

GUIDANCE FOR OPEN WATER SWIMMING OPERATORS

Managing Lifeguards during COVID-19

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1. Introduction

The following guidance has been created to support Operators to manage safety at open water venues, lifeguards and training during the period of COVID-19. It is intended to be implemented in line with the Governments guidelines '[Guidance for providers of outdoor facilities on the phased return of sport and recreation in England](#)'.

RLSS UK suggests that the following guidance is considered when reviewing risk assessments and developing revised operating procedures. The measures suggested in this guidance document may not be appropriate for all venues and/or situations and should be considered as part of the wider plan to protect staff, customers and third parties.

The guidance is not exhaustive to all aspects of open water swimming activities and further guidance has been issued by Swim England, British Triathlon (links can be found in section 7).

It is important for employers, employees, volunteers, and members of the public to understand that no PPE or other protective measures can provide 100% protection from infection with, or transmission of, a virus.

Please note, this is an ever-changing environment and this guidance will be updated regularly following changes to guidance from the Government, please ensure you have the most recent version.

Should you have any questions please do not hesitate to contact us by e-mail info@rlss.org.uk or **0300 3230 096**.

2. About COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol-based rub frequently and not touching your face.

There are two common routes people could become infected:

1. Secretions can be directly transferred into the mouths or noses of people who are nearby or possibly could be inhaled into the lungs.
2. It is possible that someone may become infected by touching a person, a surface or object that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as shaking hands or touching door handles and then touching their own face).

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

With the rapidly changing nature of the COVID-19 outbreak, information and advice from the Government can change quickly. For all the latest Government information on COVID-19 and the measures the Government, and devolved Governments, are taking, please visit the relevant Government's website.

Employers have a responsibility to educate, install and maintain systems of work which reduce the likelihood of infection in the workplace. The provisions of the Health and Safety at Work Act 1974 and the associated regulations require employers to consider COVID-19 as they would any other hazard in their risk assessments and controls. Employers should invest time with lifeguard educators to assist them to understand the risks presented by COVID-19 and ensure they have sufficient knowledge to convey safety information effectively to lifeguards.

3. Guidance

Where possible, all contact with members of the public and colleagues should be carried out while maintaining current distancing guidance.

We understand that in some circumstances this is not possible, this guidance is designed to help you consider the tasks your lifeguards may need to undertake and the measures (using the hierarchy of risk) you may be able to put in place to help to protect them.

Hierarchy of risk control

| Hierarchy | Examples of control measures for COVID-19 |
|--|--|
| Elimination | <ul style="list-style-type: none"> Remove higher risk sessions from the timetable where interventions are known to be prevalent from historical accident analysis Reduce need for rescue through education and accident prevention Where possible encourage casualty self-treatment |
| Substitution | <ul style="list-style-type: none"> Use of rescue equipment to undertake rescues at a distance |
| Engineering Controls | <ul style="list-style-type: none"> Ensure designated lifeguard areas have clear proximity restrictions for the general public |
| Administrative Controls | <ul style="list-style-type: none"> Always follow good hygiene practices Procedures to minimise contact between staff and staff Procedures to minimise contact between staff and customers Procedures to minimise contact between staff and equipment |
| Personal Protective Equipment (PPE) | <ul style="list-style-type: none"> Use of PPE by lifeguards when giving emergency treatment to a casualty |

The following are general guidance principles to follow:

- Always follow Government guidance
- Put the health and safety of your staff and customers at the forefront
- Ensure all lifeguards wash their hands on arrival and throughout their shift
- Maintain / increase your hygiene standards in the check in / out areas
 - Increase frequency of cleaning particularly in well-used areas
 - Ensure hand washing facilities/hand sanitisers are well equipped and checked regularly
 - Provide personal hand sanitisers for lifeguards to use
- Encourage and advertise current distancing guidance. For example, floor markings in car parking, check in/out and water entry/exit points
- Ensure staff understand the signs and symptoms of COVID-19
- Encourage lifeguards to wear short-sleeved T-shirts and be bare below the elbows (including jewellery). This helps to prevent the spread of infection from contaminated sleeves and aids effective hand-hygiene procedures. If wearing wetsuits with long sleeves, watches could be worn but if wearing a shortie wetsuit or wetsuits with no sleeves, lifeguards should be encouraged to be bare below the elbows (including jewellery)
- Consider additional uniform for employees that may need to change uniform due to suspected contamination
- If employees or any member of their household show any COVID-19 symptoms; do not allow them to attend work, including training and advise them to follow government guidance regarding self-isolation
- Use signage for your staff and customers to remind them that they should remain at home for at least 14 days if they display any signs of symptoms of COVID-19. There are set specific signs produced by PHE for public - <https://coronavirusresources.phe.gov.uk/>

