



RLSS UK BEACH LIFEGUARD TRAINING – Open Water Rescue Skills

VERSION 3.1 - January 2005 (based on RLSS NBLQ Issue 3, version 1)

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

Trainer to date and sign, listing the appropriate skills, venue, and sea state each time tested.

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

Skill 1 - Rescue of an unconscious casualty 50m from safety with torpedo buoy			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Safe entry and approach over 50m with directions from second lifeguard on shore			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Surface dive to a depth of no more than 2m and show evidence of having reached the bottom			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Quick and effective turning of face down casualty and clip torpedo buoy round body			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Perform initial checks and attempt 2 rescue breaths mouth to nose			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Tow back giving supported rescue breathing regularly		Time to casualty:						
Land the casualty with assistance		Time to shore:						
Skill 2 - Rescue of a conscious casualty 200m from safety with torpedo buoy			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Run 400m to a point of entry			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Safe entry and swim approach over 200m			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Pick up casualty with appropriate communication		Time to casualty:						
Tow casualty 200m to shore and assist casualty to land		Time to shore:						
Skill 3 - Rescue of two locked swimmers in deep water			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Taking a torpedo buoy, enter the water and swim to the casualties			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Ensure a safe and effective separation of the casualties and an appropriate tow back to safety			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Skill 4 - Rescue of a conscious casualty 150m from safety with board / ski / canoe (delete)			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Safe and appropriate entry point for chosen piece of equipment			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Safe approach, effective casualty pick up and return		Time to casualty:						
Demonstrating safe landing of casualty and equipment		Time to shore:						
Skill 5 - Rescue of uncooperative casualty from beyond surf line using a rescue board			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Safe and appropriate entry point and fast progress through surf line to casualty			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Grab casualty's wrist and place on rail of board. Rescuer slides off other side and flips board.			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
With one hand hold casualty's hands on board with their arms across underside, rescuer grasps the other side of the board with other hand and uses weight to bring board right way up			DATE	SKILL N ^o S	DUR	T/A SIGNATURE	VENUE	SEA STATE
Bring casualty's legs round onto board, turn board so it is facing shoreward and slide onto board from rear. Paddle back ensuring safe return through surfline		Time to casualty:						
Safe landing of casualty and care of equipment.		Time to shore:						

Competence in dealing with unknown situations as part of a team					Initials	Date	Duration	Location
Incidents dealt with:	Rescuing lifeguard? (Y/N)							
	Supervision maintained							
	Safe rescue and landing							
	Teamwork							
	Communications							

Competence notes:

APPROVED TRAINING CENTRES

ATC No. _____ Manager Endorsement _____

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