

Changes to the WSI Junior Lifeguard Award Syllabus during COVID-19 Period

General Comments for All Levels

- As well as the modifications recommended below, candidates must also adhere to site-specific and government guidelines.
- 2m social distancing to be observed at all times on the pool deck.
- No personal equipment (e.g. fins, floats, goggles etc.) should be shared
- Face masks to be worn on pool deck at all times.
- PPE, minimum Face Mask and Gloves, must be used if demonstrating Chest Compressions or AED on a manikin. If individual manikins are not available, then manikin(s) will need to be disinfected thoroughly before and after each candidate's use.
- Rescue equipment should be available for each candidate. If rescue equipment needs to be shared then ensure that the equipment is disinfected thoroughly before and after each candidate's use.

Junior Lifeguard Level 1

Topic	Lesson	Test Item	Modifications for COVID-19
Swim	Pool Entry/Exit	Demonstrate how to enter/exit a pool safely.	Don't use the same point for entry and exit
Rescue Swim	Swim – 25m	Swim 25 metres of any lifesaving stroke of good technique	No Change
	Tread Water	Tread water for 30secs	No Change
	Surface Dive	Use a surface dive to collect an item from a depth of 1.5m	No Change
Rescues	Simple Rescue	Perform a voice contact and reaching rescue	Perform as normal but do not land subject. Explain how to land a subject safely.
	Throwing Rescue	Perform a throwing rescue to subject 3m away	Perform as normal but do not land subject. Explain how to land a subject safely.
Sport	Obstacle Race	From a standing dive, swim 25m and swim under an obstacle.	No Change
Being a Pool Lifeguard	What does a Pool Lifeguard Do?	Talk to a Pool Lifeguard and find out 3 duties that they undertake	No Change
	What does a lifeguard look like?	Colour the picture on your assignment sheet to show how lifeguards dress.	No Change
	How hot is your pool?	Talk to a Pool Lifeguard and find out what is the correct temperature of the pool. Learn how to take the temperature of the pool.	No Change
Pool Safety	Don't get into pool	Students understand that only a pool lifeguard should perform rescues (i.e. student is not a lifeguard)	No Change
	Personal Safety - How to be safe around the pool	Complete Pool Safety word search on activity sheet.	No Change
	Pool Hazards: What is dangerous around a pool?	On your assignment sheet draw any six signs seen in the pool environment and write what each one means	No Change
BLS	Recognising an Emergency 1: Emergencies in/around the pool	List three examples of an emergency in and around the pool	No Change

Junior Lifeguard Level 2

Topic	Lesson	Test Item	Modifications for COVID-19
Swim	Straddle Jump	Demonstrate an effective straddle Jump	No Change
	Diving	Demonstrate standing dive	No Change
Rescue Swim	Swim – 50m	Perform a continuous swim of the following: 25m Inverted Breast Stroke 25m Side Stoke	No Change
	Underwater Swim (with fins)	Swim under water for 5m using dolphin kick	No Change
	Treading water	Tread water non-stop for one minute while signalling for help	No Change
Rescues	Throwing Rescue	Throwing rescue to subject 4m	Perform as normal but do not land subject. Explain how to land a subject safely.
Sport	Fin Swim Race (fins optional)	25m swim race from a standing dive maintaining good technique Record time on cert	No Change
Being a Pool Lifeguard	What does a Pool Lifeguard Do?	Talk to a Pool Lifeguard, tell them the three duties they perform which you learned about in Level 1. Find out about three more and list them on your assignment sheet.	No Change
	Keeping the Pool Clean	Talk to Pool Lifeguard and find out how and why the pool is cleaned. Why do we shower before entering the pool?	No Change
Pool Safety	Personal Safety: How to be safe around the pool	List five safety signs you see in the pool area in your work sheet.	No Change
	Pool Hazards: What is dangers are found around the pool?	Identify five dangers in the pool area and list them on your worksheet	No Change
BLS	Recognising an Emergency 1: Emergencies in/around the pool	List three examples of an emergency in and around the pool	No Change
	Recognising an Emergency 2: How do you check for a response?	Demonstrate how to 'shake and shout'	Perform a visual check for breathing.
	Recognising an Emergency 3: How do you know if someone is breathing?	Demonstrate how to 'look and listen'	Continue visual check for breathing.
	999 or 112	Explain what 999 or 112 is and when is it used?	No Change

