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**REQUIREMENTS FOR STUDENTS WILLING TO OBTAIN A**

**CERTIFICATION OF**

**INTERNATIONAL POOL LIFEGUARD**

**INTERNATIONAL OPEN WATER LIFEGUARD**

**INTERNATIONAL BEACH/SURF LIFEGUARD**

Version 01/09/2019

1. **International Life Saving Federation**



The International Lifesaving Federation (ILS) is the world authority for drowning prevention, aquatic lifesaving and lifesaving sport. ILS leads, supports and collaborates with national and international organisations engaged in drowning prevention, water safety, water rescue, lifesaving, lifeguarding and lifesaving sport. Over 38 million people in over 167 countries (situation in 2019) are involved Worldwide in drowning prevention, lifesaving and lifesaving sport. ILS is recognised by the International Olympic Committee, by the World Health Organisation of the United Nations and by many other organisations.

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1. **International Life Saving Federation – African Branch**

The ILS decentralises its affairs under the management of four Regional Branches. The Branches are established in and for Africa, the Americas, Asia-Pacific and Europe and are responsible for initiating, supervising and coordinating regional activities.

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1. **ILS-Africa Lifesaving Academy**

****The ILS-African Regional Branch has created the ILS-Africa Lifesaving Academy. The Academy is managing research and education programmes in lifesaving.

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1. **The National Lifesaving Federation**

The National Lifesaving Federation (NLF) is an organisation duly incorporated in the nation. It is an active and full member of the ILS. The Federation has the mission to manage drowning prevention, water safety, water rescue, lifesaving, lifeguarding and lifesaving sport. It has the right, amongst others, to organise local, national and international lifesaving competitions, to participate in international lifesaving competitions, to organise National Lifeguard and other Lifesaving, First Aid and Resuscitation courses and to issue National and International Lifesaving Certificates in the nation.

The following National Lifesaving Organisations have agreed to follow the below standards in their education of Lifeguards:

|  |  |  |
| --- | --- | --- |
| **Nation** | **Organisation (NLF)** | **Language** |
| Algeria | Fédération Algérienne de Secourisme, de Sauvetage et des Activités Subaquatiques (FASSAS)  Algerian Federation for First Aid, Lifesaving and Underwater Activities | Arabic  French |
| Burkina Faso | Fédération Burkinabé de Natation et de Sauvetage (FBNS)  Swimming and Lifesaving Federation of Burkina Faso | French |
| Cameroon | Fédération Camerounaise de Natation et de Sauvetage (FECANAS)  Swimming and Lifesaving Federation of Cameroon | French |
| Central African Republic | Fédération Centrafricaine de Sauvetage et de Secourisme (FCSS)  Central African Lifesaving and Rescue Federation | French |
| Chad | Lifesaving Federation of Chad | French |
| Djibouti | Fédération Djiboutienne de Sport Subaquatique et de Sauvetage  Djibouti Federation of Underwater Sport and Lifesaving | Arabic  English |
| Egypt | Egyptian Diving and Lifesaving Federation (EDLF) | Arabic  English |
| Gambia | Gambia Swimming and Aquatic Sport Association (GSASA) | English |
| Ghana | Ghana Lifesaving and Diving Association (GHALDA) | English |
| Guinea Bissau | Associaçao de Salvamento Aquatico da Guiné-Bissau (ASAGB)  Guinea Bissau Water Rescue Association (ASAGB) | Portuguese  English |
| Kenya | Kenia Lifesaving Federation (KLF) | English |
| Libya | Libya Association of Lifesaving | Arab  English |
| Mali | Fédération Malienne de Sauvetage Aquatique (FMSA)  Malian Federation of Aquatic Rescue | French |
| Mauritania | Association Mauritanienne de plongée et de sauvetage (AMPS)  Mauritania Association of Diving and Lifesaving | Arabic  English |
| Morocco | Fédération Royale Marocaine de Sauvetage (FRMS)  Royal Morocco Lifesaving Federation | Arabic  French |
| Niger | Fédération Nigérienne de Sauvetage et de Secourisme (FNSS)  Federation of Lifesaving and First Aid of the Republic of Niger | French |
| Qatar | Qatar Swimming Federation – Lifesaving Section (QSF) | Arabic  English |
| Rwanda | Fédération Rwandaise de Sauvetage (FRS)  Rwanda Lifesaving Federation | French |
| Saudi Arabia | Saudi Arabia Swimming Federation - Lifesaving and Rescue Section | Arabic  English |
| Senegal | Fédération Sénégalaise de Natation et de Sauvetage (FSNS)  Swimming and Lifesaving Federation of Senegal | French |
| Somalia | Ururka badbaadinta nolosha somaliyed  Somalia Lifeguarding Association (SLA) | English |
| Sudan | Sudanese Sea Scouts (SSS) | Arabic  English |
| Tanzania | Tanzania Lifesaving Society | Kiswahili  English |
| Togo | Association Togolaise de Sauvetage et de Secourisme (ATSS)  Togo Lifesaving and Rescue Federation | French |
| Tunisia | Fédération Tunisienne des Activités Subaquatiques et de Sauvetage Aquatique (FAST)  Tunisian Federation of Underwater Activities and Aquatic Lifesaving | Arabic  English |
| United Arab Emirates | United Arab Emirates Swimming Federation – Lifesaving Section | Arabic  English |
| Uganda | Uganda Lifesaving Federation | English |

