

WATER SAFETY IRELAND
SÁBHÁILTEACHT UISCE NA hÉIREANN



Syllabus 2023

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Water Safety Ireland is the statutory and voluntary body established to promote water safety in Ireland.
Tá Sábháilteacht Uisce na hÉireann ina bhord deonach reachtúil a bunaíodh le sábháilteacht Uisce
a chotú in Éirinn.

Water Safety Examination Syllabus 2023

The Syllabus as set out is approved on the date of issue but may be subject to change from time to time.

WATER SAFETY IRELAND EXAMINATION SYLLABUS 2022
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EXPLANATORY NOTES

1. The framework of this Examination syllabus is set out as follows: -

Group 1 – Swim Awards –	page 04
Group 2 – Challenge Awards –	page 10
Group 3 – Safety Awards –	page 14
Group 4 – Endurance / Survival Awards –	page 20
Group 5 – Rescue Awards –	page 26
Group 6 – Basic Life Support –	page 32
Group 7 – Specialist Awards –	page 37
Group 8 – Schools Programme -	page 77
2. The syllabus is designed to test, in progressive phases, theoretical knowledge and practical expertise as set down in Water Safety Ireland's Handbooks.
3. While land drill is not a specific test item, it must be regarded as an invaluable teaching technique.
4. Instructors and Examiners should ensure that their names are included in the official register (membership) kept at Water Safety Ireland Head Office.
5. Water Safety Ireland Head Office should be informed of inactive members.
6. When presenting a class for examination, the Instructors shall ensure that the necessary prerequisites for the tests are in order.
7. Examinations shall be conducted by official Examiners only, except in the following where Instructors may examine: -

Swim Awards:	Seal Levels 1-5, Marlin Levels 6-10
Challenge Awards: -	Challenge 1 and 2.
Safety Awards: -	Safety 1, 2 and 3 only.
Endurance/Survival Awards: -	Endurance 1 and 2 only.
- Note: -**
 - (i) An Instructor may not examine his/her own class.
 - (ii) An Instructor cannot examine BLS in the Safety Awards.
 - (iii) Where an Instructor is examining Safety 2 and 3 Awards the examination must be conducted in the presence of an Examiner. The Examiners role is supervisory only.
 - (iv) It is not mandatory for Instructors to examine; they should only examine Safety 2 and 3 Awards, when there are no Examiners available.
8. BLS 1 must be achieved before progressing from the Safety Awards.
9. Examinations of family relatives are not best practice and should be avoided.

FRAMEWORK

Swim Awards	Graded tests for beginners with emphasis on personal safety, swimming, basic rescue and personal survival skills.
Challenge Awards	Graded test to increase stamina and introduce swimming whilst clothed.
Safety Awards	Graded tests to improve the introductory aspect of rescue.
Endurance / Survival Awards	Graded tests with the emphasis on self-rescue and physical fitness.
Rescue Awards	Graded tests of the four components necessary for successful rescues - skill, knowledge, judgement, and fitness.
Basic Life Support Awards	Tests of Basic Life Support knowledge and of vital follow up procedures.
Specialist Awards	Special category awards for those wishing to pursue a particular field of activity.

GUIDELINES

The purpose of guidelines are: -

- (a) To aid Instructors/Examiners in understanding more thoroughly the requirements of each award in our syllabus.
- (b) To help standardise examinations throughout the country.
- (c) To clarify test items where appropriate.

The test items must be read in conjunction with the guidelines at all times.

SCENARIO GUIDELINES

1. In all scenarios the rescuer(s) know nothing about the scene unless the Examiner tells them.
2. The subject(s) will give the necessary information only if asked a specific question as outlined by the Examiner beforehand.
3. Face down or submerged subjects are assumed to be unconscious.
4. Examiner should at all stages maintain control over condition of subject(s), situation details and especially safety.
5. Rescuer(s) should be informed of changing condition(s) of subject(s) and situation details.
6. Examiner will indicate the start and end of the scenario.

Rescuer(s) will be required to explain their actions on completion. In all open water scenarios, distance from shore not to exceed 25m.

The Period of Validity

1. Lifesaving Awards

The validity period for these awards shall be as per the Syllabus. Where this period of time has elapsed the following conditions will apply:

	Period Elapsed	Requirement
(a)	Greater than 2 years	Repeat highest award taken to date
(b)	Greater than 4 years	Recommence water safety course at Safety 4.

Instructors and trainee instructors may be exempt from the above at the discretion of the Area Committee.

2. Pool, Beach and River Lifeguard Awards

The validity period for these awards is 2 years. A Lifeguard cannot work after this validity period has elapsed.

Where this period of time has elapsed the following conditions will apply:

	Period Elapsed	Requirement
(a)	2 years	Complete the Pool, Beach or River Revalidation Exam
(b)	3 years	Complete the full Pool, Beach or River Course and Exam

All revalidating Candidates must provide a copy of their last Lifeguard Certificate to Course Tutor/Examiner prior to assessment. (mandatory)

3. The Instructor

- Must be a member of Water Safety Ireland
- Must meet all the requirements as laid down in the WSI Syllabus
- Must instruct a class or attend an approved refresher course at least every two years.

The term "satisfactory work log" is further defined as:

Instructing on an approved course during the previous two years

When an instructor fails to comply with all of the above he shall be considered "inactive". In order to re-validate his status he must:

- Seek the approval of the Area Committee.
- Attend an approved refresher course.

4. The Examiner

- Must be a member of Water Safety Ireland
- Must meet all the requirements laid down as per the WSI Syllabus
- Must examine a class or attend an approved refresher course at least every two years.

When an Examiner does not comply with the above he will be considered "inactive". An "inactive" Examiner may not examine water safety classes or test Candidates for lifeguard vacancies.

In order to re-validate his status, an "inactive" Examiner must:

- Seek the approval of the Area Committee
- Attend an approved refresher course.

GROUP ONE - SWIM AWARDS

Levels 1-10.

PHASED INTRODUCTION OF SKILLS

SEAL 1

- Answer questions on personal safety and pool rules.
- Safe entry.
- Show ability to immerse face in water.
- Demonstrate push and glide in prone position and regain standing position.
- Demonstrate propulsion with the aid of a kick board or other suitable support.
- Safe exit.

SEAL 2

- Answer questions on personal safety in and around water focusing on hygiene and rules of the local pool.
- Playing simple games (such as chasing, relays).
- Swim 2 metres prone without aid.
- Swim 2 metres supine with aid.

SEAL 3

- Answer questions on personal safety.
- Jumping, side-stepping, running (all whilst in the water):
 - jump across pool.
 - side-step across pool.
 - run across pool.
- Demonstrate mushroom and star float.
- Swim 4 metres prone.
- Swim 3 metres supine.
- Swim 3 metres breaststroke legs with aid.

SEAL 4

- Answer questions on personal safety focusing on rivers and canals.
- Demonstrate entry for unknown conditions (sit down / slip in).
- Swim 5 metres basic freestyle.
- Swim 5 metres basic back crawl
- Swim 5 metres basic breaststroke.
- Scull 3 metres
- Show ability to turn from prone to supine.
- Show ability to turn from supine to prone.

SEAL 5

- Answer questions on personal safety focusing on inland waterways.
- Swim 8m front crawl.
- Swim 8m back crawl.
- Swim 8m breaststroke.
- Swim 8m Inverted breaststroke
- Swim 5m dolphin kick.
- Show ability to Tread water
- Push and glide underwater and pick up object.

MARLIN 6

- Answer questions on personal safety focusing on beach and inland waterways.
- Swim 10m front crawl.
- Swim 10m back crawl.
- Swim 10m breaststroke.
- Swim 10m inverted breaststroke
- Swim 8m dolphin kick introducing butterfly arms
- Scull 5m feet first.
- Scull 5m head first.
- Tread water (deep water).
- Head first surface dive (1.5 metres).

MARLIN 7

- Answer questions on personal safety in all water situations, including farm safety.
- Entry by jumping into the water (feet first), if conditions allow
- Swim 15m front crawl.
- Swim 15m back crawl.
- Swim 15m breaststroke
- Swim 15m inverted breaststroke.
- Swim 15m side stroke
- Swim 5m butterfly
- Tread water for 15 seconds in deep water.
- Feet first surface dive.

MARLIN 8

- Answer questions on personal safety.
- Demonstrate entry for unknown conditions where safe to do so
- Demonstrate early diving practices.
- Swim 20m front crawl.
- Swim 20m back crawl.
- Swim 20m breaststroke.
- Swim 20m inverted breaststroke.
- Swim 20m side stroke.
- Swim 10m butterfly.
- Show ability to tread water for 30seconds.
- Head first surface dive and swim underwater.

MARLIN 9

- Oral test focusing on how to contact the emergency services.
- Demonstrate reaching and voice rescues.
- Entry by straddle jump.
- Entry by simple dive (e.g. sitting or kneeling).
- Swim 25m front crawl.
- Swim 25m back crawl.
- Swim 25m breaststroke.
- Swim 25m inverted breaststroke.
- Swim 25m sidestroke
- Swim 15m butterfly.
- Show ability to signal for help while treading water for 1 min.
- Feet first surface dive and swim underwater.

MARLIN 10

- Oral test: hypothermia, personal survival.
- Swim 50m front crawl using bilateral breathing.
- Swim 50m back crawl.
- Swim 50m breaststroke.
- Swim 25m butterfly
- Swim 25m inverted breaststroke.
- Swim 25m side stroke.
- Demonstrate reaching and throwing rescues.

Guidance with regard to the delivery of the National Swimming Awards in Open Water

The awards can be taught by any WSI Swimming Teacher or Water Safety Instructor who holds a recognised Assistant Swimming Teachers Award. Holders of Full Swim Teacher qualifications from other organisations can also teach the awards if they have completed the WSI “Teaching at Open Water Venues Module”, which is outlined at the end of this document and which can be delivered by any WSI Examiner.

Class ratios

Recommended Pupil / Teacher Ratios are 10:1 for open water venues. The ratios are based on those recommended for teaching swim awards at outdoor venues and outlined in the syllabus.

Class Organisation

This progressive series of swim awards offers many different levels, which will ensure that it is possible to recognise all Candidates.

The awards do not have to be presented in sequence. Swim Teachers and Instructors are advised to select those which best suit their particular situation and standard of swimmers.

It is suggested that classes are organised in a manner that caters for a variety of abilities eg Group 1 – aim to reach the stated criteria for Seal – Level 3. Those who do not achieve this can be awarded Seal Level 2 or Seal Level 1- whichever is appropriate. Group 2 – aim at the Marlin- Level 6 standard. Those who do not reach the stated standard can be awarded Seal – Levels 4 and 5. etc

Each venue will differ and teachers can adapt the above suggestion to suit.

Entries and exits can be adapted to suit the venue. Teachers can change references to the pool and pool floor to suit their particular venue. Safety is paramount when teaching feet first and head first entries. Teachers must make judgements based on their risk assessment of the situation. Any adaptation of award content must be in the interests of participant safety. The use of dryland practice is encouraged in advance of lessons.

Teaching Butterfly

Elements of this stroke are included from Seal – Level 5 onwards. To make this relevant in the open water situation this can be taught as dolphin style entries used by lifeguards and open water competitors. The dolphin kick can also be used and taught as part of the skill of body surfing.

“Swim like a dolphin” is a teaching point often associated with this stroke. This is very relevant in coastal open water venues.

WSI Teaching In Open Water Module

Can be delivered by any WSI Examiner who also holds a full Swimming Teachers qualification.

Contents: 1. Risk Assessments at Open Water venues. 2. Safety issues –EAPs, hypothermia. 3. Child protection related issues eg changing, working in pairs. 4. Adapting Lesson Plans.5 Role of the local WSAC contact person.

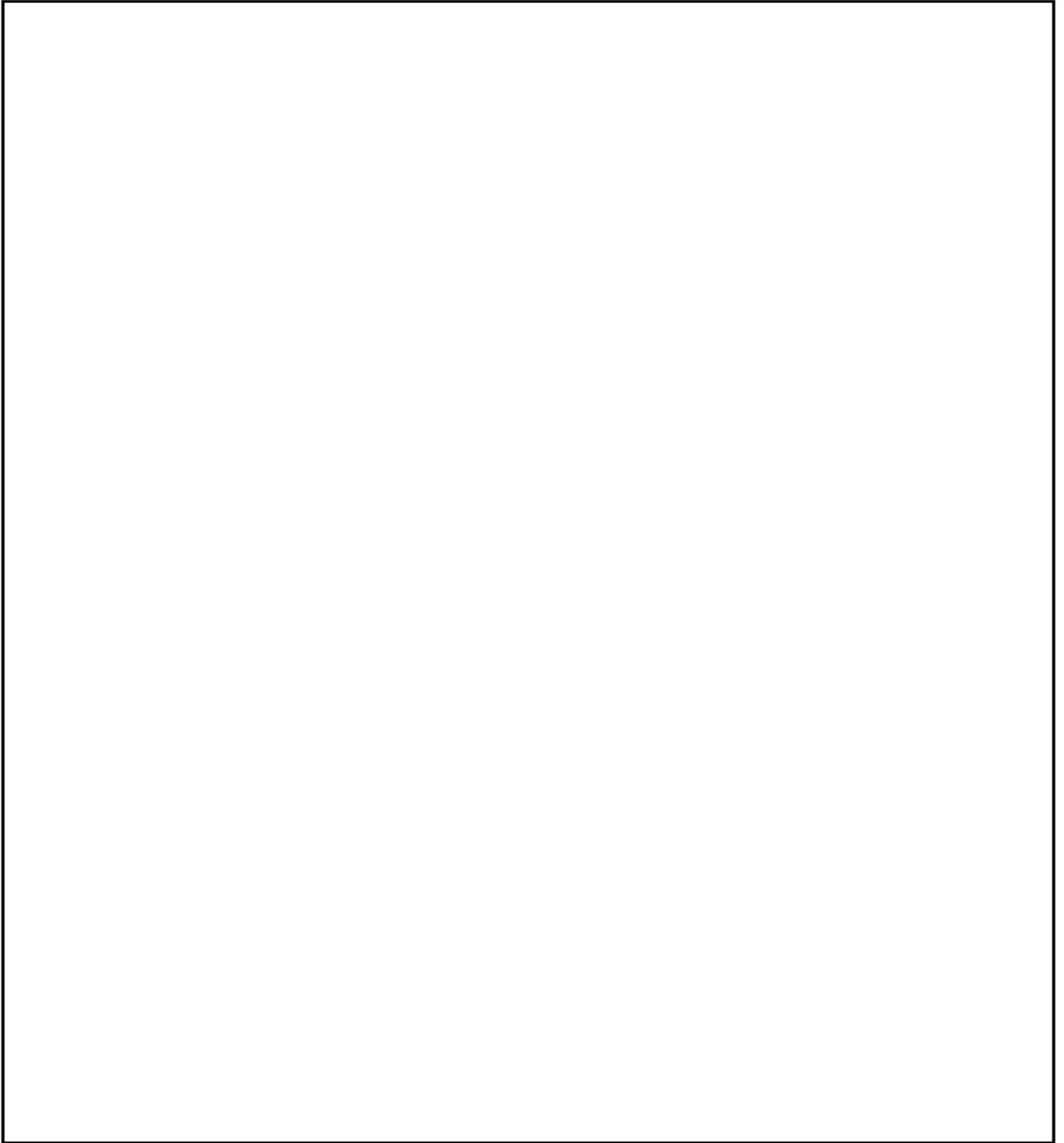
Insurance

WSACs are reminded that details of all courses being run must be recorded in the WSAC minute book to ensure cover by WSI insurance.

Safety at Open Water Venues.

It is the responsibility of WSACs to ensure a full Risk Assessment is carried out at all venues. This should take account of entries, exits, water clarity, topography, defining the area and access to safety equipment. Issues relating to changing and toilets should also be considered. A Normal Operational Plans (NOP) should be outlined and in place to ensure all interested parties are aware of drop off and pick up times.

INSTRUCTOR NOTES

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GROUP TWO - CHALLENGE AWARDS

PHASED INTRODUCTION OF SKILLS

Challenge 1: Knowledge: - Hazards in open water.
Hypothermia.
Swimming in clothes.
Treading Water.
Holding breath underwater.

Challenge 2: Safe entry.
Removal of clothing.
Inflation of clothing.
Resting strokes.

Challenge 1 - 25 metres.

Challenge 2 - 175 metres.

CHALLENGE 1 AWARD

AIM:

To introduce swimming in clothes, and to improve Candidate's stamina.

PREREQUISITES: None.

AWARD: Certificate.

DRESS: Swimsuit, shirt, trousers and shoes,

Ratio – Recommended instruction and examination ratio of 16:1
(Examiner should ensure that safety is paramount)

Goggles may be used in this award.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. Oral test: - (a) Personal Safety. (b) Hazards in open water situations. (c) Hypothermia.	1. Basic safety rules.
2. Show ability to tread water for 2 minutes.	2. Candidate is permitted to use both arms and legs at all stages. Face should not be submerged under water.
3. Swim 25 metres Freestyle.	3. Freestyle implies any stroke.
4. Show ability to hold breath underwater for 10 seconds.	4. Candidate's head should be underwater.

An Instructor may examine this award.

Water test items must be done in the order specified.

CHALLENGE 2 AWARD

AIM:

To further improve stamina while swimming in clothes.

PREREQUISITES: None.

AWARD: Certificate.

DRESS: Swimsuit, shirt, trousers and shoes,

Ratio – Recommended instruction and examination ratio of 16:1
(Examiner should ensure that safety is paramount)

Goggles may be used in this award.

