge of the appropriate treatment of suspected spinal injuries

Demonstrate the ability to cope with any of the following emergency situations:

- Driver overboard & safe recovery to IRB
- Engine failure in the break
- Simulated puncture of pontoon
- Roll over procedure for craft (to be carried out without the motor)

Demonstrate knowledge of, and the ability to tie the following knots:

- Bowline
- Fisherman's knot
- Figure of eight on the bight
- Round turn and two half hitches

3. Life Saving Skills

(Only in the absence of a current NARS Surf Life Saving & Surfing Coach Award)

Complete a timed run swim run of 200m x 200m x 200m in the sea. A time of 9 minutes is accepted as the maximum time permitted for the test. Demonstrate two releases selected by the Examiner.

Demonstrate effectively the ability to carry out the following:

- A thorough knowledge and understanding of all signals
- Swim 150 metres, head up, to an unconscious, non-breathing patient and demonstrate deep water EAV using a rescue tube. Tow the patient to shore whilst carrying out EAV at regular intervals for the first 50 metres, then assume the patient to be breathing but still unconscious for the remainder of the tow. Land the patient and signal for assistance. Carry out an assisted drag to safety and demonstrate appropriate action and aftercare

Demonstrate and understanding of the following:

- The beach and ocean environment
- Radio usage
- Back up duties of the Life Saver
- General Life Saving topics
- Emergency services & incident management
- Health & safety issues

EXAMINATION

Complete the syllabus for the examination

NB: The use of all IRB's for training and examination purposes should be carried out in accordance with the most recent SLSA GB policy statements for powered craft. The examination should be carried out in testing conditions whilst maintaining a high level of safety at all times

NARS IRB SURF DRIVER

AIM

- To provide a standard for the operation of an Inshore Rescue Boat as an IRB Surf Driver

PRE-REQUISITE

- Be a minimum of 17 years of age on the date of examination
- Have a minimum of 20 hours experience as an IRB Surf Driver (10 of which should be logged in surf), evidence of such being verified by means of a recognised log book signed by an Officer of the Club or equivalent
- Hold the NARS IRB Surf Crewman Award
- Hold a current NARS Surf Life Saving & Surfing Coach Award (or recognised equivalent award) or hold a current NARS Emergency Aid I Award (or recognised equivalent award) and complete Section 3 of the syllabus

VALIDITY OF AWARD

- 36 months from the date of the examination

SYLLABUS

1. Theory

Answer 25 questions from the Driver's work sheets without referring to any notes. A mark of 20 (80%) is accepted as the minimum score permitted.

Demonstrate knowledge of:

- All signals
- The craft, its equipment & motor, including the appropriate spares to be carried
- How to carry out minor repairs to the motor using the tools and spares normally carried
- The driver responsibilities in the pre-operation check and all safety aspects to be observed in the operation of the IRB
- The driver responsibilities towards the stowage of the IRB, motor & equipment
- The driver responsibilities towards the routine maintenance of the IRB & motor
- The use of radios and basic maintenance

2. Practical

Demonstrate competence in all aspects of the driver's responsibilities in launching, manoeuvring and recovery of the IRB

Demonstrate how to start the motor and return the IRB to shore from beyond the break

Demonstrate the driver's role whilst performing any of the following rescues:

- Pick up beyond the break
- Pick up within the break
- Crew swim and tow with tube
- Throw line or tube
- Safely tow another craft
- Mass rescue encompassing any of the above
- Patient carry

NARS IRB SURF DRIVER (continued)

Demonstrate the ability to cope with any of the following emergency situations:

- Crew overboard – solo driving & safe recovery of crew
- Engine failure in the break
- Engine failure beyond the break
- Simulated puncture of pontoon
- Weed or rope tangled in propeller
- Roll over procedure for craft (to be carried out without the motor) including a demonstration of the sequence of steps to be carried out on the motor after immersion

Where available, demonstrate the accurate laying, adjustment and recovery of buoys and anchors normally used at Carnivals. Possess a knowledge of the use of the IRB as both safety cover and judge boat at Carnivals as set out in the current SLSA GB Competition Handbook

Demonstrate knowledge of, and the ability to tie the following knots:

- Bowline
- Fisherman's knot
- Figure of eight on the bight
- Round turn and two half hitches

3. Life Saving Skills

(Only in the absence of a current NARS Surf Life Saving & Surfing Coach Award)

Complete a timed run swim run of 200m x 200m x 200m in the sea. A time of 9 minutes is accepted as the maximum time permitted for the test. Demonstrate two releases selected by the Examiner.