1. **Type of courses**

The NLF organises the following types of lifeguard courses:

* International Pool Lifeguard Course.
* International Open Water Lifeguard Course.
* International Beach Lifeguard Course.

Besides these courses, the NLF will develop other lifesaving, first aid, resuscitation, oxygen application and AED courses.

1. **Aim of the course**

The aim of the Lifeguard course is to train students to be certified as an ILS Pool Lifeguard, ILS Open Water Lifeguard or ILS Beach Lifeguard.

A Certified Lifeguard is a person who will be regularly assigned to prevent drowning and other water related accidents, to protect life in an aquatic environment, to administer first aid services, to perform rescues and to provide resuscitation to victims with or without the use of resuscitation and oxygen equipment. A Certified Lifeguard is paid for his/her services.

Pool Lifeguard

A Pool Lifeguard is a person who will be regularly assigned to prevent drowning and other water related accidents, to protect life in an aquatic environment, to administer first aid services, to perform rescues and to provide resuscitation to victims with or without the use of resuscitation and oxygen equipment in an open or covered competition swimming pool and/or open or covered recreation swimming pool. A Certified Pool Lifeguard is paid for his/her services.

**Open Water Lifeguard**

An Open Water Lifeguard is a person who will be regularly assigned to prevent drowning and other water related accidents, to protect life in an aquatic environment, to administer first aid services, to perform rescues and to provide resuscitation to victims with or without the use of resuscitation and oxygen equipment in an open water swimming or recreation zone at lakes, rivers, and other inland waters. A Certified Open Water Lifeguard is paid for his/her services.

Beach Lifeguard

A Beach Lifeguard (also called a Surf Lifeguard or Sea Lifeguard) is a person who will be regularly assigned to prevent drowning and other water related accidents, to protect life in an aquatic environment, to administer first aid services, to perform rescues and to provide resuscitation to victims with or without the use of resuscitation and oxygen equipment at the beach and in in the sea or the ocean. A Certified Beach Lifeguard is paid for his/her services

The primary focus is placed on the successful demonstration of documented knowledge and skill objectives. The secondary focus is placed on the time needed to acquire these competencies. The NLF will set a time limit on the validity period of a Certificate.

1. **Certification**

An International Certificate contains:

* A Certificate.
* An identity card with photo and number. The number of each Certificate is built up using three elements:
* The official abbreviation of the country.
* The year of issue in two digits.
* The reference number in three to four digits.
* An appropriate coloured badge.
* An appropriate coloured pin.

This pack is contained in an ILS presentation cover.

Relevant information on the person who obtained an International Certificate is kept up to date in the ILS Central Databank. All information retained is subject to Data Protection legislation.

1. **Certification systems**

A NLF can choose between the two following systems:

**System 1. The Certificate is issued by the ILS.**

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Description automatically generated

An International Certificate is issued, through the NLF, by the ILS Headquarters. The costs of the International Certificates are set at 20 Euro per Certificate. Each certificate includes:

* a printed personal ILS Certificate,
* a matching ID card,
* a matching pin, and
* a matching woven badge.

