

National Lifeguard: Waterfront

At-a-glance

The NLS Waterfront certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by waterfront lifeguards. The NLS Waterfront course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in waterfront environments.

Test Items

Notes

- Items marked with an asterisk (*) are instructor-evaluated. In provinces where examination by an Examiner is compulsory, Examiners may evaluate any or all of these items at their discretion.

1. *Demonstrate knowledge of the principles and techniques of lifeguarding included in the NLS test items, and answer questions drawn from the *Canadian Lifesaving Manual (CLM)* and *Alert: Lifeguarding in Action*, including:
 - Explain the role and responsibilities of the NLS lifeguard in terms of role-modeling, prevention and rescue.
 - Describe how critical incident stress can impact lifeguards responding to both successful and unsuccessful rescues.
 - Define the legal obligations of the lifeguard in terms of duty and standard of care, liability and negligence.
 - Provide an example of a training activity to improve one component of physical fitness (muscular endurance, cardiovascular endurance, strength, speed, power or flexibility) as identified by the evaluator.
 - Explain how to adapt emergency procedures for a waterfront with only one trained lifeguard on duty; how to use auxiliary staff or bystanders; and discuss the value of written procedures as part of the staff manual.
 - Provide examples of regulations that govern workplace health and safety for lifeguards (e.g., WHMIS, Occupational Health and Safety, Worker's Compensation) and legislation regarding harassment and violence in the workplace.
 - Explain the benefits of oxygen therapy, automated external defibrillation (AED) and oropharyngeal airways.
 - Explain proper selection of rescue equipment appropriate for open-water environments including: mask, fins and snorkel, rescue craft.
- 2a. *Demonstrate aerobic endurance: Run 100 metres with a rescue aid to enter the water; swim 100 metres to recover a conscious victim; tow the victim 100 metres – all within 6 minutes.
- 2b. *Demonstrate anaerobic fitness: Approach 5 metres on the beach with a rescue aid and fins; enter the water, don fins and swim 50 metres.
- 2c. *Demonstrate strength and fitness: Approach 5 metres on the beach; enter the water to turn over and recover a passive or unconscious victim in waist-deep water; return the victim to shore and carry or drag 15 metres from the water's edge.
3. *Demonstrate an understanding of:
 - Features that vary from waterfront to waterfront (or from time to time) and how analysis of these affects lifeguarding.
 - Environmental hazards of a waterfront.
4. *Demonstrate effective communication with patrons, victims, other lifeguards, supervisors and emergency service personnel.

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- 5a. *Demonstrate effective waterfront supervision using observation skills and scanning techniques.
- 5b. *Demonstrate effective waterfront supervision using lifeguard positioning and rotation.
- 5c. *Demonstrate an ability to recognize situations in which early lifeguard intervention may prevent a rescue emergency.
6. *Demonstrate three entries with a rescue aid and three removals appropriate for a waterfront environment.
7. *Demonstrate effective use of a rescue board or rescue craft: Approach 5 metres on the beach; enter the water with a rescue craft; pick up a victim 100 metres away and return to shore.
8. *Demonstrate skin diving skills: Wearing mask, fins and snorkel, swim 5 metres at the surface; head-first surface dive and swim 15 metres underwater; surface, purge snorkel and swim 5 metres at the surface.
9. *Demonstrate an effective search of the waterfront for a missing person as both a member and a leader of a lifeguard team.
- 10a. *Demonstrate effective management of a distressed or drowning victim in deep water.
- 10b. *Demonstrate effective management of a submerged, non-breathing victim and perform 10 cycles of 30 compressions: 2 ventilations on a CPR manikin.
- 10c. *Demonstrate effective management of a suspected spinal-injured victim with the assistance of back-up lifeguards and bystanders.
- 10d. *Demonstrate effective management of an injured swimmer.
11. Respond to emergency situations as a single lifeguard and as both a member and a leader of a lifeguard team.

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