



Ongoing Training & Competency Assessment

COVID-19

This Ongoing Training & Competency Assessment document has been created to be used during the period of COVID-19.

Trainer Assessors must refer to RLSS UK Guidance for Delivering and Assessing Awards and Qualifications during COVID-19 when preparing and planning to deliver ongoing training and competency assessment.

3 session - Ongoing Training and Competency Assessment plan - COVID-19



| 2 hours contact time | The Lifeguard, Swimming Pool and Supervision (20 min) | CPR, AED and First Aid (40 min) | | Intervention, Rescue and Emergency Action Plan (1 hour) |
|---|--|--|--|---|
| Session 1  | NOP / EAP Refresher Training - Discuss changes due to COVID-19 1.0 - 1.1.1 Role of the Lifeguard. Accountability and Overview of Health and Safety as it applies to lifeguarding 3.2 10:20 Scanning System 1.5 – 1.5.6 Customer Care - Maintaining social distance guidelines | 1.0 Priorities of Casualty Management 1.2 Turning a Casualty onto the Back 1.3 Managing Regurgitation of Stomach Contents 1.4 Recovery Position 1.8 CPR Adult - COVID-19 CPR guidance must be followed | 3.0 Priorities of First Aid 3.3 Hygiene Procedures and Importance - Discuss any changes to procedures due to COVID-19 3.5 History, Symptoms and Signs- Applying First Aid 3.10 Heart Attack 3.11 Shock | 1.1 Putting the Casualty First 1.8.1 Poolside Based Rescues <ul style="list-style-type: none"> • Shout and signal • Reaching and throwing rescues Discuss the importance of these rescues during COVID-19 1.4 Types of Casualty 1.5 Lifeguard Entries 1.3 Identifying an Emergency Fitness, skills and team work (20 min) |
| Session 2  | NOP / EAP Refresher Training - Discuss changes due to COVID-19 3.8 Visibility 2.8 Common Features / Hazards in all Pool Environments <ul style="list-style-type: none"> • Premises • Common poolside equipment • Common pool features • Supervision of people hazards- The Swimmer • Task and activities - Discuss any changes to cleanliness levels and safe systems of work | 1.16 Choking 1.6 Cardiac Arrest 1.7 Principles of Airway Management - Reinforce COVID-19 guidance 1.9 CPR Child and Infant - COVID-19 CPR guidance must be followed | 3.12 - 3.12.4 Breathing Problems 3.13 Dressings and Bandages 3.22 Cramp 3.16 Burns and Scalds 3.37 After the Accident / Incident - Discuss correct hand washing procedure and doing this for at least 20 seconds (NHS 11 steps) | 1.6 Personal Safety during Rescue 1.7 Rescue Equipment 1.9.3 Feet First Surface Dive 1.9.4 Head First Surface Dive 1.9.5 Deep Dive and Rescue 1.9.6 Swimming Underwater 1.10.3 Assisted Lift Proactive (early intervention) and reactive incidents (30 min) Using shout and signal, reaching and throwing rescues |
| Session 3  | NOP / EAP Refresher Training - Discuss changes due to COVID-19 2.11 Supervision of Specialist Activities and Equipment 3.1 Early Intervention and Accident Prevention 3.11 Use of Technology for Lifeguards | 1.12 CPR Adult (drowning) - COVID-19 CPR guidance must be followed 1.14 Problems with CPR 1.14.1 Tracheostomies 1.14.2 Regurgitation 1.14.3 Air in Stomach 1.14.4 Broken Ribs 1.14.5 Chest Does Not Rise 1.14.6 Fluid in the Airway 1.14.7 CPR in Confined Spaces | 3.27 Fainting 3.33.1 Heat Exhaustion 3.21 Sprains and Strains 3.31 Diabetic Emergency | 2.1 Recognising a Potential Spinal Injury 2.4 Rescue Techniques (spinal) <ul style="list-style-type: none"> • Vice Grip turn and trawl • Head Splint turn Fitness, skills and timed swims (20 min) |

S1 Generation 9 National Pool Lifeguard Training Programme

Training Session Plan **Session 1**

Trainer's Name:

Date:

Venue:

Time:

