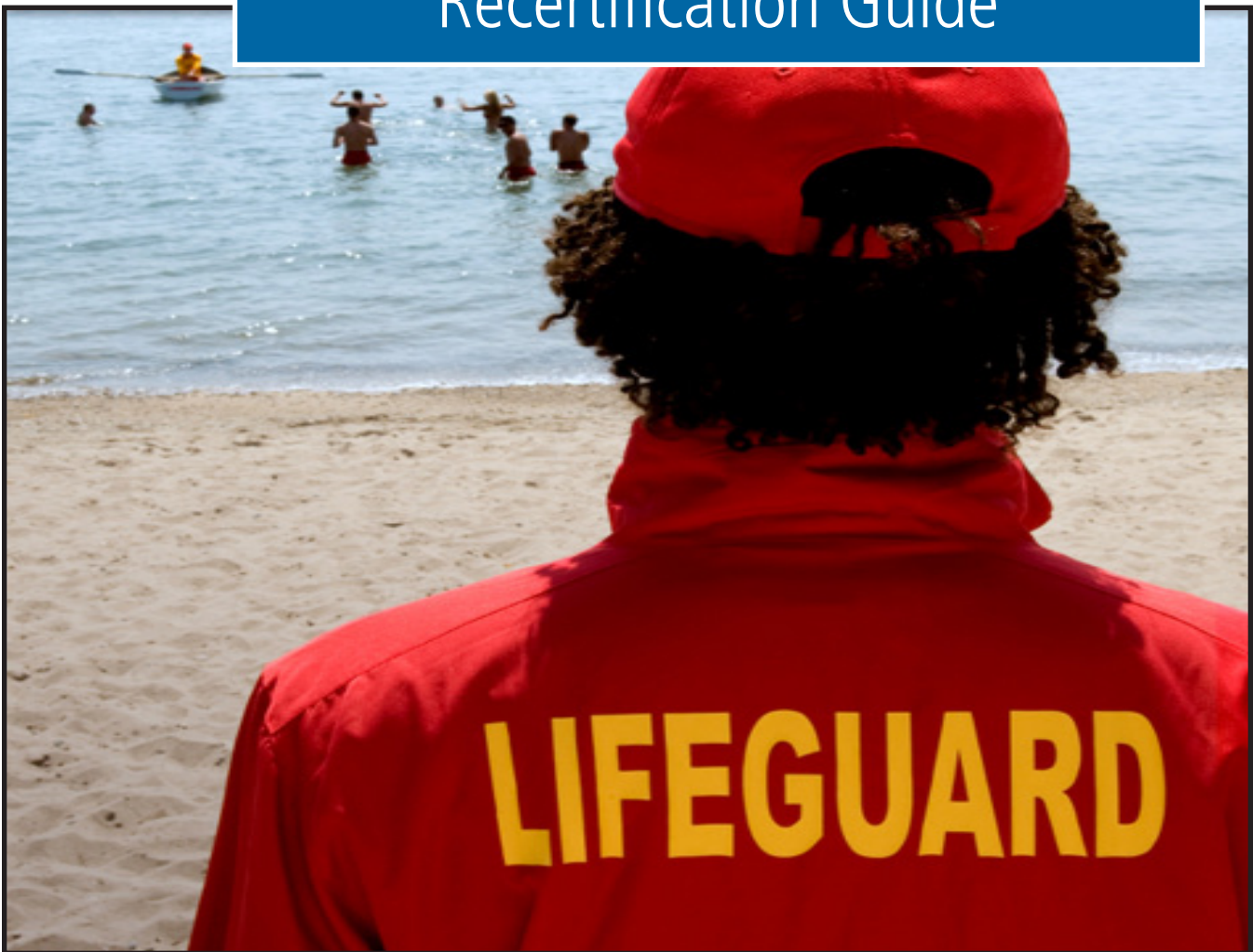




National Lifeguard Pool

Recertification Guide





NATIONAL LIFEGUARD POOL CANDIDATE RECERTIFICATION GUIDE

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The Lifesaving Society is Canada's Lifeguarding Expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education initiatives, water-incident research, aquatic safety management services, and lifesaving sport.

