

National Lifeguard Instructor Update Clinic



National Lifeguard

- New look
- National, coast-to-coast program
- Definitive training authority
- Defining professional lifeguard standard across Canada



**BE BETTER.
DO GOOD.**



National Lifeguard

“Lifeguards accept an enormous responsibility. They undertake to master principles and skills that are crucial to one of the greatest risk management challenges of organized recreation. They assume attitudes and develop skills to ensure alert, vigilant, and attentive service to the patrons they supervise. They learn about the burdens and pleasure of responsibilities – knowledge that will serve them in many ways beyond aquatics for a lifetime.”

Dr. Steve Beerman, Past president ILS



Agenda / Discussion topics

1. Administration / Introductions
2. Update Clinic purpose
3. Background and benefits of revised NLS
4. Content overview
5. New NLS recerts & exam policy
6. Teaching the revised NLS
7. NLS stations: practice teaching & review
8. Next steps & wrap-up



NLS Inst. Update Clinic

Purpose

To ensure National Lifeguard Instructors, Examiners and Trainers understand the revised NLS standards and the implications for planning, teaching and evaluating the Society's NLS award



NLS Inst. Update Clinic

- Conductors: NLS Instructor Trainers who have attended an update clinic
- Who attends: NLS Instructors, NLS Examiners, NLS Instructor Trainers
- Mandatory attendance by June 30, 2014
- Credit value 3



Teaching NLS

Group work 1a – getting ready

- Make a checklist of items that you use in preparing to teach your NLS course
 - ✓ Include mandatory resources / equipment
 - ✓ Include additional resources / equipment
 - ✓ Include a suggested learning activity from your group for teaching an NLS test item

- Later we will check the list to see what may need to change due to revisions



Background - benefits

Benefits of revised NLS

- Making good lifeguards better.*** To ensure an up-to-date, reasonable, comprehensive and balanced program for professional lifeguarding training in Canada.
- International Life Saving Federation (ILS)
- ILCOR and CPR
- Updated Alert manual
- Updated Award Guide



Background - process

2008

- Review of current NLS award with input from Affiliates

2009

- Research, creation of revised program and development of content with input from Trainers