Demonstrate effectively the ability to carry out the following:

- A thorough knowledge and understanding of all signals
- Swim 150 metres, head up, to an unconscious, non-breathing patient and demonstrate deep water EAV using a rescue tube. Tow the patient to shore whilst carrying out EAV at regular intervals for the first 50 metres, then, assume the patient to be breathing but still unconscious for the remainder of the tow. Land the patient and signal for assistance. Carry out an assisted drag to safety and demonstrate appropriate action and aftercare

Demonstrate an understanding of the following:

- The beach and ocean environment
- Radio usage
- Back up duties of the Life Saver
- General Life Saving topics
- Emergency services & incident management
- Health & safety issues

EXAMINATION

Complete the syllabus for examination

For re-examination, the candidate will be assessed as a Driver however, they will also be asked to demonstrate the skills required for IRB crewman to include patient rescue, recovery, after-care and other aspect of the crewman's responsibilities at the discretion of the Examiner.

NB: The use of all IRB's for training and examination purposes should be carried out in accordance with the most recent SLSA GB policy statements for powered craft. The examination should be carried out in testing conditions whilst maintaining a high level of safety at all times. Candidates are permitted to attempt both the NARS IRB Surf Crew and IRB Surf Driver Awards simultaneously providing sufficient hours have been logged and that fees are paid for BOTH awards.

COACH LEVEL 1

AIM

- To provide an introductory award for the Assistant Club Coach

PRE-REQUISITE

- Be a minimum of 16 years of age on the date of the course
- Be a current member of SLSA of GB
- Have completed the one Level 1 (Introductory) Sport Coach UK course: Working with children

VALIDITY OF AWARD

- 36 months

SYLLABUS

Prospective coaches must attend a one day level 1 surf coach course organised on a National or Regional basis to include a theoretical introduction to each of the seven modular disciplines below;

Module 1	Surf Swim
Module 2	Paddle Board
Module 3	Surf Ski
Module 4	Beach
Module 5	Stillwater
Module 6	Surf Boat
Module 7	IRB

EXAMINATION

Complete the Level 1 Surf Coach course

COACH LEVEL 2

AIM

- To provide an award for the Club Coach to enable the delivery of coaching Courses leading to the 'in-house' examination of certain awards

PRE-REQUISITE

- Be a minimum of 16 years of age on the date of the course
- Be a current member of SLSA of GB
- Have completed an SLSA of GB Level 1 Surf Coach award
- Have completed the three Level 2 (Introductory) Sport Coach UK courses: Coach in Action and Body in Action

VALIDITY OF AWARD

- 24 months from the date of the examination
- Level 2 Coaches must successfully complete a National update seminar at least once every two years. Failure to attend within this period will result in suspension of status. If a three-year period lapses without satisfactory completion of a seminar, status will be removed.

SYLLABUS

Prospective coaches must attend at least two, half day SLSA of GB Level 2 Surf Coach courses organised on a National or Regional basis to include both theoretical and practical examination from the following;

Module 1	Surf Swim
Module 2	Paddle Board
Module 3	Surf Ski
Module 4	Beach

Or prospective coaches must attend at one full day SLSA of GB Level 2 Surf Coach courses organised on a National or Regional basis to include both theoretical and practical examination from the following;

Module 5	Stillwater
Module 6	Surf Boat
Module 7	IRB

EXAMINATION

Complete a minimum of two Level 2 Surf Coach modules from swim, board or ski, or one module from stillwater, IRB or surfboat

OFFICIAL LEVEL 1

AIM

- To ensure that all Competition Officials have the necessary skills, knowledge and attitude to officiate and judge at local, Regional and National level life saving sport events.