Annually, more than one million Canadians participate in the Society's swimming, lifesaving, lifeguard, and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

The Society is an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

The Society represents Canada internationally as an active member of the Royal Life Saving Society and the International Life Saving Federation. The Society is the Canadian governing body for Lifesaving Sport - A sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

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NATIONAL LIFEGUARD POOL

RECERTIFICATION GUIDE



LIFESAVING SOCIETY®

The Lifeguarding Experts

About the Lifesaving Society

- Saving lives for over 100 years

The Lifesaving Society is a full service provider of programs, products, and services designed to prevent drowning. The Society saves lives and prevents water-related injuries through its training programs, Water Smart® public education, drowning research, aquatic safety management and lifesaving sport. The Society is a national volunteer organization and registered charity composed of ten provincial/territorial branches, tens of thousands of individual members, and over 4,000 affiliated swimming pools, waterfronts, schools, and clubs.

The Society has been teaching swimming, water safety and water rescue in Canada since 1886. Established in England (1891) as the Swimmers' Lifesaving Society, it became The Royal Lifesaving Society in 1904. Today, it is known simply as the Lifesaving Society. The Lifesaving Society is a leader and partner in the delivery of water safety education throughout Canada and around the world.

Teaching Canadians to save themselves and rescue others

Annually 1,000,000 Canadians participate in the Lifesaving Society's swimming, lifesaving, lifeguard, first aid, and leadership programs. Each year, the Society certifies thousands of instructors who provide the leadership for its training programs. Over 30,000 Canadians earn the Society's Bronze Medallion each year. As Canada's lifeguarding experts, the Lifesaving Society sets the standard for lifeguard training and certifies Canada's National Lifeguards.

Making Canadians Water Smart

The Lifesaving Society focuses Water Smart drowning prevention efforts on people most at risk - like men fishing in small boats - or on those who can make a significant difference, such as parents of young children. The Society delivers Water Smart messages through its swim program, through the media and community action. The Society's Swim to Survive® Program provides the essential minimum skills required to survive an unexpected fall into deep water.

Drowning Research

The Lifesaving Society conducts research into fatal and non-fatal drowning, aquatic injury and rescue interventions. Ongoing research and analysis supports the Society's evidence-based water rescue training and Water Smart drowning prevention education.

Setting the Standard

The Lifesaving Society establishes aquatic safety standards and consults on aquatic safety issues for the aquatic industry, governments and the judiciary. The Society offers a suite of services to help aquatic facility operators maintain and improve safe pool and waterfront operations. The Society performs aquatic safety audits and serves as experts in legal cases involving aquatic safety.

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Introduction



The Lifesaving Society is pleased to release the National Lifeguard Pool Recertification Guide. The guide is designed as a resource for candidates to prepare and familiarize with the items covered in a National Lifeguard recertification, as well as to assist in planning for training supports for success. This guide should be used in combination with the Alert and Canadian Lifesaving manuals.

National Lifeguard is a vocational training award. Certified National Lifeguards should be familiar with the code of conduct in the Policies and Procedures.

Certification is based on the ability to meet the purpose statements and ALL performance criteria (Must Sees).

With practice and review, the National Lifeguard recertification is achievable by everyone. Candidates are encouraged to practice skills and review knowledge to prepare for the recertification course.

Ongoing training and maintaining an appropriate level of fitness is important to being able to lifeguard effectively.

The Recertification Guide provides you with the following information:

- Items to be covered in a recertification
- Must sees of the items
- Brief explanation of the purpose of each item

The items you will need to bring with you to the recertification may include:

- Swimsuit and towel
- Whistle
- Comfortable warm clothing suitable for pool deck activities
- Proof of National Lifeguard certification in the option being recertified (E.g. Pool)

National Lifeguard Pool Recertification At-a-glance

Evaluation Criteria There is no written exam for the National Lifeguard Recertification.

The practical application of the National Lifeguard award items are evaluated by a national lifeguard instructor. As part of the evaluation process, you should receive feedback from your instructor. The feedback generally takes two forms; acknowledgement of successful completion of the skill or as a teaching comment designed to explain the behaviour that must be demonstrated to successfully achieve the award item.

If you can successfully apply the feedback and demonstrate the appropriate knowledge, skill and judgement, you should pass the award item. The purpose of the National Lifeguard Recertification is to reconfirm that you can perform at the National Lifeguard standard. You are expected to actively participate in 100% of the National Lifeguard Recertification.

