



Qualification Specification

Highfield Level 3 International
Award in Beach Lifeguarding

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Highfield Level 3 International Award in Beach Lifeguarding

Introduction

This qualification specification is designed to outline all you need to know to offer this qualification in your centre. If you have any further questions, please contact your centre manager.

Qualification details

This qualification has been developed by Highfield, the UK and Middle East's leading supplier of safety and compliance-based qualifications.

Key facts

Duration:	20 hours (2 ½ days)
Assessment Method:	Portfolio of evidence

Qualification Overview

This qualification is for those learners wishing to develop the skills and knowledge necessary to become a qualified beach lifeguard. It covers the preparation, health and safety considerations of a beach environment, and how to respond to beach emergencies and emergency situations in open water areas.

Once achieved the qualification allows successful learners to operate as a qualified beach lifeguard for 2 years. After this period, learners will need to retrain and go through reassessment to remain a qualified beach lifeguard.

Important Note: Highfield MEA recommends that you contact the relevant Government Department in the country that you want to deliver this qualification, to ensure that local laws are being adhered to and that there are no additional approval requirements. It may be that you are required to register as a training provider within the country itself. Highfield MEA approves centres based on its own criteria but does not represent any other organisations or departments.

Entry requirements

To complete this qualification, we recommend that learners complete a suitable first aid qualification.

It is the centres responsibility to conduct an initial assessment, with any candidates prior to registering onto this qualification to ensure they can meet the required standard of fitness and first aid competence.

Centres are responsible for ensuring learners can meet the necessary standard of language in which the course is being delivered.

To register on to this qualification the learner shall meet the following entry requirements:

- Be at least 16 years of age.
- Swim 400m in under 8 minutes.
- Swim 200m continuously in open water.
- Tread water for 10 minutes.
- Surface dive to the sea bed to recover an aquatic sunken manikin weighing more than 4KG. This must be done at the deepest part of the training area or at a depth of 5m.
- Have minimum Emergency First Aid or an internationally recognised equivalent, and Defibrillation (AED) approved through Dubai Corporation for Ambulance Services.

It is also advised that learners have a minimum of Level 1 in English literacy and numeracy or recognised equivalent.

Delivery and assessment ratios

To effectively delivery and assess this qualification, centres must not exceed the ratio of 1 qualified tutor and assessor to a maximum of 16 learners during group practical and theory sessions. During practical observation assessment, centres must not exceed the ratio of 1 qualified Independent Assessor to a maximum of 4 learners, at any one time. If Centres wish to increase this ratio, they must first request approval from Highfield.

It is recommended that the assessment is conducted by an independent assessor (the assessor has taken no part in the training). If an independent assessor is not available, the centre can request increased external quality assurance engagements by Highfield.

Guidance on delivery

It is recommended that the full qualification is delivered over 20 hours inclusive of the assessment day.

If the training centre wishes to combine the award with one of the following qualifications, it is recommended that the duration needs to be adjusted as follows.

- Highfield Level 3 International Award in Beach Lifeguarding and Highfield Level 2 International Award in Emergency First Aid, Defibrillation and CPR: Duration 24 hours **not including assessment.**
- Highfield Level 3 International Award in Beach Lifeguarding and Highfield Level 3 International First Aid at Work and the Safe Use of an Automated External Defibrillator: Duration 40 hours **not including assessment.**
- Highfield level 3 International Award in Beach Lifeguarding, Highfield Level 2 International Award in Pool Lifeguarding and Highfield International Level 3 International Award in First Aid at Work and the Safe Use of an Automated External Defibrillator: Duration 48 hours **not including assessment.**

The delivery program may be adjusted in accordance with learner' needs and/or local circumstances.

Guidance on assessment

Highfield need to be informed of a planned course at least 5 days before the start of the course

Approved training centre trainers assess the competency of the candidates during the course and can defer the assessment process of any individual candidate if they deem that the candidate does not show the competency to pass the assessment.