2010

- Field testing and piloting across the country

2011

- Analysis of pilot results to confirm or adjust items and standards

2012

- Launch



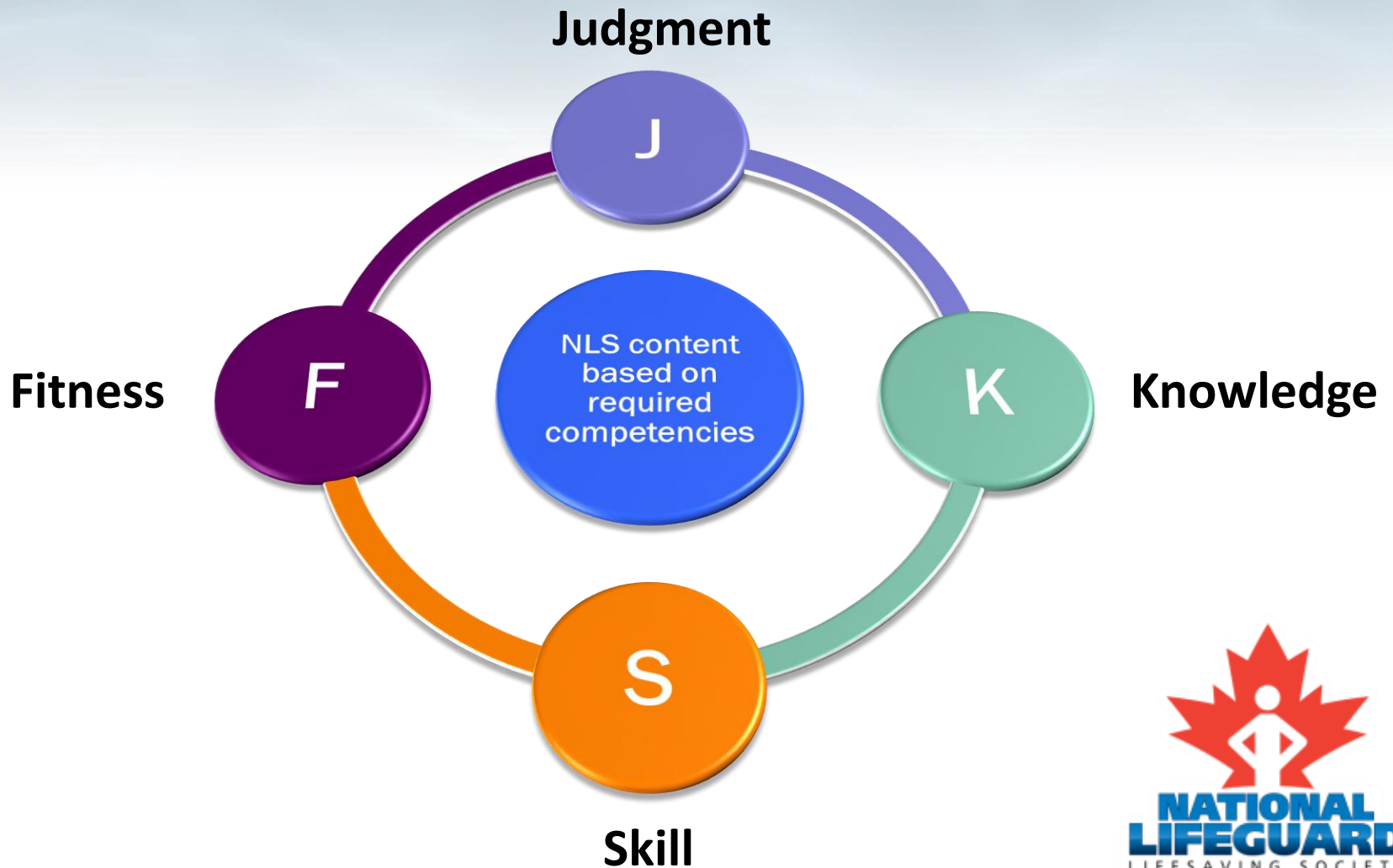
Background - principles

Changes based on 5 principles

- Demonstrated need
- Research based
- Consistent with regulations
- Consistent with international standards (e.g. ILS, ILCOR)
- Reflect Lifesaving Society values

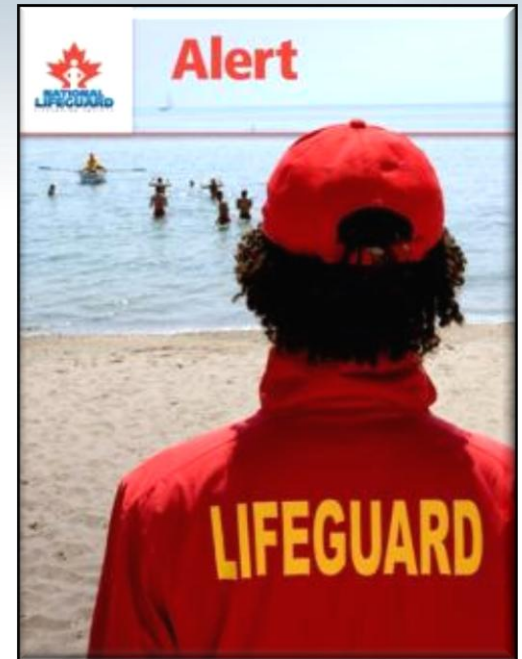


Background – lifeguard competencies



NLS content overview

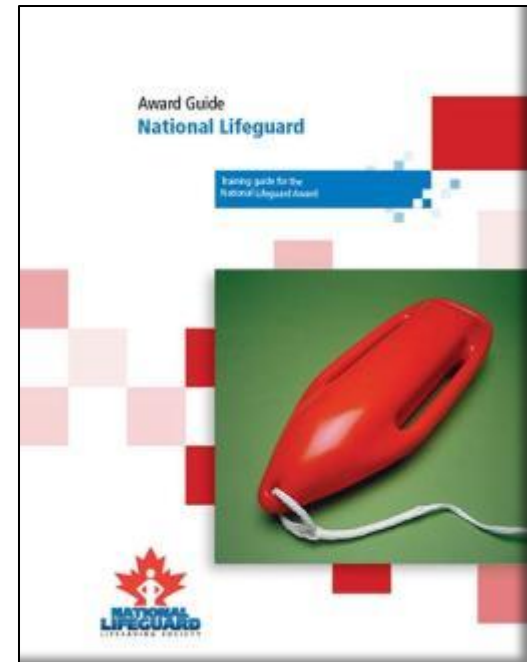
- Alert Insert
- Award Guide – a closer look
- Course length & prerequisites
- Revised “Must Sees” and treatment protocols
- Lifeguard supervision
- Lifeguard fitness – physical standards
- Standardized content for Recerts
- New NLS exam policy



New Award Guide

❑ National Lifeguard Award Guide. With reference to the “Foreword” page iii define the following:

- Purpose statements
- Learning outcomes (new)
- Must see



New Award Guide

☐ New in this edition pg. vi-viii:

- Prerequisites
- Lifeguard fitness
- Updated CPR requirements
- Emphasis on scanning, observation & positioning
- Clarification or revision of Must Sees
- Standardized Recert content



New Award Guide

- ❑ Note to National Lifeguard Instructors:
pg. ix-x
 - Evaluating knowledge
 - Candidate safety
 - Lifeguard communication
 - First aid
 - Management of spinal-injured victim
 - Lifeguard situations



NLS content overview

Course length & prerequisites

What is the same?

