

Title	Recognise and respond to simulated emergencies and apply rescue techniques as a pool lifeguard in an aquatic facility		
Level	3	Credits	10

Purpose	People credited with this standard are able to: describe the roles and responsibilities of a pool lifeguard in an aquatic facility; demonstrate knowledge of aquatic facility supervision and scene assessment; recognise and respond to simulated aquatic emergencies; recognise and respond to a simulated out-of-water medical emergency; recognise and respond to a casualty with a suspected spinal injury; and interact with team members, casualty, bystanders and emergency services during a simulated emergency.
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Classification	Recreation and Sport > Recreation and Sport - Aquatics
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Available grade	Achieved
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Guidance Information

- All learning and assessment within this unit standard must be carried out in accordance with the following, as relevant to their role:
 - relevant legislation including Health and Safety at Work Act 2015, Privacy Act 2020, Human Rights Act 1993, Accident Compensation Act 2001, Health and Safety at Work (Hazardous Substances) Regulations 2017, Hazardous Substances and New Organisms Act 1996, The Children’s Act 2014, and subsequent amendments;
 - industry codes and good practice guidelines including: Recreation Aotearoa *Aquatic Facility Guidelines*; Recreation Aotearoa and Skills Active: *Pool Lifeguard Training Resources*; ANZCOR *Guidelines 2016*, Australia New Zealand Committee on Resuscitation (ANZCOR), and any subsequent versions; *PoolSafe Quality Management Scheme*; available from nzrecreation.org.nz;
 - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs) or Normal Operating Procedures (NOPs), and requirements for the use of personal protective equipment (PPE).
- Definitions

Aquatic facility refers to the pool or pools; activity equipment and play areas; their fixtures and surrounds; changing rooms and all other dry areas; steam rooms; spas; saunas where they exist.

Deep water refers to the deepest part of the pool at the facility, which must be a minimum depth of 1.2 metres.

Hazards refer to anything that can cause harm to a person, including things that can negatively affect someone’s health.

Higher risk groups refer to groups of aquatic customers who may have special needs and may include but are not limited to, children, elderly, non-swimmers, weak

swimmers, customers with known medical conditions, customers living with disabilities, and unsupervised children.

Immobilisation refers to the use of devices such as back or spinal board, head straps, head blocks, towels, strapping.

Lead emergency responder refers to the lifeguard who identifies the emergency.

Medical emergency refers to an acute injury, illness or condition that poses an immediate risk to a person's life or health, requires immediate attention, and may include chest pain, difficulty breathing, fainting or unconsciousness, stroke, severe pain, bleeding that won't stop.

Organisational policies and procedures refer to the operations manual or documented normal operating procedures at an aquatic facility that set out the way in which the facility will operate on a day-to-day basis.

Risk refers to the likelihood of certain consequences (death, injury, or illness) occurring when a person is exposed to a hazard.

Shallow water refers to less than 1.2 metres.

3 Assessment

Candidates must demonstrate proficiency in swimming prior to assessment. The standard for measuring the swimming ability of prospective lifeguards is set out in the Skills Active and NZRA training and assessment resources.

Candidates must wear a pool lifeguard uniform or equivalent during water rescues.

All skills must be demonstrated in simulated emergencies.

For the purposes of this assessment the lead emergency responder is responsible for managing the emergency response in an aquatic facility.

Outcomes and performance criteria

Outcome 1

Describe the roles and responsibilities of a pool lifeguard in an aquatic facility.

Performance criteria

1.1 Describe the roles and responsibilities of a pool lifeguard.

Range	must include but is not limited to – pool supervision, promoting water safety, accident prevention, rescue response, compliance with laws, health and safety, hazard management, engaging with customers, facility hygiene, equipment management, ongoing training, incident reporting and recording, lead emergency responder.
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Outcome 2

Demonstrate knowledge of aquatic facility supervision and scene assessment.

Performance criteria

2.1 Describe aquatic facility supervision techniques and considerations.

Range must include positioning, patrolling, scanning, communication between lifeguards, identifying hazards, rotation, ratios, categorising higher risk groups and activities.

2.2 Explain signs that show people are in difficulty in terms of recognition, action and response.

Range must include struggling swimmers, hazardous behaviour, unusual behaviour.

2.3 Describe initial assessment during a response to an emergency situation.

Range must include type and scale of event, own capabilities, availability of assistance and equipment, lead emergency responder role, size of casualty and number of casualties.

Outcome 3

Recognise and respond to simulated aquatic emergencies.

Range must include simulated emergency involving – conscious casualty, unconscious casualty;
rescue conditions – team rescue, individual rescue, being lead emergency responder, in deep water.

Performance criteria

3.1 Recognise the simulated aquatic emergency and demonstrate initial assessment.

3.2 Perform aquatic rescue techniques to respond to the simulated aquatic emergencies.

Range aquatic rescue techniques – reach, throw, entering the water, approaching casualties, defensive techniques, non-contact tow, contact tows, casualty removal.

3.3 Record and report the incident to meet the requirements of the aquatic facility's EAP.

Outcome 4

Recognise and respond to a simulated out-of-water medical emergency.

Performance criteria

4.1 Recognise the simulated out-of-water medical emergency and demonstrate initial assessment.

- 4.2 Demonstrate the response for an out-of-water medical emergency in accordance with the facility's EAP.
- 4.3 Record and report the incident to meet the requirements of the aquatic facility's EAP.

Outcome 5

Recognise and respond to a casualty with a suspected spinal injury.

Range must include conscious casualty, unconscious casualty, shallow water, deep water.

Performance criteria

- 5.1 Recognise suspected spinal emergency and demonstrate initial assessment.
- 5.2 Demonstrate water entry and approach.
- 5.3 Demonstrate recovery, immobilisation and removal techniques.

Outcome 6

Interact with team members, casualty, bystanders and emergency services during a simulated emergency.

Performance criteria

- 6.1 Maintain communication with the casualty throughout the emergency response.
- 6.2 Communicate information relevant to the situation between team members, and to emergency services in accordance with the requirements of the relevant emergency service.
- 6.3 Manage bystanders during and after the emergency.
- 6.4 Provide after-care for the casualty following the emergency.

Planned review date	31 December 2026
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	16 March 2017	31 December 2023
Review	2	28 October 2021	N/A

Consent and Moderation Requirements (CMR) reference	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Skills Active Aotearoa Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.