



RLSS UK BEACH LIFEGUARD TRAINING - Theory

VERSION 2.4 - JANUARY 2005

Name _____ Qual. exp. date _____ RLSS No. 3 0 _____

Trainer to sign and date once lifeguard deemed competent. If all tests completed, sign down multiple columns.

It is the lifeguard's responsibility to ensure personal logbooks are completed and signed.

		✓	TA details	Date / Dur.	Venue
BEACH / OCEAN SAFETY	Principles of open water operating procedures				
	Role of the lifeguard				
	Observation, scanning and surveillance				
	Accident prevention and open water safety				
	Operating procedures when dealing with lost children				
	Needs of people with disabilities				
	Open water activities and events				
	Influence of water and weather conditions				
	Importance of safe entry and egress points in open water				
	Rescue skills when negotiating waves and currents				
	Use and maintenance of basic rescue equipment				
ADMINISTRATION	Principles involved in carrying out a risk assessment				
	Hazard awareness (natural / artificial)				
	Beach patrol organisation and zone control				
	Supervision of beach users				
	Principles in Health and Safety matters				
	Environmental situations				
	Incident reporting and record keeping				
	Role in training and support services				
	Lifeguard appearance, uniform and attitude				
WORKING WITH OTHER AGENCIES	Best practices in dealing with members of the public				
	Working with the media				
	Best practices in enforcing local bylaws				
	Liaison with local authority departments (environmental services, tourism etc)				
	Maritime and Coastguard Agency (MCA) Declared Facility status				
	Co-ordinating with SAR units and other emergency services				
COMMUNICATIONS	The importance of water safety signs				
	Correct procedure for the use of beach safety flags				
	Principles of radio communication				
	Importance of call signs				
	Use of phonetic alphabet				
	Correct use of telephone to call for emergency services				
	Hand / flag signals (from land and water)				
	Whistle signals				
	Importance of correct communication with open water / beach users				
SITE SPECIFIC	Recognition and management of local hazards (high and low tide)	Location:			
	Positioning of patrol zone				
	NOP for busy days / quiet days / bad weather days				
	Emergency Action Plan				
	Location of equipment				

Competence notes:

APPROVED TRAINING CENTRES

ATC No. _____ Manager Endorsement _____

Course Reg. No. _____ *Training records to be kept at ATC for verification.*

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