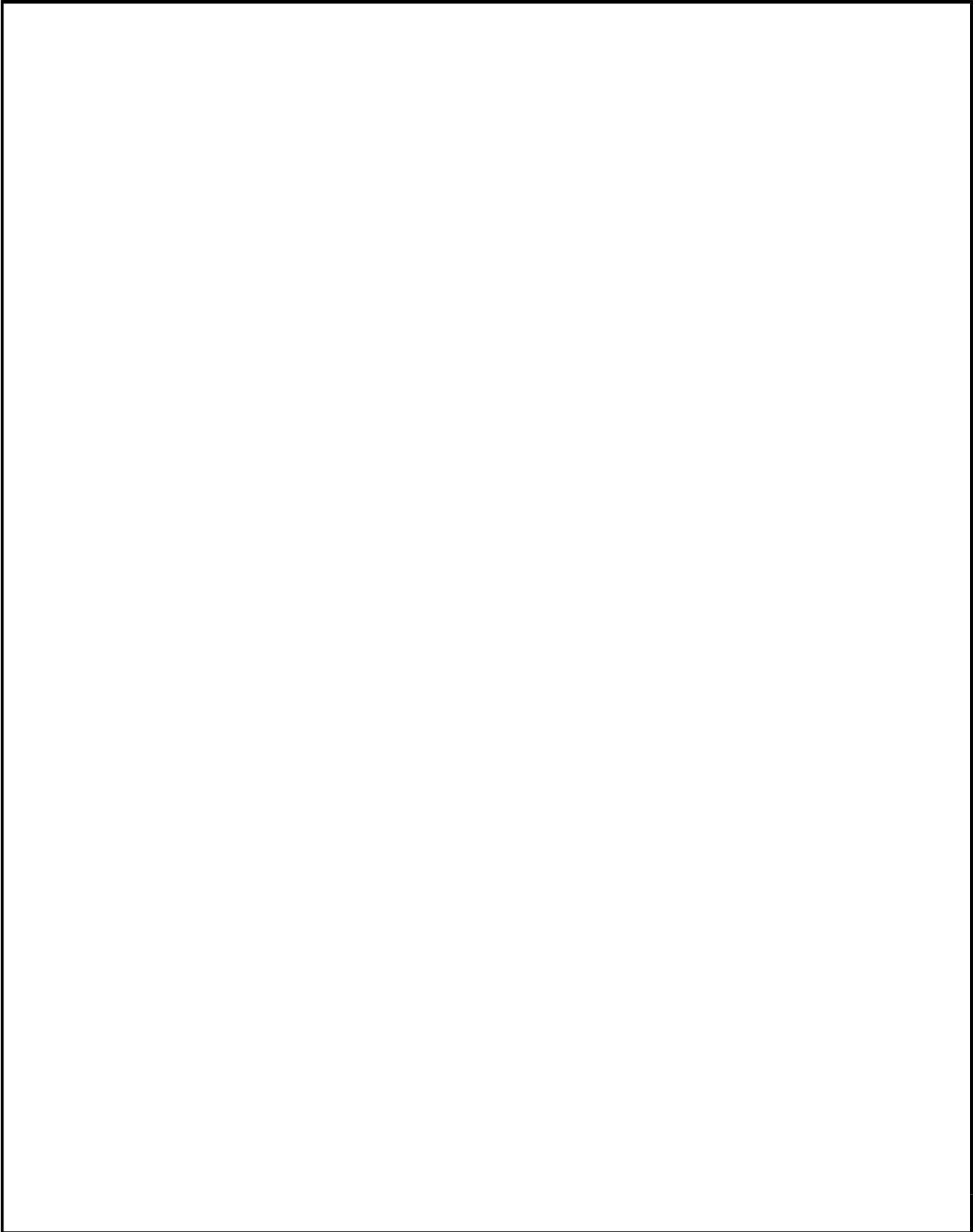
<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. Oral test: - (a) Personal Safety. (b) Hazards in open water situations. (c) Hypothermia.	1. Basic safety rules.
2. Show safe entry by means of slipping in.	2. Sit down and slip in.
3. Swim 25 metres Freestyle.	3. Freestyle implies any stroke.
4. Show ability to tread water for 1 minute and then discard footwear.	4. Candidate is permitted to use both arms and legs at all stages. Face should not be submerged under water while treading water.
5. Swim 50 metres using any combination of Front crawl and Breaststroke.	5. Both strokes must be attempted.
6. Inflate one item of clothing and use as a buoyancy aid for 1 minute. Then disrobe.	6. One item of clothing must be inflated satisfactorily before progressing to next test item.
7. Swim 100 metres using any combination of resting strokes.	7. Stroke technique important.
8. Climb out of pool unaided.	8. Steps or a ladder cannot be used.

An Instructor may examine this award.

Water test items must be done in the order specified.

This test must be continuous from entry to finish, i.e. without touching any support (bottom, sides' etc.)

INSTRUCTOR NOTES

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GROUP THREE - SAFETY AWARDS

PHASED INTRODUCTION OF SKILLS

Safety 1: Knowledge: - Principles of
Simple rescue.
Correct follow-up
procedures.
Simple Rescue techniques.
Introduction of scenarios.

Safety 4: Use of clothes as an aid.
Evasive actions.
Turning unconscious subject in
shallow water.
Resuscitation in shallow water.
Assists
Use of canbuoy and rescue tube

Safety 2: BLS 1.
Knowledge: - Recognition of
emergency situations.
Non-contact swimming
rescues.
Treading water and signalling.
Rescue strokes.
Approach.
Visual contact.
Voice contact.
Avoiding personal contact.

Safety 1 - Non-Swimming.

Safety 2 - 125 metres.

Safety 3 - 205 metres.

Safety 4 - 355 metres.

Safety 3: Swimming underwater.
Towing with an aid.

**Note: - Instructor and Examiner
should ensure that the depth of
water is suitable and safe for
entry.**

SAFETY 1 AWARD

AIM:

To test principles of water safety and simple rescue techniques especially for those whose lack of swimming skills precludes them from further lifesaving training.

PREREQUISITES: None.

AWARD: Certificate.

Ratio – Recommended instruction and examination ratio of 16:1
(Instructor and Examiner should ensure that safety is paramount)

An Instructor may examine this award.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
<ol style="list-style-type: none">1. Oral test: -<ol style="list-style-type: none">(a) Personal Safety.(b) Hazards in open water situations.(c) Recognition of emergency situations(d) Principles of simple rescue.(e) Correct follow up procedures. 2. Demonstrate the following simple rescues: -<ol style="list-style-type: none">(a) Voice Contact.(b) Use of Buoyant objects, with no line attached.(c) Un-weighted rope and/or throw bag(d) Ring Buoy.(e) Reaching Rescue.	<ol style="list-style-type: none">1. As per Rescue Skills Manual. 2. Demonstration of simple rescue techniques, using scenarios. Recognition, Assessment and Action.<ol style="list-style-type: none">(b) Minimum distance 7 metres.(c) Minimum distance 7 metres

THE CANDIDATE IS NOT QUALIFIED TO ATTEMPT A SWIMMING RESCUE

SAFETY 2 AWARD

AIM:

To introduce simple rescue techniques involving minimum risk to the rescuer. It is designed to prepare the Candidate who has some swimming skills for lifesaving training.

PREREQUISITES: None.

AWARD: Certificate.

DRESS: Swimsuit / wetsuit

Ratio – Recommended instruction and examination ratio of 16:1 (Instructor and Examiner should ensure that safety is paramount) **Goggles may be used in this award.**

BLS1 may be examined if all material has been covered (with the Instructor's prior approval)

An Instructor may examine this award. (Provided BLS is not being examined).

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
<ol style="list-style-type: none"> 1. (BLS 1 may be examined.) 2. Oral test: - <ol style="list-style-type: none"> (a) Personal Safety. (b) Hazards in open water situations. (c) Principles of simple rescue. (d) Correct follow up procedures. (e) Recognition of emergency situations. (f) Non-contact swimming rescues. 3. Demonstrate all the following simple rescues: - <ol style="list-style-type: none"> (a) Voice Contact. (b) Use of Buoyant objects, with no line attached. (c) Un-weighted rope and/or throw bag (d) Ring Buoy. (e) Reaching Rescue on bank and in water. (f) Wading Rescue.(slip in and wade) 4. Demonstrate ability to tread water for 1 minute, lifting arm vertically to signal for help at least 4 times. 5. Demonstrate ability to reverse quickly in water 6. Swim: (a) 25 metres Front crawl. (b) 25 metres Breaststroke. (c) 25 metres any Rescue Stroke. 7. Make an appropriate entry with a buoyant aid and approach 25 metres to a distressed swimmer, maintaining visual contact. While keeping a safe distance and treading water, explain intentions, pass aid to the subject and encourage the subject to propel to safety. Voice contact should be maintained while accompanying subject at a safe distance. Show ability to avoid personal contact throughout the exercise and call for help. 	<ol style="list-style-type: none"> 1. As per CFR Handbook. 2. As per Rescue Skills Manual. 3. Demonstration of simple rescue techniques, using scenarios. Recognition, Assessment and Action. (c) Minimum distance 8 metres. (d) Minimum distance 8 metres. 4. Signal for help must be with a raised arm and clenched fist. 6. Need not be continuous. Legs only in Inverted Breaststroke. Lower arm only pull in Lifesaving Side stroke. 7. Rescuer must stop and reverse before attempting a rescue and must demonstrate proper control during the rescue. Rescuer should demonstrate correct follow up procedure

THE CANDIDATE IS NOT QUALIFIED TO ATTEMPT A PERSONAL CONTACT SWIMMING RESCUE

SAFETY 3 AWARD

AIM:

To emphasise rescue techniques involving minimum risk to the rescuer. It is designed to test Candidate's judgement and ability to assess accident situations correctly.

PREREQUISITES: None.

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit / wetsuit

Ratio – Recommended instruction and examination ratio of 16:1 (Instructor and Examiner should ensure that safety is paramount) **Goggles may be used in this award.**

BLS1 may be examined if all material has been covered (with the Instructor's prior approval).

An Instructor may examine this award. (Provided BLS is not being examined).

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
<ol style="list-style-type: none">(BLS 1 may be examined.)Oral test: -<ol style="list-style-type: none">Personal Safety.Hazards in open water situations.Principles of simple rescue.Correct follow up procedures.Recognition of emergency situations.Non-contact swimming rescues.Demonstrate any items from the following: -<ol style="list-style-type: none">Voice Contact.Use of Buoyant objects, with no line attached.Un-weighted rope and/or throw bagRing Buoy.Reaching Rescue.Wading Rescue.Demonstrate ability to enter the water using a straddle jump.Demonstrate ability to submerge safely and swim 5 metres along the bottom. (min. depth of 1.4 metres.)Demonstrate evasive action.Continuous swim: -<ol style="list-style-type: none">50 metres front crawl or breaststroke.100 metres with a combination of rescue backstroke using legs only, and rescue sidestroke using lower arm only (minimum of 25 metres on either stroke).Make an appropriate entry with a suitable buoyancy aid, approach 25 metres to a distressed swimmer maintaining visual contact. Calm and reassure the subject. Explain intentions and pass the aid to the subject. If the subject co-operates, the rescuer grasps the buoyancy aid, and tows 25 metres to safety. Continue voice contact and show ability to avoid body contact.	<ol style="list-style-type: none">As per CFR Handbook.As per Rescue Skills Manual.Demonstration of simple rescue techniques, using scenarios. Recognition, Assessment and Action.<ol style="list-style-type: none">Minimum distance 1 metres.Minimum distance 9 metres.Rescuer's head must be kept above the water at all timesDemonstrate ability to submerge using correct surface dives techniquesFor this rescue a buoyancy aid with or without a rope attached may be used (as specified by the Examiner). Rescuer must stop and reverse before attempting a rescue and must demonstrate proper control during the rescue.

THE CANDIDATE IS NOT QUALIFIED TO ATTEMPT A PERSONAL CONTACT SWIMMING RESCUE

INSTRUCTOR NOTES

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GROUP FOUR - ENDURANCE/SURVIVAL AWARDS

PHASED INTRODUCTION OF SKILLS

ENDURANCE:	H.E.L.P.	Endurance 1 –	900 metres.
	HUDDLE.		
	Obstacle swim.	Endurance 2 –	1,100 metres.
	Distance swim.		
	Picking up objects.		
SURVIVAL: (Outdoor only)	H.E.L.P.	Survival 1 –	900 metres.
	HUDDLE.		
	Obstacle swim.	Survival 2 –	1,100 metres.
	Distance swim.		
	Surface dives.		

ENDURANCE 1 AWARD

AIM:

To emphasise the importance of training in self-rescue skills before attempting body contact rescue and also the need to attain a high standard of physical fitness. It is also aimed at encouraging Candidates to maintain and develop this standard by providing graded levels of achievement within the Award.

PREREQUISITES: 11 years on date of assessment

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit, shirt, shoes and trousers.

Ratio – Recommended instruction and examination ratio of 16:1
(Instructor and Examiner should ensure that safety is paramount)

TEST ITEMS

1. Oral test on all aspects of personal safety and survival. Demonstrate H.E.L.P. and HUDDLE (land or water).
2. Demonstrate entries as specified by the Examiner.
3. Tread water for a period of 1 minute and show ability to signal for help, by occasionally lifting one arm up in the air.
4. Discard footwear and swim 100 metres Freestyle.
5. Disrobe.
6. 200 metres obstacle swim. A freestyle swim, negotiating eight obstacles, which can be represented by two ropes, 2 metres apart across the swimming lane or as, otherwise indicated. Candidates must clear the ropes underwater without breaking the surface between them. A sense of urgency is required during the obstacle swim.
7. 200 metres swim using combination of rescue strokes.
8. Freestyle swim 400 metres.
9. During the first 200 metres the Candidate must demonstrate ability to submerge safely and pick up two objects off the bottom (minimum depth of 1.4 metres).

GUIDELINES

1. Endurance 1 must be continuous swim from entry to finish, i.e. without touching any support (bottom, sides' etc.).
2. P.F.D. must be used for correct demonstration of H.E.L.P. and HUDDLE in water.
3. Items must be examined in order.

This award may be examined by an Instructor.

Water test items must be done in the order as specified.

ENDURANCE 2 AWARD

AIM:

To emphasise the importance of training in self-rescue skills before attempting body contact rescue and also the need to attain a high standard of physical fitness. It is also aimed at encouraging Candidates to maintain and develop this standard by providing graded levels of achievement within the Award.

PREREQUISITES: 12 years on the date of assessment

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit, shirt, shoes and trousers.

Ratio – Recommended instruction and examination ratio 1of 6:1
(Instructor and Examiner should ensure that safety is paramount)

TEST ITEMS

1. Oral test on all aspects of personal safety and survival. Demonstrate H.E.L.P. and HUDDLE (land or water).
2. Demonstrate entries as specified by the Examiner.
3. Tread water for a period of 2 minute and show ability to signal for help, by occasionally lifting one arm up in the air.
4. Discard footwear and swim 100 metres freestyle.
5. Disrobe.
6. 200 metres obstacle swim. A freestyle swim, negotiating eight obstacles, which can be represented by two ropes, 2 metres apart across the swimming lane or as, otherwise indicated. Candidates must clear the ropes underwater without breaking the surface between them. Time not more than 7 minutes.
7. 200 metres swim using combination of rescue strokes.
8. Freestyle swim 600 metres.
9. During the first 200 metres the Candidate must demonstrate ability to submerge safely and pick up two objects off the bottom in a depth of 1.4 metres.

GUIDELINES

1. Endurance 2 must be continuous swim from entry to finish, i.e. without touching any support (bottom, sides etc.).
2. P.F.D. must be used for correct demonstration of H.E.L.P. and HUDDLE in water.
3. Items must be examined in order.

This award may be examined by an Instructor.

Water test items must be done in the order as specified.

SURVIVAL 1 AWARD

AIM:

To emphasise the importance of training in self-rescue skills before attempting body contact rescue and also the need to attain a high standard of physical fitness. It is also aimed at encouraging Candidates to maintain and develop this standard by providing graded levels of achievement within the Award.

PREREQUISITES: Minimum age 11 years on date of assessment

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit, shirt, shoes and trousers. (Wetsuit may be worn under clothing)

CONDITIONS: Open Water.

Ratio – Recommended instruction and examination ratio of 12:1
(Instructor and Examiner should ensure that safety is paramount)

TEST ITEMS

1. Oral test on all aspects of personal safety and survival. Demonstrate H.E.L.P. and HUDDLE (land or water).
2. Demonstrate entries as specified by the Examiner.
3. Tread water for a period of 1 minute and show ability to signal for help, by occasionally lifting one arm up in the air.
4. Discard footwear and swim 100 metres freestyle.
5. Disrobe in deep water.
6. 200 metres obstacle swim. A freestyle swim, negotiating eight obstacles, which can be represented by two ropes, 2 metres apart across the swimming path or as, otherwise indicated. Candidates must clear the ropes underwater without breaking the surface between them. A sense of urgency is required during the obstacle swim.
7. 200 metres swim using combination of rescue strokes.
8. Freestyle swim 400 metres.
9. During the first 200 metres the Candidate must demonstrate ability to perform a feet and a head first surface dive to a depth of approx. 2 metres.

GUIDELINES

1. Survival 1 must be continuous swim from entry to finish, i.e. without touching any support (bottom, sides etc.).
2. P.F.D. must be used for correct demonstration of H.E.L.P. and HUDDLE in water.
3. Items must be examined in order.

Water test items must be done in the order as specified.

SURVIVAL 2 AWARD

AIM:

To emphasise the importance of training in self-rescue skills before attempting body contact rescue and also the need to attain a high standard of physical fitness. It is also aimed at encouraging Candidates to maintain and develop this standard by providing graded levels of achievement within the Award.

PREREQUISITES: Minimum age 12 years on date of assessment

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit, shirt, shoes and trousers. (Wetsuit may be worn under clothing)

CONDITIONS: Open water.