PRE-REQUISITE

- Be a minimum of 18 years of age on the date of examination
- Be a current member of SLSA of GB
- Hold the Sport Surf Award (only required if participating as a Boat Judge)

VALIDITY OF AWARD

- SLSA Sport Officials can only be regarded as competent if they attend an accreditation update at least once every two years.
- Holders of this award can officiate as a Place/Finish Judge; Course Judge; Boat Judge (if Sport Surf Award is held); Recorder; Announcer

SYLLABUS

All persons who wish to officiate and judge at local, Regional and National level life saving sport events are required to attend a half-day course run by the ROAP. They must also participate at a minimum of one Regional or National event each year. The half day course will conclude with a written examination covering the following (minimum number of questions to be answered correctly in brackets):

- Beach and Ocean Area course layouts (4 out of 5)
- Beach and Ocean Area event rules (4 out of 5)
- Duties of Officials (4 out of 5)
- Finishing Procedures (2 out of 3)
- Recording/Points scoring procedures (2 out of 3)
- Protest procedures (2 out of 3)

All officials will undergo continuous examination while officiating at life saving sport events. Any official found to be incompetent will be removed from the list of accredited officials, until such time as they have successfully attended an official's accreditation course run by the ROAP.

EXAMINATION

Have completed a half-day Regional Officials Accreditation course run by a Regional Officials Accreditation Panel (ROAP)

OFFICIAL LEVEL 2

AIM

- To ensure that all Competition Officials have the necessary skills, knowledge and attitude to officiate and judge at local, Regional and National level life saving sport events

PRE-REQUISITE

- Be a minimum of 18 years of age on the date of examination
- Be a current member of SLSA of GB

VALIDITY OF AWARD

- SLSA Sport Officials can only be regarded as competent if they attend an Accreditation update at least once every two years
- Holders of this award can officiate as a Place/Finish Judge; Course Judge; Recorder; Announcer; Starter; Marshall
- Holders of this award will be deemed to be competent to the International Grade C Official standard

SYLLABUS

All persons who wish to officiate and judge at local, Regional and National level life saving sport events are required to attend a half-day course run by the ROAP. They must also participate at a minimum of one (1) Regional or National event each year. The half day course will conclude with a written examination covering the following (minimum number of questions to be answered correctly in brackets):

- | | |
|---------------------------------------|--------------|
| • Beach and Ocean Area course layouts | (4 out of 5) |
| • Beach and Ocean Area event rules | (4 out of 5) |
| • Duties of Officials | (4 out of 5) |
| • Starting Procedures | (2 out of 3) |
| • Finishing Procedures | (2 out of 3) |
| • Recording/Points scoring procedures | (2 out of 3) |
| • Marshalling Procedures | (2 out of 3) |
| • Protest Procedures | (2 out of 3) |

All officials will undergo continuous examination while officiating at life saving sport events. Any official found to be incompetent will be removed from the list of accredited officials, until such time as they have successfully attended an official's accreditation course run by the ROAP

EXAMINATION

Have completed a half-day Regional Officials Accreditation course run by a Regional Officials Accreditation Panel (ROAP)

REFEREE LEVEL 1

AIM

- To ensure that Area Referees have the necessary skills, knowledge and attitude to organise and manage the Beach, Swim or Craft Area at Regional and National level life saving sport events

PRE-REQUISITE

- Be a minimum of 21 years of age on the date of examination
- Be a current member of SLSA of GB
- Hold a current Level 2 Official Award

VALIDITY OF AWARD

- SLSA Sport Referees can only be regarded as competent if they attend an accreditation update at least once every two years
- Holders of this award can be an Area or Deputy Area Referee at a Regional or National life saving sport event. A holder of this award will be deemed to be competent to the International Grade B Referee standard, and if successful may be nominated to become a member of the ILS College of Referees

SYLLABUS

All persons who wish to be an Area or Deputy Area Referee at Regional and National level life saving sport events are required to attend a full day course run by the NOAP. They must also participate at a minimum of two (2) Regional or National events each year. The full day course will conclude with a written examination covering the following (minimum number of questions to be answered correctly in brackets):