Each of the above cost 5 Euro, total 20 Euro.

The costs do not include Bank charges and return mailing cost, which are the responsibility of the NLF. Each Category C nation receives 30 International Certificates and 30 ID cards free of charge annually.



**System 2. The Certificate is issued by the NLF.**

* A Certificate is issued by the NLF.
* The NLF include the ILS Endorsement Logo on the Member Organisation’s Cer­tificate (see picture on the right side).
* The NLF produces the ID Cards.
* Both the Certificates and ID cards must be approved by the ILS before use.

The following Endorsement Fees are applicable:

|  |  |
| --- | --- |
| **Amount**  **In Euro** | **Scope** |
| 250 | One-year license for up to 1.000 Certificates. |
| 500 | One-year license for 1.000 - 5.000 Certificates. |
| 1.000 | One-year license for over 5.000 Certificates. |
| 7.500 | Licence to use the logo on all Certificates for a period of 10 years. |

1. **Entry requirements of the Lifeguard course**

|  |  |
| --- | --- |
| **Age** | A candidate must be 17 old at the start of the course. When permission of parents is required by the National Law or by the NLF, the permissions must be delivered before the start of the course to the Instructor. |
| **Medical Certificate** | A candidate must submit to the Instructor a valid Medical Proof from a Physician and this Medical Proof must be not older than 12 months. |
| **Medical Problems** | The candidate must sign a letter of relief and submit that to the Instructor. |
| **Insurance** | The course fee includes the membership fee to the NLF. By this, the candidate is ensured by the NLF. |
| **Gender** | There is no difference in entry requirements for men and women. The teaching can be per gender or be mixed. |
| **Entry test** | The candidate must have passed the entry tests before the start of the course. The Entry Test is described hereunder. |
| **Other qualifications** | The candidate must be able to read and write one of the National Languages. The candidate must be able to hear and see in such way that he/she can be an operational Lifeguard. The candidate must be able to communicate properly. |
| **Course Fee** | The candidate must pay a course fee as determined by the NLF (see below). |

1. **Entry test to a Lifeguard course (Pool Lifeguard or Beach Lifeguard)**

On regular intervals, entry test sessions will be organised by the Instructors. The entry test comprises the following:

The candidate must at least be 16 years old at the start of the test.

The candidate must successfully perform the following three tests:

* Swim 200 m (freestyle) in less than 6 (six) minutes. The test starts with a start dive. It is possible to change swimming styles while swimming.
* Swim 50 m on the back in a time of 1 minute 30 seconds. The start is in the water. The candidate uses the breaststroke leg movements only. Both hands are above the water surface and the fingers are permanently interlaced.
* Dive from the border of the pool and swim a minimum of 20 m under water. The candidate must swim completely under water and not break the surface before the whistle or the end of the 20m.

The cost of the test is determined by the NLF. The Certificate is valid for 12 months.

1. **Limitations of students per course**

A maximum of 24 students will be allowed per course. The course can be repeated. If more Instructors are present, a limit of 24 students will be respected per Instructor.

1. **Duration of the course**

The normal course duration is 50 hours. 50% of the course is theory and 50% is practice. The course can be organised using different formula’s:

Formula 1: Weekly course. The course is given over one full week of six days with 8,5 course hours per day. Then the students can have one or two weeks for training and study then one examination day.

Formula 2: Several weeks course. The course is given over several weeks. Each week one or more teaching moments is/are foreseen on a fixed date and the teaching can e.g. be:

* 3 hours per week (1,5 hours theory and 1,5 hours practice).
* 4 hours per week (2 hours theory and 2 hours practice).

It is of course possible to give more than one instructor moments per week.

The choice of days and hours is to be determined by the Instructor.

1. **Location**

The location is chosen by the Instructor in close collaboration with the NLF. A teaching room must be available as well as a swimming pool. An approval of the location by the NLF is obligatory.