Ratio – Recommended instruction and examination ratio of 12:1
(Instructor and Examiner should ensure that safety is paramount)

TEST ITEMS

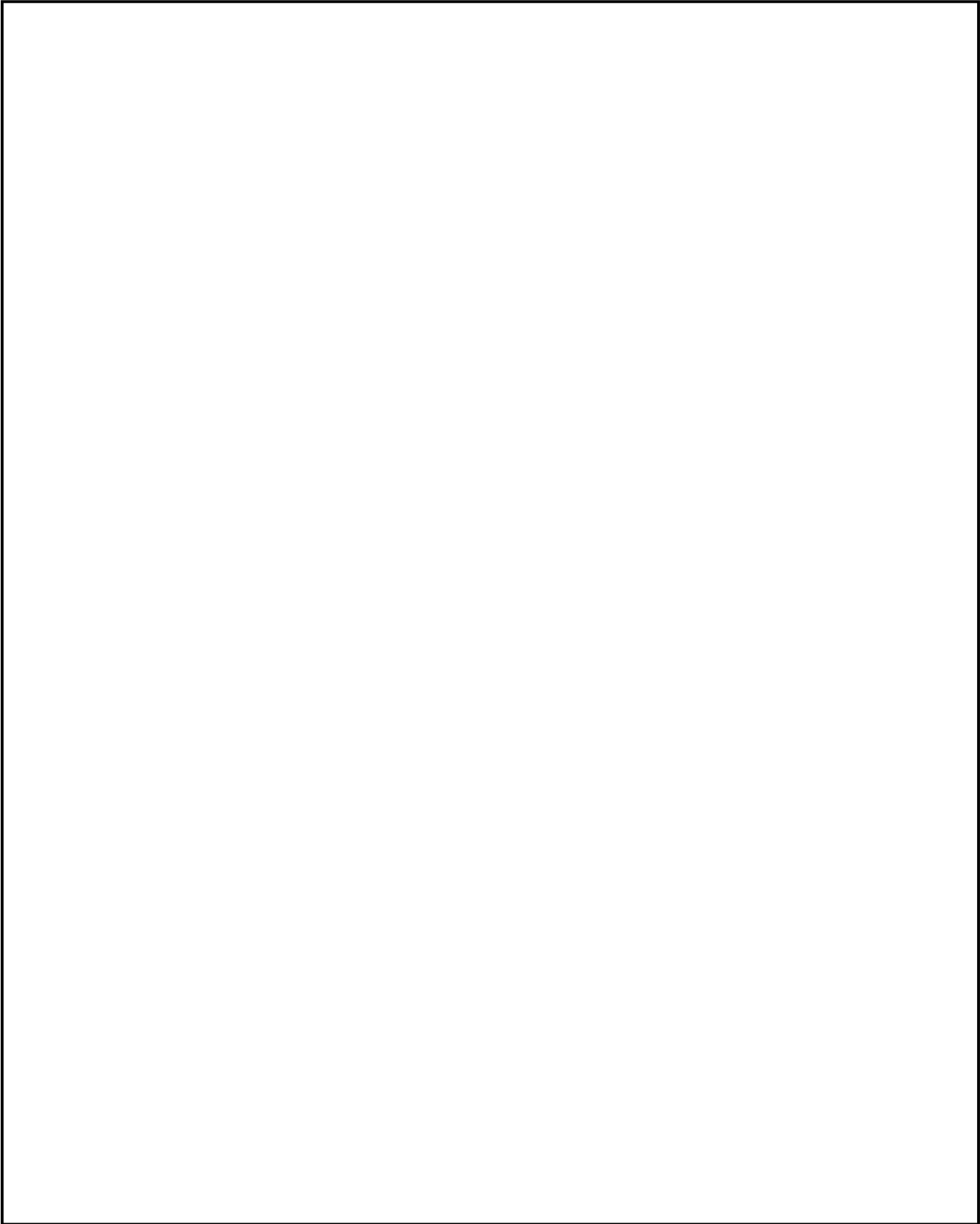
1. Oral test on all aspects of personal safety and survival. Demonstrate H.E.L.P. and HUDDLE (land or water).
2. Demonstrate entries as specified by the Examiner.
3. Tread water for a period of 2 minute and show ability to signal for help, by occasionally lifting one arm up in the air.
4. Discard footwear and swim 100 metres freestyle.
5. Disrobe in deep water.
6. 200 metres obstacle swim. A freestyle swim, negotiating eight obstacles, which can be represented by two ropes, 2 metres apart across the swimming path or as, otherwise indicated. Candidates must clear the ropes underwater without breaking the surface between them. Time not more than 8 minutes.
7. 200 metres swim using combination of rescue strokes.
8. Freestyle swim 600 metres.
9. During the first 200 metres the Candidate must demonstrate ability to perform a feet and a head first surface dive to a depth of approx. 2 metres.

GUIDELINES

1. Survival 2 must be continuous swim from entry to finish, i.e. without touching any support (bottom, sides etc.).
2. P.F.D. must be used for correct demonstration of H.E.L.P. and HUDDLE in water.
3. Items must be examined in order.

Water test items must be done in the order as specified.

INSTRUCTOR NOTES

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GROUP FIVE - RESCUE AWARDS

PHASED INTRODUCTION OF SKILLS

RESCUE 1: BLS 2.
Defensive actions.
Assessment.
Scenarios.
Rear approach.
Front Surface approach.
Underwater approach.
The 'Level'.
Cross-chest carry.
Hair carry.
Head carry.
Underarm cross-chest carry.
"Clip" rescue tube onto subject

RESCUE 3: BLS 3.
Timed swim in clothes
Releases and carries from the following grips: -
▪ Block and Parry.
▪ Front Double neck hold.
Double Rescue Scenario.
Spinal injury management.
Scenarios.

RESCUE 2: BLS 2.
Timed swim in clothes
Releases and reassessments from the following (mini-scenarios): -
▪ Front double neck/body holds.
▪ Rear double neck/body holds.
▪ Wrist hold on either or both wrists
Rescue interlocked subjects.
Recover submerged manikin and carry to shallow water.

RESCUE 4:

BLS 3.
Any water accident scenarios.
Rescue Equipment.
Any items from any Award.

RESCUE 1 AWARD

AIM:

To introduce Candidates to different techniques of personal contact in swimming rescues with various types of subject, while ensuring minimum risk to the rescuer.

PREREQUISITES: Minimum age 12 years on date of assessment. Safety 4 and Endurance 1 or Survival 1.

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit / wetsuit only.

RATIO: Recommended instruction and examination ratio of 16:1.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. BLS 2 (Skills and Theory).	1. As per CFR Handbook.
2. Oral test: - (a) Personal Safety. (b) Hazards in open water situations. (c) Principles of simple rescue. (d) Correct follow up procedures. (e) Recognition of emergency situations. (f) Non-contact swimming rescues. (g) Personal contact rescues.	2. As per Rescue Skills Manual. Knowledge of the difference between the drowning non-swimmer and the tired, weak or poor swimmer (Essential).
3. Demonstrate one skill from each of the following: - (a) Any item from the Safety Awards. (b) Defensive actions.	3. (a) Greater confidence and speed than in Safety Awards. (b) Defensive actions – use mini Scenarios.
4. Appropriate entry, 25 metres head-up approach to a distressed subject. Make suitable contact and bring 25 metres to shore using a carry appropriate to the situation	4. Simulated rescue using mini scenarios. Aids may or may not be available at examiner's discretion. Disengagement rather than restraints should be used in the case of struggling subject.
5. Appropriate entry and 25m head up approach with a canbuoy or rescue tube to a tired/injured swimmer and tow 25m back to safety	5. Simulated rescue using mini scenarios. Checking the safety of the subject at regular intervals is essential. If rescue tube is used it should be clipped on
6. Demonstrate ALL the following approaches and carries in any combination as selected by the Examiner. (Distance - 10 metres approach and carry). (a) Approaches: Rear, Underwater and Front Surface. (b) Carries: Cross-chest, Hair, Head, and Underarm Cross-chest.	6, A close look at contact rescue techniques in isolation. Options to include both conscious and unconscious subjects. Levels should be used where appropriate.

Water test items must be done in the order as specified.

RESCUE 2 AWARD

AIM:

To minimize the dangers of body contact rescues by providing Candidates with the necessary skills to make effective release from various grips or clutches and to complete rescues safely.

PREREQUISITES: Minimum age 13 yrs on date of assessment. Rescue 1 and Endurance 2 or Survival 2 .

AWARD: Certificate. **VALIDITY:** 2 years. **DRESS:** Swimsuit / wetsuit, shirt and trousers.

RATIO: Recommended instruction and examination ratio of 12:1.

Goggles may not be used in full contact rescues

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. BLS 2 (Skills and Theory).	1. As per CFR Handbook.
2. Oral test: - (a) Personal Safety. (b) Hazards in open water situations. (c) Principles of simple rescue. (d) Correct follow up procedures. (e) Recognition of emergency situations. (f) Non-contact swimming rescues. (g) Personal contact rescues. (h) Principles of systematic search patterns	2. As per Rescue Skills Manual. Knowledge of the difference between the drowning non-swimmer and the tired, weak or poor swimmer. (Ref. Rescue Skills Manual). Understanding of the theory of non-contact rescues. Understanding of theory of contact rescues.
3. Swim:- (a) 50m swim in clothes to be completed in under 90 seconds. (b) Carry subject for 50m using cross chest carry.	3 (b) Show ability to use an effective carry
4. At least 2 items from Rescue 1.	4. Technique only and minimal distance
5. Approach 2 interlocked subjects and carry both 5 metres to safety (interlocked).	5. Hair carry, head carry or clothes (collar) carry should be used. Disengagement should be used in the case of struggling subject(s)
<i>Disrobe before proceeding to next test item.</i>	
6. Effect Releases from following holds and reassess from safe distance, carry 10 metres. (a) Front double arm body/neck hold. (b) Rear double arm body/neck hold. (c) Wrist hold on either or both wrists.	6. Mini incidents to simulate situations using realistic grips. Rescuer may submerge subject to break contact.
7. Appropriate entry and head up approach 25 metres. Recover a submerged manikin from the bottom (not more than 2 metres) and carry to shallow water. Show correct follow up procedures	7. Simulated rescue situation as outlined by the Examiner. Carry subject to shallow water before commencing resuscitation.
8. 25 metre cross chest carry during which the subject will panic. Rescuer must disengage quickly, move to a safe distance and reassess the rescue	8. A quick disengagement is essential and voice contact must be used at all times

Water test items must be done in the order as specified.

RESCUE 3 AWARD

AIM:

To emphasise the hazards and increased degree of risk which may be encountered in body contact rescues of rescue skills by retraining.

PREREQUISITES: Minimum age 14 years on date of assessment. Rescue 2.

AWARD: Certificate. **VALIDITY:** 2 years. **DRESS:** Swimsuit / wetsuit, shirt and trousers.

RATIO: Recommended instruction and examination ratio of 10:1.

Goggles may not be used in full contact rescues.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
<ol style="list-style-type: none"> 1. BLS 3 (Skills and Theory). 2. Oral test: - <ol style="list-style-type: none"> (a) Personal Safety, hazards in open water situations, principles of simple rescues, correct follow up procedures. (b) Recognition of emergency situations, non-contact swimming rescues. (c) Personal contact rescues, Spinal Injuries and Systematic search patterns. 3. Timed Swim;- 50m swim and 50m carry to be completed in under 4 minutes. 4. Demonstrate at least 2 items from Rescue 2 5. Double Rescue involving a 50 metre continuous head up approach with a rescue tube or canbuoy and a ringbuoy to 2 drowning subjects. Pass the ringbuoy to one subject and rescue tube/canbuoy to the other. Tow one subject 50 metres while encouraging the other back to safety 	<ol style="list-style-type: none"> 1. As per CFR Handbook. 2. <ol style="list-style-type: none"> (a) As per Rescue skills Manual. (b) Understanding of the theory of contact rescues. (c) To include theory and recognition of spinal injury management in water. 4. Should include technique only and minimum distance 5. Ability to recognise and assess the danger. Demonstrate use of voice contact and rescue aids while returning in a safe manner
<p>Disrobe before proceeding to next test item</p>	
<ol style="list-style-type: none"> 6. Show ability to effect a release from each of the following grips while maintaining contact and control over subject and carry 10 metres. <ol style="list-style-type: none"> (a) Block and Parry (failed defensive action) (b) Front double-arm neck hold. 7. Approach 25m to a distressed swimmer with a rescue tube, clip on rescue tube and swim 25m back to safety towing the distressed swimmer 8. Ability to carry out any of the three techniques for stabilising a spinal injury victim in water. 	<ol style="list-style-type: none"> 6. Mini incidents to simulate situations using realistic grips. Rescuer may submerge subject to break contact 7. Simulated rescue using mini scenarios. Checking the safety of the distressed swimmer at regular intervals is essential 8. A close look at the techniques in isolation excluding any complications.

Water test items must be done in the order as specified.

RESCUE 4 AWARD

AIM:

To test the Candidates ability to attain the highest standard of Water Safety in terms of knowledge, judgement, skill and fitness.

PREREQUISITES: Minimum age 15 years on date of assessment. Rescue 3.

AWARD: Certificate. **VALIDITY:** 2 years. **DRESS:** Swimsuit /wetsuit, shirt and trousers.

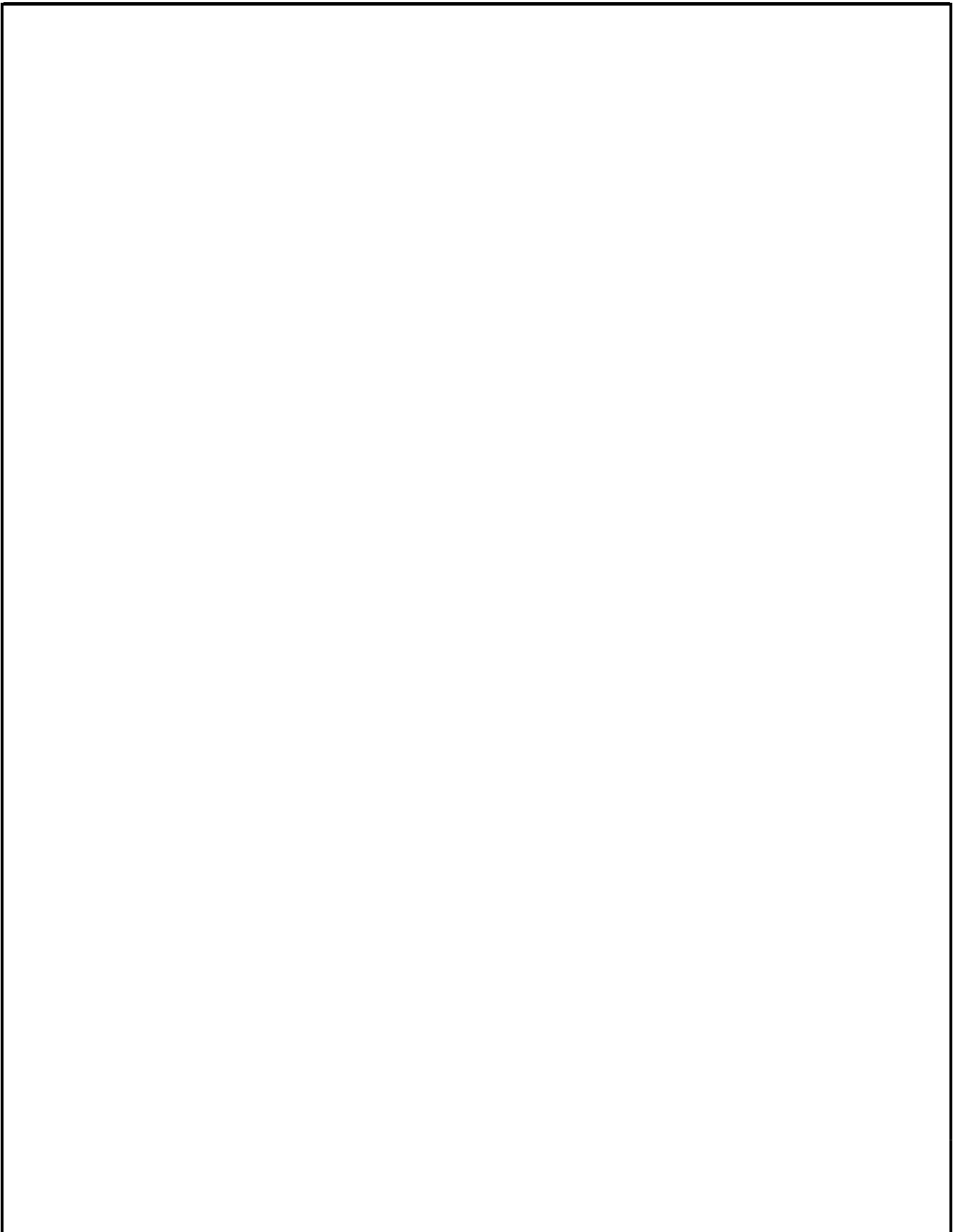
RATIO: Recommended instruction and examination ratio of 10:1.

Goggles may not be used in full contact rescues.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. BLS 3 (Skills and Theory).	1. As per CFR Handbook.
2. Oral test: - (a) Personal Safety, hazards in open water situations, principles of simple rescue, correct follow up procedures. (b) Recognition of emergency situations, non-contact swimming rescues. (c) Personal contact rescues, Spinal Injuries and Systematic search patterns.	2. (a) As per Rescue skills Manual. (b) Understanding of the theory of contact rescues. (c) To include theory and recognition of spinal injury management in water.
3. Mini incident involving a continuous 100 metres head up approach to a struggling subject. Take suitable action to get subject under control and carry to safety 100 metres away using a cross-chest carry.	3. Options to include varied conditions as outlined by Examiner. Ability to recognise, assess, appropriate contact and carry. No aids available. (Rescuers clothing not to be used).
4. Demonstrate the following: - (a) At least 2 items from Safety Awards. (b) At least 2 items from Rescue 1 Award. (c) At least 2 items from Rescue 2 Award. (d) At least 2 items from Rescue 3 Award. (e) Deep-water resuscitation while using a buoyancy aid.	4. Should include technique only and minimum distance (approach and carry not more than 10m for each item). Total of 90 metres for this test item.
5. Show ability to use the following rescue equipment in carrying out a rescue, causality approx 10 metres from safety. (a) Can buoy or Rescue tube. (b) Ring buoy. (c) Un-weighted rope or throw bag (d) Reaching pole. Maximum of 2 minutes per scenario.	5. This is a scenario based test item, where the Candidate's ability to use aids while carrying out a rescue is judged. This can be incorporated in one scenario or over several scenarios.
6. Ability to carry out any of the three techniques for stabilising a spinal injury victim in water.	6. A close look at the techniques in isolation excluding any complications.