Suggested Time Guidelines A minimum of time of 4 hours is recommended based on a class size of 12 candidates for National Lifeguard pool recertification. The actual time needed will vary depending on the:

- Recertification format
- Number of candidates and National Lifeguard examiners
- Pool space

National Lifeguard Pool Recert Welcome and Introductions

Physical Standard Items:

- Item 2a Object Recovery
- Item 2c Sprint Challenge
- Item 2e Endurance Challenge

Judgement and Skill Items:

- Item 9a Management of a distressed or drowning victim
- Item 9b Management of a submerged, non-breathing victim
- Item 9c Management of a spinal-injured victim
- Item 9d Management of an injured swimmer (may be evaluated in Lifeguarding Situations)
- Item 10 Lifeguarding Situations

Closing session including evaluation results for each candidate

Recertification Items

Physical Standard Item Must-Sees

Items 2a: Object Recovery

Description: Demonstrate anaerobic fitness and strength for an object recovery. Starting in the water, swim 15 metres and surface dive to recover a 20lb object; surface and carry the object 5 metres – all within 40 seconds.

Purpose: The purpose of this item in the exam is to ensure that lifeguards have the necessary skill and fitness to recover a submerged victim. Candidates need to demonstrate sufficient strength and speed to retrieve a submerged 20 lb weight and carry it 5 m within the required time.

Must-sees:

- In-water start
- 15 m approach into surface dive
- Object recovered from depth
- Head above surface during 5 m carry
- Time limit met

Materials for reference: *Alert Manual Chapter 10: Pre-season and Inservice Lifeguarding Training*
Canadian Lifesaving Manual Chapter 10: Physical Fitness and Lifesaving

Item 2c: Sprint Challenge

Description: Demonstrate anaerobic fitness: Starting in the water, swim 50 metres head-up within 60 seconds (50 yards within 55 sec).

Purpose: The purpose of this item in the exam is to ensure that lifeguards have the minimum level of anaerobic fitness required of a pool lifeguard. Candidates need to demonstrate the anaerobic fitness required to swim the distance within the required time.

Must-sees:

- In-water start
- Head-up breaststroke or head-up front crawl throughout*
- Distance completed within the time limit.

* A combination of head-up breaststroke and head-up front crawl is acceptable.

Materials for reference: *Alert Manual Chapter 10: Pre-season and In-service Lifeguarding Training*
Canadian Lifesaving Manual Chapter 10: Physical Fitness and Lifesaving

Recertification Items

Physical Standard Item Must-Sees

Item 2e: Endurance Challenge

Description: Demonstrate aerobic fitness and endurance: Swim 400 metres within 10 minutes (400 yards within 9:10 minutes).

Purpose: The purpose of this item in the exam is to ensure that lifeguards have the minimum level of aerobic fitness required of a pool lifeguard. Candidates need to demonstrate the aerobic fitness required to swim the distance in the required time.

Must-sees:

- Continuous swim
- Recognizable stroke(s) – any combination is acceptable
- Distance completed within the time limit

Materials for reference: *Alert Manual Chapter 10: Pre-season and In-service Lifeguarding Training*
Canadian Lifesaving Manual Chapter 10: Physical Fitness and Lifesaving

Recertification Items

Management Item Must-Sees

Item 9a: Management of a distressed or drowning victim

Description: Demonstrate effective management of a distressed or drowning victim in deep water.

Purpose: The purpose of this item in the exam is to ensure that lifeguards have the necessary judgment, knowledge and skill to rescue a victim in deep water. Candidates need to demonstrate effective individual skills in the management of a distressed or drowning victim in deep water.

Must-sees:

- Quick recognition and immediate response
- Approach such that victim is unlikely to grasp rescuer
- Victim's head is supported above surface (victim's shoulders at or above during transport to closest point of safety)
- Appropriate communication with other lifeguards
- Victim reassurance
- Victim removal – with assistance
- Appropriate follow-up treatment
- ABC assessment
- Contact with EMS if required
- Victim information gathered for incident

Materials for reference: *Alert Manual Chapter 3: Aquatic Emergencies: Characteristics of different types of victims*
Canadian Lifesaving Manual Chapter 4: The Rescue of Others

Recertification Items

Management Item Must-Sees

Item 9b: Management of a submerged non-breathing victim

Description: Demonstrate effective management of a submerged, non-breathing victim and perform 10 cycles of 3-compressions: 2 ventilations on a CPR manikin.

Purpose: The purpose of this item is to ensure that lifeguards have the necessary judgment, knowledge, skill and fitness to rescue a submerged, non-breathing victim. Candidates need to demonstrate the skill and fitness required to recover a submerged, non-breathing victim, transfer him or her to a point of safety and perform 10 cycles of 30 compressions: 2 ventilations on a CPR manikin.