- NLS remains 40 hours
- 4 options: Pool, Waterpark, Waterfront, Surf
- 16 years of age
- Bronze Cross and Standard First Aid / AEC



NLS content overview

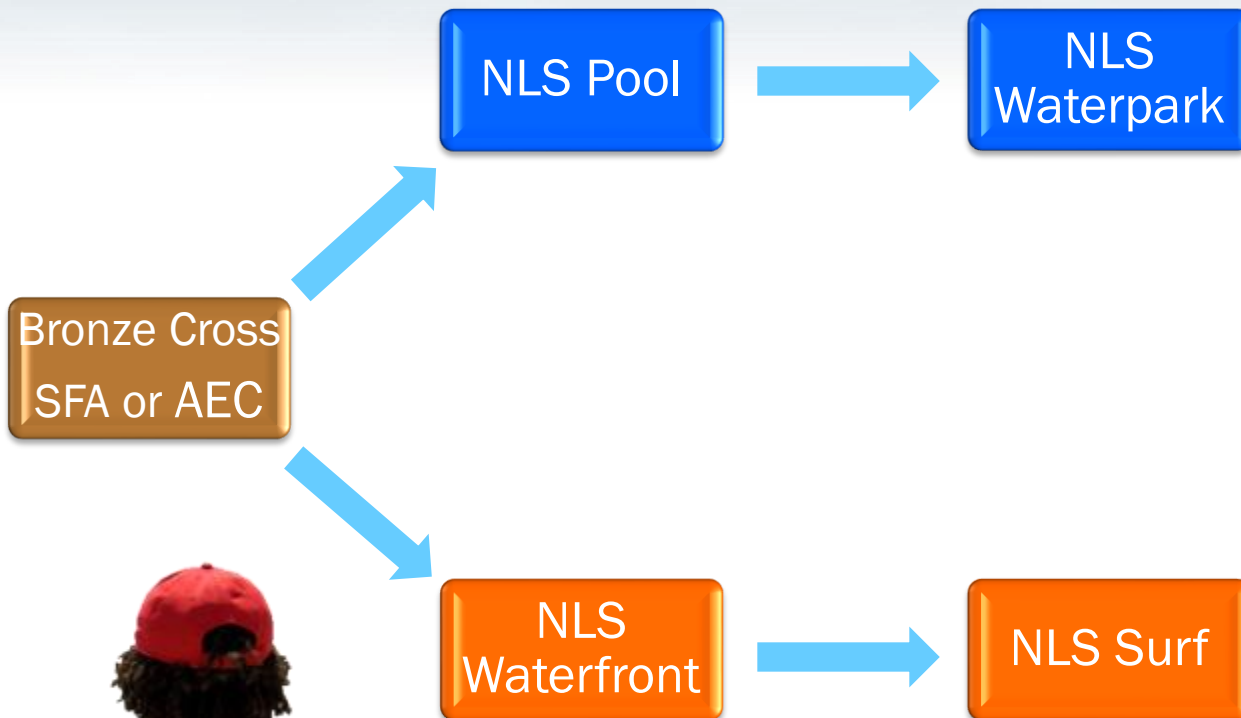
Course length & prerequisites

□ What is new?

- Core module integrated into each Option
- Prerequisites
 - NLS Pool prerequisite to NLS Waterpark
 - NLS Waterfront prerequisite to NLS Surf



Prerequisites



Must sees

- ❑ Test items: revised Must Sees and protocols
 - Some test items unchanged, BUT their Must Sees have been revised or refined
 - All test items were piloted to ensure accuracy, clarity and achievability

Treatment protocols



☐ CPR and treatment protocols

- Reflect 2010 ILCOR Guidelines
- Pool (item 9b) & Waterfront (item 10 b) Management of a submerged, non-breathing victim: Must See candidates perform, CPR on a manikin for 10 cycles of 30:2



Treatment: CPR 2010



- ❑ NO change in CPR rescue steps
 - Deliver 2 rescue breaths before starting chest compressions

- ❑ If unsuccessful, start CPR and use AED if available

- Evidence shows drowning victims are in need of urgent replenishment of oxygen compared to a cardiac arrest victim and may respond to a few initial rescue breaths



Treatment: jaw thrust



- ❑ A technique used to open the airway
 - Used on spinal victims to help minimize head/neck movement
 - Grasp jaw on both sides of the face where it forms an angle close to the ears. Using both hands, move the jaw forward (upward) without tilting the head back.