Water test items must be done in the order specified

INSTRUCTOR NOTES

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GROUP SIX – BASIC LIFE SUPPORT AWARDS

PHASED INTRODUCTION OF SKILLS

Basic Life Support 1 (BLS 1)

Chain of Survival
Scene Safety
Recognition of Cardiac Arrest
Agonal Breathing
Adult CPR
Adult AED

Basic Life Support 2 (BLS 2)

Understanding of Ventricular Fibrillation
Definition of Death
Return of Spontaneous Circulation
Precautions when using AED
AED maintenance
Patient Handover & Care Report Forms
Recovery Position

Basic Life Support 3 (BLS 3)

Infant and Child CPR
Foreign Body Airway Obstruction on a conscious victim – Adult, Child and Infant
Foreign Body Airway Obstruction on an unconscious victim – Adult, Child and Infant
Foreign Body Airway Obstruction on obese / pregnant victims
BVM usage (2 person)
Critical Incident Stress Management (CISM)

Cardiac First Response Community

Stroke (FAST) Assessment
Aspirin Administration
CFR Report Writing

BASIC LIFE SUPPORT 1 AWARD

AIM:

To ensure that Candidates have the necessary skills to administer Cardio Pulmonary Resuscitation (CPR) and ability to use an Automated External Defibrillator (AED) in order to sustain life.

SINGLE RESCUER SKILLS

PREREQUISITES: None.

AWARD: Certificate.

VALIDITY: 2 Years

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. Understand Chain of Survival	1. As per CFR Student Handbook
2. Scene Safety	2. As per CFR Student Handbook
3. Recognition of Cardiac Arrest – non-breathing/Agonal gasps	3. As per CFR Student Handbook
4. Understand how to call for help 112/999 & send for an AED	4. As per CFR Student Handbook
5. Demonstrate mouth to mouth/mouth to barrier device resuscitation	5. Ideally instructors should have barrier devices available for student use. Students who do not wish to do mouth to mouth should be instructed in hands only CPR.
6. Demonstrate Basic CPR Skills	6. Correct hand position and reasonable compression depth, achieving a basic CPR skill
7. Turn on AED and follow voice prompts	7. If possible, instructors should arrange more than one type of training AED to show examples of different wording used, but in effect the same message given.

TRAINING MANIKINS AND TRAINING AEDS MUST BE USED

BASIC LIFE SUPPORT 2 AWARD

AIM:

To ensure that Candidates have the necessary skills and knowledge relating to Cardio Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED). To place an unconscious breathing victim into the Recovery position

SINGLE RESCUER SKILLS**PREREQUISITES:** BLS 1 AWARD**AWARD:** Certificate.**VALIDITY:** 2 Years

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. All skills and knowledge in BLS1. (Good CPR Skills)	1. Candidate should be able to demonstrate good CPR skills, correct hand position, correct depth of compression, recoil without hands leaving the chest and maintaining a consistent rhythm
2. Basic understanding of ventricular fibrillation	2. As per CFR Student Handbook
3. Understand definition of death – reasons not to start CPR	3. As per CFR Student Handbook
4. Recognise ROSC (Return of Spontaneous Circulation)	4. As per CFR Student Handbook
5. Precautions when using an AED	5. As per CFR Student Handbook
6. AED Maintenance	6. As per CFR Student Handbook
7. Patient Handover & Patient Care report form filling	7. As per CFR Student Handbook
8. Demonstrate Recovery Position where there are no obvious traumatic injuries	8. As per CFR Student Handbook

TRAINING MANIKINS AND TRAINING AEDS MUST BE USED

BASIC LIFE SUPPORT 3 AWARD

AIM:

To provide comprehensive BLS & AED Skills and complement the knowledge in BLS 1 & 2. To provide the necessary BLS skills to deal with foreign body airway obstructions in conscious and unconscious victims.

SINGLE RESCUER SKILLS**PREREQUISITES:** BLS 2 AWARD**AWARD:** Certificate.**VALIDITY:** 2 Years

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. All skills and knowledge in BLS1 and BLS	1. As per CFR Student Handbook
2. Demonstrate BVM usage (2 person)	2. Use WSI BVM training video and documentation
3. Demonstrate effective CPR skills for child and Infant	3. As per CFR Student Handbook
4. FBAO – Demonstrate Foreign Body Airway Obstruction skills for Adult, Child and Infant who are conscious victims	4. As per CFR Student Handbook
5. Demonstrate FBAO skills for Adult, Child and Infant who are unconscious victims	5. As per CFR Student Handbook
6. Demonstrate FBAO skills for when dealing with either pregnant or obese victims.	6. Theory drawn from the CFR Student Handbook
7. Answer questions on any aspect of Basic Life Support Theory	7. As per CFR Student Handbook
8. CISM – Understand Critical Incident Stress Management	

TRAINING MANIKINS AND TRAINING AEDS MUST BE USED

CARDIAC FIRST RESPONSE COMMUNITY

AIM:

To bring WSI Personal to a higher level of professionalism in the area of Basic Life Support, Cardiopulmonary Resuscitation, Automated External Defibrillation, Choking Response Solutions, Aspirin Administration, Chain of Survival, Critical Incident Stress Management, CFR Report Writing, Cardiac Arrest & Heart Attack, Stroke (FAST) Assessment, Definitions of Death & CISM.

THEORY LEVEL: High

SKILL LEVEL: High

PREREQUISITES: BLS 1 - 3

AWARD: Certificate.

VALIDITY: 2 years.

TEST ITEMS

1. All skills and knowledge in BLS 1, BLS 2 and BLS 3 (Skill Test Stations) (Skill Sheet)
2. Stroke (FAST) Assessment
3. Aspirin Administration
4. CFR Report Writing

Course Registration Form to WSI HQ 14 Days in Advance

Fee Payable to WSI HQ

Course Material from www.phecc.ie

TRAINING MANIKINS AND TRAINING AEDS MUST BE USED

GROUP SEVEN - SPECIALIST AWARDS

FRAMEWORK

POOL LIFEGUARD AWARD	ASSISTANT SWIMMING TEACHERS AWARD
BEACH LIFEGUARD AWARD	SWIMMING TEACHER SAFETY AWARD
INLAND OPEN WATER LIFEGUARD	SWIMMING TEACHERS AWARD
SURF INSTRUCTOR SAFETY AWARD	INSTRUCTOR AWARD
SURF RESCUE BOAT DRIVER	CFR COMMUNITY INSTRUCTOR AWARD
SURF AWARDS	EXAMINER QUALIFICATION

National Pool Lifeguard Award

Aim

The aim of the WSI National Pool Lifeguard Award is to enable a Candidate to act as a designated lifeguard, trained in Pool Rescue and Basic Life Support techniques. He/She will also have an awareness of First Aid and Pool Water Analysis

Entry Level

PREFERRED ENTRY LEVEL

Rescue 2 Award of Water Safety Ireland

MINIMUM STANDARD ENTRY LEVEL

- Be able to swim 100 metres on front (prone) and 100 metres on back (supine).
- Be able to surface dive and recover an object from the deepest part of the pool.
- Be 16 years of age, or older, at the time of the examination.
- Pay the requisite registration fee to WSI.

Specification

The specification for the qualification is:

Unit 1 Basic Life Support 1,2 and 3

Unit 2 Lifeguard Skills

Unit 3 Pool Operations

National Pool Lifeguard Certification is awarded at either of two levels.

Level 1 certificates are awarded to those who are judged to be competent to supervise swimming pools or sections of a swimming facility, where the water depth does not exceed 1.5m.

Level 2 certificates are awarded to those who are judged to be competent to supervise areas of water in a swimming facility where depths are greater than 1.5m.

Candidates can upgrade from a Level 1 to a Level 2 award during the validity period of the Level 1 award. Candidates undertaking such an upgrade do not have to complete the entire course.

Optional modules are available from WSI e.g. Disability Teaching and Pool Plant Operator Certificate. Holders of the WSI National Pool Lifeguard Award are strongly encouraged to undertake further training.

Specific Learning Outcomes

UNIT 1 BASIC LIFE SUPPORT

THE CANDIDATE SHOULD BE ABLE TO:

- Complete the relevant worksheets to an acceptable standard
- Outline the functions of the respiratory system
- Identify and outline the role of muscles involved in inspiration and expiration
- Describe the process of exchange of gases in the alveoli
- Explain the role of the circulatory and nervous systems in the control of breathing
- Explain the following terms: tidal volume, inspiratory reserve volume, expiratory reserve volume, vital capacity and residual volume
- Identify the four main components of the circulatory system
- Describe the cardiac cycle
- Describe the heart and its associated blood vessels
- Outline the flow of blood through the main vessels of the body
- Explain the following terms: pulse, cardiac output and blood pressure
- Describe the composition of blood and the function of its particles
- Recognise the symptoms of Respiratory Failure
- Recognise Cardiac Arrest
- Demonstrate Basic Life Support (CPR with BVM and AED)
- Demonstrate Oxygen Administration.

DEMONSTRATE:

- Establishing an airway
- Turning a subject
- Mouth to mouth and mouth to nose resuscitation on adult, child or infant
- Effective skills to administer CPR with 1 operator on adult, child or infant
- Removal of visible obstructions
- Action for vomiting
- Aftercare to include recovery position
- Techniques for the relief of airway obstruction for conscious/unconscious victims
- Techniques for the relief of airway obstruction while dealing with victims, who are pregnant or obese
- BLS in two-operator mode
- Demonstrate rescue breaths using a BVM
- AED operation.
- Oxygen Administration

UNIT 2 LIFEGUARD SKILLS – LEVEL 2

THE CANDIDATE SHOULD BE ABLE TO:

- Demonstrate land-based rescues
- Demonstrate non-contact rescues
- Demonstrate evasive and defensive technique
- Demonstrate appropriate contact rescues.
- Demonstrate appropriate releases from Drowning Grips (WSI Rescue 2)
- Demonstrate methods of towing a subject to safety
- Demonstrate deep water resuscitation
- Explain the principles of assisting a conscious victim out of the pool.
- Demonstrate techniques for spinal injury management including stabilising, boarding and landing
- Describe and demonstrate the use of rescue equipment in pool emergency situations

e.g. ring buoys, reaching poles, etc.

- Describe how rescue equipment should be maintained and stored

*** Those undertaking a *Level 1* qualification are also required to demonstrate the above skills, but the techniques may be demonstrated in shallow water. Shallow water resuscitation must also be demonstrated.**

UNIT 3 POOL OPERATIONS

THE CANDIDATE SHOULD BE ABLE TO:

- Identify the procedures involved in a Normal Operational Plan (NOP) including:
 - The number, location and function of the lifeguards; pool zoning;
 - the patrol system and safety checks
 - Maintaining safe water conditions (including water tests)
 - An awareness of pool water treatment and testing
- Identify the procedures involved in an Emergency Action Plan (EAP) including:
 - Evacuation
 - Principles of first aid
 - Reporting and documenting of incidents
- Use appropriate communication techniques with colleagues and the general public in normal and emergency situations – oral, written and aural
- Use observation techniques to ensure the safety of all pool users
- Identify an appropriate course of action to avert dangerous situations in the pool and its surrounds
- Outline the safety requirements for groups using specialist equipment e.g. sub-aqua, canoe polo, aqua aerobics, water polo
- Outline the safety requirements for groups with special needs e.g. disabled, elderly, children
- Successfully complete a simulated accident situation as outlined by the Examiner. (This may also include lifeguarding skills as outlined above.)

*** *Level 1* Candidates can be examined in this section in water depths of 1.5m or less. *Level 2* Candidates and those upgrading from *Level 1* to *Level 2* must perform the above in water depths of at least 2m.**

Course Category Options

Three possible options may apply:

- A. Course organised by the WSI Water Safety Area Committee
- B. Course organised by an WSI approved Tutor.
- C. Course may be organised by an WSI approved Organisation.

In all cases the following are the responsibility of the organiser:

- a. Hire of swimming pool
- b. Hire of lecture hall
- c. Insurance cover
- d. Provision of equipment
- e. Application for and payment to Examiners

Course Registration

All National Pool Lifeguard Courses must be registered with:

Water Safety Ireland

The Long Walk

Galway

Telephone 091-564400

Fax 091-564700

e-mail info@WSI.ie

Website www.WSI.ie

The National Pool Lifeguard Course Registration Form must be completed and returned at least fourteen days prior to the commencement of the course. The Course Organiser must inform the Secretary of the Local Area Committee of the Course details.

Tutors will be invoiced for the appropriate amount by WSI HQ at the current rate per Candidate. Manuals not used during the course must be returned to HQ to avoid being charged the full amount.

Minimum Training Hours

The minimum course length for Candidates preparing for assessment is 30 hours.

It is acknowledged however that the current ability of Candidates will be a determining factor in calculating the actual training hours required.

It may take a considerably longer period of training to bring some Candidates to the standard required, especially where they have had no prior Lifesaving Instruction.

It is the responsibility of the Course Tutor to ensure that all Candidates are prepared for the final assessment.

Each Candidate must have an 80% attendance on the Course in order to take the final Assessment

Assessment

The National Pool Lifeguard Award Assessment is made up of 4 units.

1. BLS Practical
2. Lifeguard Skills Practical
3. Pool Operation Skills Practical
3. Completion of Course Manual Worksheets (MCQ for Revalidations)

Only WSI qualified Examiners who are also WSI Pool Lifeguard Tutors may examine units 1, 2 and 3 of the Award. The Course Tutor corrects the worksheets which must be available for inspection by the Course Examiner, if requested.

The ratio of Tutor/Examiner to Candidates shall be max of 1:16.

All Organisers must include the name of the intended Examiner(s) on the Registration Form. An updated register of Examiners/Tutors will be kept by WSI HQ.

Format

Unit 1 BLS:

The practical skills of BLS must be demonstrated in simulated exercises with another candidate and using training manikins. CPR must be demonstrated on manikins only. (As per CFR Skills Evaluation Sheet)

Candidates should be suitably attired and present themselves in pairs for the examination of single operator skills and in groups of three for two operator skills. Candidates must be able to answer BLS theoretical questions posed by the Examiner.

Suitable scenarios will be set by the Examiner.

UNIT 2 LIFEGUARD SKILLS:

These practical skills should be carried out in simulated drowning/rescue situations at suitable indoor or outdoor swimming pools. These scenarios may include elements of swimming pool operations.

UNIT 3. POOL OPERATIONS SKILLS:

THE EMERGENCY INCIDENT SCENARIO

The Examiner should set the scenario, while the Candidates are in isolation. A brief outline should be given to the Candidates before the start of each scenario.

The Examiner should always maintain control over the condition of the victims and incident details. Candidates should be informed of changing conditions.

The Examiner should indicate the start and completion of the incident (minimum 3 minutes, maximum 5 minutes). Face down or submerged victims should be assumed unconscious and not breathing.

Acting as an individual Lifeguard or as part of a team, the Candidate should initiate appropriate procedures, to prevent, and/or rescue and provide aftercare for victims from a previously unknown simulated emergency situation.

Victims can either be non-swimmer(s), weak swimmer(s), injured swimmer(s) or unconscious.

Note: Sample assessment forms for Units 1 and 2 can be found in Chapter 15 of the WSI National Pool Lifeguard manual.

RESCUE SEQUENCE:

1. Observe pool, by patrolling or watching.
2. Prevent, if possible, an emergency situation developing.
3. Spot the victims and assess the situation.
4. Ensure the safety of others
5. Initiate the emergency action plan.
6. Perform the rescue/s.
7. Assist the conscious victim from the pool.
8. Provide aftercare.

SAMPLE EMERGENCY SITUATIONS TO SIMULATE:

1. Swimmer in the middle of the pool becomes incapacitated with cramp in the foot.
2. Non-swimmer falls in at the deep end.
3. Weak swimmer paddles out of their depth and panics.
4. Non-swimmer attempts to move along the pool edge towards the deep end, loses contact with side and panics.
5. A weak swimmer, out of his/her depth, becomes exhausted and sinks.
6. A swimmer becomes entrapped by the steps / handrail or other pool furniture.
7. A swimmer collides with the side or another swimmer and is knocked unconscious.
8. A swimmer chokes on the water and panics.
9. A swimmer has a fit in the middle of the pool.
10. A swimmer jumps in and suffers a suspected spinal injury.
11. A swimmer dives in and suffers a suspected spinal injury.
12. A pool user has a heart attack.
13. A weak swimmer panics and grabs another swimmer for support.
14. Collapsed victim on bank of pool
15. Panicking onlooker on bank of pool

Combining two or more of the above will provide many other situations. The aim is to have a preventable situation with one that is not, to test Lifeguard observation skills and procedural knowledge. Water depths must be appropriate for Level 1 and Level 2 awards.

UNIT 4. WORKSHEET COMPLETION

Worksheets serve as a checklist for both Candidate and Tutor and must be available for scrutiny by the Examiner.

Results

Candidates must achieve a pass (50%) in each technique of BLS (Unit 1), Water Work (Unit 2+3) and must also achieve a pass (50%) in the work sheet completion (Unit 4).

Candidates who fail the Level 2 award may be awarded a Level 1 qualification, subject to completing the outstanding items on the Level 1 assessment form e.g. shallow water resuscitation, etc. This process is also subject to the Candidate having been successful in the other units.

Note: A sample results summary sheet is available in Chapter 15 of the WSI National Pool Lifeguard Manual.

Repeat Examinations

Candidates may repeat the examination in whole or in part within a period of 6 months. This repeat examination may take place in an area other than where the original examination took place. Candidates should apply in writing to the Area Committee where an examination is taking place for permission to participate. Candidates must provide proof to that Area Committee that they have completed a National Pool Lifeguard Course.

Appeals

All Candidates undertaking the WSI National Pool Lifeguard Award have the right to appeal if they are in any way dissatisfied with the assessment result. The appeals procedure, along with all relevant forms, can be found in Chapter 19 of the WSI National Pool Lifeguard Manual.

Revalidating

All revalidating Candidates must provide a copy of their last Pool Lifeguard Certificate to Course Tutor/Examiner prior to assessment.

All WSI revalidating Lifeguards must produce their CPD Log or undergo whatever training their Tutor deems necessary prior to Revalidation Exam and MCQ

All Candidates from other organisations revalidating with WSI must complete the WSI Lifeguard Manual Worksheets and Revalidation Course prior to Revalidation Exam

Candidates must achieve a mark of 70% or higher in the Multiple Choice Question Papers (MCQs)

NATIONAL BEACH LIFEGUARD AWARD

AIM:

To establish, a corps of dedicated and specifically trained personnel, for the patrol of our beaches.

PREREQUISITES: Minimum age 16 years on date of assessment. Rescue 2, BLS 3 recommended.