4. Reducing the Risk in an Open Water Environment

You may need to consider means to reduce risks within an open water environment. If activities increase the likelihood of a swimmer requiring rescue of any kind, you should consider if these activities should be stopped during this period.

Some recommendations for considerations:

- Reduce maximum user numbers as appropriate (see guidance from SH₂OUT)
- Review the swimming course
- Consider the surfaces that users will touch when using facilities/equipment, restrict use or implement appropriate cleaning measures where required
- Only allow people who have previously been members to use the site

To understand the intervention likelihood and risk associated with specific activities it may be useful to review historical accident, incident, and near-miss data.

5. Policies and Procedures

Operators will need to review and update policies and procedures for use during COVID-19, amends should be made rather than producing new documents. The following are examples of policies and procedures that should be reviewed:

- Risk Assessment
- Safe systems of work
- Normal Operating Procedures
- Emergency Action Plans
- Cleaning procedures

It is important that any changes in policies and procedures are included within training for lifeguards to ensure they understand the changes.

6. The Role of a Lifeguard

6.1 Supervising a session

Supervision of the open water course should continue in the usual way. The following should be carefully considered when reviewing the provision of supervision:

Lifeguard positions

- Lifeguard positions situated in areas where current distancing guidance may be difficult to achieve should be reviewed. It is recommended that any such adjustments are tested to ensure that swimmers can be seen at all points of the course
- Customers should be encouraged to maintain current distancing guidance with lifeguards positioned at the water's edge. This may be encouraged with clear signage or marking
- Rescue equipment should be easily accessible if not being held by lifeguards to minimise cross contamination

Lifeguard rotations

- Lifeguards completing rotations should comply with current distancing guidance
- Frequency of lifeguard rotations should be kept to a minimum (but not exceed suggested duration)

Lifeguard teams

- Review lifeguard shift rotas to maximise the opportunity to work in the same lifeguard team and limit interaction between all lifeguards
- Consider staggering start times of shifts to discourage lifeguards congregating at the start and end of their shifts

Lifeguard hygiene

- Lifeguards should wash/sanitise their hands before and after rotations
- Lifeguards should avoid touching their faces
- Lifeguard equipment should be cleaned/sanitised regularly (see cleaning section)
- Lifeguards should be supplied with their own equipment e.g. wetsuit, personal floatation devices (pfd), dinghy smock. If these are allocated for a shift, then they should be sanitised at the end of every shift

Lifeguard supervision

- It is important that lifeguards providing supervision are not distracted by carrying out other duties, for example policing current distancing guidance or cleaning
- The number of lifeguards required to supervise the swimming area safely should be reviewed to consider any changes made to lifeguard practices

6.2 Management of other equipment

Provision of individual equipment

Consideration should be given to the provision of individual equipment, each participant should be encouraged to use their own equipment to limit infection through shared/hired equipment (wetsuits, hats, goggles, torpedo buoys, whistles and tow floats).

Other equipment

A lifeguard role may include the setup, use and dismantling of other equipment, including:

- Swimming buoys
- Paddle boards
- Rescue boards
- Kayaks
- Radios
- Powercraft
- Entry/exit check in system

Operators should review the requirement for the equipment and where equipment is used for sessions, they should consider limiting the frequency of changing equipment.

6.3 Cleaning

Cleaning duties for lifeguards may increase due to the level of cleaning that is required to keep staff, customers and third parties safe. Lifeguards should carry out cleaning duties in line with current distancing guidance, maintaining distance from all other people (including other lifeguards).