Equipment:

| Topic/subject: | Trainer Information and teaching points: | Method/equip: |
|--|---|---|
| NOP / EAP Refresher Training Discuss changes due to COVID-19 | Refresh lifeguards in site specific NOP 3.9 Maximum Pool User Loads Refresh lifeguards in site specific EAP 3.2 Overcrowding | All theory topics delivered follow current social distance guidelines |
| Role of the Lifeguard Accountability Overview of the Health and Safety Law as it Applies to Lifeguarding Maintaining Standards Uniform, Equipment and Jewellery Scanning System Customer Care Maintaining current social distance guidelines | Refresh lifeguards in site specific standards and procedures 1.0 1.1 1.1.1 1.2 1. 4 – 1.4.1 include personal mobile phone and smart phones 3.2 1.5 | All theory topics delivered follow current social distance guidelines |
| Priorities of Casualty Management Turning a Casualty onto the Back | Link with site specific EAP 1.0 1.2 | Theory and video only |
| Managing Regurgitation of Stomach Contents | 1.3 | Theory and video demonstration on manikin/ Ruth Lee |
| Recovery Position | 1.4 | Theory and video (PPE must be worn as per guidance) |
| CPR – Adult COVID-19 CPR discussed | 1.8 | COVID-19 CPR guidance must be followed -Resuscitation Council (UK) |
| Priorities of First Aid Hygiene Procedures and Importance Discuss any changes to procedures due to COVID-19 History, Symptoms and Signs- Applying First Aid Heart Attack Shock | 3.0 3.3 3.5 Include consent to give First Aid 3.10 3.11 | All theory topics delivered follow current social distance guidelines |

S2

Generation 9 National Pool Lifeguard Training Programme

Training Session Plan **Session 2**

Trainer's Name:

Date:

Venue:

Time:

Equipment:

| Topic/subject | Trainer information and teaching points | Method/equip |
|--|---|---|
| NOP / EAP Refresher Training Discuss changes due to COVID-19 | <p>Refresh lifeguards in site specific NOP</p> <p>2.7.1 Potential risk – an appreciation of the main hazards and of users particularly at risk. Link with hazard types and risk assessment.</p> <p>2.7.2 Systems of work - including lines of call out and supervision, call out procedures, work rotation and maximum poolside working times.</p> <p>Refresh lifeguards in site specific EAP</p> <p>3.4 Lost or found child</p> <p>3.5 Lack of water clarity</p> | All theory topics delivered follow current social distance guidelines |
| Visibility <ul style="list-style-type: none"> • Reflection and Glare • Blind Spots • Pool Lighting • Turbulence • Water Clarity | 3.8 | All theory topics delivered follow current social distance guidelines |
| Risk Assessment Common Features / Hazards in all Pool Environment <ul style="list-style-type: none"> Premises Common poolside equipment Common pool features Supervision of people hazards Task and activities hazards | 2.6 2.8 - Cover site specific features and hazards for each category | All theory topics delivered follow current social distance guidelines Discuss any changes to cleanliness levels and safe systems of work |
| Choking | 1.16 | Theory and video demonstration on manikin |
| Cardiac Arrest Principles of Airway Management CPR Child and Infant Reinforce Adult COVID-19 guidance (theory) | 1.6 1.7 | All theory topics delivered follow current social distance guidelines Follow EAP guideline for child and Infant CPR |
| Breathing Problems <ul style="list-style-type: none"> Asthma attack Anaphylaxis Hyperventilation Dressings and Bandages Cramp Burns and Scalds | 3.12 3.12.1 3.12.2 3.12.4 3.13 3.22 3.16 | All theory topics delivered follow current social distance guidelines |
| After the Accident/ Incident Discuss correct hand washing procedure and doing this for at least 20 seconds (NHS 11 steps) | 3.37 | Theory and video candidates can demonstrate |

