

Pool Lifeguard Award

#P/PLG/PLGA/0122

Aim

This is an examination to qualify pool lifeguards. Candidates should demonstrate possessing the knowledge in accident prevention; mastering rescue techniques and applying rescue equipment in various pool environments.

Award

A pocket size certificate and a woven badge

Pre-requisites

- i. Member of an affiliated club of the HKLSS,
- ii. Aged 16 or above,
- iii. Holder of a valid Bronze Medallion (BM) or above qualifications; and
- iv. Swim 400 metres using any stroke (except back stroke) within 15 minutes
- v. Completion of HKLSS recognized Pool Lifeguard Course

Examiner

One HKLSS Examiner (Specialized in Pool Lifeguarding)

Equipment

"Resuscitation dummy", "AED training machine", "resuscitation equipment" (including oropharyngeal airway, BVM, aspirator, cervical collar, simple mask, pocket mask and oxygen supply), dressing, Sam splint, bandage, triangular bandage, spinal board and rescue-tube.

Dress code for Water Test

Swimming costume, short-sleeve T-shirt and shorts

Assessment Criteria

Pool Lifeguard examination is split into 3 parts. Candidates must pass all these 3 parts.

1 Part A: (Written Examination)

There are 3 papers of multiple-choice questions.

- 1.1 Pool lifeguard paper (within 20 minutes, 20 questions and pass mark is 15 or above). The questions cover the theory of Pool lifesaving course.
- 1.2 First Aid paper (within 30 minutes, 50 questions and pass mark is 35 or above). The questions cover the theory of first aid course.
- 1.3 Aquatic first aid paper (within 30 minutes, 50 questions and pass mark is 35 or above). The questions cover the theory of AQFA course.

2 Part B (Practical Examination)

There are 3 sections in this examination.

- 2.1 First aid skills: (bandaging for bleeding and fracture)
 - 2.1.1 Treatment of bleeding
 - 2.1.2 Treatment of fractures

- 2.2 Advanced Life Support exam:
To perform Advanced Life Support skill to rescue a suspected spinal injured casualty by using resuscitation equipment
 - 2.2.1 Perform head stabilizing technique
 - 2.2.2 Perform airway management, insert oropharyngeal airway
 - 2.2.3 Perform CPR with pocket mask
 - 2.2.4 Perform CPR with BVM and oxygen supply
 - 2.2.5 Perform Advanced life support technique using "resuscitation dummy" and "AED training machine":
 - 2.2.5.1 Casualty in ventricular fibrillation condition and electric shock is needed.
 - 2.2.5.2 Electric shock is not needed.
 - 2.2.6 Demonstrate the use of aspirator;
 - 2.2.7 Demonstrate oxygen therapy with simple mask
 - 2.2.8 Demonstrate the use of cervical collar
 - 2.2.9 Perform secondary survey and aftercare
- Bandaging examination:
 - 2.2.10 Demonstrate the use of Sam splint.

- 2.3 Aquatic first aid: water-based rescue skill
To rescue a casualty with suspected spinal injury in order to:
 - 2.3.1 Demobilize head, neck and body of the casualty
 - 2.3.2 Stabilize the casualty on a spinal board
 - 2.3.3 Land the casualty
 - 2.3.4 Treat the vomiting casualty
 - 2.3.5 Perform secondary survey and aftercare

3 Part C (Aquatic Practical Examination)

There are 6 sections in this examination.

- 3.1 Swimming test:
 - 3.1.1 Swim 50 metres using any stroke (except back stroke) within 50 seconds

- 3.2 Land-based rescue skill:
 - 3.2.1 Use rope bag to rescue a conscious casualty 10 metres away from pool side (within 30 seconds)

- 3.3 Rescue-tube rescue skill:
 - 3.3.1 Candidates entering deepwater
 - 3.3.2 Swim 20 metres to a conscious casualty

- 3.3.3 Use of a rescue tube, tow the casualty back to the pool side
- 3.3.4 Use 'support position' to secure the casualty
- 3.3.5 Assist the casualty to land from deep water, and provide aftercare service
- 3.4 EAP oral test:
 - 3.3.6 Explain the rescue and procedures for an emergency assigned by the Examiner.
- 3.5 Lifesaver skills (within 1 minute 20 seconds)
 - 3.5.1 Deep water entry
 - 3.5.2 Swim 20 metres to a conscious and cooperative casualty
 - 3.5.3 Practice either a 'defensive' or 'escape' technique assigned by the Examiner
 - 3.5.4 Conduct a 'chin tow' or 'cross-chest tow' for 20 metres
 - 3.5.5 Secure the casualty in 'Support Position' and lift the casualty to land
- 3.6 Resuscitation rescue skill (within 45 seconds):
 - 3.6.1 Deep Water Entry (Pool depth not less than 1.8 metre)
 - 3.6.2 Use head up front crawl to swim 10 metres
 - 3.6.3 Practice surface dive assigned by the Examiner
 - 3.6.4 Lift a submerged dummy
 - 3.6.5 Tow the dummy back to the pool side
 - 3.6.6 Exchange the dummy with an unconscious casualty and secure in 'Support Position' Lift the casualty to land from deep water

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Pool Lifeguard Award Examination Exemption:

Qualifications	Exemptible items
Holder of valid recognized First Aid certificate or HKLSS AQFA certificate	Part A 1.2 Exam Paper II: First Aid written examination
	Part B 2.1 First Aid practical examination (dressings and bandages)
Holder of valid AQFA certificate	Part A 1.3 Exam Paper III: AQFA written examination
	Part B 2.2 Advanced Life Support Technique practical examination
	Part B 2.3 AQFA practical examination
Holder of valid HKLSS BM or PALRA	Part C 3.5 Lifesaver skills examination
Holder with validate date within 12 months of Pool Lifeguard Award or Pool Lifeguard management Award	Part A 1.2 Exam Paper II: First Aid written examination
	Part A 1.3 Exam Paper III: AQFA written examination
	Part B 2.1 First Aid practical examination (bandaging for bleeding and fracture)
	Part B 2.2 BLS examination