- | | |
|---------------------------------------|---------------|
| • Beach and Ocean Area course layouts | (9 out of 10) |
| • Beach and Ocean Area event rules | (9 out of 10) |
| • Duties of Officials | (4 out of 5) |
| • Area Management | (4 out of 5) |
| • Radio Procedures | (4 out of 5) |
| • General Competition conditions | (4 out of 5) |
| • Disqualification and Appeals | (4 out of 5) |
| • Starting Procedures | (2 out of 3) |
| • Finishing Procedures | (2 out of 3) |
| • Recording/Points scoring procedures | (2 out of 3) |
| • Marshalling Procedures | (2 out of 3) |
| • Protest Procedures | (2 out of 3) |

All officials will undergo continuous examination while officiating at life saving sport events. Any official found to be incompetent will be removed from the list of accredited officials, until such time as they have successfully attended an official's accreditation course run by the NOAP

EXAMINATION

Have completed a one-day National Officials Accreditation course run by a National Officials Accreditation Panel (NOAP)

REFEREE LEVEL 2

AIM

- To ensure that Chief Referee's have the necessary skills, knowledge and attitude to organise and manage Regional and National level life saving sport events.

PRE-REQUISITE

- Be a minimum of 25 years of age on the date of examination
- Be a current member of SLSA of GB
- Hold a current Level 1 Referee Award

VALIDITY OF AWARD

- SLSA Sport Referees can only be regarded as competent if they attend an Accreditation update at least once every two years
- Holders of this award can be a Chief Referee or Deputy Chief Referee at a Regional or National life saving sport event. A holder of this award will be deemed to be competent to the International Grade A Referee standard, and if successful may be nominated to become a member of the ILS College of Referees

SYLLABUS

All persons who wish to be a Chief Referee or Deputy Chief Referee at Regional and National level life saving sport events are required to attend a full day course run by the RAOP. They must also participate at a minimum of two (2) Regional or National events each year. The full day course will conclude with a written examination covering the following (minimum number of questions to be answered correctly in brackets):

- | | |
|---------------------------------------|---------------|
| • Beach and Ocean Area course layouts | (9 out of 10) |
| • Beach and Ocean Area event rules | (9 out of 10) |
| • Duties of the Chief Referee | (4 out of 5) |
| • Duties of Officials | (4 out of 5) |
| • Area Management | (4 out of 5) |
| • Radio Procedures | (4 out of 5) |
| • General Competition conditions | (4 out of 5) |
| • Disqualification and Appeals | (4 out of 5) |
| • Starting Procedures | (2 out of 3) |
| • Finishing Procedures | (2 out of 3) |
| • Recording/Points scoring procedures | (2 out of 3) |
| • Marshalling Procedures | (2 out of 3) |
| • Protest Procedures | (2 out of 3) |

All Referees will undergo continuous examination while officiating at life saving sport events. Any official found to be incompetent will be removed from the list of accredited officials, until such time as they have successfully attended an official's accreditation course run by the NAOP

EXAMINATION

Have completed a one-day National Officials Accreditation course run by a National Officials Accreditation Panel (NOAP)

INSTRUCTOR

AIM

- To provide an award, which qualifies the holder to instruct candidates for SLSA GB awards. Candidates must attend a course of instruction.

PRE-REQUISITE

- Be a current member of SLSA GB
- Be a minimum of 17 years of age on the date of examination
- Hold or have held the appropriate SLSA GB award, or an equivalent for which they will instruct, within the previous 10 years. Where awards held are those of another organisation, the approval of the Director of Life Saving must be sought.
- Instructors should complete and maintain a portfolio of evidence.

VALIDITY OF AWARD

- 24 months from the date of the examination
- Instructors must successfully complete a National update seminar at least once every two years. Failure to attend within this period will result in suspension of status. If a three-year period lapses without satisfactory completion of a seminar, status will be removed

EXAMINATION

All appointments are initially probationary; all candidates are assessed on the job during probation, having successfully completed an SLSA GB Instructor's course

Present a minimum of two candidates (not retakes) for an award.

The Instructor will be assessed on the quality of those candidates presented. They will also be expected to give a 5 minute lesson on any topic chosen by the Examiner from the manual in addition to answering a series of questions on instructing techniques and relevant sections of the training manual.

EXAMINER

AIM

- To provide an award, which qualifies the holder to examine candidates for SLSA GB awards.