**Teaching room**

For the theoretical courses, a classroom is mandatory. The classroom must be spacious and have a classroom set-up. Each student must have a chair and sit at a table. The minimum student space is 60 cm. At one table of 120 cm, two students can sit. There must be sufficient light and ventilation. The classroom must have the possibility to be darkened and must have a data projector and a screen. The classroom must have a writing board and markers. The teaching room can be used for theoretical courses but also for dry-land practical courses, such as delivery techniques, transport techniques, resuscitation, oxygen supply, etc.

**Swimming pool**

For the practical courses in the water, a swimming pool is needed. The pool must be minimum 25 m long and have four lanes. The pool must minimum be 2 m deep and preferably be 3 m deep on one side. Swimming pools that do not suit the above conditions cannot be used.

1. **Course handbook - manual**

# The sole course handbooks that can be used are the ones approved by the NLF. The Lifeguard handbook is available in English, French and Arabic and will be provided to the Instructor by the NLF.

1. **Teaching Equipment**

For a Lifeguard course, the following equipment must be available (for 24 students):

* At least 4 and preferably 6 resuscitation manikins (adults).
* At least 1 and preferably 2 resuscitation manikins (babies).
* At least 2 complete oxygen systems including resuscitation bags and appropriate masks.
* First aid (elastic and triangular) bandages.
* At least 4 transport manikins.
* At least 4 rescue tubes.

The equipment will be provided by the NLF (at cost) and must be returned in an impeccable state.

1. **Financial aspects**

The candidates willing to follow a lifeguard course must pay an amount determined by the NLF.

1. **Test, Examination and re-examination**

|  |  |
| --- | --- |
| Tests during the course | * During the course, the Instructor is allowed to test the candidates on an ongoing basis for tests 1, 2, 3, 4 and 5 (tests are explained below). * A maximum of two attempts per tests are allowed. Each attempt must be announced by the Instructor and be approved by the Student. An Instructor cannot force a Student to do an attempt if the Student refuses this. * Once a test is passed, it has not to be examined for those tests where at least 70 % of the points were reached by the student. |
| Examination after the course | * Only those candidates who passed the tests 1 to 5 and who are in compliance with the presence scores, can participate in the examinations. * The examination will be organised at the earliest two weeks after the course. * Tests 1, 2, 3, 4 and 5 will not anymore be tested. * The examinators are the Instructor who provided the course and at least one and preferably two appointed instructor(s). * The examination consists of:   + Water Test: Tests 6 and 7.   + Dry land Tests: Test 8 to 13.   + Written or Oral examination: Test 14. * Only one attempt per test is allowed in the examination. * If the candidate does not pass the examination, he/she will have to do the re-examination on those tests where he/she has not reached 70 %. |
| Re-examination after the examination | * The re-examination will be organised at the earliest two weeks after the examination. * The re-examination consists of all tests from 5 to 14 where the candidate has not obtained 70% of the points. * Only one attempt per test is allowed in the re-examination. * The candidate will thus be exempted from re-examination for those tests where at least 70% of the points were reached at the tests during the course or at the examination after the course. If the candidate does not pass the re-examination, he/she will have to follow a complete course and all points will be void. |

1. **Minimum Requirements**

The following are the minimum skill sets and competencies for the traineeendorsed by the NLF:

1. Demonstrate a level of fitness to meet the operational requirement.
2. Describe appropriate techniques for identifying potential casualties in the water.
3. Describe the basic principles of managing aquatic related emergencies.
4. Demonstrate rescues with and without equipment.
5. Demonstrate appropriate casualty care.
6. **Description of the Examination tests**

The following are the minimum competencies recommended by the International Life Saving Fede­ra­tion for a Lifeguard. ILS recognises that many of its Member Organisations have standards, which ex­ceed these minimums, based on the circumstances presented in their own countries. ILS encourages the highest possible standards in lifesaving, and merely provides the following as recommended mini­mum competencies.

PL = Pool Lifeguard : Sauveteur en Piscine.

OWL = Open Water Lifeguard : Sauveteur en Eau ouverte.

BL = Beach Lifeguard : Sauveteur en mer.

**LEARNING OUTCOME 1: Perform water-based fitness skills in a pool environment: speed.**

**Test 01** for PL, OWL and BL: Swim 50m in less than 50 seconds with the head above the water (free style).

The student is positioned on a starting block or on the pool edge. After a signal the student dives in the water and swims 50 m in freestyle with the head (eyes) above the water. Goggles are allowed.