Operators should consider additional cleaning tasks and training that may need to take place:

Torpedo buoys

- a. Lifeguards are at risk of infection from an unclean/contaminated torpedo buoy, especially when held or worn.
- b. Contact between the buoy, its strap and the lifeguard's mouth or nose (possibly via their hands) is the main risk presented by COVID-19
- c. Operators may choose to issue one torpedo buoy per lifeguard for the duration of the shift, disinfecting it at the end of the shift before handing it to another lifeguard
- d. Where there are insufficient torpedo buoys to provide this arrangement, disinfection at the point of handover should be provided in its place
- e. Operators may also consider positioning torpedo buoys next to each lifeguard position (to be immediately available) rather than held

Personal Floatation Device (PFD)

- a. Lifeguards are at risk of infection from an unclean/contaminated PFD, especially as this is worn
- b. Contact between the PFD and the lifeguard's mouth or nose is the main risk presented by COVID-19
- c. Operators may choose to issue each lifeguard with their own PFD for the duration of their shift, disinfecting it at the end of the shift before reissuing to another member of staff
- d. Where possible operators should issue each lifeguard with their own PFD

Lifeguard Rescue board, Stand Up Paddle Board, Kayak

- a. The piece of equipment provides a risk of infection transmission for COVID-19
- b. The whole piece of equipment including the paddle should be disinfected at regular intervals, this may be completed between lifeguard changeovers whilst maintaining a 2-metre distance.
- c. Every effort must be made to ensure that supervision is not compromised whilst these surfaces are wiped clean
- d. Where a lifeguard is positioned next to any structures or other surfaces the same cleaning measures should be applied

Rescue equipment (throw bag, reach pole, rescue board, PXB, pfd's etc.)

- a. Lifeguards are at risk of infection from unclean/contaminated rescue equipment when it is used.
- b. Contact between the rescue equipment and the lifeguard's mouth or nose (via their hands) is the main risk presented by COVID-19
- c. Disinfection of equipment should take place after use

Lifeguard equipment (radios, loud halers, horns etc.)

- a. Lifeguards are at risk of infection from unclean/contaminated equipment when it is used.
- b. Contact between the equipment and the lifeguard's mouth or nose (via their hands) is the main risk presented by COVID-19
- c. Disinfection of equipment should take place before handing the equipment to another lifeguard or member of staff

Where rescue equipment that has been used it should be disinfected immediately.

6.4 Other duties for Lifeguards

Operators should review lifeguard roles and consider all tasks that are required to be completed within the venue, including the following examples:

- Equipment setup*
- Deliveries
- Cleaning

Operators should review safe system of work for the task and ensure lifeguards are aware of how to reduce risk of spreading COVID-19. Operators may consider limiting the number of lifeguards that are instructed to complete certain tasks to reduce the risk.

*Manufacturers may be able to provide Operators with guidance for safely setting up and dismantling of specific equipment during this time.

6.5 Personal Protective Equipment (PPE)

Operators should ensure PPE is fit for purpose.

It is important that lifeguards have PPE **immediately available**. Operators should consider providing lifeguards with personal bum bags to carry protective equipment in, or an emergency grab bag positioned next to lifeguard positions. If Operators choose to use bum bags, hand sanitisers could also be issued and kept in the bum bag.

PPE should be stored so it is protected, it must be checked pre-duty, to ensure it remains in a useable and safe condition.

In all circumstances where some form of PPE is used, the safe removal and disposal of the PPE is a critical consideration to avoid self-contamination. Guidance can be found from the NHS and Public Health.

Operators will need to provide all relevant employees with suitable training for use and disposal of all PPE. It recommended that incident training is undertaken wearing PPE to give lifeguards relevant practice.

Suggested PPE

| Emergency situation | PPE suggested | PPE to consider |
|--------------------------------------|--------------------------------|-----------------|
| CPR | Face mask*, gloves, apron/gown | Face shield |
| First Aid | Face mask*, gloves, apron/gown | |
| Treatment for choking | Face mask*, gloves, apron/gown | Face shield |
| Extracting casualties from the water | Face mask*, apron/gown | Face shield |
| Treatment on land | Face mask*, gloves, apron/gown | Face shield |

*Following guidance from World Health Organisation and Public Health England, RLSS UK recommends the use of FFP2 masks or surgical masks.