Junior Lifeguard Level 3

Topic	Lesson	Test Item	Modifications for COVID-19
Swim	Diving	Demonstrate standing dive NOTE: Only use standing dive where allowed. Minimum depth 1.8m and only under supervision	No Change
	Turns	Perform a touch, turn and glide	No Change
Rescue Swim	Swim - 100m	Perform a continuous swim of the following with good technique: 50m Inverted Breast Stroke 50m Side Stroke	No Change
	Sculling	Demonstrate 10m of feet first sculling Demonstrate 10m of head first sculling	No Change
	Treading Water	Tread water for 1.5mins while passing a ball to other members of class	No Change
Rescues	Throwing Rescue	Perform a throwing rescue to subject 4m away	Perform as normal but do not land subject. Explain how to land a subject safely.
	Pole Rescue	Perform a reaching rescue using reaching poles available on pool deck.	Perform as normal but do not land subject. Explain how to land a subject safely.
	Simple Rescues	List three types of simple rescues	No Change
	Rescue	List three types of rescue equipment	No Change
Sport	Fun Race	25m swim with rescue tube/woggle/small bucket from a standing dive	Perform as normal but with a standing start as opposed to a standing dive.
Being a Pool Lifeguard	What does a Pool Lifeguard Do?	Talk to the Pool Lifeguard and find out why they stand in different areas. How does a Pool Lifeguard recognise/prevent an emergency situation?	No Change
	Keeping the Pool Clean	Talk to the Pool Lifeguard and find out how the water is cleaned.	No Change
	Lifeguard Rescue	Draw a picture of a Pool Lifeguard making a rescue in a pool.	No Change
Pool Safety	Personal Safety: How to be safe around the pool	What have you learned about pool safety from the WSI Safety Around the Pool poster? What can you remember? Tell your instructor.	No Change
	Pool Hazards: What is dangerous around a pool?	Complete the crossword	No Change
	Know the Signs	What signs can be seen from where you are now? What do they mean?	No Change
BLS	Recognising an Emergency 1: Emergencies in/around the pool	List three examples of an emergency in and around the pool	No Change
	Recognising an Emergency 2: How do you check for a response?	Demonstrate how to 'shake and shout'	Perform a visual check for breathing.
	Recognising an Emergency 3: How do you know if someone is breathing?	Demonstrate how to 'look and listen'	Continue visual check for breathing.
	Crowd Control	Explain why is it important to control the crowd in an emergency situation? Explain how can a crowd be a help and a hindrance?	No Change
	999 or 112	List what information should be given when you call emergency services	No Change
	First Aid Kit	On your assignment sheet pick three items and describe why and how you would use them	No Change
	First Aid	Explain how to apply a plaster if you have a small cut	No Change

