

What's involved - RLSSQ Pool Lifeguard Statement of Attainment Course Outline (SRCAQU006B, SRCAQU007B)

Identified Program:	Pool Lifeguard The RLSSQ Pool Lifeguard Award provides the minimum requirement for those persons wishing to provide supervision and integrated rescue responses in an aquatic environment.
Aim:	To develop acceptable standards of knowledge, judgement, skills and physical abilities for the supervision of people in swimming pools.
Minimum Age:	16 years.
Pre-requisite:	Current RLSSQ Provide First Aid or equivalent and RLSSQ Bronze Medallion Award Successful completion of a registered Pool Lifeguard Award.
1. Theory Test:	Answer questions on: <ul style="list-style-type: none"> ▪ Emergency equipment available at the pool including its location. ▪ Emergency & communication procedures used at the pool. ▪ Emergency services available in the district. ▪ Three lifeguard emergency response system. ▪ Client behaviours that pose a risk. ▪ Hazards associated with an aquatic facility ▪ The role a lifeguard in accident prevention. ▪ Outline the rescue principles when dealing with a spinal injury ▪ Possible dangers & first aid procedures related to chemicals commonly used for pool water maintenance. ▪ Local authority rules & regulations related to pools.
2. Resuscitation Test / Primary Assessment:	Complete the test for the RLSSQ Resuscitation Award.
3. Oxygen Equipment – Practical / Theory:	Complete the test for the RLSSQ Oxygen Equipment Resuscitation Award
4. Reach Rescue:	Demonstrate methods of reach rescues that can be used at the pool.
5. Non-contact Tow:	A conscious weak swimmer is in difficulty 25 metres from the point of safety. A rigid aid is available. Perform a 25 metre swim and a 25 metre non-contact rescue. Assist the swimmer to climb out. A time limit of 1 minute and 45 seconds shall apply from the starting signal to the completion of the assisted exit.
6. Pool Surveillance:	Demonstrate pool surveillance techniques & other patrol duties.
7. Recover & Resuscitate:	A drowning person is on the pool floor: <ol style="list-style-type: none"> 7.1 Enter the water from the poolside. 7.2 Recover from the pool floor the person simulating unconsciousness. 7.3 Tow the person to the nearest point of support. 7.4 Commence Rescue breathing. 7.5 Land the person. 7.6 Place the person in the lateral position. 7.7 Indicate follow up emergency procedures. <p>This test item will be conducted at the deepest part of the pool in which the test is taken.</p>
8. Initiative:	Demonstrate initiative in rescuing two people locked together in deep water 10 metres from the point of entry.
9. Initiative:	Demonstrate initiative in rescuing people whose conditions & actions are unrevealed in a situation typical of the prevailing pool conditions. The trainer will brief the subjects. Usual pool emergency procedures may be used. On completion of this test, the candidates will explain the reasons for the actions taken & the ways which the existing pool emergency procedures helped and/or could be improved.
10. Spinal Injury Management:	Demonstrate correct technique for performing extended arm roll over & vice grip, & the application of cervical collars & spine boards, for the immobilisation of a spinal injury to the neck.

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Royal Life Saving Qld Implementation Date:

13th October 2011

Version 7

**What's involved - RLSSQ Oxygen Equipment Resuscitation
Statement of Attainment Course Outline (SRXEMR003A)**

Identified Program:	Oxygen Equipment Resuscitation The RLSSQ Oxygen Equipment Resuscitation Award provides the minimum requirement for the development of the skills and knowledge to implement advanced techniques for the management of the administration of oxygen.
Aim:	To develop acceptable standards of knowledge, judgement, skills for the use of Oxygen Equipment in the management of those persons who would benefit from its administration.
Minimum Age:	16 years
Pre-requisite:	Current RLSSQ Provide First Aid or equivalent Successful completion of a registered Oxygen Equipment Resuscitation Award
1. Theory Test:	Answer questions on: <ul style="list-style-type: none"> ▪ Anatomy and Physiology ▪ Hypoxia, Cyanosis ▪ Respiratory System ▪ Circulatory System ▪ Primary and Secondary Survey ▪ Components of Oxygen Resuscitation Equipment ▪ Pre-Operational checks of equipment ▪ OH &S considerations for use of Oxygen Equipment ▪ Equipment Maintenance
2. Practical Demonstration:	In a simulated work environment the learner is required to demonstrate the following skills required to operate and administer oxygen in an emergency situation: <ul style="list-style-type: none"> ▪ OH &S operational considerations ▪ Minimisation of cross infection ▪ Pre-Operational checks ▪ Correct fitting of new Bodok Seal ▪ Check function of delivery devices ▪ Calculate the volume of oxygen remaining in unit
3. Scenario / Initiative:	In a simulated work environment the learner is required to demonstrate the following skills: <ul style="list-style-type: none"> ▪ Manage a spontaneously breathing casualty using a basic oxygen kit and deliver oxygen therapy ▪ Manage a spontaneously breathing casualty using a bag, valve, mask setup and deliver oxygen ▪ The delivery to a non breathing, non responsive casualty using a bag, valve mask set up (two person set up)

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Aim:	To develop acceptable standards of knowledge, judgement, skills for the use of Oxygen Equipment in the management of those persons who would benefit from its administration.
Minimum Age:	16 years
Pre-requisite:	Current RLSSQ Provide First Aid or equivalent Successful completion of a registered Oxygen Equipment Resuscitation Award
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