6.6 Providing First Aid

Operators will still need to provide first aid effectively whilst mitigating the risk from COVID-19, the following should be followed:

Continue to:

- a. Use disposable gloves for all first aid treatment
- b. Ensure first aid equipment is fit for purpose and is in date
- c. Maintain good hygiene practices and those providing first aid should cover any open wounds

In addition, during this period:

- a. Encourage self-treatment where appropriate, to help maintain current distancing guidance.
- b. PPE should be worn by lifeguards providing first aid and if possible and appropriate, casualties may also be encouraged to wear a face mask
- c. Educate lifeguards to minimise contact with their face at all times
- d. Dispose of PPE and soiled dressing etc. safely in a biohazard bin
- e. Following treatment, lifeguards should wash their hands and any of their bare skin and clean the area with disinfectant
- f. Report to your Supervisor/Line Manager if you develop COVID-19 symptoms after providing direct first aid.

Choking

During a choking event there is an increased likelihood of droplet production from the casualty, PPE should be worn whilst encouraging coughing or delivering back blows, abdominal thrusts (or chest thrusts in under 1's).

If the casualty collapses, lifeguards should follow the guidance for CPR within this guidance document.

6.7 Carrying out a Rescue

It is important to remember that whilst there is a risk of COVID-19, the open water environment still presents other risks, such as injury or drowning. Whilst adaption of controls is needed to mitigate the risk of COVID-19, Operators and lifeguards must not let existing controls be weakened by an overly obsessive focus on the new COVID-19 controls they adopt.

Operators should ensure adequate rescue equipment is available to allow lifeguards to perform rescue without involving contact with the casualty wherever possible. Consider rescue equipment (RLSS UK recommend a torpedo buoy) for each lifeguard/lifeguard position.

To maximise the distance between the rescuer and the casualty, lifeguards should:

- a. Be encouraged to use equipment in the first instance to perform a rescue
- b. Where possible rescue all conscious casualties using rescue equipment (this may be used from the water's edge or in the water)
- c. Use an extended arm tow to rescue unconscious casualties
- d. Keep the casualty facing away where possible
- e. Keep the casualty at arm's length away (as a minimum)
- f. Get the casualty to the extraction point at the water's edge as quickly as possible
- g. Hand over quickly to lifeguards/trained staff at the water's edge wearing PPE
- h. Rescue breaths in the water should NOT be given

When a casualty is unable to get out on their own an assisted walk out should be used. The lifeguard that performed the rescue should bring the casualty to the extraction point at the water's edge, keeping the casualty facing away.

The two supporting lifeguards/trained staff wearing PPE should take over (gloves are not advised until the casualty is landed due to a risk of the casualty slipping from their grip). They should walk the casualty out of the water supporting them under their arms and provide First Aid and/or CPR if required.

Adapted practices should only be implemented when they do not put the casualty at increased risk.

Reducing contact = reducing risk
Safety of the lifeguard remains the first priority

| No contact | Low contact | High contact |
|---|--|---|
|  |  |  |

Performing a rescue using a powercraft, SUP, kayak, or rescue board

Where an unconscious casualty requires recovery by boat the helm and lifeguard should have access to PPE. They will then make their way to the extraction point where 2 lifeguards/trained staff in full PPE will perform first aid and/or CPR as required.

Where an unconscious casualty requires the support from a lifeguard using a SUP, kayak, or Rescue board the lifeguard should aim to keep the casualty facing away from them throughout the rescue. They should then recover them to the extraction point at the water's edge where 2 lifeguards/trained staff in full PPE will perform first aid and/or CPR as required.

6.8 Providing CPR and using an AED

Following guidance from Resuscitation Council UK (RCUK) and European Resuscitation Council (ERC), RLSS UK advise CPR for adults is given using compressions only.

PPE should be worn by lifeguards giving CPR or assisting, PPE should be **immediately available** to prevent delay (bum bag or emergency grab bag should be considered). A towel/cloth/pocket mask/face mask should also be immediately available to be used in the event of CPR (see below).