COURSE: Beach Lifeguard Course has a course time of 40 hours minimum. Recognition of prior learning (RPL) can be credited by the Course Tutor.
Maximum of 12 candidates per Tutor.

AWARD: The successful Candidate will receive a laminated I.D. card, stating that they are the holder of the **National Beach Lifeguard Award**.

DRESS: Part A: "Land Practical" -NOP Uniform or Normal Clothing.
Part B: "Pool Practical" - Swimwear.
Part C: "Open Water Practical" - Swimwear, wet suit (optional), Fins, suitable beach footwear and swim hat.

Casualty: Swimwear and protective clothing. The Candidate will be obliged to provide a person to act as a "Victim" and to provide all items of Dress as indicated for both themselves and the Victim.

RE-VALIDATION TEST:

Every 2 Years

RECOMMENDATIONS:

Hold a current First Aid Certificate issued by a recognised organisation, which concurs with the Health & Safety Acts.

OBJECTIVES:

To train and assess for competencies in: -

- Fitness, knowledge, judgement and self-discipline.
- Ability to observe and patrol a beach area.
- Abilities to render first aid and work as a team member.
- To deal with the public in a courteous and professional manner.

ASSESSMENT:

Not more than 6 Candidates to one Examiner.

- (a) All sections should be completed within a four-month period. **PARTS A and B** must be successfully completed before training commences for **PART C**.
- (b) If a Candidate has successfully passed sections A and B but has failed section C, then they may re-take section C within 30 calendar days. However, the Candidate must re-take all of PART C and the Examiner must be the same Examiner that originally examined **PART C**. Failure on the second attempt requires the Candidate to repeat all sections again.

NOTE: Part C must be carried out on a beach. A beach is defined as an area of foreshore, open to the sea or ocean. Safety remains the responsibility of the Examiner and must take priority over all else and the **Examiner** must ensure that suitable safety back-up is provided for Part C.

Goggles cannot be used in this award.

TEST ITEMS

PART A: "LAND PRACTICAL"

1. BLS 3 and two-operator CPR (theory and practice). An approved resuscitation manikin must be used.
2. Complete all Worksheets from Chapter 19 of the WSI National Beach Lifeguard Manual. All worksheets must be signed off by Course Tutor and Candidate and be made available for Course Examiner to check on day of exam

PART B: "POOL PRACTICAL"

OBJECTIVE:

To assess the Candidates basic fitness, and rescue skills in a controlled environment prior to assessment in open water.

Failure in this section prohibits progression to Section C.

3. Swim 400 metres within 8 minutes.
4. Swim 100 metres Lifesaving Side Stroke and 100 metres Inverted Breaststroke.
5. Swim 100 metres to a conscious casualty and tow 100 metres Fins should be used.
6. Swim to a conscious casualty and carry cross-chest 100 metres.
7. Candidate will pick up three objects from the bottom of the pool. (Max. depth 2 metres). The objects will be 3 metres apart.
8. Candidates will swim 10 metres underwater, surface and take 12 seconds rest and repeat the underwater swim three times continuously with a 12 seconds rest between swims.
9. Demonstrate three releases (Rescue 3) and two defensive actions as specified by the Examiner. Distance 10 metres.
10. Show ability to cope with two interlocked subjects in deep water.
11. Take a Rescue Tube or Can Buoy and swim 100 metres to a floating casualty, who may be considered to be unconscious and not breathing. Demonstrate deep water supported E.A.R. and return 100 metres. Direct and land casualty with assistance from trained helpers, placing in recovery position.
12. Demonstrate ability to deal with a Spinal Injury Casualty as specified by the Examiner.
13. Any item required by the Examiner as set out in the WSI National Beach Lifeguard Manual.

NOTE:

- (a) Where possible, approved Rescue Dummy of 75 Kilos should be used as standard "Casualty" for this assessment.
- (b) Swim fins to be used only in test item 5.
- (c) Part B must be completed in one uninterrupted session.

PART C: "OPEN WATER PRACTICAL"

14. Candidate will run 400 metres along the beach to water's edge carrying a Can Buoy or Rescue Tube and Fins. Swim to a marker 100 metres from waist depth and return to shoreline within 8 minutes.
15. The Candidate will rescue a conscious co-operative casualty 100 metres from waist deep water using a Can Buoy or Rescue Tube and Fins.
16. The Candidate will perform a rescue on an unconscious casualty 150 metres from waist deep water, using a rescue board or rescue ski, demonstrating EAR using the equipment and returning to shore with the casualty.
17. The Candidate will perform a rescue on a casualty 50m. from waist deep water using a cross-chest carry. (No rescue aids to be used).

18. The Candidate will rescue three casualties, the condition and actions of each will be unrevealed. One casualty will be 15 metres from waist deep water and the remaining two will be within their respective depths. No casualty will be more than 50 metres from the water edge. *The Candidate will direct and carry out the rescues with the assistance of one other Candidate. On completion, the Candidate will explain the reasons for the actions they took and the directions that they gave to the second Candidate.*
19. An unconscious casualty has disappeared from sight 25 metres from waist deep water. The Candidate must demonstrate his/her ability to direct a second Candidate to the point where the casualty was last seen. This to be carried out with the use of the whistle, hand signals and/or flag signals and/or signal bats using approved signals as set out in the I.W.S. Lifeguard Handbook. No casualty will in fact be in the water and the Examiner will determine the point of disappearance.

NOTE:

- (a) At all times the Candidate must demonstrate the ability to make the best use of the surf and sea conditions. In **Test Item 14**, the Examiner-in-charge will have the discretion to extend the time to a maximum of 15 minutes provided all Candidates are informed before the commencement of the assessment.
- (b) **Part C** must be completed on the same day at the same location.

Revalidating

All revalidating Candidates must provide a copy of their last Beach Lifeguard Certificate to Course Tutor/Examiner prior to assessment.

All WSI revalidating Beach Lifeguards must produce their CPD Log or undergo whatever training their Tutor deems necessary prior to Revalidation Exam and MCQ

All Candidates from other organisations revalidating with WSI must complete the WSI National Beach Lifeguard Manual Worksheets and Revalidation Course prior to Revalidation Exam

Candidates must achieve a mark of 70% or higher in the Multiple Choice Question Papers (MCQs)

NATIONAL INLAND OPEN WATER LIFEGUARD AWARD

AIM:

To establish, a corps of dedicated and specifically trained personnel, for the patrol of our inland waterways.

PREREQUISITES: Minimum age 16 years on date of assessment. Rescue 2, BLS 3 recommended.

COURSE: IOW Lifeguard Course has a course time of 40 hours minimum. Recognition of prior learning (RPL) can be credited by the Course Tutor.
Maximum of 12 candidates per Tutor.

AWARD: The successful Candidate will receive a laminated I.D. card, stating that they are the holder of the **National Inland Open Water Lifeguard Award**.

DRESS: Part A: "Land Practical" -NOP Uniform or Normal Clothing.
Part B: "Pool Practical" - Swimwear.

Part C: "Open Water Practical" - Swimwear, wet suit (optional), Fins, suitable footwear and swim hat.

Casualty: Swimwear and protective clothing. The Candidate will be obliged to provide a person to act as "Casualty" and to provide all items of DRESS as indicated for both themselves and the Casualty.

RE-VALIDATION TEST:

Every 2 Years

RECOMMENDATIONS:

Hold a current First Aid Certificate issued by a recognised organisation, which concurs with the Health & Safety Acts.

OBJECTIVES:

To train and assess for competencies in: -

- Fitness, knowledge, judgement and self-discipline.
- Ability to observe and patrol a shore area.
- Abilities to render first aid and work as a team member.
- To deal with the public in a courteous and professional manner.

ASSESSMENT:

Not more than 6 Candidates to one Examiner.

(a) All sections should be completed within a four-month period. **PARTS A and B** must be successfully completed before training commences for **PART C**.

(b) If a Candidate has successfully passed sections A and B but has failed section C, then they may re-take section C within 30 calendar days. However, the Candidate must re-take all of PART C and the Examiner must be the same Examiner that originally examined **PART C**. Failure on the second attempt requires the Candidate to repeat all section **A, B** and **C**.

NOTE: Part C must be carried out on an inland shoreline. "Shoreline" is defined as "an area of land, open to a river, lake or canal". Safety remains the responsibility of the Examiner and must take priority over all else and the **Examiner** must ensure that suitable safety back-up is provided for Part C.

Goggles cannot be used in this award.

TEST ITEMS

PART A: "LAND PRACTICAL"

1. BLS 3 and two-operator CPR (theory and practice). An approved resuscitation mannequin must be used.
2. Complete all Worksheets from the relevant Chapters in the WSI National Open Water Lifeguard Manual. All worksheets must be signed off by Course Tutor and Candidate and be made available for Course Examiner to check on day of exam

PART B: "POOL PRACTICAL"

OBJECTIVE:

To assess the Candidates basic fitness, and rescue skills in a controlled environment prior to assessment in open water. Failure in this section prohibits progression to Section C...

3. Swim 400 metres within 8 minutes
4. Swim 100 metres Lifesaving Side Stroke and 100 metres Inverted Breaststroke
5. Swim 100 metres to a conscious casualty and tow 100 metres Fins should be used.
6. Swim to a conscious casualty and carry cross-chest 100 metres.
7. Candidate will pick up three objects from the bottom of the pool. (Max. depth 2 metres). The objects will be 3 metres apart.
8. Candidates will swim 10 metres underwater, surface and take 12 seconds rest and repeat the underwater swim three times continuously with a 12 seconds rest between swims.
9. Demonstrate three releases (Rescue 3) and two defensive actions as specified by the Examiner. Distance 10 metres.
10. Show ability to cope with two interlocked subjects in deep water.
11. Take a Rescue Tube or Can Buoy and swim 100 metres to a floating casualty, who may be considered to be unconscious and not breathing. Demonstrate deep water supported E.A.R. and return 100 metres. Direct and land casualty with assistance from trained helpers, placing in recovery position.
12. Demonstrate ability to deal with a Spinal Injury Casualty as specified by the Examiner.
13. Any item required by the Examiner as set out in the relevant WSI Manuals.

NOTE:

- (a) Where possible, approved Rescue Dummy of 75 Kilos should be used as standard "Casualty" for this assessment.
- (b) Swim fins to be used only in test item 5.
- (c) Part B must be completed in one uninterrupted session.

Part C: "OPEN WATER PRACTICAL"

14. Carrying a Can Buoy or Rescue Tube and Fins, Candidate will swim to a marker 100 metres from waist depth and return to shoreline within 5 minutes.
15. The Candidate will rescue a conscious co-operative casualty 100 metres from waist deep water using a Can Buoy or Rescue Tube and Fins.

16. The Candidate will perform a rescue on an unconscious casualty 150 metres from waist deep water, using a rescue board or rescue ski, demonstrating EAR using the equipment and returning to shore with the casualty.

17. The Candidate will perform a rescue on a casualty 50m. from waist deep water using a cross-chest carry. (No aids to be used).

18. The Candidate will rescue three casualties, the condition and actions of each will be unrevealed. One casualty will be in deep water and the remaining two will be within their respective depths. *The Candidate will direct and carry out the rescues with the assistance of one other Candidate. On completion, the Candidate will explain the reasons for the actions they took and the directions that they gave to the second Candidate.*

19. An unconscious casualty has disappeared from sight 25 metres from waist deep water. The Candidate must demonstrate his/her ability to direct a second Candidate to the point where the casualty was last seen. This to be carried out with the use of the whistle, hand signals and/or flag signals and/or signal bats using approved signals as set out in the WSI National Open Water Lifeguard Manual. No casualty will in fact be in the water and the Examiner will determine the point of disappearance.

20. Demonstrate simple rescues using:-

1. Ring buoy
2. Rope
3. Throw Bag line to a subject 10m from shore, with appropriate follow up.

NOTE:

(a) At all times the Candidate must demonstrate the ability to make the best use of the inland water conditions.

(b) **Part C** must be completed on the same day at the same location.

Revalidating

All revalidating Candidates must provide a copy of their last Inland Open Water Lifeguard Certificate to Course Tutor/Examiner prior to assessment.

All WSI revalidating Open Water Lifeguards must produce their CPD Log or undergo whatever training their Tutor deems necessary prior to Revalidation Exam and MCQ

All Candidates from other organisations revalidating with WSI must complete the WSI Open Water Lifeguard Manual Worksheets and Revalidation Course prior to Revalidation Exam

Candidates must achieve a mark of 70% or higher in the Multiple Choice Question Papers (MCQs)

NATIONAL INSTRUCTOR AWARD

AIM:

To set and maintain a standard of the highest order for those who wish to participate in the teaching of water safety and BLS on a voluntary basis.

PREREQUISITES: Minimum age 17 years on date of exam. Rescue 2 Award. Approval of area committee concerned. Character reference to be supplied by Trainee Instructor.

Trainee Instructor must be under the supervision of an official Instructor at all times.

AWARD: Certificate.

VALIDITY: 2 years initially.

IMPORTANT NOTES:

1. The Instructor Examination Form is the responsibility of the Trainee Instructor.
2. The Candidate must present their Instructor Log Book to the Examiner at each Examination Stage.
3. A Trainee Instructor who holds an AST Award may be exempted from AST test.
4. Note: While presentation of a Swim and Rescue 3 class is desirable, WSACs may, in special circumstances accept presentation of Rescue 1 or 2 classes instead. These exceptions should only apply where circumstances arise that will impede the development of our members e.g. few classes available, where the number of trainee instructors exceeds the availability of Rescue 3 classes or no Swim classes available in programme.
Any such decision must be recorded in the minutes of a WSAC meeting.
5. Instructors are encouraged to undertake the full WSI Assistant Swim Teachers qualification within a two-year period. Practical Assessment in normal class environment.

Water Safety Ireland Generic Tutor Award will form part of all courses in the future.

TEST ITEMS

Attend on a trainee Instructor's course covering the following: -

1. BLS 3 plus two-operator CPR.
2. Demonstrate the following in water or on land as requested by the Examiner: -
 - (a) Any items from the Safety Awards.
 - (b) Any items from the Rescue Awards.
3. WSI Code of Ethics regarding child protection.
4. Present a lecture of at least 5 minutes on an aspect of Water Safety.
5. Present a lecture of at least 5 minutes on an aspect of Basic Life Support.
6. Have a knowledge of: -
 - (a) Anatomy and Physiology.
 - (b) The WSI Award Scheme.
 - (c) The Structure of WSI Council.
 - (d) The Local Area Committee.
 - (e) NOP's/EAP's
 - (f) Items of Rescue Equipment.
 - (g) All publications of WSI.
7. Prepare 3 Lesson Plans on any aspect of the Examination Syllabus. No necessity for the Trainee Instructor to teach them.
8. (A) The practical assessment of the Instructors Award will include presentation of the following: 1 x Swim class, 1 x Safety 3 or 4 class and 1 x Rescue 3 class.
(B) Candidates may present a maximum of two of the above during any one-water safety week or water safety course (pools). The maximum number of assessments on any one-day is two.
10. Prepare and present Lesson Plans on each of the following: -
 - (a) Any Aspect of Basic Life Support.
 - (b) Any Aspect of the Safety Awards.
 - (c) Any Aspect of the Rescue Awards.

GUIDELINES

1. As per CFR Handbook.
2. Note that: - Block and Parry, Front Double, Rear Double, Wrist hold on wrist, an un-specified grip, and spinal injury management, **must** be included in this section.

SWIMMING TEACHER'S LIFE SAVING AWARD

AIM:

To ensure all swimming teachers have lifesaving skills and a basic level of physical fitness when teaching indoors.

PREREQUISITES: Be a minimum of 16 years of age.

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit, shirt and trousers / tracksuit bottoms.

NOTE: Those teaching swimming in an open water environment ***must*** hold a minimum qualification of WSI Rescue 1 or equivalent.

EXAMINER / INSTRUCTOR RATIO: 16:1.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. Basic Life Support 1 (Theory and Practice).	1. As per CFR Handbook
2.Oral test: - (a) Personal Safety. (b) Principles of Risk Assessment. (c) Hazards in swimming pools. (d) Principles of simple rescue. (e) Correct follow up procedures (EAPs). (f) Recognition of emergency situations. (g) Principles of non-contact swimming rescues.	2. As per WSI Rescue Skills Manual.
3.Demonstrate the following: - (a) Voice Contact. (b) Use of Buoyant objects, with no line attached. (c) Un-weighted rope. (d) Ring Buoy. (e) Reaching Rescue.- with/without extended aid. (f) Wading Rescue.	3. Demonstration of simple rescue techniques, using accident scenarios to highlight the Candidate's ability to recognise, assess and take appropriate action. Use a minimum distance of 10 metres in all methods.

- | | |
|--|--|
| <p>4. Appropriate entry and swim 10 metres, using a head up approach, to a distressed swimmer. Using an appropriate aid, tow the subject 10 metres to safety. Show ability to avoid body contact at any stage during the rescue.</p> <p>5. Demonstrate ability to avoid contact by a subject, using evasive actions.</p> <p>6. Continuous swim: -</p> <ul style="list-style-type: none"> (d) 50 metres front crawl or breaststroke. (e) 25 metres rescue sidestroke using lower arm only. (f) 25 metres rescue backstroke using legs only. <p>7. Surface dive and pick an object off the pool floor.</p> <p>9. Show ability to turn a subject simulating unconsciousness from a prone to a supine position in shallow water. Establish if the subject is breathing. Commence resuscitation (if necessary) while walking to a safe location and demonstrate correct follow-up procedures.</p> <p>10. Know the NOP and EAP with regard to the landing of victims in the pool(s) where you teach swimming.</p> | <p>4. Remove shirt and trousers / track suit bottoms before entering the water. Subject may be told to be prone or supine. Eye and voice contact should be maintained throughout</p> <p>5. As per WSI Rescue Skills Manual.</p> <p>6. Good stroke technique is desirable but not essential. This item is intended to ensure teachers have a basic level of swimming ability and fitness.</p> <p>7. Depth of dive should be related to where classes are taught.</p> <p>8. Continuing BLS on poolside may be required by the Examiner.</p> <p>9. Practical demonstrations are <u>not required</u>. This is to ensure the safety of both the casualty and the Candidate during the assessment.</p> |
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Continuing Professional Development (CPD):

In line with the principles of CPD the following WSI courses are recommended for all swimming teachers:

BLS 2 and 3.