Must-sees:

- Quick recognition and immediate response
- Quick entry, approach, descent
- Rapid ascent, with secure hold on victim
- Protection of airway during ascent and thereafter
- Quickest route to location where CPR may be effectively initiated and complications dealt with
- Safe and effective removal with back-up lifeguard assistance
- EMS activated at earliest possible moment
- Effective use of barrier devices
- Ability to deal with complications at any time
- Assessment (ABC's) of victim
- Effective single-rescuer CPR (10 cycles) on manikin

Materials for reference: *Canadian Lifesaving Manual Chapter 4: The Rescue of Others; Chapter 7: Lifesaving Priorities: The ABC's: Rescue Breathing*

Recertification Items

Management Item Must-Sees

Item 9c: Management of a spinal-injured victim

- Description:** Demonstrate effective management of a suspected spinal-injured victim:
- Enter and approach a face-down victim in deep water; roll victim over, immobilize and carry 15 m.
 - With the assistance of one back-up lifeguard and one bystander, manage a spinal-injured victim on land or in shallow water.

Purpose: The purpose of this item in the exam is to ensure that lifeguards have the necessary judgment, knowledge and skill to rescue a spinal-injured victim. Candidates need to demonstrate effective individual skills in the transport and management of a breathing or non-breathing spinal-injured victim including adapting immobilization and transport techniques in response to physical features and environmental conditions.

Must-sees - Deep Water Carry:

- Quick recognition and immediate response
- Appropriate entry and approach
- Smooth roll-over if victim face down
- Immobilization of spine during roll-over and throughout
- Victim carried 15 m maintaining immobilization and airway above surface
- Effective lifesaving kick with control of direction

Must-sees - Shallow-water or land spinal:

- Quick recognition and immediate response
- Appropriate entry and approach (in-water victim only)
- Smooth roll-over if victim face down (in-water victim only)
- Immobilization of spine during roll-over (if required) and throughout (in-water victim only)
- EMS activated at earliest possible moment
- Victim assessment (ABC's) and CPR if required
- Victim re-assessment (ABC's) and ability to deal with complications and treatments as required
- Secondary assessment
- Effective use of barrier devices
- Effective direction for back-up lifeguard and bystander
- Stabilization on spineboard or other appropriate device (in-water only)
- Preparation for transport and safe removal from water when possible

Materials for reference: *Alert Manual Chapter 3: Aquatic Emergencies: Characteristics of different types of victims; Chapter 4: Lifeguarding Skills and Procedures: Management of spinal injuries*
Canadian Lifesaving Manual Chapter 5: Specialized Lifesaving Skills: Rescue procedures for spinal injuries

Recertification Items

Management Item Must-Sees

Item 9d: Management of an injured swimmer

Description: Demonstrate effective management of an injured swimmer.

Purpose: The purpose of this item in the exam is to ensure that lifeguards can apply first aid skills in responding to an injured swimmer (in or out of water). Candidates need to demonstrate effective individual skills in the management of an injured swimmer.

Must-sees:

- Quick recognition and immediate response
- Quick entry and approach such that victim is unlikely to grasp rescuer
- Effective communication with the victim and back-up lifeguard
- Selection and demonstration of effective rescue techniques
- Appropriate response and execution of procedures
- Appropriate selection and proper use of equipment including barrier devices
- Victim removed with assistance
- ABC assessment
- Appropriate first aid treatment
- Contact with EMS if required
- Victim information collected for incident report

Materials for reference: *Canadian Lifesaving Manual*
Canadian First Aid Manual

Recertification Items

Lifeguard Situations Must-Sees

Item 10: Lifeguarding situations

Description: Respond to emergency situations as a **single lifeguard** and as both a **member and a leader of a lifeguard team**.

Purpose: The purpose of this item in the exam is to ensure that lifeguards can apply lifeguard principles and practices in emergency situations. Candidates need to demonstrate appropriate judgement, knowledge, skill and fitness in responding to emergencies in a pool environment.