Adult CPR (sudden collapse)

The following protocol should be followed when conducting CPR on an adult casualty who has suddenly collapsed:

- a. If you find someone collapsed, put on PPE
- b. Perform a primary survey, look for normal breathing, in order to minimise the risk of infection, do not open the airway and do not place your face next to the victims' mouth / nose
- c. If they are unresponsive and not breathing, ask someone to call 999 and bring an AED
- d. Before you start CPR, use a towel or cloth (or face mask or pocket mask if available with an elastic band to keep it in place) and lay it over the mouth and nose of the casualty
- e. Give chest compression at the rate of 100-120 per minute
- f. **Do Not** give rescue breaths
- g. When an AED arrives, use it immediately
- h. Continue to perform compression only CPR until emergency help arrives and takes over; the person starts showing signs of life and starts to breathe normally

The Resuscitation Council UK video can be found here <https://www.youtube.com/watch?v=3MY0sRYfsRA>

Paediatric and Drowning Casualty CPR

Paediatric cardiac arrest is unlikely to be caused by a cardiac problem and is more likely to be a respiratory one, making ventilations crucial to the child or infant's chances of survival. This also applies to a drowning casualty.

Resuscitation Council UK provide additional guidance for paediatric casualties here:

<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>

We are aware that paediatric cardiac arrest is unlikely to be caused by a cardiac problem and is more likely to be a respiratory one, making ventilations crucial to the child's chances of survival.

We accept that doing rescue breaths will increase the risk of transmitting the COVID-19 virus, either to the rescuer or the child/infant. However, this risk is small compared to the risk of taking no action as this will result in certain cardiac arrest and the death of the child.

Operator Risk Assessment

As with all policies and procedures developed to support the safe use of facilities during Covid-19, Operators should complete a risk assessment to identify which level of CPR (full or compression only) are suitable for their venues.

It is critical that Lifeguards and other First Aid trained staff clearly understand and are specifically trained on the protocols adopted to ensure that they can act quickly, safely, and can work efficiently as a team.

Rescue Breaths

Where an operator instructs lifeguards to give rescue breaths this must be completed with a suitable barrier. RLSS UK recommend rescue breaths are only administered using the Laerdal Pocket Mask with a valve and filter. Laerdal pocket masks have a Technostat T-150(+)/15 filter which is intended to protect the rescuer from bacteria and viruses and has a viral and bacterial efficacy of $\geq 99\%$.

<https://www.laerdal.com/gb/information/coronavirus-covid-19-resource-center/medical-devices/>

Where rescue breaths are given to a child, infant or a drowning casualty (using a pocket mask) the lifeguard should face away after each breath to limit the risk of infection from the casualty.

For Operators that do not wish to permit their lifeguards to perform rescue breaths compression only CPR should be given to all types of casualties.

Regurgitation of Stomach Content

If during CPR the casualty regurgitates their stomach contents, the casualty should be turned immediately to face away from the lifeguard, the cloth, clothing or pocket mask should be removed to allow the stomach contents to exit the mouth.

If CPR is still required another cloth, piece of clothing or pocket mask should be applied.

7 Lifeguard Return to Work Competency Assessment

RLSS UK has created a lifeguard return to work competency assessment to be used during the period of COVID-19. It limits contact with other lifeguards. The competency assessment can be found in appendix 1.

The following should also be considered:

- Limit the number of lifeguards within training to ensure you can comply with current distancing guidance (including within the swimming pool)
- Provide additional wipes to cleanse the manikins before and after use in training
- Ensure you have adequate manikin lungs to allow for them to be changed after each session

Operators can consider allowing a lifeguard to bring a member of their household to act as their body.

If you have new employees during COVID-19, the COVID-19 Lifeguard Return to Work Competency Assessment can be used to check their competence prior to commencement of work.

8 Lifeguard Ongoing Training

RLSS UK recommend ongoing training for lifeguards and this will need to be adapted during COVID-19.

The following should also be considered:

- Limit the number of lifeguards within training to ensure you can comply with current distancing guidance
- Provide additional wipes to cleanse the manikins before and after use in training
- Ensure you have adequate manikin lungs to allow for them to be changed after each session

9 Equipment

The equipment listed below will help Operators follow the guidance outlined in this document.

RLSS Direct* is working with multiple suppliers to provide the best quality and value products to the industry during this period. This includes both existing and new products such as:

- Manikin wipes
- Surface cleaner
- Spare manikin lungs (all 5 types)
- Gloves of various sizes
- Face masks
- Face shields
- Aprons / gowns
- Pocket masks
- Pocket mask spare valve & filter
- AEDs
- Torpedo buoys

*Please remember all profits from RLSS Direct are gifted to RLSS UK for water safety education and charitable work, your support is appreciated.