Rescue 1, 2 or 3.

Pool Lifeguard.

Special Needs Assistant.

Water Safety Instructor.

Primary Aquatics and Water Safety (PAWS) Provider.

NATIONAL ASSISTANT SWIMMING TEACHERS AWARD

Revised: - January 2018

AIMS:

1. *To ensure people are qualified to assist qualified Swimming Teachers on a professional or voluntary basis.*
2. *To give Candidates a basic technical and practical knowledge for the teaching of swimming to groups of 6 pupils under the direction of a fully qualified Swimming Teacher.*
3. *To provide Candidates with an understanding of health and safety issues in swimming pools.*

Preferred pre – course requirements and recommendations:

Ideally, Candidates will have an WSI Swimming Teachers' Life Saving Award or Safety 4 or equivalent before starting the course. While not essential at the start of or during the course, all candidates should have achieved the stated lifesaving standard before they begin to work more independently.

If it is not possible for a Candidate to achieve or obtain the stated lifesaving criteria the qualification must only be used when a Pool Lifeguard is present and under the direction of a fully qualified Swimming Teacher.

WSI recommend that a qualified Pool Lifeguard is present during all swimming lessons.

Garda Vetting: It is the legal responsibility of all organisations that provide services for children or vulnerable adults to ensure those representing them undergo the process of Garda Vetting. Ideally AST Candidates who are members of institutions or leisure facilities will already have been Garda vetted.

Candidates who undergo the AST qualification independently of an organisation or leisure facility, must ensure they are Garda Vetted within the organisation or facility where they will be delivering lessons.

Candidates must be a minimum age of 16 years prior to the course starting date.

Course Presentation and Structure

This course can only be provided by registered WSI Swimming Tutors
The course will consist of a minimum of 24 hours theory and 8 hours poolside practice.

Candidates must have an attendance in excess of 95% of the scheduled hours to complete the course. An attendance register will be kept by the provider to support this requirement.

Delivery time for Candidates with no prior experience can be extended if required.

Course Ratios: The recommended Tutor/Candidate ratio is **1:14**.

Recognition of Prior Learning:

Candidates who have experience in specific areas/topics may apply in writing to the Course Tutor for exemptions to parts of the AST. This application must be supported by a short CV,

which highlights the experience held. Certified proof of other qualifications must also be submitted.

The Course Tutor will retain the evidence. External course auditing will seek written evidence, if any exemptions have been granted.

Adjustments for Candidates with needs:

Any Candidate who has extra needs must highlight these to the Course Tutor, who will record the need and the actions he/she has taken to accommodate the Candidate. WSI is an Equal Opportunities organisation.

Course content/Syllabus: The WSI Assistant Swimming Teachers Award comprises 10 units, as follows:

1. General Information
2. Health and Safety
3. Anatomy and Physiology
4. Learning and Skill Development
5. Integration of those with Additional Requirements
6. Scientific Principles of Movement in Water
7. Six Strokes - Front Crawl, Back Crawl, Breaststroke, Butterfly, Inverted Breast Stroke and Life Saving Side Stroke
8. Other Aquatic Skills relevant to the teaching of swimming
9. Stroke and Aquatic Skills Analysis
10. Practical teaching

The learning outcomes listed for each unit will act as a guide for Course Tutors. The amount of time spent on each topic shall be relevant to the Candidate's experience and qualifications. Times displayed for each Unit are indicative and may be adjusted if necessary.

Outline of the Assistant Swimming Teacher Award

An WSI Certificate to indicate that the holder is qualified to teach up to six pupils, under the direction of a fully qualified Swimming Teacher.

Validity

The Assistant Swimming Teacher award is valid for two years initially from the date of issue. Thereafter certificate holders must attend regular CPD courses. This is in line with the principles of continuing professional development.

Application process

Complete an official course application form, if required.
Submit the required course fee/deposit to the course organiser.

Notification of results

The Course Tutor and (if necessary) the visiting external Swim Tutor/Assessor will give each Candidate feedback and notify the Candidates of their course results verbally.

A copy of the official examination sheet must be signed by both the Course Tutor and Candidate.

Appeals

Water Safety Ireland have a clearly defined appeals protocol. This process is outlined on Water Safety Ireland's website.

Membership

It is strongly recommended that all holders of the Assistant Swimming Teachers Award become members of WSI. To become a member, applicants must

- Attend an WSI Code of Ethics seminar
- Complete a membership application form
- Forward the completed application form to WSI via your local Area Water Safety Committee contact.
- Send completed Garda Vetting Application Form to

Authorised Signatory (Garda Vetting), c/o Water Safety Ireland, The Long Walk, Galway.

Important Note: Holders of this award who are under 18 years of age must also submit a Garda Vetting Application Form, as above, accompanied by the appropriate parental consent form.

Recommended Reading: The WSI publication, "National Swimming Teachers Training Manual".

To ensure ongoing best practice, it is recommended that holders of the WSI Assistant Swimming Teachers Certificate register for the full WSI Swimming Teachers Course within two years. If this recommendation is not followed AST certificate holders are reminded that proof of CPD and experience must be available if required.

Assessment: This will be in part by the Course Tutor and will take different formats. Verbal questioning throughout the course, worksheets and a course log book must be fully completed to the satisfaction of the Course Tutor.

On-course written feedback will be recorded and held as evidence of reaching the required standards.

The Tutor will convey these results to the external Examiner.

External Auditing by WSI: WSI will audit all AST courses to ensure Tutor standards, recommended materials are being used, recommended procedures are being adhered to and to support the decisions of the Course Tutor if necessary.

External auditing of AST courses must only be undertaken by fully qualified WSI Swimming Tutors who will visit the course on at least one occasion.

The external Tutor will be assigned by the relevant WSI Commission.

The role of the external Tutor will be to:

- a) Support the Course Tutors assessment of the individual Candidates
- b) Review the Candidate continuous assessment forms
- c) Provide quality control of course. This will include checking that;

1. A timetable is being followed
2. The course covers the required syllabus
3. Adequate records of attendance and performance are being maintained
4. The resources being used are sufficient to provide adequate knowledge transfer
5. Review a random selection of course Log Books during the visit.
6. Check that applications for exemptions are in order
7. Review continuous assessment forms
8. Carry out an assessment of Candidates on the course
9. Discuss any issues with the Course Tutor and/or the Candidates
10. Maintain a copy of the course checklist signed by both the external Assessor and the Tutor
11. Highlight in writing any issues relating to the course to the relevant WSI Commission/ personnel

Insurance: It is advised that holders of the AST purchase suitable insurance but the following must be noted:

All holders of an WSI Assistant Swim Teachers Award must adhere to the following:

- a. Must only teach groups of 6 pupils
- b. Must teach under the supervision/direction of a fully qualified Swimming Teacher
- c. Must adhere to stated guidelines with regard to validity and CPD and lifesaving qualifications

Candidates with limited mobility: The ability of an Assistant Swimming Teacher to give correct and effective personal demonstrations is accepted worldwide as an important core skill. When the ability to give correct personal demonstrations is limited due to poor mobility or a physical disability, the Assistant Swimming Teacher can use other methods to enhance the learning experience of their pupils such as another competent person to demonstrate the skill. If there is no competent person available, the use of appropriate technology is acceptable.

Assistant Swimming Teachers must demonstrate the ability to provide suitable guidance and instruction to their swimmers arising from these demonstrations. They must also be able to distinguish between poor and good demonstrations and reflect this in the learning environment.

NATIONAL CFR COMMUNITY INSTRUCTOR AWARD

AIM:

To improve the standard of resuscitation throughout the country, by providing specialist instructors and to assist Water Safety Instructors, during Water Safety courses and “weeks”.

PREREQUISITES: Minimum age of 17 years & Valid PHECC CFR Certificate

AWARD: Certificate.

VALIDITY: 2 years initially.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
<p>STAGE 1: Attend a training course covering the following:</p> <ol style="list-style-type: none"> 1. <ol style="list-style-type: none"> (a) PHECC CFR Community Programme (b) Use of CFR DVD and audio-visual aids in the teaching of basic life support. (c) WSI Code of Ethics regarding child protection. 2. Demonstrate the techniques of BLS. (Including two-operator CPR). 3. Present a 5-minute Demonstration on the use of CFR DVD and Audio-Visual Equipment. 4. Demonstrate Teaching of AED one shock scenario and AED safety aspects <p>STAGE 2: Practical Skills Assessment Stations as follows;</p> <ol style="list-style-type: none"> a. Adult CPR (One Person) b. Adult CPR (Two Person) c. AED d. Child CPR e. Infant CPR f. Choking as per all of the above 	<p>STAGE 1:</p> <ol style="list-style-type: none"> 1. <ol style="list-style-type: none"> (a) As per PHECC CFR Student/Instructor Handbook (b) CFR DVD. (c) As per WSI Code of Ethics Best Practice 2. Focus on skills. 3. Candidate will choose the subject and will have time to prepare <p>STAGE 2: As per CFR Skills Assessment Sheet</p>

NATIONAL SWIMMING TEACHERS AWARD

AIM:

To set and maintain the highest standards for those who wish to participate in the teaching of swimming on a professional or voluntary basis.

To ensure best practices are followed from both safety and child welfare points of view.

GENERAL COURSE OUTLINE

1. Course Length: The course shall have not less than 40 contact hours, to include theory and a minimum of 8 hours practical poolside teaching. Non-contact hours for homework, study and lesson plan preparation are not included in this timeframe. It is estimated that Candidates will spend 15-20 hours completing the official course logbook and other tasks. Candidate experience will influence this outlined timeframe. Contact hours may be extended to suit Candidates.
2. Assessment time allocation is in addition to the above.
3. The prior experience of Candidates will influence the time necessary to complete the course.
(See note re "Recognition of Prior Learning" below).
4. Course Ratios: The WSI recommended Candidate/Tutor ratio is 12:1.
5. Candidates must have a minimum attendance of 95% of the scheduled hours to complete the course. An attendance register will be kept by the provider to support this requirement.
6. This course may only be provided by registered WSI Swimming Tutors, who are also current members of WSI.

APPLICATION PROCESS

1. Complete an official course application form or submit an appropriate CV.
2. Submit the required course fee or deposit to the course organiser.
3. Provide proof of having attained the Assistant Swim Teachers Award of WSI or equivalent.

PREFERRED PRE-COURSE REQUIREMENTS AND RECOMMENDATIONS

All Candidates must:

- (a) Hold a current Water Safety Certificate of a standard not less than the Swimming Teachers Safety Award of WSI or accepted equivalent. Those wishing to teach in an open water environment must have a lifesaving qualification not less than Rescue 1 of WSI or acceptable equivalent and have completed the Open Water Teaching module of WSI.

It is recommended that all Candidates should have achieved the stated lifesaving criteria before the qualification is used independently. If it is not possible for a Candidate to achieve or obtain the stated lifesaving criteria, the qualification must only be used when a fully qualified Pool Lifeguard is present.

WSI recommend that a qualified Pool Lifeguard is present during all swimming lessons.

Holders of WSI Swimming Teacher qualifications should continue to update and add to their life saving qualifications. The WSI National Pool Lifeguard Award is highly recommended.

- (b) Have attained the age of 17 years.
- (c) Be holder of an WSI Assistant Swimming Teacher Award or equivalent and provide proof of certification.
- (d) Apply for and be accepted on an WSI registered Swimming Teachers Course. Applications can be made on an official application form or by the submission of a swimming CV.
- (e) Be able to provide proof of having completed at least 20 hours of practical teaching under the supervision of a fully qualified Swimming Teacher. Supporting evidence by the named supervising Swimming Teacher may be sought.
- (f) Must complete a full Swimming Teacher's Course under the direction of fully qualified and WSI registered Tutors before the final assessment.
- (g) Be Garda Vetted. It is the legal responsibility of all organisations, who provide services for children or vulnerable adults to ensure those representing them undergo the process of Garda Vetting. Ideally Swimming Teacher Candidates who are members of institutions or leisure facilities will already have been Garda vetted. Candidates who undergo the WSI Swimming Teacher qualification independently must ensure that they are Garda Vetted within the organisation or facility where they will be delivering lessons.
- (h) Have completed and hold a valid recognised Child Welfare/Code of Ethics course and be able to provide proof of same

Recognition of Prior Learning: Candidates who have experience in specific areas/topics may apply in writing to the Course Tutor for exemptions to parts of the Swimming Teacher Course. This application must be supported by a short CV, which highlights the experience held. Certified proof of other qualifications must also be submitted. The Course Tutor will retain the evidence. External course auditors will also seek evidence if any exemptions have been given.

Adjustments for Candidates with Special or Additional Needs: Any Candidate who has extra needs must highlight these to the Course Tutor, who will record the need and the actions he/she has taken to accommodate the Candidate. WSI is an Equal Opportunities Organisation.

Candidates with limited mobility: The ability of a Swimming Teacher to give correct and effective personal demonstrations is accepted worldwide as an important core skill. When the ability to give correct personal demonstrations is limited due to poor mobility or a physical disability the Swimming Teacher can use other methods to enhance the learning experience of their pupils such as another competent person to demonstrate the skill. If there is no competent person available, the use of appropriate technology is acceptable.

Swimming Teachers with limited mobility must demonstrate the ability to provide suitable guidance and instruction to their swimmers arising from these demonstrations. They must also be able to distinguish between poor and good demonstrations and reflect this in the learning environment.

Membership of WSI:

It is strongly recommended that all holders of the Swimming Teachers Award become members of WSI. To become a member, applicants must;

- Attend an WSI Code of Ethics Seminar

- Complete a membership application form
- Forward the completed application form to WSI via your local Area Water Safety Committee contact.
- Send a completed Garda Vetting Application Form to

Authorised Signatory (Garda Vetting), c/o Water Safety Ireland, The Long Walk, Galway.

Award:

Successful Candidates will be awarded the Water Safety Ireland's National Swimming Teachers' Certificate.

Validity:

1. Two years initially.
2. Thereafter, certificate holders must attend regular CPD courses. This is in line with the principles of Continuing Professional Development (CPD).

Assessment: This will be by the Course Tutor and will take different formats to include verbal questioning throughout the Course, worksheets and a course log-book must be fully completed to the satisfaction of the Course Tutor.

On-course written feedback will be recorded and held as evidence of reaching the required standards.

The decision of the Tutor will be conveyed to the external Examiner.

External Auditing: WSI have the right to externally audit any/all Swimming Teachers' Courses to ensure Tutor standards, that recommended materials are being used and that recommended procedures are being adhered to. An external Tutor will visit the course on at least one occasion.

The external Tutor will be assigned by WSI HQ or the relevant WSI Commission.

The role of the appointed external Tutor, who must also be a qualified WSI Swimming Tutor and a current WSI Examiner, will be to:

- a) Support the Course Tutor's assessment of the individual Candidates, if required
- b) Review the Candidate continuous assessment forms
- c) Provide quality control of course. This will include checking that;
 1. The timetable is being followed
 2. The course covers the required syllabus
 3. Adequate records of attendance and performance are being maintained
 4. The resources being used are sufficient to provide adequate knowledge transfer
 5. Review a random selection of Course Log Books during the visit
 6. Check that applications for exemptions are in order
 7. Discuss any issues with the Course Tutor and/or Candidates.
 8. Maintain a copy of the Course checklist signed by both the external Examiner and the Tutor
 9. Highlight in writing, any issues relating to the course, to the relevant WSI Commission/Personnel

The externally appointed Tutor will also carry out a final assessment of Candidates on the course

Repeats:

If a Candidate is unsuccessful in any part of the course, provision can be made by the Course Tutor to allow the Candidate extra time to complete tasks or to gain more practical supervised teaching or to catch up with aspects of the course that may have been missed.

Appeals:

In the event, that a Candidate is unhappy with the outcome of the final assessment, the official appeals procedure of WSI can be invoked.

This procedure is outlined in full on the official website of Water Safety Ireland at www.WSI.ie

The WSI Swimming Teacher Award is Comprised of the following 10 Units:

1. General Information
2. Health and Safety
3. Anatomy and Physiology
4. Learning and Skill Development
5. Integrating those with Disabilities
6. Scientific Principles of Movement in Water
7. Six Strokes, Front Crawl, Butterfly Back Crawl, Inverted Breast Stroke and Life Saving Side Stroke
8. Other Aquatic Skills
9. Stroke and Skills analysis
10. Practical Teaching

INSTRUCTOR NOTES

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NATIONAL EXAMINER QUALIFICATION

AIM:

To maintain a corps of mature and experienced personnel to act as assessors in the examination situation, to act as Tutors and to serve in an advisory capacity on a broad spectrum of Water Safety Ireland's activities.

AWARD: Certificate & Letter of appointment from Water Safety Ireland.

PREREQUISITES:

To be accepted as a Trainee Examiner the following criteria must be satisfied.

- (a) Be an active Instructor for a minimum of five years and at least 23 years old.
- (b) Have a satisfactory work log.
- (c) Be nominated by the Local Area Committee or WSI Council.
- (e) Be a member of WSI.

PROCEDURE:

- (a) Each nominee must forward the following documents to HQ prior to their application being evaluated.
 - (i) A completed application form.
 - (ii) A full Water Safety CV.
- (b) The relevant WSI commission will only evaluate those nominees who have satisfied the prerequisites and supplied all the relevant documentation.
- (c) On acceptance the Candidate will be forwarded the Examiner Handbook and be given the Stage 1 pre-course work schedule before attending a Stage 2 course.
- (d) The Director and Tutors for the Stage 2 course must be accepted/nominated by the WSI Commission responsible.
- (e) On completion of **Stage 2** course Candidates will be given a work programme to follow with a local Examiner being appointed to supervise the trainee for the duration of this programme.
- (f) When the Candidate has successfully completed this programme they are then eligible to proceed to the evaluation phase (**Stage 3**) on a weekend course.
- (g) Candidates may then be recommended for appointment as Examiners within WSI.

TEST ITEMS

STAGE 2

Theory Section.

Practical Section.

Candidates must examine a minimum of: -

- Two Safety Awards
- Two Rescue Awards.

The maximum number of assessments on any one-day is two.