- ❑ Used in National Lifeguard curriculum only
 - Instructed in NLS courses in management of spinal victims
 - Jaw thrust is “attempted” and if unsuccessful use the head-tilt/chin-lift

Lifeguard supervision

❑ Renewed emphasis on scanning & observation

- Recommended 10-30 sec. scanning window
- Emphasis on pool bottom scanning
- Scanning patterns: Starburst, Arching, Zig-Zag
- Shallow water blackout: definition, tips for scanning

❑ Zone coverage

- Ensure lifeguards can see entire designated zone
- Stationary guards (towers / chairs) may need mobile guards to cover high traffic or blind spots



Pivot guard & arm signals

❑ Pivot guard system for waterparks

- Method of organizing lifeguards
- Pivot guard has 3 responsibilities
- Pivot guard sees all on-deck lifeguards
- All communication passes through pivot guard



❑ Standardized open water arm signals

- Waterfront and surf lifeguards encouraged to adopt signals to communicate among themselves
- See Alert Insert arm signals



Physical standards

- ❑ Fitness is a cornerstone of lifeguards' job responsibility
- ❑ Revised standards represent a reasonable minimum fitness in performance for lifeguard job requirements
- ❑ Physical requirements were researched across training agencies including ILS and FINA



Physical standards

NLS Pool

- Object recovery (2a)
- Underwater swim (2b)
- Sprint challenge (2c)
- Rescue drill (2d)
- Endurance challenge (2e)
- Approach and carry (2f)

NLS Waterpark

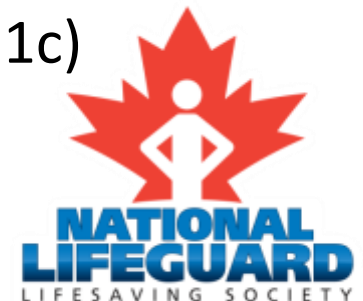
- Spinal carry (1a)
- Approach and carry (1b)

NLS Waterfront

- Run-swim-tow (2a)
- Rescue sprint (2b)
- Victim carry (2c)

NLS Surf

- Run-swim-tow (1a)
- Run-swim-run (1b)
- Victim carry (1c)



NLS revisions – pool fitness skills video



www.lifesavingsociety.com

Physical standards

NLS Pool

“You can do this!”

1. **Object recovery (2a):** swim 15 m approach, 20 lb. object, carry 5 m (40 sec.)*
2. **Underwater swim (2b):** submerge and swim 15 m underwater**
3. **Sprint challenge(2c):** swim head up 50 m in (60 sec.)**
4. **Rescue drill (2d):** swim 25 m, submerged manikin/victim, carry 25 m (90 sec.)*
5. **Endurance challenge (2e):** swim 400 m in (10 min.) or less**
6. **Approach and carry (2f):** swim 15 m, carry victim 5 m



NLS Recerts

☐ *NLS Recertification Notes for Instructors*

- Suggested time guidelines
- Evaluating candidates
- Designing situations
- NLS instructor resources



NLS Recerts

- ❑ NLS recertification: Pool must include
 - Physical standards:
 - Object recovery
 - Sprint challenge
 - Endurance challenge
 - All “management” test items (e.g. management of spinal-injured victim)
 - Lifeguarding situations



NLS Recerts

❑ NLS recertification: Waterpark, Waterfront and Surf options must include



- All physical standards
- All “management” test items (e.g. management of suspected spinal injury)
- Lifeguarding situations

NLS examination policy

Policies and procedures for NLS examinations for full course and recertifications

- Minimum equipment requirements
- Facility characteristic / feature requirements
- Number of candidates and victim simulations
- Specific recert items to be evaluated



Teaching NLS: closer look

Group work 1b – getting ready (cont'd)

- Review the checklist of items your group created earlier. Is there anything you would now add or change?
 - ✓ Include mandatory resources / equipment
 - ✓ Include additional resources / equipment



Teaching NLS

Lifeguard situations: test item 10

Group work 2

- Using your award guide review pool test item 10
- List 1 or 2 methods / techniques in setting up lifeguard situations for a major, minor and PR
 - ✓ What are the key benefits or features in your method?
 - ✓ What factors should you consider when setting up lifeguard situations? Name at least 3
 - ✓ How and when is feedback delivered to candidates?