The points distribution is as follows.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Points** | **100** | **90** | **80** | **70** | **60** | **50** | **0** |
| Times in seconds | <30 | <34 | <38 | <42 | <46 | <=50 | >50 |

< : less than

> : more than

= : equal to

**LEARNING OUTCOME 1: Perform water-based fitness skills in a pool environment: endurance.**

**Test 02** for PL: Swim 200m in less than 5 minutes without using equipment (front style)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Points** | **100** | **90** | **80** | **70** | **60** | **50** | **0** |
| Time in minutes | <2’30 | <3’00 | <3’30 | <4’00 | <4’30 | <=5’00 | >5’00 |

The student is dressed in a swimming attire and can swim crawl, breaststroke or sidestroke. The student is not allowed to swim on its back. Goggles are allowed.

**Test 02** for OWL & BL: Run-Swim-Run (Run 200 m, swim 200 m and run 200 m) within 8 minutes

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Points** | **100** | **90** | **80** | **70** | **60** | **50** | **0** |
| Time in minutes | <4’15 | <5’00 | <5’45 | <6’30 | <7’15 | <=8’00 | >8’00 |

The student is dressed in a swimming attire and can swim crawl, breaststroke or sidestroke. The student is not allowed to swim on its back. Goggles are allowed. When the water temperature is lower than 16 degrees Celsius, then a wet suit can be worn with a maximal thickness of 3 mm. The Examiner in charge will have the discretion to extend the time due to varying environmental conditions provided that all candidates are informed prior to the commencement of the assessment. At all times the safety of the students must be ensured.

**LEARNING OUTCOME 1: Perform water-based fitness skills in a pool environment: endurance with fins.**

**Test 03** for PL, OWL and BL. Swim 300m with fins in less than 5’00 (free style).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Points** | **100** | **90** | **80** | **70** | **60** | **50** | **0** |
| Time in minutes | <3’20 | <3’40 | <4’00 | <4’20 | <4’40 | <5’00 | >5’00 |

**LEARNING OUTCOME 2: Demonstrate the ability to swim underwater.**

**Test 04** for PL, OWL and BL: Dive into the pool and swim a minimum of 25m underwater without breaking the surface with the mouth.

Dive and swim 25m completely under water 50 points.

When a part of the body surfaces 25 points.

**LEARNING OUTCOME 3: Understand and explain the purpose and use one of ILS-approved lifesaving equipment items used in rescue.**

**Test 05** for PL, OWL and BL: Rescue with a rescue tube 100 points.

Dive, swim 25m to a victim, use rescue tube, and bring the victim back to shore using a rescue tube within 1 minute and 30 seconds. The victim can also be a manikin that is half filled with air.

**LEARNING OUTCOME 4: Demonstrate rescue simulation technique.**

**Test 06** for PL, OWL and BL: Consecutively perform rescue techniques in the following sequence:

* Perform correct water entry; then,
* Perform correct approach technique to casualty; then,
* Perform at least three (3) release techniques; then,
* Tow a person over a total of 25m using at least three (3) towing techniques.

|  |  |
| --- | --- |
| **What** | **Maximum points** |
| Enter the water with dive  Approach victim  Delivery 1  Delivery 2  Delivery 3  Delivery 4  Transport 1  Transport 2  Transport 3  Transport 4  Secure the victim | 5  10  10  10  10  10  10  10  10  10  5 |

The Instructor is the victim.

**LEARNING OUTCOME 5: Demonstrate combined rescue technique.**

**Test 07** for PL, OWL and BL: Consecutively perform combined rescue technique in the following sequence in less than two (2) minutes where the candidate is wearing t-shirt and shorts as a minimum:

* Lifesaving entry (stride jump, slide entry); then,
* Swim 25m freestyle with the head (eyes) above the water; then,
* Surface dive to an adult manikin/person (min of 2 m depth); then,
* Lift manikin/person and tow it a minimum of 25m; then,
* Leave the water and go to a manikin that is positioned close to the pool edge; then,
* Perform correct patient management, which includes, calling for help, patient asses­sment and then adult CPR on an adult manikin for a minimum of three (3) minutes.

