

Changes to the WSI Lifeguard Award Syllabi during the COVID-19 period.

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 cleaned between rescues.
3. All Lifeguard Course candidates to maintain a minimum 2m social distance on pool deck or beach.
4. All Lifeguard Course candidates to wear recommended PPE when not performing rescues in pool or outdoor water areas
5. Lifeguard Course 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

Theory for all Lifeguard Awards:

Online theory teaching may be carried out as per earlier recommendations to the Technical Committee (along with Manual worksheets)

BLS (Unit 1 of all Pool Lifeguard Tests, Section A of all Beach Lifeguard Tests):

1. If Candidate holds in date WSI BLS 3, PHECC CFR or FAR qualifications: These can be accepted as completion of BLS Module (as per earlier recommendations to Technical Committee). Oxygen Administration, Manual Suction and BVM will still need be taught.
2. If Candidate has no other BLS Awards: Lifeguard BLS classes will be taught in line with ERC and PHECC guidelines, along with Oxygen Administration, Manual Suction and BVM.

Unit 1 BLS Pool Lifeguard (Section A – Beach Lifeguard)

Test Item	Test Item description	Modification of Test Item during COVID-19 period	Main Changes
(a)	Demonstrate Adult CPR on Adult Manikin and use of AED	Demonstrate Adult CPR plus AED and 2 person BVM on an Adult Manikin	No rescue breaths to be given. Visual check for breathing. Use 2 person BVM only
(b)	Demonstrate 2 operator CPR on an Adult Manikin	Candidates to explain to Examiner 2 person CPR including how and when to changeover	No changeover to be demonstrated
(c)	Demonstrate Child CPR on Child or Infant Manikin	Demonstrate Compression only CPR on Child or Infant Manikins. Demonstrate rescue breaths only if Child/Infant BVM is available.	No rescue breaths to be given unless Using BVM (2 person). Visual check for breathing.
(d)	Turn unconscious prone victim, check for breathing., demonstrate recovery position	Candidates to explain to Examiner how to turn a victim from prone to supine and how to place a victim into a recovery position.	No demonstration of skill to be attempted
(e)	Treat alternative circumstances to include choking and vomiting victim	Candidates to explain to Examiner how to treat conscious and unconscious FBAO and vomiting	No demonstration of skill to be attempted

3.

Pool Lifeguard Level 1 & 2:

Unit 2 Lifeguard Skills

Test Item	Test Item description	Modification of Test Item during COVID-19 period	Main Changes
(a)	Swim (LEVEL 2)	Swim 50M Front Crawl in less than 60 sec. with the head above the water. Swim 50M Breast Stroke head up & 50M combination of rescue strokes. (not timed). Swim 25M underwater, retrieve 3 objects placed 5m apart from the deepest end of the pool. Candidate should surface after finding 1st object, show to assessor and drop for the next candidate. Repeat for object 2&3. Goggles can be worn for underwater search.	None
(b)	Demonstrate 2 Land-Based Rescues	Perform rescue skills as normal and explain landing and aftercare (to the Examiner). Skills examples: Voice Contact, Reaching Rescue, Ring Buoy, Rescue Pole, Rope Rescue.	None
(c)	Demonstrate 2 Non-Contact Rescues	Perform rescue skills as normal and explain landing and aftercare (to the Examiner). Skill examples: Wading Rescue using Pole. Deep water rescue in water using ring buoys, floats, woggles or other pool items. Encourage casualty from safe distance (2m).	None

Test Item	Test Item description	Modification of Test Item during COVID-19 period	Main Changes
(d)	Demonstrate any 3 suitable contact rescues or releases from drowning grips	<p>1. Throw bag rescue (10m)</p> <p>2. Straddle jump into pool with rescue tube (under arms and across chest). Approach 10m to a drowning casualty, pass rescue tube to casualty and tow to shallow where casualty and rescuer can stand, maintaining 2m.</p> <p>3. Explain one of the following rescues in detail to the Examiner: Front Surface Approach and Head Carry, Underwater Approach and Cross Chest Carry. NOTE: Use video or presentation to teach skill. Skill may also be demonstrated by siblings or family members using facemasks.</p> <p>4. Explain one of the following releases in detail to the Examiner: front double neck hold push-away, rear double arm neck hold push-away. NOTE: Use video or presentation to teach skill. Skill may also be demonstrated by siblings or family members using facemasks</p>	Demonstrate 1 and 2. Explain 3 and 4. No contact releases or rescues in water or on land
(e)	Demonstrate Evasive and Defensive Techniques	Demonstrate 1 Evasive in water keeping at least 2m distance and <u>Explain</u> Defensive Techniques	No defensive actions in water or on land
(f)	Demonstrate 3 methods of towing and an assist (LEVEL 1)	Demonstrate three methods of towing on a manikin (Head Carry, Cross Chest Carry and Chin Tow) and explain an assist. (LEVEL 1 & LEVEL 2)	No close contact carries in water
(f)	Demonstrate 4 methods of towing (LEVEL 2)	Demonstrate three methods of towing on a manikin (Head Carry, Cross Chest Carry and Chin Tow) and explain an assist. (LEVEL 1 & LEVEL 2)	No close contact carries in water
(g)	Retrieve an Item from Deepest Part of Pool & Demo shallow water resuscitation (LEVEL 1)	(LEVEL 1) Submerge safely and recover item from deepest part of pool. Exchange for manikin and walk to safety while holding manikin's head above water and checking for breathing (Visual). No simulated breaths in water.	No Rescue Breaths in water. Manikin to be used