Teaching NLS

Change break

In pool session we will...



- ✓ Review and try new test items e.g. lifeguard situations and skill stations
- ✓ Share your teaching ideas for progressions or techniques
- ✓ Use your award guide
- ✓ Ask questions

Pool: station 1

Underwater swim: test item 2b

- Using award guide, review Purpose statement, Learning outcome, Must Sees and Notes
- Try the test item (get wet) and identify suggested progressions or teaching tips
- Identify important points to consider when teaching or evaluating this item
- Review Q & A sheet

Pool: station 2

Rescue drill: test item 2d

- Using award guide, review Purpose statement, Learning outcome, Must Sees and Notes
- Try the test item (get wet) and identify suggested progressions or teaching tips
- Identify important points to consider when teaching or evaluating this item
- Review Q & A sheet

Pool: station 3

Management of submerged non-breathing victim: test item 9b

- Using award guide, review Purpose statement, Learning outcome, Must Sees and Notes
- Try the test item (get wet) and identify suggested progressions or teaching tips
- Identify important points to consider when teaching or evaluating this item
- Review Q & A sheet

Pool: station 4

Sprint challenge: test item 2c

- Using award guide, review Purpose statement, Learning outcome, Must Sees and Notes
- Try the test item (get wet) and identify suggested progressions or teaching tips
- Identify important points to consider when teaching or evaluating this item
- Review Q & A sheet



Pool: station 5

Endurance challenge: test item 2e

- Using award guide, review Purpose statement, Learning outcome, Must Sees and Notes
- Try the test item (get wet) and identify suggested progressions or teaching tips
- Identify important points to consider when teaching or evaluating this item
- Review Q & A sheet



Pool: station 6

Victim management: spinal-injured victim test item 9c

- Using award guide, review Purpose statement, Learning outcome, Must Sees and Notes
- Try the test item (get wet) and identify suggested progressions or teaching tips
- Identify important points to consider when teaching or evaluating this item
- Review Q & A sheet

Wrap-up

- NLS Instructor courses must transition to the new / revised standards as of September 1, 2012
- Watch for communications and notices
 - Lifeline
 - Website www.lifesavingsociety.com
 - Facebook Lifesaving Society Ontario
 - Twitter Lifesaving Society Ontario
- Questions/other comments?



Thank you



Buddy's Ready!



Waterfront Option

In this session we will...



- ✓ Review and try new waterfront test items rotating through stations
- ✓ Share your teaching ideas for progressions or techniques
- ✓ Use your award guide
- ✓ Ask questions

Waterfront: station 1

Physical standard rescue sprint: test item 2b

- Using award guide, review Purpose statement, Learning outcome, Must Sees and Notes
- Try the test item (get wet) and identify suggested progressions or teaching tips
- Identify important points to consider when teaching or evaluating this item
- Review Q & A sheet



Waterfront: station 2

Physical standard victim carry: test item 2c

- Using award guide, review Purpose statement, Learning outcome, Must Sees and Notes
- Try the test item (get wet) and identify suggested progressions or teaching tips
- Identify important points to consider when teaching or evaluating this item
- Review Q & A sheet



Waterfront: station 3

Management of distressed or drowning victim: test item 10a

- Using award guide, review Purpose statement, Learning outcome, Must Sees and Notes
- Try the test item (get wet) and identify suggested progressions or teaching tips
- Identify important points to consider when teaching or evaluating this item
- Review Q & A sheet



Waterfront: station 4

Use of rescue craft: test item 7

- Using award guide, review Purpose statement, Learning outcome, Must Sees and Notes
- Try the test item (get wet) and identify suggested progressions or teaching tips
- Identify important points to consider when teaching or evaluating this item
- Review Q & A sheet

Waterfront: station 5

Skin diving skills: test item 8

- Using award guide, review Purpose statement, Learning outcome, Must Sees and Notes
- Try the test item (get wet) and identify suggested progressions or teaching tips
- Identify important points to consider when teaching or evaluating this item
- Review Q & A sheet

Waterfront: station 6

Management of spinal-injured victim: test item 10c

- Using award guide, review Purpose statement, Learning outcome, Must Sees and Notes
- Try the test item (get wet) and identify suggested progressions or teaching tips
- Identify important points to consider when teaching or evaluating this item
- Review Q & A sheet