If no transport manikin is available, then it can be a person of the same posture as the lifeguard. If a manikin is available, the weight of the completely submersed manikin is 1.5 kg. The transport manikin must completely be filled with water.

|  |  |  |
| --- | --- | --- |
| **What** | **Pool of 2 m**  **Maximum points** | **Pool of 3 to 5 m**  **Maximum points** |
| Lifesaving Entry  Swim 25m and Surface dive to a manikin  Lift manikin  Transport manikin (25m) | 10  20  20  30 | 10  30  30  30 |
| Perform CPR during 3 minutes | 50 | 50 |
| Total | 130 | 150 |

**LEARNING OUTCOME 6: Perform emergency rescue techniques including first aid techniques.**

**Test 08** for PL, OWL and BL

Demonstrate delivery grips on dry land. 50 points.

**Test 09** for PL, OWL and BL

Demonstrate carrying and transport grips on dry land. 50 points.

**Test 10** for PL, OWL and BL

Demonstrate a first aid action 100 points.

**LEARNING OUTCOME 7: Perform emergency response techniques including basic resus­ci­ta­tion and first aid techniques.**

Perform patient management techniques including:

* Diagnose/check for Dangers, Reaction, Airways, Breathing and Circulation (DRABC)
* Lateral position & patient rollover
* Calling for help

Perform basic resuscitation techniques including:

* Expired Air Resuscitation (EAR) for adults, children, infants
* Cardio Pulmonary Resuscitation (CPR) for adults, children, infants
* One and two-person CPR operation
* The use of oxygen resuscitation equipment (compulsory)
* The use of AED (not compulsory but advisable)

Perform and manage basic first aid techniques including:

* Patient management
* Managing basic injuries (ie. shock, fractures, bleeding etc)

**Test 11** for PL, OWL and BL

Demonstrate CPR on adults. 200 points.

**Test 12** for PL, OWL and BL

Demonstrate CPR on children/babies. 100 points.

**Test 13** for PL, OWL and BL

Demonstrate the use of resuscitation (oxygen) equipment. 100 points.

**LEARNING OUTCOME 8: Demonstrate the ability to understand the course manual**

**Test 14** for PL, OWL and BL

Written examination covering the following points:

* The characteristics of persons in distress in the water.
* The application of appropriate emergency treatments in a rescue situation including CPR and spinal management.
* The surveillance methodology, the operational environment, related risks and local resources.
* The ILS approved hand signals.
* The communication to the public.
* The principles of dynamic risk assessment and managing emergencies.
* The use of medical and other equipment in emergency situations.
* The regulations pertinent to managing emergency situations.
* The list of services available for support in an emergency medical situation.
* The strategies for water rescues and emergencies.
* The way to solve potential problems for putting plans into place.
* The design of a basic emergency management plan.
* The list of specifications of the aquatic environment in which a lifeguard operates.
* The issues related to the facility/workplace

Written Examination. 200 points

Total amount of points: 1,500

The candidate must obtain a minimum of 900 out of 1,500 points (60 %).

**OVERVIEW OF TESTS FOR POOL LIFEGUARD**

|  |  |  |
| --- | --- | --- |
| Nr | Test | Points |
| 01 | Swim 50m in less than 50 seconds with the head above the water (free style) | 100 |
| 02 | Swim 200m in less than 5 minutes without using equipment (front style) | 100 |
| 03 | Swim 300m with fins in less than 5’00 (free style) | 100 |
| 04 | Dive and swim a minimum of 25m underwater without breaking the surface | 50 |
| 05 | Rescue Tube Rescue | 100 |
| 06 | Demonstrate rescue simulation technique | 100 |
| 07 | Demonstrate combined rescue technique | 150 |
| 08 | Demonstrate delivery grips on dry land | 50 |
| 09 | Demonstrate carrying and transport grips on dry land | 50 |
| 10 | Demonstrate a first aid action | 100 |
| 11 | Demonstrate CPR on adults | 200 |
| 12 | Demonstrate CPR on children/babies | 100 |
| 13 | Demonstrate the use of resuscitation (oxygen) equipment | 100 |
| 14 | Demonstrate the ability to understand the course manual | 200 |
| Total | | 1,500 |