Test Item	Test Item description	Modification of Test Item during COVID-19 period	Main Changes
(g)	Demonstrate Surface Dive (min depth 1.5m – max depth 2m) with deep water resuscitation (LEVEL 2)	(LEVEL 2) Demonstrate surface dive (min depth 1.5m – max depth 2m and retrieve item/manikin from bottom of pool. Surface-dives to be carried out as normal. Using a submersible manikin or an old BLS manikin, carry to shallow water and walk to safety while holding manikin’s head above water and checking for breathing (Visual). No simulated breaths in water.	No Rescue Breaths in water. Manikin to be used
(h)	Demonstrate Techniques for Spinal Injury Management in Shallow Water (LEVEL 1)	(LEVEL 1) - Shallow Water - Carry out vice-grip spinal rescue with the modification of using an empty submersible manikin or an old BLS manikin in place of a subject. NOTE: All rescuers to wear masks during spinal board training and examinations.	Training Manikin to be used
(h)	Demonstrate Techniques for Spinal Injury Management (LEVEL 2)	(LEVEL 2) - Carry out vice-grip spinal rescue with the modification of using an empty submersible manikin or an old BLS manikin in place of a subject. NOTE: All rescuers to wear masks during spinal board training and examinations	Training Manikin to be used

4. **Unit 3: Pool Operation Skills (Staged Incident): (LEVEL 1 & LEVEL 2)**

- a) Perform as normal keeping in mind any skill modifications mentioned above.
- b) Double Drowning Rescue not to be performed but can be explained to the Examiner, if asked
- c) Make sure Rescuers maintain safe distance on the bank.
- d) Those not entering the water should continue wearing their PPE.

Pool Lifeguard Level 1 Revalidation:

5. Unit 2: Lifeguard Skills:
 - a) See Section 3 above for appropriate tests items
6. Unit 3: Pool Operation Skills (Staged Incident):
 - a) See Section 4 above

Pool Lifeguard Level 2 Revalidation:

7. Unit 2: Lifeguard Skills:
 - a) Swim 50m Front Crawl, 50m Breast Stroke, 50m Lifesaving Stroke (First 50m within 1min). Candidate must show ability to surface dive in deepest part of the pool and pick up submerged object (min dept 1.5m – max dept 2m). Goggles can be worn for the underwater dive
 - b) See Section 3 for appropriate tests items
8. Unit 3: Pool Operation Skills (Staged Incident):
 - a) See Section 4 for recommendations

Beach Lifeguard Test:

9. BLS (Section A)

As per Item 1 & 2 above

10. Pool Practical (Section B)

Test Item	Test Item description	Modification of Test Item during COVID-19 period	Main Changes
(a)	Swim 400m within 8 minutes		No Change
(b)	Swim 100m Side Stroke and 100 Inverted Breast Stroke		No Change
(c)	Swim 100m to a Conscious Casualty and Tow 100m. Fins should be used	Swim 100m with a Rescue Tube/Canbuoy to a Conscious Casualty and Tow 100m. Fins should be used – Casualty to hold onto extended rescue tube. (Do not clip on)	Extended Rescue Tube or Canbuoy to be used for Tow
(d)	Swim 100m to a Conscious Casualty and Cross-Chest Carry 100m	Swim 100m to a Conscious Casualty and Cross-Chest Carry 100m using a submersible manikin	Submersible Manikin to be used
(e)	Pick up 3 Objects from Pool Bottom (max depth 2m and objects are 3m apart)		No Change
(f)	Swim 10m Underwater, Surface and Take 12sec rest. Repeat 3 times Continuously		No Change

Test Item	Test Item description	Modification of Test Item during COVID-19 period	Main Changes
(g)	Demonstrate 3 releases and 2 defensive actions as specified by Examiner	Demonstrate 3 rescues with rescue aids while keeping 2m distance at all times and an evasive action. Explain defensive actions to Examiner.	No defensive actions in water
(h)	Demonstrate Double Drowning Rescue	Double Drowning Rescue – Do not perform but explain method to the Examiner	No Double Drowning in water
(i)	Using Rescue Tube, Swim 100m to Unconscious Non-Breathing Floating Casualty, Demonstrate Deep water resuscitation and Return 100m	Using Rescue Tube, Swim 100m to Unconscious Non-Breathing Floating Casualty and Return 100m - Carry out as normal with the modification of using a half full submersible manikin. Clip rescue tube around manikin and tow. Check breathing in shallow water (Visual).	Submersible Manikin to be used. No resuscitation in water
(j)	Demonstrate Techniques for Spinal Injury Management	Carry out vice-grip spinal rescue with the modification of using an empty submersible manikin or an old BLS manikin in place of a subject. NOTE: All rescuers to wear masks if spinal board is being demonstrated	Training Manikin to be used
(k)	Demonstrate any Item from WSI Handbook as Specified by Examiner	Can ask any item up to Safety 4 without modifications. Items from Rescue awards can be asked and demonstrated bearing in mind any modifications outlined in item (g) above	No close physical contact allowed. Use Rescue Aids and Training Manikins

11. **Open Water Practical (Section C)**

NOTE 1: Rescuer and casualty to maintain 2m social distance when leaving the water.

