

# National Lifeguard: Surf

## At-a-glance

The National Lifeguard Surf certification is designed to develop the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision of surf beach environments. It builds on the fundamental values, judgment, knowledge, skills and fitness developed in the National Lifeguard Waterfront certification.

### Test Items

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### Notes

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- \*Asterisk indicates instructor-evaluated item. The † symbol denotes the only items evaluated during recertification. See "Evaluation" in National Lifeguard Certification, p. v.
- The competency demonstrated by candidates in achieving the Must Sees in the skill test items should be evident in their performance in lifeguard situations.
- Candidates may wear wetsuits during National Lifeguard Surf courses. Candidates *should* wear wetsuits when water temperature is 13 degrees Celsius or less (measured 30 cm below the surface), or when wind chill is deemed dangerous. Wetsuits may not be worn when the endurance challenge is performed in a pool.

1. **\*Surf beach analysis:** Demonstrate an understanding of:
  - Features that vary from surf beach to surf beach (or from time to time) and how analysis of these affects lifeguarding
  - Environmental hazards of a surf beach
2. **\*Entries and removals:** Demonstrate a variety of entries with a rescue aid and a variety of removals appropriate to a surf environment.
3. **\*Skin diving skills:** Demonstrate skin diving skills: Wearing mask, fins and snorkel, swim 5 metres at the surface; head-first surface dive and swim 15 metres underwater; surface, purge snorkel and swim 5 metres at the surface.
4. **\*† Use of rescue craft:** Demonstrate effective use of a rescue board or rescue craft: Approach 5 metres on the beach; enter the water with a rescue craft; pick up a victim 100 metres away and return to shore.
- 5a **\*Run-swim-run:** Demonstrate aerobic fitness: Run 200 metres; swim 200 metres; run 200 metres – all within 8 minutes.
- 5b **\*† Endurance challenge:** Demonstrate aerobic fitness and endurance: Swim 400 metres within 10 minutes.
6. **\*Lifeguard communication:** Demonstrate effective communication with patrons, victims, other lifeguards, supervisors and emergency service personnel.
- 7a **\*Positioning and rotation:** Demonstrate effective surf beach supervision using lifeguard positioning and rotation.
- 7b **\*† Scanning and observation:** Demonstrate effective lifeguard scanning techniques and observation skills in the surf environment.
- 7c **\*Prevention and intervention:** Demonstrate an ability to recognize situations in which early lifeguard intervention may prevent a rescue emergency.
8. **\*Missing person:** Demonstrate an effective search of the surf beach for a missing person as both a member and a leader of a lifeguard team.

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- 9a \*† **Management of distressed or drowning victim:** Demonstrate effective management of a distressed or drowning victim in deep water: Run 100 metres with a rescue aid; enter water and swim 100 metres to recover a conscious victim; tow or carry the victim 100 m; provide appropriate follow-up treatment.
- 9b \*† **Management of submerged, non-breathing victim:** Demonstrate effective management of a submerged, non-breathing victim and perform 10 cycles of 2 ventilations:30 compressions on a CPR manikin.
- 9c \*† **Management of spinal-injured victims:** With the assistance of one back-up lifeguard or assistant lifeguard and one bystander, demonstrate effective management of suspected spinal-injured victims (breathing and non-breathing) found in the water.
- 9d \*† **Management of an injured victim:** Demonstrate effective management of an injured victim on land or in the water.
10. † **Lifeguard team situations:** As a member of a lifeguard team, respond to situations in a supervised aquatic setting.