Junior Lifeguard Level 4

Topic	Lesson	Test Item	Modifications for COVID-19
Swim	Diving	Perform a standing dive and remain under water for 7m	No Change
	Turns (with fins)	Perform a touch, turn and glide 7m underwater	No Change
Rescue Swim	50m (with fins) Swim - Head Down	Swim 50m front crawl with fins.	No Change
	25m (with fins) Swim - Head Up	Swim 25m front crawl with fins with head up	No Change
	25m (with fins) Swim - On Back	Swim 25m on back with fins	No Change
	Tread Water	Play Pass the Parcel Game for 2mins	Tread water with hands over head
Rescues	Speed Rope Throw.	Complete rope throw rescue on a subject 6m away in 60seconds. Note time on certificate	Ensure 2m social distance at all times
	Shallow Water Resus	Check if unconscious casualty is breathing while bringing subject to side of pool	Show ability to turn a manikin simulating unconsciousness from a prone to a supine position in shallow water. Hold head out of the water and perform visual check for breathing. Do not simulate rescue breaths. Explain correct follow-up procedures
Sport	Rescue Tube (& Fin) Race	Swim 25m with rescue tube and fins from a standing dive Record time on certificate	No Change
Being a Pool Lifeguard	Pool Lifeguard Communication	Talk to the Pool Lifeguard and find out why it is important for them to be able to communicate with each other and how they do it. List three rescue items on work sheet	No Change
Pool Safety	Personal Safety - How to be safe around the pool	Discuss some of the hazards of the pool environment along with some of the safety equipment available.	No Change
	Pool Hazards - What is dangerous around a pool?	Draw a picture of the pool environment and show five areas where dangers can be found and the signs that would warn of these dangers.	No Change
BLS	Recognising an Emergency 1: Emergencies in/around the pool	Complete the BLS assignment	No Change
	Recognising an Emergency 2: How do you check for a response?	Demonstrate how to 'shake and shout'	Perform a visual check for breathing.
	Recognising an Emergency 3: How do you know if someone is breathing?	Demonstrate how to 'look and listen'	Continue visual check for breathing.
	Dealing with an Emergency 1: Performing CPR	Demonstrate the CPR skills of: <ul style="list-style-type: none"> • Rescue Breathing • Correct hand position • Chest compression 	Explain how to perform rescue breaths but do not perform. Correct hand position and chest compressions to be performed on a manikin.
	Dealing with an Emergency 2: Recovery Position	Demonstrate how to put subject in recovery position	Do not demonstrate. Instead, explain how to put someone in the recovery position. Explain and demonstrate on self how to put someone in the recovery position.
	First Aid	Explain how to deal with cramp.	No Change

Junior Lifeguard Level 5

Topic	Lesson	Test Item	Modifications for COVID-19
Swim	Straddle Jump	Demonstrate an effective straddle Jump	No Change
	Diving	Standing Dive - 7m under water	No Change
	Turns (with fins)	Perform a touch, turn and glide 7m underwater	No Change
Rescue Swim	150m Swim (with Fins)	The following to be completed in 4.5min: Swim 50m front crawl with fins. Swim 50m front crawl with fins with head up Swim 50m on back with fins	No Change
	100m Rescue Strokes	Swim 100m of rescue strokes in any combination	No Change
	Treading Water	2mins of treading water and removal of t-shirt	No Change
	Evasive/Defensive Actions	Demonstrate effective evasive and defensive actions	Demonstrate evasive action. Explain defensive actions
Rescues	Contact Carry	Carry subject for 10m using straight arm chin tow	Carry to be performed using a water manikin
	Contact Tow	Tow subject with rescue tube/woggle/float for 25m	Can be done once it is non-contact
Sport	100m Relay Race	Race can be in any format and site specific	Do not perform
Being a Pool Lifeguard	Pool Lifeguard Communication	Talk to a Pool Lifeguard and learn how to talk to public in a pool	No Change
Pool Safety	Pool Lifeguard Rescue	Perform 2 mini-stage incidents	Can be done once there is no contact
	Water Hygiene	Pool lifeguard will explain how water is tested	No Change
BLS	Recognising an Emergency 1: Emergencies in/around the pool	Answers the questions in your worksheet	No Change
	Recognising an Emergency 2: How do you check for a response?	Demonstrate how to 'shake and shout'	Perform a visual check for breathing.
	Recognising an Emergency 3: How do you know if someone is breathing?	Demonstrate how to 'look and listen'	Continue visual check for breathing.
	Dealing with an Emergency 1: Performing CPR	Demonstrate the CPR skills of: <ul style="list-style-type: none"> • Rescue Breathing • Correct hand position • Chest compression 	Explain how to perform rescue breaths but do not perform. Correct hand position and chest compressions to be performed on a manikin.
	Dealing with an Emergency 2: Recovery Position	Demonstrate how to put subject in recovery position	Do not demonstrate. Instead, explain how to put someone in the recovery position. Explain and demonstrate on self how to put someone in the recovery position.
	Dealing with an Emergency 3: Dealing with Vomiting	Demonstrate how to deal with a subject who is vomiting	Demonstrate how to deal with vomiting on a manikin
	AED	Demonstrate how to use an AED Number sequence of events in worksheet. Fill in the speech bubbles in worksheet	Demonstrate how to use a an AED on a manikin