

National Lifeguard: Waterfront

At-a-glance

The National Lifeguard Waterfront certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by waterfront lifeguards. The National Lifeguard Waterfront course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes that will assist the lifeguard to provide effective safety supervision in waterfront environments.

Test Items

Notes

- *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 Waterfront 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 or sprint challenge are performed in a pool.

1. ***Lifeguarding theory and practice:** Demonstrate knowledge of the principles and techniques of lifeguarding included in the National Lifeguard test items, and answer questions drawn from the *Canadian Lifesaving Manual (CLM)* and *Alert: Lifeguarding in Action*.
2. ***Waterfront facility analysis:** Demonstrate an understanding of:
 - Features that vary from waterfront to waterfront (or from time to time) and how analysis of these affects lifeguarding
 - Environmental hazards of a waterfront
3. ***Rescue aid proficiency:** Demonstrate proficiency in the use of buoyant and non-buoyant rescue aids appropriate for a variety of victim types in supervised waterfront environments.
4. ***Entries and removals:** Demonstrate three entries with a rescue aid and three removals appropriate for a waterfront environment.
5. ***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.
6. ***Rescue drill:** Demonstrate rescue skills using equipment: Approach 5 metres on the beach with a rescue aid and fins; enter the water, don fins; swim 50 metres.
7. ***† 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.
- 8a ***† Sprint challenge:** Demonstrate anaerobic fitness: Starting in the water, swim 50 metres within 60 seconds.
- 8b ***† Endurance challenge:** Demonstrate aerobic fitness and endurance: Swim 400 metres within 10 minutes.
9. ***Lifeguard communication:** Demonstrate effective communication with patrons, victims, other lifeguards, supervisors and emergency service personnel.

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- 10a* **Positioning and rotation:** Demonstrate effective waterfront supervision using lifeguard positioning and rotation.
- 10b* † **Scanning and observation:** Demonstrate effective lifeguard scanning techniques and observation skills in the waterfront environment.
- 10c* **Prevention and intervention:** Demonstrate an ability to recognize situations in which early lifeguard intervention may prevent a rescue emergency.
- 11. * **Missing person:** Demonstrate an effective search of the waterfront for a missing person as both a member and a leader of a lifeguard team.
- 12a* † **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 metres; provide appropriate follow-up treatment.
- 12b* † **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.
- 12c* **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.
- 12d* † **Management of an injured victim:** Demonstrate effective management of an injured victim on land or in the water.
- 13a † **Single lifeguard situation:** As a single lifeguard, respond to a situation in a supervised aquatic setting with one auxiliary staff member.
- 13b † **Lifeguard team situations:** As a member of a lifeguard team, respond to situations in a supervised aquatic setting.