The qualification is assessed using a combination of theory and practical assessment:

- 30-question oral examination in which learners must answer 20 out of 30 questions correctly to pass (by an independent assessor).
- Practical assessment

Assessment for the above must be undertaken by an independent assessor who has not been involved in any part of the training.

The theory element may be assessed in groups of no more than 4 candidates per group. To ensure confidentiality, all groups of 4 are to be kept separate until each group have completed their oral assessment.

Once the training centre is satisfied that the lifeguard candidates meet the necessary assessment standard; Highfield need to be informed in writing. Highfield will then arrange for an independent examiner to formally assess the candidate's competence.

The certificate is valid for a period of two years and should be kept up to date with regular on-going training carried out by an approved training provider. After the two-year validity period, lifeguards are required to undergo requalification to extend their validity as a pool lifeguard for a further two years.

Guidance on quality assurance

Highfield will provide support to centres and workforce through our external quality support system. During quality monitoring: delivery, assessment and quality paperwork will be reviewed.

Quality monitoring will take the form of one of the following:

- Paperwork review
- EQS Training engagements and review
- EQS Assessment engagements and review

Highfield are passionate when assisting training centres to continue to strive for excellence in training and compliance. This ensures that the candidate gains not just skill but a good foundation to build on in regards to competence and industry/government compliance.

Centre requirements

Highfield require centres involved in the delivery of this qualification to have the following training resources in place:

- Suitable classroom facilities with seating and desk based areas, where appropriate
- Course delivery facilities and equipment, e.g.: PowerPoint™ projector, flip chart, speakers
- Access to suitable pool facilities
- A minimum of 1 Torpedo Buoy per 3 learners
- A minimum of 1 throw bag per 3 learners
- Submersible manikin
- Adult manikin- 1 for every 3 learners
- Child manikin - 1 for every 3 learners
- Infant manikin - 1 for every 3 learners
- Aqua board or BaXstrap®
- 1 AED trainer per 4 candidates (if Defibrillation training is taking place)
- 1 Pocket Mask per 2 learners (one valve per learner)
- 1 Face Shield per Learner
- 1 training bandage per candidate
- 1 triangular bandage per candidate
- 1 pair of gloves per candidate
- Replacement airways and lungs for each resuscitation manikin to be changed at the end of each course
- A minimum of 1 first aid kit (to be used in case of an emergency only)
- Disinfectant wipes

Geographical coverage

This qualification has been developed for learners outside of the UK.

Tutor / independent assessor requirements

To become approved to deliver this international qualification tutors are required to:

- be at least 18 years of age
- Hold a recognised teaching qualification or have experience in delivering educational courses
- Hold a recognised and current beach lifeguarding qualification, have experience in this area or an appropriate equivalent*
 - *Recognised equivalents include:
 - a valid RLSS Beach trainer/assessor qualification; or
 - an STA National Aquatic Rescue Standard (NARS) tutor/examiner qualification.
- Attend a Highfield Beach lifeguard conversion/orientation course

Important Note: Centres who are seeking approval with Tutors who have not previously delivered beach lifeguard qualifications (e.g. do not hold a RLSS or STA tutor qualification) will require an initial approval visit from Highfield. Highfield personnel will conduct this visit on your first course.

Tutors who have evidence of delivering a minimum of 30 hours of accredited formal training per year, in a relevant qualification, may requalify to deliver/assess this and similar qualifications through completion of the qualification assessment only or a reduction in the learning hours, at the

discretion of Highfield.

Requalification guidance

This qualification is valid for a period of 2 years and should be kept up to date with regular on-going training carried out by a Highfield approved training provider. After the 2-year validity period, lifeguards are required to undergo requalification to extend their validity as a beach lifeguard for a further 2 years. There must be a signed record of regular on-site training with a minimum of 20 hours contact time (signed off by an Highfield approved beach lifeguard tutor/assessor). An in date copy of the previous beach lifeguarding certificate is also a requirement to qualify for the shortened requalification. Where this evidence exists, a learner can fast track directly through to assessment.

Reasonable adjustments and special considerations

Highfield has measures in place for learners that require additional support. Please see the Highfield Reasonable Adjustments Policy.