<https://www.rlssdirect.co.uk/categories/COVID%20Essentials/>

10 References and Sources of Information

1. Resuscitation Council UK <https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>
2. European Resuscitation Council <https://erc.edu/covid>
3. Public Health England <https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov>
<https://www.gov.uk/government/collections/coronavirus-covid-19-personal-protective-equipment-ppe>
4. Public Health Wales <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>
5. Public Health Scotland <https://publichealthscotland.scot/our-areas-of-work/sharing-our-data-and-intelligence/coronavirus-covid-19-data/>
6. Institute of Public Health Ireland and Northern Ireland <https://publichealth.ie/covid/>
7. Health and Safety Executive <https://www.hse.gov.uk/news/coronavirus.htm>
8. NHS <https://www.nhs.uk/conditions/coronavirus-covid-19/>
9. World Health Organisation <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
10. Department for Health and Social Care (DHSC) <https://www.gov.uk/government/organisations/department-of-health-and-social-care>
11. UK Government <https://www.gov.uk/coronavirus>
12. Scottish Government <https://www.gov.scot/coronavirus-covid-19/>
13. Welsh Government <https://gov.wales/coronavirus>
14. Government of Ireland <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/>
15. Northern Irish Government <https://www.nidirect.gov.uk/campaigns/coronavirus-covid-19>
16. CIMSPA <https://www.cimspa.co.uk/library-and-guidance/coronavirus---cimspa-briefings/sport-and-physical-activity-sector-facility-reopening-guidance>
17. UKactive <https://www.ukactive.com/covid-19/>
18. Swim England <https://www.swimming.org/swimengland/coronavirus-faqs-answered/>
19. Swim Wales <https://www.swimwales.org/>
20. Swim Ireland <https://www.swimireland.ie/>
21. Scottish Swimming <https://www.scottishswimming.com/newsroom/news.aspx>
22. SH₂OUT <https://www.sh2out.org/>

Appendix 1 - RLSS UK Open Water Lifeguard Return to Work Competency Assessment **Due to - COVID19**

Surname:

Forename:

OWL Expiry (dd/mm/yyyy):

| Compete Skill/Knowledge | | Competency demonstrated |
|-------------------------|--|-------------------------|
| 1 | Swim 100 metres on front and then on back in open water | Y / N |
| 2 | Tread water in deep water for 30 seconds then climb out of the water unaided | Y / N |
| 3 | Land Based Rescues –Rescue of casualty over a distance of 5 metres to a point of safety using, wade <input type="checkbox"/> , reaching <input type="checkbox"/> or throwing <input type="checkbox"/> Ensure compliance with current distancing guidance | Y / N |
| 4 | 20 metres swim & 20 metres tow, casualty in deep water, torpedo buoy to be used - Ensure compliance with current distancing guidance No more than 85 seconds from GO to touch by the lifeguard (with casualty holding onto torpedo buoy) | Y / N |
| 5 | 20 metres swim & 10 metres tow, casualty in deep water, torpedo buoy to be used - Ensure compliance with current distancing guidance No more than 65 seconds from GO to 10m point by the lifeguard (with casualty holding onto torpedo buoy) | Y / N |
| 6 | Demonstrate adult (sudden-collapse) CPR for 2 minutes with an AED - COVID-19 CPR guidance must be followed | Y / N |
| 7 | Demonstrate adult (drowning) CPR for 1 minutes with an AED - COVID-19 CPR guidance must be followed | Y / N |
| 8 | Demonstrate child CPR for 1 minute with an AED - COVID-19 CPR guidance must be followed | Y / N |
| 9 | Demonstrate infant <input type="checkbox"/> CPR for 1 minute with an AED - COVID-19 CPR guidance must be followed | Y / N |
| 10 | Explain the treatment for a bleed (insert injured area) | Y / N |
| 11 | Explain the treatment for a fracture (insert injured area) | Y / N |
| 12 | Demonstrate a range of knowledge and understanding of a range of First Aid conditions by satisfactorily answering three questions (record questions below) 1. 2. 3. | Y / N |
| 13 | Demonstrate a sound knowledge of the role of the open water lifeguard, environment and hazards. (record questions below) 1. 2. 3. | Y / N |

Trainer Assessor Name:

Signature confirming competence:

Date of Competency Assessment: (dd/mm/yyyy):



Royal Life Saving Society UK (RLSS UK)

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