Must-sees:

- Effective lifeguard positioning
- Effective observation skills and scanning techniques
- Timely recognition and appropriate response
- Effective communication – other lifeguards, victim(s), patrons
- Appropriate execution of procedures
- Effective execution of role(s) in the management of the situation
- Selection and demonstration of effective rescue techniques
- Appropriate selection and proper use of equipment including barrier devices
- Appropriate first aid treatment if required
- Accurate communication with EMS at earliest possible moment
- Continued safety supervision of other patrons throughout
- Concern for good public relations
- Appropriate and effective direction of bystanders where applicable
- Accurate reporting and appropriate follow-up

Recertification Items

Lifeguard Situations Must-Sees

Item 10: Lifeguarding situations

Situations can include the following:

Minor Emergency	Major Emergency
<ul style="list-style-type: none"> • Asthma • Chest Pain • Hyperventilation • Hypoglycemia (food/fluids available) • Illness (e.g., nausea/vomiting results in pool contamination) • Heat exhaustion (fluids available) • Burn (e.g., 1st or 2nd degree on arm) • DNS (“double clutch”) • Minor bleed (e.g., from nose, lip, or finger) • Cramp (e.g., leg) • Sprain (e.g., ankle sprain) • Fight (e.g., kick to stomach –victim winded) 	<ul style="list-style-type: none"> • Anaphylaxis (with or without medications) • Seizure (land or water) • Stroke (e.g., one-sided paralysis and altered LOC) • Missing child (e.g., missing child found chewing gum, choking: severe obstruction to unconscious) • Fainting • Heat stroke • Shallow water blackout • Aspiration (e.g., with laryngospasm) • Major bleed • Dislocated joint (e.g., shoulder) • Head injury with scalp laceration • Pool clear (e.g., fire alarm and panicked patron falls and breaks their lower leg)

Materials for reference: *Alert Chapter 4: Lifeguarding Skills and Procedures; Chapter 6: Aquatic Emergency Care*
Canadian Lifesaving Manual: The Rescue of others
Canadian First Aid Manual

Training Tips and Activities

By far the fastest stroke that can be used for items 2c and 2e, is front crawl. Therefore, efforts should be made to perform these items, as much as possible, with front crawl. Alternating lengths with breast stroke is an option. Alternating breathing (breathing on both sides) should also be practiced. Recall that there are many forms of this other than once every three breaths. Other "bi-lateral breathing" patterns could include, two breaths on one side, then two on the other, once every five strokes, or "bilateral-by-length," where you may be always looking at the same side of the pool.

Swimming front crawl for extended periods is usually a pacing exercise. Making sure that each arm pull moves you through the water as far as possible could mean slowing the stroke down to ensure that good technique is used. When practicing for the endurance challenge, counting lengths per stroke and trying to decrease these, is an excellent training exercise to use.

Don't underestimate the use of equipment, such as hand paddles and pull buoys, as well. In front crawl, most of the propulsive forward motion should come from the arms (90%) and the legs should only kick enough to maintain a streamlined position. Excessive kicking with front crawl uses large muscle groups and energy that accomplishes very little forward motion for the average person. This is not necessarily what elite competitive swimmers will practice where kick is used to decrease time and portions of seconds count. During a rescue, if a lifeguard can achieve the distance to a victim as efficiently as possible, more energy can be diverted to the remainder of the rescue, such as carry, tow, or follow-up. Head down, tucked chin, and easy roll to the side can assist with streamlining.

Head down cannot apply to Item 2c sprint challenge as head-up, eyes-forward is a requirement. In the same manner mentioned in the paragraph above, although the head is up, kicking should only be employed enough only to maintain a streamlined position. It helps to use lower back muscles tightened to maintain body position with heels at surface. Visualize a banana shaped position with the body. Avoid excessive kick, as it adds very little to forward motion. Use exaggerated shoulder roll to reach as far forward with each stroke.

If breast stroke must be used, do so by attempting to alternate with front crawl by length. In lifesaving, two, often under improved areas of breast stroke, are the final glide phase, and streamlining during the glide. Swimmers should allow themselves to glide very nearly until stopping; just before full stop, another stroke is instigated thereby maintaining inertia. Glide phase streamlining can be practiced by making sure that the head is down, arms nearly over ears, and body is small as possible in cross section. Many find it helpful to add a very small dolphin kick during the glide phase to encourage streamlining.

Unlike front crawl where propulsion is accomplished mainly by arms, it is the whip-kicking legs that accomplish most of the distance during breast stroke. Candidates should take care to not have the legs too far apart, and think about streamlining even during the propulsion whip of the legs. To finish the kick off, use of the ankles is permitted, completing the push with a flexion (from dorsi-flexed, to plantar flexed, like a ballerina . . .) of the ankles. Toes can remain pointed throughout the glide phase, until the next kick is instigated.

References *Canadian Lifesaving Manual Chapter 10*

Training Activities

Notes

- The following are sample training activities that may help lifeguards prepare for and be successful in completing their National Lifeguard Recertification.