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| <p>Personal Safety During Rescue</p> <p>Rescue Equipment</p> <p>Wade rescue</p> <p>Maintaining current social distance guidelines</p> | <p>1.6 Always use torpedo buoy if used at facility</p> <p>1.7 Cover site specific rescue equipment</p> | <p>Current social distance guidelines followed when delivering rescues</p> |
| <p>Feet First Surface Dive</p> <p>Head First Surface Dive</p> <p>Deep Dive and Rescue</p> <p>Swimming Underwater</p> | <p>1.9.2</p> | |
| <p>Assisted Lift</p> | <p>1.10.3</p> | <p>Use of Ruth Lee (if applicable)</p> <p>PPE must be worn as per guidance</p> |
| <p>Proactive early intervention and reactive incidents (20 min)</p> | <p>Adapt for length and shape of pool as required</p> <p>Incidents involving shout and signal, reaching and throwing rescues</p> | <p>Current social distance guidelines followed when delivering rescues</p> |
| <p>Session evaluation:</p> | | |

Training Session Plan **Session 3**

Trainer's Name:

Date:

Venue:

Time:

Equipment:

| Topic/subject: | Trainer Information and teaching points: | Method/equip: |
|--|---|--|
| NOP / EAP Refresher Training Discuss changes due to COVID-19 | <p>Refresh lifeguards in site specific NOP</p> <p>2.9 Detailed work instructions including pool cleaning procedures, safe setting up and checking of equipment, diving procedures and setting up the pool for galas.</p> <p>First aid supplies and training, including equipment required, its location, arrangements for checking it, first aiders, first aid training and disposal of sharps.</p> <p>Refresh lifeguards in site specific EAP</p> <p>3.6 Fire and evacuation procedures</p> <p>3.7 Bomb threat</p> | All theory topics delivered follow current social distance guidelines |
| Supervision of Specialist Activities and Equipment Early Intervention and Accident Prevention <ul style="list-style-type: none"> Feedback on Site Specific Accidents and Near Misses | <p>2.11 Cover site specific specialist activities and equipment</p> <p>3.1 Cover site specific intervention and accident prevention systems and procedures Cover recent accidents / near misses and trends identified</p> | All theory topics delivered follow current social distance guidelines |
| Use of Technology for Lifeguard <ul style="list-style-type: none"> Drowning detection systems Personal wearable drowning detection systems Underwater and overhead cameras Motion sensors Working with technology | 3.11 | All theory topics delivered follow current social distance guidelines |
| CPR Adult (drowning) Reinforce COVID-19 CPR Problems with CPR <ul style="list-style-type: none"> Tracheostomies Regurgitation Air in Stomach Broken Ribs Chest Does Not Rise Fluid in the Airway CPR in confined spaces | 1.12 | COVID-19 CPR guidance must be followed - Follow EAP guideline for adult CPR drowning |
| Fainting Heat Exhaustion Sprains and Strains Diabetic Emergency | 3.27 3.33.1 3.21 3.31 | |

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| <p>Recognising a Potential Spinal Injury</p> <p>Rescue Techniques (spinal)</p> <p>Vice Grip turn and trawl</p> | <p>2.1</p> <p>2.4</p> <p>2.4.1</p> | <p>demonstration on submersible manikin as per guidance</p> |
| <p>Head Splint turn</p> <p>Rescue Techniques (spinal)</p> <ul style="list-style-type: none"> • Stabilisation and Recovery onto Poolside: <ul style="list-style-type: none"> ○ Horizontal Lift | <p>2.4.1</p> <p>2.4</p> <p>2.4.3</p> | <p>PPE must be worn as per guidance</p> <p>Use of Ruth Lee (if applicable)</p> |
| <p>Fitness, skills and team work (20 min)</p> | <p>Adapt for length and shape of pool as required</p> <p>Slide in shallow end and wade as fast as you can until you are out of your depth then turn and wade back</p> <p>100m swim with 30 seconds rest in between each 100m. Complete as many as possible in 10 minutes/for 10 minutes. Alternate each 100m with swimming on their front and side stroke</p> <p>Or</p> <p>100m swim 30 sec rest 75m swim 30 sec rest 50m swim 30 sec rest 25m swim stop</p> | <p>Current social distance guidelines followed when delivering rescues</p> |
| <p>Session evaluation:</p> | | |

Centre: Date: Time:

Trainer Assessor: TA number:

| Session (1) | The Lifeguard, Swimming Pool and Supervision (20 min) | CPR, AED and First Aid (40 min) | | Intervention, Rescue and EAP (1 hour) |
|---|--|---|---|--|
| <div style="background-color: red; color: white; padding: 5px; font-weight: bold; font-size: 24px; display: inline-block;">S1</div> | NOP / EAP Refresher Training - Discuss changes due to COVID-19 1.0 - 1.1.1 Role of the Lifeguard. Accountability and Overview of Health and Safety as it applies to lifeguarding 3.2 10:20 Scanning System 1.5 – 1.5.6 Customer Care - Maintaining social distance guidelines | 1.0 Priorities of Casualty Management 1.2 Turning a Casualty onto the Back 1.3 Managing Regurgitation of Stomach Contents 1.4 Recovery Position 1.8 – 1.9 CPR Adult - COVID-19 CPR guidance must be followed | 3.0 Priorities of First Aid 3.3 Hygiene Procedures and Importance - Discuss any changes to procedures due to COVID-19 3.5 History, Symptoms and Signs- Applying First Aid 3.10 Heart Attack 3.11 Shock | 1.1 Putting the Casualty First 1.8.1 Poolside Based Rescues <ul style="list-style-type: none"> Shout and signal Reaching and throwing rescues Discuss the importance of these rescues during COVID-19 1.4 Types of Casualty 1.5 Lifeguard Entries 1.3 Identifying an Emergency Fitness, skills and team work (20 min) |

| Forename | Surname | Lifeguard signature confirming attendance | Incident reference | TA signature confirming competence | |
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Register must be kept for permanent records

Centre:

Date:

Time:

Trainer Assessor:

TA number:

| Session (2) | The Lifeguard, Swimming Pool and Supervision (20 min) | CPR, AED and First Aid (40 min) | | Intervention, Rescue and EAP (1 hour) |
|---|---|--|--|--|
| <div style="background-color: red; color: white; padding: 5px; font-weight: bold; font-size: 24px; display: inline-block;">S2</div> | NOP / EAP Refresher Training - Discuss changes due to COVID-19 3.8 Visibility 2.8 Common Features / Hazards in all Pool Environments <ul style="list-style-type: none"> Premises Common poolside equipment Common pool features Supervision of people hazards- The Swimmer Task and activities - Discuss any changes to cleanliness levels and safe systems of work | 1.16 Choking 1.6 Cardiac Arrest 1.7 Principles of Airway Management - Reinforce COVID-19 guidance 1.9 CPR Child and Infant - COVID-19 CPR guidance must be followed | 3.12 - 3.12.4 Breathing Problems 3.13 Dressings and Bandages 3.22 Cramp 3.16 Burns and Scalds 3.37 After the Accident / Incident - Discuss correct hand washing procedure and doing this for at least 20 seconds (NHS 11 steps) | 1.6 Personal Safety during Rescue 1.7 Rescue Equipment 1.9.3 Feet First Surface Dive 1.9.4 Head First Surface Dive 1.9.5 Deep Dive and Rescue 1.9.6 Swimming Underwater 1.10.3 Assisted Lift Proactive (early intervention) and reactive incidents (30 min) |

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Register must be kept for permanent records

Centre:

Date:

Time:

Trainer Assessor:

TA number:

| Session (3) | The Lifeguard, Swimming Pool and Supervision (20 min) | CPR, AED and First Aid (40 min) | | Intervention, Rescue and EAP (1 hour) |
|-------------|---|--|--|--|
| S3 | NOP / EAP Refresher Training - Discuss changes due to COVID-19 2.11 Supervision of Specialist Activities and Equipment 3.1 Early Intervention and Accident Prevention 3.11 Use of Technology for Lifeguards | 1.12 CPR Adult drowning - COVID-19 CPR guidance must be followed 1.14 Problems with CPR 1.14.1 Tracheostomies 1.14.3 Air in Stomach 1.14.4 Broken Ribs 1.14.5 Chest Does Not Rise 1.14.6 Fluid in the Airway 1.14.7 CPR in Confined Spaces | 3.27 Fainting 3.33.1 Heat Exhaustion 3.21 Sprains and Strains 3.31 Diabetic Emergency | 2.1 Recognising a Potential Spinal Injury 2.4 Rescue Techniques (spinal) <ul style="list-style-type: none"> Vice Grip turn and trawl Head Splint turn Fitness, skills and timed swims (20 min) |

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