STAGE 3

The evaluation phase will consist of the following: -

1. Present a 10-minute lecture (on a pre given topic).
2. Demonstrate Basic Life Support as outlined in BLS Manual.
3. Be assessed on examining a Water Safety Class (Safety and/or Rescue Awards).
4. Be assessed on examining a class on some aspect of Basic Life Support.
5. A written test.

GUIDELINES

STAGE 1

Pre-course work as assigned.

STAGE 2

The maximum number on the course is 20.

The course structure will be mainly tutorial and follow the outline below: -

Theory (minimum 6 hours): to include the following
Examiner Appointment, Examiner Responsibilities, Child Protection, Examination Procedure (incl. Use of grid sheets), The examination syllabus, Freedom of Information, Communication of results, Presentation, Lecturing skills, Assessment skills, Appeals Procedure.

Practical (minimum 10 hours): The purpose of this section is to observe Candidates and provide feedback. It will include assessment of a water safety, assessment of a BLS class and lecture presentation.

Trainees will now be given a work programme to follow.

Each Candidate will now follow a specific work programme. This will involve examining classes under the supervision of an appointed local Examiner. The Course Director and Tutors will appoint the local Supervising Examiner for Stage 2.

The Candidate must record all work on the official Grid sheets and have them countersigned by their Supervising Examiner These forms must be returned to the Course director on the Stage 3 weekend for evaluation.

Note: Candidates are advised to carry out more than the minimum number of examinations.

All relevant Course work will form the basis of the Candidate assessment

STAGE 3

Examiners for this phase will be appointed by the relevant Commission responsible.

The marking scheme.

	Overall	Pass 60%
Lecture	50	30
BLS 3	50	30
Examining Water Skills	100	60
Examining BLS Skills	100	60
Written Test	100	60

The Candidate must achieve a pass in all sections.

Candidates will be informed at the end of the evaluation weekend of their results, and if they are to be recommended for appointment.

SURF RESCUE BOAT DRIVER

AIM:

To train Surf Rescue Boat drivers

Prerequisites:

Prior to undertaking this assessment, participants are to:

- Be a minimum of 16 years of age at the date of assessment
- Hold a Beach / Inland Open Water Lifeguard Certificate.
- Have no limiting disabilities.
- Produce a log book of practicable experience.
- Hold a current WSI Rescue Boat Crew Certificate.

SURF RESCUE BOAT CREW

AIM:

To train Surf Rescue Boat Crew

Prerequisites:

- Be a minimum of 16 years of age on the date of assessment.
- Hold a current WSI Surf/ Inland open water Lifeguard Certificate.
- Have no limiting disabilities
- Produce a log book of practicable experience.

NOTE:

Both WSI Rescue Boat Crew and Driver certificates may be taken at the same time

NATIONAL AQUATICS POOL ORGANISER AWARD

Aim:

To give Primary Teachers knowledge of Water Safety which can be taught to primary school children in the classroom.

To give the teacher knowledge of the requirements for formulating and implementing a schools aquatics programme taking account of safety, hygiene and practical requirements.

Teachers who obtain this award will be equipped to teach the theory of the Primary School's Aquatics curriculum and to organise a programme in aquatics, taking account of safety, hygiene, and practical requirements.

Prerequisites:

- Qualified or Student Primary School Teacher.
- Candidates must have completed a course as set out below under recognized course teachers. Candidates being assessed must have attended for at least 75% of the course.

Award:

Certificate.

Course Syllabus:

Candidates shall participate in a course of not less than 6 hours theory with continuous assessment by Tutor(s).

Course content:

- Personal Safety in and around water;
- Hazards of water and correct procedure for dealing with hazards;
- Pool hygiene;
- Organising a school aquatics programme: time allocation; equipment requirement; planning and timetabling.
- School swimming safety policy: rules of local pool; pre swimming safety considerations - medical, clothing, jewellery etc.; staffing levels - pupil/teacher ratio; accident reporting procedures; insurance; discipline and acceptable behaviour.
- Practical issues: facility used - dimensions, access, transportation; employment of swim teachers, dealing with pool management and staff; qualifications of lifeguards; parental involvement.
- Emergency action plan: emergency signal; responsibilities - phone, other pupils etc.; care of casualty; care of pupils - calm, re-assure; recording; evacuation.
- Evaluation and monitoring of programme.
- Child protection procedures.

Test Items:

Attendance at 75% of course with continuous assessment.

Note: To be taught by qualified instructors who are also swim teachers.

NATIONAL AQUATICS POOL ASSISTANT AWARD

Aim:

To ensure that Pool Assistants possess a basic knowledge and skills that enable them to work with fully qualified Swim Teachers in the teaching of the Aquatics programme for Primary Schools.

Teachers who complete this award will be capable of assisting a fully qualified swim teacher in the implementation of the Primary School's Aquatics programme at lifeguarded swimming pools.

Prerequisites:

- Qualified or Student Primary School Teacher.
- Aquatics Organiser Award.
- Have completed a course as set out below under recognised Course Tutors. Candidates being assessed must have attended for at least 75% of the course.

Award:

Certificate.

Course Syllabus:

Candidates shall participate in a course of not less than 4 hours theory, 4 hours resuscitation and 6 hours practical, including water work and teaching classes from the bank of the pool, with continuous assessment by Tutor(s) and final assessment by a Water Safety Examiner.

Course content:

Swim 1 and 2.

Safety 1.

Resuscitation 1 and 2.

- Teaching safe entry and exit to and from the water (excluding jumping and diving).
- Teaching buoyancy and propulsion: walk in shallow water, jump, side-step, run across the pool; floating/sinking objects; balance, rotation and recovery exercises; water-based ball games.
- Teaching Beginners: confidence exercises; movement / balance; breathing; submerging; floating; regaining stance – prone; regaining stance –supine; push and glide.
- Strategies for teaching: communication; lesson planning; ability grouping; evaluation.

Test Items:

Attendance at 75% of course with continuous assessment.

Swim 1 and 2.

Safety 1.

Resuscitation 1 and 2.

One 5-minute lesson to a group of not less than 4 in the pool.

Note: To be taught by qualified instructors who are also swim teachers.

NATIONAL SWIMMING TEACHER TUTOR AWARD

Application Criteria:

- Hold a full Swimming Teachers Certificate for a minimum of five years.
- Be at least 23 years of age.
- Provide evidence of having taught swimming for at least 100 hours during the previous twelve months.
- Be an active, registered member of WSI.
- Submit a swimming CV to WSI on or before the stated closing date, highlighting the above criteria.

Note: When there is an excess of suitable applicants, geographical location of potential Candidates will be considered. This is to ensure the maximum national spread of WSI Swimming Tutors.

Pre – course work:

- Successful applicants will be forwarded a file of pre-course projects, which must be completed and submitted on or before the stated date.

Tutors' Course:

- All Candidates must attend an official WSI Swimming Tutors' course.
- On – course projects must be submitted at the appointed time.
- Candidates must demonstrate competence in technical knowledge.
- Candidates must demonstrate competence in a variety of appropriate presentation skills.

After course:

- Successful Candidates must organise and run an WSI Assistant or Full Swimming Teachers' course.
- The appointed course Examiner will verify completion of this final criterion.

Award:

- On satisfactory completion of the above, Candidates will be awarded the Swimming Tutors' Certificate of WSI.

Validity:

- Swimming Tutors, must, if requested, be able to provide proof of attending a minimum of two relevant update seminars or further education courses, within a three-year period. This is in line with the principles of Continuing Professional Development. To be relevant, a course or seminar must address topics outlined within the syllabi of WSI.
- Tutors must remain members of WSI.
- Tutors must remain completely updated on all issues relating to Child Protection.

NATIONAL SURF LIFESAVING AWARDS

Aim:

To promote an awareness of safe behaviour in the outdoor environment and to teach the skills needed by the modern lifeguard on our beaches.

The core skills of the sport of lifesaving are also introduced during these awards.

Structure:

- Surf 1
- Surf 2
- Surf 3
- Surf 4
- Beach Lifeguard Award
- Surf Award Instructor
- Surf Award Examiner
- Tutor

Providers:

- Must be members of WSI.
- Hold an WSI Instructor/Examiner award.
- Have successfully completed the surf lifesaving module of WSI
- Any person who has completed the Surf Lifesaving Coaching Course can deliver Surf Awards 1 and 2 only

Surf Lifesaving module:

- This will include the following:
 - Theory and knowledge of safe warm up procedures.
 - Surf lifesaving competition rules.
 - BLS 1,2 and 3 theory and practice.
 - Communication, to include lecturing and interactive skills.
 - Child welfare
 - Motivation
 - First Aid Awareness
 - Hypothermia
 - Spinal Injury
 - Dry land training
 - Beach topography and the influence of prevailing conditions.
 - Surf Rescue

Note:

Those who have successfully completed a Risk Assessment, Beach Lifeguard Tutor or one of the Coaching Modules of WSI can apply in writing for exemption to some or all of the above.

Surf 1

Exam Items:

1. 1x 90m sprint on the shoreline.
2. Beach Flags – Introduction to life saving competition event.
3. Beach Safety to include knowledge of flags, safety signs, open water dangers and personal safety.
4. Local EMS provision.
5. How and when to call the EMS.
6. Note: BLS1 should be introduced but it will not be part of the final examination.

Instructor/Candidate ratio: 12/1

Exam conditions:

The beach should be flat and clear of obstacles e.g. stones, seaweed etc.

Optional Extra Tasks:

- Visit a lifeguard station.
- Visit a rescue boat station.

The above consists of 4 hrs theory and 2 hrs practical work.

Wet suits/ suitable warm clothing should be worn during outdoor work.

Surf 2

Exam items:

1. All items contained in Surf 1.
2. Knowledge of surf, beach, waves, rips, tides and the influence of weather conditions.
3. Local procedures for contacting the EMS.
4. Paddle a rescue board or rescue ski, 25m out and 25m back to shore.
5. 25m run, 25m swim, 25m run (continuous).
6. 2x50m beach sprints while carrying fins (20secs rest between efforts).
7. 1x90m beach sprint.
8. Note: BLS 1 should be introduced but it will not be part of the final assessment.

Instructor/Candidate ratio: 12/1

Exam conditions:

Water conditions can be flat to one foot

The beach should be flat and clear of obstacles e.g. stones, seaweed etc

Optional Extra Tasks:

- Help clean down a rescue boat
- Check ring buoys
- Swimming and paddle practice in a still water

The above consists of 4 hours theory and 8 hours practical work.

Surf 3

Exam items:

1. All items in Surf 1 and Surf 2.
2. Victim I.D. and communication systems.
3. Paddle a ski or rescue board 100m (50 m out and 50m return)
4. 50m run, 50m swim to a marker, 50m swim back to shore and 50m run (continuous) using fins and a can buoy.
5. BLS 1 with appropriate follow up.
6. 2 x 50m beach sprints carrying fins and a can buoy/rescue tube.

Exam conditions:

Water conditions can be flat to a maximum of two feet. The beach should be clear of obstacles e.g. stones, seaweed etc.

Optional Extra items:

Surf competition with limited events or short distances.

Assist on a rescue boat during training manoeuvres.

Practice skills in still water.

The above consists of approximately 6hrs theory and 12hrs practical experience.

Instructor/Candidate ratio: 10/1

Surf 4

Exam items:

1. 100m run, 50m swim, 100m run carrying and using fins in under 5 mns.
2. 50m swim to an unconscious casualty. Using a can buoy or rescue tube, demonstrate BLS, signal for help and return to shore with victim. Assistance must be used to get victim to shore.
3. Knowledge of Surf 1, 2, and 3.
4. Awareness of open water hazards—sea and inland aspects.
5. BLS 2
6. Communications
7. NOP
8. EAP
9. Surfboard paddle to a conscious subject. Board the victim, return to shore and take appropriate follow up actions.
10. Paddle a surf ski to a conscious victim and help return them to shore.
11. Systematic search patterns.
12. Landing victim with help
13. Swim 50 m through surf and return to shore. Fins must be used.

Extra items:

Participate in a full surf life saving competition.

Spend time aiding the local rescue services

Practice swimming and rescue skills in a still water.

The above consists of approximately 8 hrs theory and 16 hrs practical experience.

Instructor/Candidate ratio: 8:1

NATIONAL SURF INSTRUCTOR BEACH AWARD

Aim:

The aim of the WSI Surf Instructor Beach Award is to bring a very high standard of safety to the teaching of Surfing as an activity and a sport. This award is a pre requisite of the surf instructor level 1 coaching award.

Objectives

To train and assess for competencies in: -

- Fitness, knowledge, judgment and self-discipline.
- Ability to teach, control and keep a class safe while in the water.
- Abilities to render first aid and work as a team member.
- To deal with your customers in a courteous and professional manner.

Specification:

Part A Land Practical – includes BLS (Basic Life Support)

Part B Pool Practical

Part C Open Water Practical

All sections should be completed within a four-month period. PARTS A and B must be successfully completed before training commences for PART C.

NOTE: Part C must be carried out on a beach. A beach is defined as an area of foreshore, open to the sea or ocean.

Test Items:

[Unit 1](#), [Unit 2](#), [Unit 3](#)

Unit 1 – Land Practical

BLS 3 and two-operator CPR (theory and practice). An approved resuscitation manikin must be used.

A written test of 20 questions on First Aid with emphasis on Aquatic First Aid based on the WSI National Beach Lifeguard Manual and relevant to the sport of surfing.

A written test based on the WSI National Beach Lifeguard Manual which must include the following elements:

Log Books, Accident Reports and Public Relations re: club/school.

Communications with Lifeguards, the Public and Emergency Rescue Services.

Class planning, construction of lesson plans and communication within the class.

Knowledge of Patrol Area: Surf conditions, currents, beach topography, winds, tides, risk assessment, temperature and weather conditions.

First Aid specific for Surf Instructor.

N.O.P. (Normal Operation Plan) for Surf Instructor.

E.A.P. (Emergency Action Plan) for Surf Instructor, to be attached to log book.

Child Protection.

Unit 2 – Pool Practical

To assess the Candidates' basic fitness, and rescue skills in a controlled environment prior to assessment in open water. Failure in this section prohibits progression to Section C.

300 metres timed swim (Time not more than 10 minutes).

Swim 50 metres Lifesaving Side Stroke and 50 metres Inverted Breaststroke.

Swim 50 metres to a conscious casualty and tow 50 metres.

Swim 50 metres to a conscious casualty and carry cross-chest 50 metres.

Candidate will pick up three objects from the bottom of the pool. (Max. depth 2 metres). The objects will be 3 metres apart.

Demonstrate three releases and one evasive action as specified by the Examiner. Distance 10 metres.

Show ability to cope with two interlocked subjects in deep water. Direct and land casualty with assistance from trained helpers, placing in recovery position.

Demonstrate ability to deal with a Spinal Injury Casualty as specified by the Examiner.

Unit 3 -Beach/Outdoor Practical

Candidate will run 100 metres along the beach to water's edge carrying a Can Buoy or Rescue Tube . Swim to a marker 100 metres from waist depth and return to shoreline (Urgency requires)

The Candidate will rescue conscious co-operative casualty 100 metres from waist depth water using a surf board...

The Candidate will rescue a conscious subject 50 metres from waist depth water, using a cross chest carry.

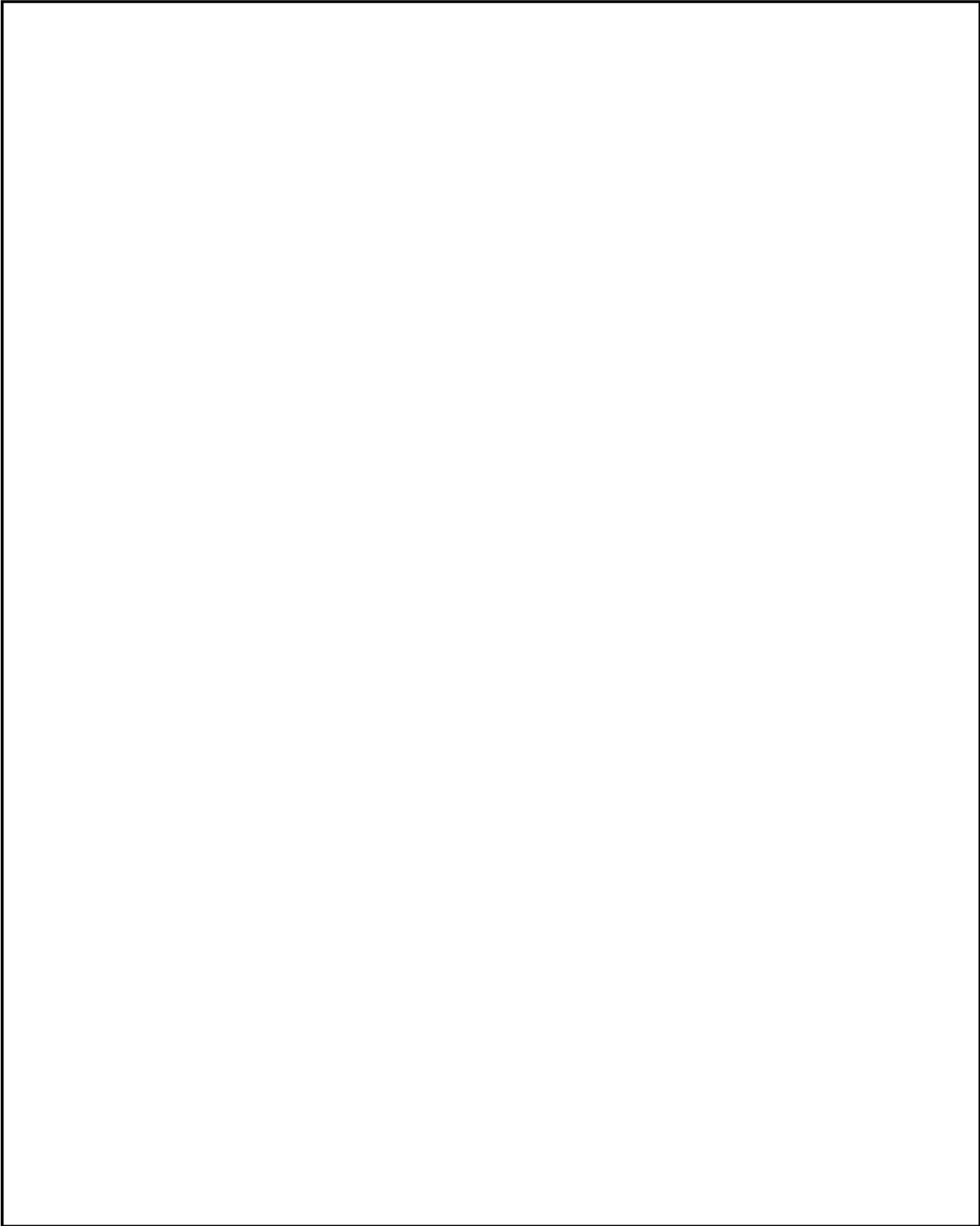
The Candidate will perform a rescue on an unconscious casualty 100 metres from waist deep water, using a soft rescue board / surf board demonstrating EAR using the equipment to put casualty on board and returning to shore with the casualty.