NOTE 2: Explain to Examiner how Rescuer would normally remove casualty from water.

Test Item	Test Item description	Modification of Test Item during COVID-19 period	Main Changes
(a)	400m run along beach to water's edge, carrying rescue tube/can buoy and fins. Swim to marker 100m from waist depth and return to shore (8min)		No Change
(b)	Rescue a conscious casualty 100m from waist deep water using rescue tube or can buoy and fins.	Rescue a conscious casualty 100m from waist deep water using rescue tube or can buoy and fins. Casualty to hold onto extended rescue tube. (Do not clip on)	If using Rescue Tube, leave extended.
(c)	Rescue an unconscious casualty from waist depth water using rescue board or ski. Demonstrate EAR on equipment and return to shore with casualty	No Casualty needed. Paddle out and around a buoy 200m from waist deep water using rescue board or ski	No Casualty used
(d)	Rescue a casualty 50m from waist deep water using a cross chest carry only	Rescue a casualty 50m from waist deep water using a Rescue Tube. Casualty subjects to clip on the tube themselves	No close contact rescues in water.
(e)	Rescue 3 casualties. Conditions and actions of each will be revealed. One Casualty 15m from waist depth water and the other two within their respective depths. No casualty will be more than 50m from water's edge	Rescue 3 casualties in situations revealed by the Examiner - Situations to be demonstrated bearing in mind any modifications outlined above.	Use simple rescues and those modified in <u>all</u> sections above. Maintaining 2m distance
(f)	Unconscious casualty 25m from waist depth water has disappeared from sight. Demonstrate ability to direct a Second Candidate to a Point (Determined by The Examiner) where last seen. Use Whistle, Hand Signals and or flag signals et. No subject is needed	Unconscious casualty 25m from waist depth water has disappeared from sight. Demonstrate ability to direct a Second Candidate to a Point (Determined by The Examiner) where last seen. Use your own Whistle or Hand Signals No subject is needed	Use own whistle and/or Hand Signals only

Beach Lifeguard Revalidation Test:

12. BLS (Section A)

As per Item 1 & 2 above

13. Oral Test / MCQ (Section B)

Test Item	Test Item description	Modification of Test Item during COVID-19 period	Main Changes
(i) to (xiii)	<p>Oral Test (or MCQ) from the following Beach Lifeguard Manual Modules</p> <ul style="list-style-type: none">i. N.O.P. proceduresii. E.A.P. proceduresiii. BLS Theoryiv. Communications Techniquesv. Observation Techniquesvi. First Aid Awarenessvii. Equipmentviii. The Beach Environment (Features/ Risks)ix. Terms and Conditions of employmentx. Regulationsxi. Customer Carexii. Child Protectionxiii. Follow up procedures (reporting procedures etc) <p>Note: Questions based on Local Authority Safety Statement and on the Beach Lifeguard Manual Worksheets.</p>	No Change	No Change

14. Open Water Practical (Section C)

Test Item	Test Item description	Modification of Test Item during COVID-19 period	Main Changes
(a)	400m run along beach to water's edge, carrying rescue tube/can buoy and fins. Swim to marker 100m from waist depth and return to shore (8min)		No Change
(b)	Rescue a conscious casualty 100m from waist deep water using rescue tube or can buoy and fins	Rescue a conscious casualty 100m from waist deep water using rescue tube or can buoy and fins. Casualty to hold onto extended rescue tube. (Do not clip on)	If using Rescue Tube, leave extended.
(c)	Rescue an unconscious casualty from waist depth water using rescue board or ski. Demonstrate EAR on equipment and return to shore with casualty	No Casualty needed. Paddle out and around a buoy 200m from waist deep water using rescue board or ski	No Casualty used
(d)	Rescue a casualty 50m from waist deep water using a cross chest carry only	Rescue a casualty 50m from waist deep water using a Rescue Tube. Casualty subjects to clip on the tube themselves	No close contact rescues in water.
(e)	Staged Incident with min. 3 victims, none more than 50m from waist deep water. Candidate will direct and carry out rescue with the help of another candidate	Rescue 3 casualties in situations revealed by the Examiner - Situations to be demonstrated bearing in mind any modifications outlined above.	Use simple rescues and those modified in <u>all</u> sections above. Maintaining 2m distance