Personal fitness chart

Required equipment

- Sample personal fitness chart

Develop a personal fitness chart to measure improvement by increasing the amount of physical activity over the set training period. Establish a minimum performance number. Perform the skill at this level for two weeks and continue to increase the performance number until final goal is reached (Overload Principle).

Personal fitness chart should be divided into sections by day of the week and include exercise type, duration, intensity (light, moderate, intense) and overall satisfaction.

“Set it, get it, beat it.”

Power start drill

Required equipment

- Pace clock or stopwatch

Complete a warm-up of swimming, stretching, and in-water jumps to begin training sessions.

Sample warm-up:

- 10 min. stretching
- 200 m swim
- Ten “leapers”: stand in waist or chest deep water. Leap as high out of the water as possible. Repeat while traveling into shallower (or deeper) water.

Target heart rate zone

Required equipment

- Target heart rate zone chart

Understand the importance of achieving one’s target heart rate and that it must be at a lower limit when beginning training. A higher level may indicate that performance is “too much too soon.” Measure your physical endurance gains through the following suggestions:

- Establish target zone (see chart in Canadian Lifesaving Manual).
- Measure the minimum level of endurance fitness at the start of training (should be close to lower limit on chart).
- Start with a minimum 10 min. of activity, three times per week.
- Increase the activity level over the duration of the training program; for example, 20-30 min. of activity, three times per week.

Half sprints

Required equipment

- Pace clock or stopwatch

Complete a long warm-up.

Then, try this activity:

From dive start, swim about half a length of the pool. Perform swim at full speed, face in the water, without lifting head to breathe.

Repeat the drill six times allowing resting for one min. between each sprint.

Training Activities

Notes

Swim workout

Required equipment

- Pace clock

Warm-up (sample):

- 10 x 75 m stroke drills leaving every 1:45 min.

Endurance set: (sample)

- 5 x 200 m; 30 sec. rest between each swim
- 2 x 200 m; 2 min. rest between each swim

Warm-down (sample):

- 200 m participant's choice

Pyramid workout

Required equipment

- Pace clock

Warm-up (sample):

- 10 x 50 m swim; 10 sec. rest between each swim. Swim 1 slow, 1 fast, etc.

Pyramid set (sample):

- Swim 50 m with a 5 sec. rest
- Swim 100 m with a 10 sec. rest
- Swim 150 m with a 15 sec. rest
- Swim 200 m with a 20 sec. rest
- Swim 150 m with a 15 sec. rest
- Swim 100 m with a 10 sec. rest
- Swim 50 m and stop

Time limit swim

Required equipment

- Stopwatch

- Complete a warm-up.

Then, try this activity:

- Swim as many lengths as you can in five min.
- Record number of lengths
- Repeat drill throughout duration of training program

Number of lengths should increase over a period of weeks. Be sure to pace yourself to lessen fatigue in the final stages of the swim. Aim to be completing at least 200 m in the 5 min. in order to complete the National Lifeguard endurance swim.

Training Activities

Notes

- If these activities are easy to complete using a 10 lb. (4.5 Kg) brick a 20 lb. (9 Kg) brick may be used.

Active eggbeater

Required equipment

- Balls or bricks

A strong eggbeater kick is required for effective rescues. Improve your eggbeater skills using games such as waterpolo, dodgeball, or other similar activity. These games also help improve fitness.

To emphasize the use of eggbeater, ensure that one of the rules of the game involves being unable to touch the bottom.

Support a weight

Required equipment

- 10 lb. (4.5 kg) brick

Begin holding the weight under the water and as training progresses, moves the weight to a higher elevation until eventually the weight is above your head.

Emphasize:

- Continuous action
- Each leg completes kick before other leg begins
- Kick down instead of out and down
- Flexed foot position (as in breaststroke), not pointed toes
- Knees further apart than shoulder width; feet wider apart than knees

Lower leg endurance builder

Required equipment

- 10 lb. (4.5 kg) brick

Try this eggbeater kick endurance program:

10 lb. (4.5 kg) object should be supported throughout the activity.

Weeks	Length of Time
1 & 2	3 - 5 min.
3 & 4	4 - 6 min.
5 & 6	5 - 7 min.
7 & 8	7 - 9 min.
9 & 10	9 - 11 min.

Watch for excessive upper leg movement in eggbeater kick.

Publications of the Lifesaving Society are available from any Branch office. Inquiries from outside Canada should be directed to the National Office.

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