**OVERVIEW OF TESTS FOR OPEN WATER AND BEACH LIFEGUARD**

|  |  |  |
| --- | --- | --- |
| Nr | Test | Points |
| 01 | Swim 50m in less than 50 seconds with the head above the water (free style) | 100 |
| 02 | Run-Swim-Run (Run 200 m, swim 200 m and run 200 m) within 8 minutes | 100 |
| 03 | Swim 300m with fins in less than 5’00 (free style) | 100 |
| 04 | Dive and swim a minimum of 25m underwater without breaking the surface | 50 |
| 05 | Rescue Tube Rescue | 100 |
| 06 | Demonstrate rescue simulation technique | 100 |
| 07 | Demonstrate combined rescue technique | 150 |
| 08 | Demonstrate delivery grips on dry land | 50 |
| 09 | Demonstrate carrying and transport grips on dry land | 50 |
| 10 | Demonstrate a first aid action | 100 |
| 11 | Demonstrate CPR on adults | 200 |
| 12 | Demonstrate CPR on children/babies | 100 |
| 13 | Demonstrate the use of resuscitation (oxygen) equipment | 100 |
| 14 | Demonstrate the ability to understand the course manual | 200 |
| Total | | 1,500 |

1. **Presence calculation**

Presence calculation is done for the theoretical course and for the practical course.

Presence 80% and above: Can participate at Certification

Presence 70% and above: Deduction of 150 points

Presence lower than 70% Exclusion from Certification

1. **Assessment Strategy**

These learning outcomes are best assessed using the following common assessment methods:

* Observation (personal, video review).
* Oral questioning.
* Written examination (short answer, multiple choice).
* Simulated rescue scenario.

1. **Certification Proofs**

The candidate that successfully passed the tests will obtain the ILS International Lifeguard Certificate, a Badge, a Pin and an Identity card. He/she will be included in the ILS Certified database.

1. **Validity of the Certificate**

The Lifeguard Certificate is valid for a period of two years. Before the end of the expiry period, the candidate must pass a recertification tests that comprised the following:

**Pool Lifeguard**

Test 1: Swim 200m in less than 5’00 (front style).

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Points** | **100** | **90** | **80** | **70** | **60** | **50** | **40** | **0** |
| Time in minutes | <2’30 | <3’00 | <3’30 | <4’00 | <4’30 | <5’00 | <5’15 | >5’15 |

Test 2: Demonstrate CPR on adults. 200 points (\*).

Test 3: Demonstrate use of resuscitation (oxygen) equipment. 100 points (\*).

Test 4: Demonstrate a first aid action 100 points.

(\*) Exclusion test

The candidate must obtain at least 300 points on 500 (60%).

**Beach and Open Water Lifeguard**

Test 1: Run-Swim-Run (Run 200 m, swim 200 m and run 200 m) within 8 minutes.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Points** | **100** | **90** | **80** | **70** | **60** | **50** | **40** | **0** |
| Times in minutes | <4’15 | <5’00 | <5’45 | <6’30 | <7’15 | <8’00 | <8’15 | >8’15 |

Test 2: Demonstrate CPR on adults. 200 points (\*).

Test 3: Demonstrate use of resuscitation (oxygen) equipment. 100 points (\*).

Test 4: Demonstrate a first aid action 100 points.

(\*) Exclusion test

The candidate must obtain at least 300 points on 500 (60%).

**Recertification Costs**

The candidates willing to follow a re-certification examination must pay an amount determined by the NLF.

1. **Range of Variables**

There are several variables, which will affect the performance and assessment of the learning outcomes. These may include:

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| **Variable** | **Scope** |
| 1. Facilities | Swimming Pool lengths/depths and measu­re­ments. Use of alternative aqua­tic locations where pools are not available.  Identification of equipment available for use. |
| 1. Dress | Candidates may be required to wear their re­cog­nised uniform. |
| 1. Candidates | Candidates have limited experience and are at least 16 years old. |
| 1. Resources | ILS member organisations will list and identify the use of theoretical and practical resources available to them. |