ID requirements

All candidates must be instructed, ahead of the course to bring photographic identification to the training and assessment to be checked by the trainer and assessor.

It is the responsibility of the centre to have systems in place to ensure that the person taking an examination/assessment is the person they are claiming to be. All Centres are therefore required to ensure that each candidate's identification is checked before they can sit the examination/assessment and write the type of photo identification provided by each candidate on the Candidate List under "Identification Provided". Highfield will accept the following as proof of a candidates Identity:

- National identity card (i.e. Emirates ID card);
- Valid passport (any nationality);
- Signed photo card driving licence;
- Valid warrant card issued by police, local authority or equivalent; or
- Other photographic ID card, e.g. employee ID card (must be current employer), student ID card, travel card.
- Coloured photograph (not more than 6 months old)

Note: Candidates without employment visa status will be required to provide proof of passport and coloured photograph only.

For more information on candidate ID requirements, please refer to the Highfield Examination and Invigilation Regulations within the Core Manual.

Progression

Progression and further learning routes include:

- Highfield Level 2 International Award in Pool Lifeguarding for Dubai
- Highfield Level 2 International Award in Pool lifeguarding.

Highfield offers a range of qualifications to help learners progress their careers and personal development. Please contact your Centre manager for further information.

Useful websites

The following websites are recommended to support centres in the delivery of this qualification:

- www.highfieldinternational.com (HighfieldABC MEA)
 - www.highfieldqualifications.com (Highfield UK)
 - www.highfieldproducts.co.uk (Highfield Products)
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Recommended training materials

The following resources have been reviewed by Highfield and are recommended training materials for users of this qualification:

- *Beach lifeguarding handbook*. Flaherty, S. Highfield Products.
 - *Level 3 Award in Beach lifeguarding presentation*. Flaherty, S. Highfield Products.
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Appendix 1: Qualification unit

Unit: Beach Lifeguarding
Level: 3
Hours: 20

Learning Outcomes	Assessment Criteria
<i>The learner will</i>	<i>The learner can</i>
1 Know about the beach environment	1.1 Describe hazards found in the beach environment 1.2 Explain the types of wave 1.3 Explain the types of current 1.4 Explain how the weather affects the beach environment 1.5 Explain how to measure tidal depth changes
This learning outcome is assessed by oral questioning	
2 Know how to prepare a beach environment	2.1 Define the risk assessment process 2.2 Explain the use of risk assessments in preparing the beach environment for use 2.3 Explain the purpose of the following procedures within the Beach Safety Operating Plan: <ul style="list-style-type: none"> • Emergency Action Plan • Normal Operating Plan
This learning outcome is assessed by oral questioning	
3 Know how to supervise a beach environment	3.1 Describe the role of the lifeguard 3.2 Identify communication methods used in the beach environment 3.3 Identify zoning methods used by lifeguards 3.4 Identify resources and positions used to aid zoning 3.5 Describe the use of lifeguard equipment 3.6 Explain strategies used to assist beach supervision
This learning outcome is assessed by oral questioning	
4 Know how to respond to emergencies	4.1 Describe the different types of causalities seen in a beach environment 4.2 Explain the importance of early intervention 4.3 Describe entry and submersion techniques 4.4 Describe rescue techniques
This learning outcome is assessed by oral questioning	
5 Be able to safely carry out rescues and landing of casualties from the sea	5.1 Demonstrate lifeguard fitness in and out of the water 5.2 Follow an emergency plan to respond to the following types of emergencies:

Learning Outcomes	Assessment Criteria
<i>The learner will</i>	<i>The learner can</i>
	<ul style="list-style-type: none"> drowning conscious casualties in difficulties injured casualties unconscious casualties multiple casualties casualties with spinal injuries <p>5.3 Demonstrate use of rescue equipment and safe manual handling of casualties</p> <p>5.4 Demonstrate methods of casualty recovery, including contact rescue in shallow and deep water</p>
<p>AC 5.1 is assessed by oral questioning</p> <p>ACs 5.2 – 5.4 are assessed by practical assessment</p>	