The Candidate will rescue three casualties; the condition and actions of each will be unrevealed. One casualty will be 15 metres from waist deep water and the remaining two will be within their respective depths. No casualty will be more than 50 metres from the water edge.

The Candidate will direct and carry out the rescues with the assistance of one other Candidate with the use of rescue equipment. On completion, the Candidate will explain the reasons for the actions they took and the directions that they gave to the second Candidate.

REVALIDATION TO BE COMPLETED EVERY TWO YEARS AND A COPY OF THE PREVIOUS CERTIFICATE MUST BE PRESENTED TO THE TUTOR.

INSTRUCTOR NOTES

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GROUP EIGHT – SCHOOLS PROGRAMME

FRAMEWORK

LAND PAWS 1

PAWS 5

LAND PAWS 2

PAWS 6

LAND PAWS 3

PAWS 7

PAWS 8

PAWS 1

L/S PAWS 9

PAWS 2

L/S PAWS 10

PAWS 3

JAWS 1

PAWS 4

JAWS 2

Land PAWS Level 1

(Primary Aquatics Water Safety Level 1 - Theory)

Aim:

- To recognise students who have followed the initial stages of the Primary School Aquatics programme.

Prerequisites:

- Candidates must participate in the Primary School Aquatics programme.

Award:

Certificate.

Course Syllabus:

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Water Safety Ireland instructor or Examiner or by Primary Teachers. (Oral and practical).

Course content / Test items

- Oral test:
 - Water safety at the swimming pool
 - Water safety at outdoor water
 - Water safety on the farm
 - Water safety in the home

Pupils who hold Land PAWS Level 1 will be eligible to join WSI Swim 1 classes.

Land PAWS Level 2

(Primary Aquatics Water Safety Level 2 - Theory)

Aim:

- To recognise students who have followed the initial stages of the Primary School Aquatics programme.

Prerequisites:

- PAWS Level 1
- Candidates must participate in the Primary Schools' Aquatics programme.

Award:

Certificate.

Course Syllabus:

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Water Safety Ireland instructor or Examiner or by Primary Teachers. (Oral and practical).

Course content / Test items

- Oral test:
 - Water safety at the swimming pool (hygiene, rules of local pool)
 - Water safety at outdoor water
 - Water safety on the farm
 - Water safety in the home
 - Calling emergency services
- Related Skills on land:
 - Throw buoyant object into designated area
 - Throw rope into designated area
 - Throw ring buoy into designated area

Pupils who hold Land PAWS Level 2 will be eligible to join WSI Swim 1 and Safety 1 classes.

Land PAWS Level 3

(Primary Aquatics Water Safety Level 3 - Theory)

Aim:

- To recognise students who have followed the initial stages of the Primary School Aquatics programme.

Prerequisites:

- PAWS Level 1
- Candidates must participate in the Primary Schools' Aquatics programme.

Award:

Certificate.

Course Syllabus:

Candidates shall participate in a course as part of Primary School Aquatics programme with final assessment by Water Safety Ireland instructor or Examiner or by Primary Teachers. (Oral and practical).

Course content / Test items

- Oral test:
 - Water safety at the swimming pool
 - Water safety at outdoor water
 - Water safety on the farm
 - Water safety in the home
 - Recognition of hazards of water
 - Correct procedures for dealing with hazards
 - Calling emergency services
 - Flotation
 - Local aquatics organisations
- Simulated rescues on land
 - Voice contact
 - Rescue with rope
 - Rescue with buoyant object
 - Rescue with ring buoy
 - Wading rescue

PRIMARY AQUATIC WATER SAFETY (PAWS)

Test items in red / Progressive course content in blue

General –

- **Teachers may need to modify these awards to suit the pool or outdoor facility used.**
- **A recap on Water Safety knowledge from previous award should be given.**
- **All water Safety items need to be achieved throughout the course**

PAWS 1

Armbands required

WATER SAFETY – Intro to personal safety in and around water focusing on hygiene and rules of local pool, safe entry (PAWS 1 & 2)

FIRST WATER EXPERIENCE:

- **Wet face, ears and neck**
- **Walking, jumping across pool**
- **Blow bubbles at water surface**
- Push 'floating objects' with chin and nose across pool
- Encourage to immerse face (FUN games and sinkers)
- Encourage mobility in water (FUN games)

BUOYANCY AND BALANCE

- **Both feet off floor (i.e. knees to chest, cycling...)**
- **Floating shapes (i.e. star float supine)**
- **Regain standing position, if pool permits**

INTRODUCE LONG/FLAT BODY POSITION

- P & G with straight legs
- Star float supine (X, Y) with straight arms and legs

PAWS 2

Armbands required

WATER CONFIDENCE / FLAT BODY POSITION

- **Immerse face**
 - **looking at objects under water**
 - **blow bubbles under water**
 - **star float prone**
- **P & G**
 - **supine and prone, long body position**
 - **encourage straight legs**
- **Agility**
 - **fun games – i.e.: log roll, play catch**

PROPULSION

- **Supine**
 - **kick legs, ears immersed**
- **Prone**
 - **kick legs, face immersed**

STROKE TECHNIQUE

- **Demonstration of inverted breast-stroke – by teacher or advanced swimmer**

PAWS 3

Armbands/Woggles/Floats – SUPINE only

WATER SAFETY – Poolside and general safety: never swim alone, danger of slippery edges/slurry pits, respect other pool users (PAWS 3 & 4)

STROKE TECHNIQUE

- Introduce inverted Breaststroke – with aid
- Introduce Breaststroke arms (UW swim)
- P&G face immersed up to 1m (Arrow-straight arms & legs!)

PROPULSION

- | | |
|--------|--|
| Supine | - Kick legs, ears immersed, with aid |
| Prone | - Kick legs, up to 2m, face immersed, no aid |

WATER CONFIDENCE

- Total submersion – demonstrate various floating shapes -no aid
- Shaking hands/ High 5's under water
- Blow bubbles - submerged
- Picking up objects from >0.5m

PAWS 4

Armbands/Woggles - SUPINE only

STROKE TECHNIQUE

- Basic inverted Breast stroke up to 5m - with aid
- Basic Breast stroke arms
- Basic Breast stroke legs prone (no aid)
- Demonstrate breast stroke – by adv. swimmer
- Basic Front crawl up to 5m
- Demonstrate front crawl – by adv. swimmer

PROPULSION

- | | |
|--------|--|
| Supine | - Kick legs, ears immersed, 5m with aid |
| Prone | - Kick legs 3-5 m (Arrow- arms in front of head) |
- Introduce sculling action

WATER CONFIDENCE & FLAT BODY POSITION

- Rolling prone to supine, mushroom float
- Supine - flat body position – with aid
- Duck dive - touching floor with hands
- Supine star float - no aid
- Blow bubbles – mouth and nose

PAWS 5

Free Swimming

WATER SAFETY – Overall water safety: slippery deck, steep edges, currents, boggy ground, awareness of safety for others. Ability to list and identify simple hazards

STROKE TECHNIQUE

- Supine - kick legs up to 5m - no aid
- Basic Breaststroke up to 5m
- Basic front crawl up to 5m
- Cont. P & G – ‘Arrow’ up to 5m

PROPULSION

- Push & kick – ‘Arrow’ up to 5m
- Introduce Dolphin kick

WATER CONFIDENCE

- Mushroom floats, star floats,
- Somersaults while in the water
- Duck dive, handstands, Underwater swims
- Sculling action
- Blow bubbles – mouth and nose

PAWS 6

WATER SAFETY – General water safety rules/ safe practices i.e.: checking tides, local knowledge, recognition of emergency, boat & fishing hazards, sequence of rescue (Voice, reach, throw-GO); introduction of voice rescue

STROKE TECHNIQUE

- Basic Front crawl for > 7m
- Intro F/C breathing, correct arm action (entry-catch-exit-recovery)
- Basic Breast stroke > 7m
- Intro B/S timing & breathing, work on correct B/S leg action
- Supine (legs only) - >10m correct body position
- Introduce back crawl
- Dolphin kick

PROPULSION

- All swims above without stopping for >7m
- Sculling exercises

WATER CONFIDENCE & BODY AWARENESS

- Continue flat body position (i.e.: ‘Arrow’, side kick, glide)
- UW swims & FUN exercises
- Introduce treading water – demonstration by adv. swimmer

PAWS 7

WATER SAFETY – Introduction of reaching & ring buoy rescue, understand self-preservation, avoidance of dangers, demonstrate HELP hand signal,

STROKE TECHNIQUE

Front crawl

Up to 15m with breathing:

- Effective arm action, leg kick
- Work on ‘the catch’ (i.e.: sculling), correct breathing action

Breast stroke

Up to 15m with breathing:

- Work on correct timing and gliding, (Pull Breathe, Kick, Glide) correct B/S Leg Kick

Back crawl

Up to 15m:

- Correct body position and effective leg kick
- Continue Dolphin kick
- Check on correct breathing – Exhaling

WATER CONFIDENCE

- Comfortable in DE, turning easy from prone to supine
- Treading water for 30 seconds
- Simple entry or standing dive (pool depth >1.8m)

PAWS 8

WATER SAFETY - Demonstrate safe and effective reaching & ring buoy rescue. Understand dangers of contact rescue and the need to avoid these. Answer any question on safety.

STROKE TECHNIQUE

- ≥20 m good F/C with **correct** breathing technique
- ≥ 20 m good B/S with **correct** breathing & timing technique
- ≥ 20 m back crawl

Introduce Side Stroke with demonstration by advanced swimmer

PROPULSION

Practice ‘the catch’ and a correct & effective leg kick

WATER CONFIDENCE if possible in deep water

- UW swims, sinking exercises, FUN Games
- Surface dives (feet first, duck dives)
- Treading water for 1 min

Practice ‘feel for water’, body position, water confidence (deep end) and stamina

LIFESAVING PAWS 9

WATER SAFETY: oral test on safety aspects above, retrieval of object from deep water, treading water wearing T-shirt for 1 min, demonstrate voice, reaching & throwing rescue from deck

STROKE TECHNIQUE

- 30-50 m front crawl correct technique
- 30-50 m breast stroke correct technique
- 30-50 m back crawl
- 20-30m inverted breaststroke
- >15 m side stroke
- >15 m dolphin kick
- >15 m sculling
- UW swim up to 5m

DIVES

- Standing-, Straddle-, Racing Dives

WATER CONFIDENCE in DEEP WATER

- UW-swims, sinking exercises, picking up objects,
- Treading water for >2min
- Treading water for 1min with clothes on

LIFESAVING PAWS 10

WATER SAFETY: Show ability to tread water for 2 min while wearing t-shirt and trousers, disrobe to swimming togs, HELP- position, demonstrate voice and throwing rescue in water

STROKE TECHNIQUE:

-
- >100 m front crawl correct technique
- >100 m breast stroke correct technique
- >100 m back crawl
- > 50 m inverted breaststroke
- > 50 m side stroke
- > 30 m dolphin kick
- > 30m sculling feet first
- UW swim >5m

Ability to dive safely and retrieve object from the bottom of the pool—minimum diving dept from side>1.8m

JAWS Level 1

(Junior Aquatics Water Safety Level 1)

Aim:

- To recognise students who have followed the water safety strand of the Junior Cycle Level 1 Aquatics programme.

Prerequisites:

- Candidates must complete a course as set out below as part of Junior Cycle Level 1 Aquatics. Candidates being assessed must have attended for at least 75% of the course.

Award:

Certificate.

Course Syllabus:

Candidates shall participate in a course as part of Junior Cycle Level 1 Aquatics with final assessment by Water Safety Ireland Examiner. (Oral and practical).

Dress:

Swimsuit

Course content / Test items

- Oral test on personal safety in and around water
- Entry: Demonstration of slip in entry
- Entry: Demonstration of straddle jump
- Stroke: 25m swim – any stroke
- Safety: Examiner will use simple scenarios to assess the following simple rescues
 - Voice contact
 - Use of buoyant objects, with no line attached
 - Un-weighted rope
 - Ring Buoy
 - Reaching Rescue
 - Wading Rescue
- Survival Skills
 - Demonstration of mushroom float
 - Demonstration of the HELP position*
 - Demonstration of the Huddle position*
 - Demonstration of the signal for help
- Other Water Safety Skills
 - Tread water for 1 minute.
 - Demonstration of head first surface dive
 - Demonstration of a feet first surface dive
 - Demonstration of evasive action.

Pupils who hold JAWS Level 1 will be eligible to join WSI Safety 2 classes.

*Pupils should be given the opportunity to try this with a PFD (personal flotation device, lifejacket) during the aquatics programme

JAWS Level 2

(Junior Aquatics Water Safety Level 2)

Aim:

- To recognise students who have followed the water safety strand of Junior Cycle Level 2 Aquatics.

Prerequisites:

- Aquatics Junior Aquatics Water Safety (Level 1).
- Candidates must complete a course as set out below as part of Junior Cycle Level 2 Aquatics. Candidates being assessed must have attended for at least 75% of the course.

Award:

Certificate.

Course Syllabus:

Candidates shall participate in a course as part of Junior Cycle Level 2 Aquatics with final assessment by Water Safety Ireland Examiner. (Oral and practical).

Dress:

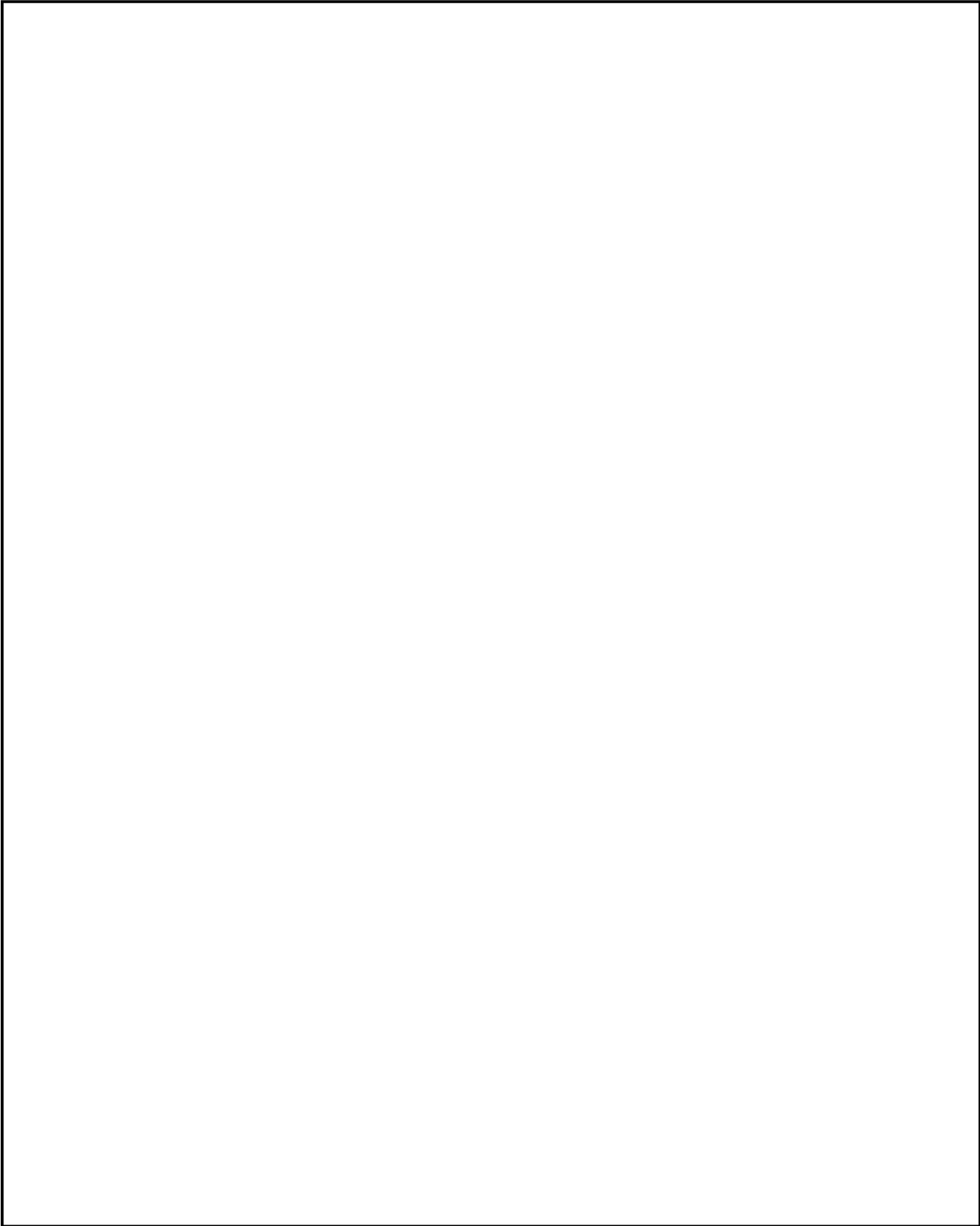
Swimsuit, long sleeved shirt and trousers

Course content / Test items:

- Oral test on personal safety in and around water
- Methods of entry (as JAWS 1)
- Survival Skills
- 50m freestyle in clothes
- Demonstration of use of trousers as a float
- Demonstration of use of shirt as a float
- 10m head first sculling
- 10m feet first sculling
- Water Safety Strokes
- 25m side-stroke
- 25m inverted breast-stroke.
- Other Water Safety Skills
- Group systematic search. 25m from shallow to deep water.
- Assisting a tired swimmer 10m.

Pupils who hold JAWS Level 2 will be eligible to join WSI Safety 3 classes.

INSTRUCTOR NOTES

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