PRE-REQUISITE

- Be a current member of the SLSA GB
- Be a minimum of 18 years of age on the date of examination
- Hold or have held the appropriate SLSA GB award wishing to assess in the last 10 years.

VALIDITY OF AWARD

- 24 months from the date of the examination
- Examiners must successfully complete a National update seminar at least once every two years, and must, once during that period demonstrate the ability to perform a 2 x 200 metres competence swim in the sea. Failure to attend within this period will result in suspension of status. If a three-year period lapses without satisfactory completion of a seminar, status will be removed

EXAMINATION

All appointments are initially probationary; all candidates are assessed during probation, having successfully completed an SLSA GB Examiner course

The probationary period will normally last 12 months although a shorter period is acceptable at the discretion of the Regional Life Saving Officer

During this period conduct 2 examinations supervised by a Senior Examiner, then satisfactorily conduct a 3rd examination as the Examiner in charge. If deemed competent during the final examination, the candidate will be granted Full Examiner status.

APPENDICES

Page No.	Forms	Comments
52	Course Registration Form	See index at the start of this manual to see which forms need a completed registration form
53	Manual Order Form	Allow 14 days for ordering manuals. Cheques should be made payable to SLSA GB
54	Pre-Exam Checklist	An examination will not start until all relevant elements listed on this form are checked
55	Examination Application Form (sample)	This is only for information. You should use the triplicate pad issued from HQ
56	Partial Pass Form	Use this form to apply for a re-examination where a candidate has received a partial pass
57	Exam Appeal form	If you are unhappy with the result, please use this form to initiate the appeal process
	Marking Guides	Available on the website: www.surflifesaving.org.uk

COURSE REGISTRATION FORM 2007

This form should be sent to the **Regional Life Saving Officer**

Course start date:	Proposed examination date:
Award to be contested:	
No. of Candidates:	
Club/organisation:	
Course organiser:	
Course Instructor (if different): Memb No:	
Correspondence address:	
..... Postcode:	
Telephone No (day):	
Email address:	

Type of course	NEW / RENEWAL/ BOTH	Is this course open to others	YES / NO
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Training course dates	Dates from	Dates to	Start time	Finish time	Total number of training days	Total number of training hours excluding breaks
Pool Training Location						
Theory Training Location						
Open Water Training Location						

Should the number of candidates taking the exam change from the number training, please notify the Regional Life Saving Officer (RLSO) as soon as possible.

RLSO USE ONLY

Date Rec'd:	Support Call:	Moderation Visit:
Exam date:	Examiner/s:	

MANUAL ORDER FORM 2007

This form should be sent to **SLSA GB** (allow 14 days)

ITEM	QTY	PRICE	TOTAL
NARS BEACH LIFEGUARD MANUAL		£15 each	
		SUB TOTAL	
		VAT	ZERO
		TOTAL (enclosed)	

PLEASE SEND TO:

NAME: _____ CLUB: _____

ADDRESS: _____

TEL.NO: _____

E-MAIL: _____

Office Use Only			
Date Rec'd:	Fees Rec'd:
Order No.:	Ordered:

PRE-EXAM CHECKLIST

The Examiner in charge must complete this checklist before the exam commences

Examiners name (s)		
Examiners signature		
Date		

Check	Tick	Initials
Course Registration Form (if applicable)		
Pool time results sheet		
Completed Exam Application Forms		
Instructor present		
Written risk assessment completed on the day		
Lifeguard / Safety cover present		
First aid kit available		
Rescue boards serviceable		
Torpedo tubes serviceable		
Manikins serviceable & wipes available		
Oxygen equipment & Face mask available		
Surf & Beach conditions suitable		
Weather conditions suitable		
'Dry' area suitable		
Comments		

EXAMINATION APPLICATION FORM

- Prior to the start of the exam, the Examiner must receive from the Instructor ALL THREE COPIES of the Exam Application Form correctly completed
- On completion of the examination ensure ALL three copies of the Exam Application Form are suitably endorsed with the result and Examiner's names and signatures.
- Note 1: Successful candidates for the NARS Surf Life Saving & Surfing Coach, NARS Beach Lifeguard and Emergency Aid 2 Awards are entitled to purchase an Appointed Persons Certificate. Tick the box for candidates requiring these certificates and enclose the appropriate fees

CLUB / ORGANISATION:

AWARD CONTESTED:

COURSE INSTRUCTOR: MEMB NO:

ADDRESS:

..... Tel:.....

