

Modifications to Local Authority Beach Lifeguard Test during the COVID-19 Period

1. In the event that the test can be carried out indoors, a modified version of the test can be carried out as described below.
2. If pools are closed, the outdoor test described below can be used. However, if the pools are open, this can be used as an additional test by WSDO's.

Notes:

1. As well as the modifications recommended below, candidates must also adhere to site-specific and government guidelines.
2. Any rescue equipment used must be sanitised between rescues.
3. All Lifeguard candidates to maintain a minimum 2m social distance on pool deck or beach.
4. All Lifeguard candidates to wear recommended PPE when not performing rescues in pool or outdoor water areas
5. Lifeguard Candidates may use family or household member as "partner" for training. These family members can also be used for demonstrations.
6. The "Level" chin grip is not to be used during rescue skill sequences

Modifications to Local Authority Test:

1. Section A – Practical BLS Assessment – examined in pairs

Test Item/Skill Description	Modification of Test Item for COVID-19 Period	Changes
Check for Safety	Check for Safety	BLS unchanged in terms of technique except that Rescuers will be wearing masks and gloves.
Check for Response	Check for Response	
Open Airway	Open Airway	
Check for Normal Breathing	Check for Normal Breathing	
Call 112/999 or send someone to call 112/999	Call 112/999 or send someone to call 112/999	
Send for an AED	Send for an AED	
Place heels of hands in centre of chest, interlocking fingers	Place heels of hands in centre of chest, interlocking fingers	
Commence CPR - 30 Chest Compressions	Commence CPR - 30 Chest Compressions	
Rescue Breaths	Rescue Breaths	
Use of AED	Use of AED	
Recovery Position	Recovery Position	Rescuer to verbally explain and put themselves into it

2. Section B – Timed Swim

No change

3. Section C – Rescue Skills

Test Item/Skill Description	Modification of Test Item for COVID-19 Period	Changes
100m Tow with Canbuoy/Rescue Tube in not more than 4 minutes	100m Tow with Canbuoy/Rescue Tube in not more than 4 minutes	No change
25m Approach, Release and 25m Carry (Front Double)	25m Approach and 25m Manikin Carry <ul style="list-style-type: none"> • 25m head-up approach, collect a manikin and carry back to starting point. • Weighted manikin to be held at wall. 	1. Front double removed. 2. Marking changed to the following <ul style="list-style-type: none"> ○ Approach (6marks) ○ Grip/ Secure Carry (10marks) ○ Communication (4marks)
25m Approach, Release and 25m Carry (Rear Double)	50m Manikin Carry with Fins. <ul style="list-style-type: none"> • Start at wall with a weighted manikin. • Manikin must be carried by cross chest, head carry or chin tow. 	1. Rear double and 25m approach removed 2. Marking changed to the following <ul style="list-style-type: none"> ○ Efficiency (3marks) ○ Grip/ Secure Carry (13marks) ○ Communication (4marks)
20m Approach, Surface dive and Deep-Water Resuscitation	<ul style="list-style-type: none"> • 20m head-up approach. • Surface dive and pick up submerged manikin. • Administer deep water resuscitation for 10m. 	Manikin to be used for all parts Marks - no change
Board Rescue	<ul style="list-style-type: none"> • Approach on paddle board to unconscious casualty • Position casualty onto board • Continue board rescue to end of Pool 	Both Rescuer and Casualty to wear masks Marks - no change

Open Water Part to Local Authority Test:

Note: WSI to provide a marking sheet

1. Timed Run-Swim-Run

- a. Run, Swim Run in less than 8 minutes
- b. 100m run, 200m swim from knee depth water & 100m run
- c. In areas where a 100m run space is not available, Run can be done as a shuttle run (ie 4 x 25m around marking flag)
- d. Fins and goggles can be used for this test item.
- e. Full marks (60 marks) will be given at 6mins 10secs and will drop in time bands to 0.
- f. Exceeding time will result in candidate failing the test. **Note:** Weather conditions and sea conditions can be considered at the discretion of the Examiner.

2. 100m Canbuoy/Rescue Tube Tow

- a. Rescue a conscious casualty 100m from waist deep water using canbuoy/rescue tube and return to shore.
- b. Do not clip on casualty. Casualty to hold onto extended canbuoy/rescue tube.
- c. Maximum time 7 minutes.
- d. While casualty is conscious they should not kick strongly while being towed.
- e. Rescuer must tow the casualty (i.e. Conditions allowing, tension should be maintained on rope during tow).
- f. 20 marks to be broken up as follows:
 - i. Efficiency (10marks)
 - ii. Communication (5marks)
 - iii. Safe Distance & Tension in Rope (5marks)

3. 200m Board/Rescue Ski Paddle

- a. Paddle out and around a buoy 200m from waist deep water using rescue board or ski.
- b. 20 marks.
- c. If candidate falls off they will be allowed repeat the full item. If the candidate falls off a second time, they fail the test. **Note:** Weather and sea conditions can be considered at the discretion of the Examiner as to whether subsequent attempts can be made.