EMAIL

I certify that the below listed candidates will ALL take the examination at the arranged time and date

	SLSA GB Memb. No.	FIRST NAME	SURNAME	D.O.B	Appointed Person See Note 1 ✓	EXAM RESULT Competent (C) Partial Pass (PP) Not Yet Competent (NYC)
1						
2						
3						
4						
5						
6						
7						
8						

EXAMINER (s): 1. SIGNATURE 1. Memb. no:

2. SIGNATURE 2. Memb. no:

LOCATION: DATE:

Total fees submitted: £ Cheque No:

White Copy – SLSA GB

Pink Copy – RLSO

Green Copy – Retain by Instructor

OFFICE USE ONLY

Date Rec'd: Course Reg No: Fee Rec'd:

Certs sent: Database: Cleared:

PARTIAL PASS FORM

SECTION 1 (to be completed by the Examiner)		CANDIDATE'S DETAILS	
Candidate's Name:			
SLSA GB Membership No:			
Club/Organisation:			
Address:			
		Postcode:	
Award contested:			
Original EAF No:			
Section requiring re-examination:			

This candidate must re-sit the above named section of the relevant award having been successful in attaining the required standard in all other sections

SECTION 2 (to be completed by the Candidate)		CANDIDATE'S DECLARATION	
I certify that the information above is correct and that I have undergone further instruction and training. If applicable, I enclose a cheque made payable to SLSA GB for the appropriate fee.			
Signed:		Date:	

Section 3 (to be completed by the Instructor)		INSTRUCTOR'S DECLARATION	
I have completed an Exam application Form for the above named candidate and have arranged for re-examination to take place at:			
on:			
Signed:		Date:	

Section 4 (to be completed by the Examiner)		RE-EXAMINATION RESULT	
Result: (delete as applicable)	COMPETENT	NOT YET COMPETENT	
Reason, if not yet competent			
Date:		Location:	
Examiner 1:		Signature 1:	
Examiner 2:		Signature 2:	

Copy the form and attach to the newly completed Exam Application Form and send to SLSA GB

EXAMINATION APPEAL FORM

PART A (to be completed by the candidate and sent to SLSA GB)

Name:	
Address:	
Telephone No:	
Award:	
Exam Date:	
Instructor:	
Examiner:	

I am dissatisfied with the examination carried out on the above course; I have discussed this with my Examiner and I am not satisfied with the outcome. I set out below brief details of my complaint and I confirm that I wish to invoke the appeals procedure.

--

Signed by the candidate:		Date:	
Signed by the Examiner:		Date:	

PART B (to be completed by Regional Life Saving Officer)

I have discussed the above complaint with the candidate and the Examiner. I set out below my comments, which I have discussed with the candidate.

--

I consider that the appeal should be upheld/ dismissed* and the original exam result be amended/unchanged*.

Signature:		Date;	
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I am/am not* satisfied with the outcome of the appeal and do not/wish* to carry the appeal to the next stage.

Candidate's Signature:		Date:	
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PART C (to be completed by the Director of Life Saving)

I have reviewed the procedure adopted by the Examiners and I set out my comments below:-

--

I have met with the candidate, the Examiners and the Regional Life Saving Officer and I consider that the appeal should be upheld/ dismissed* and the original exam result be amended/unchanged*.

Signature:		Date:	
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I am/am not* satisfied with the outcome of the appeal and do not/wish* to carry the appeal to the next stage.

Candidate's Signature:		Date:	
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PART D (Appeals Panel)

Received by the SLSA of GB:	
Appeal Panel formed on:	
Members of Appeal Panel:	
I confirm that the Appeal panel met on _____ to consider the above appeal	

The decision of the Appeal Panel is:-

That the appeal be upheld / That the appeal should be dismissed and the original Exam upheld.

Signature	Date
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(Chairman of the Appeal Panel)