

Model Curriculum

Pool Lifeguard

SECTOR : SPORTS

SUBSECTOR : SPORTS, FITNESS AND LEISURE

OCCUPATION : POOL LIFE GUARD

REF. ID : SPF/Q1104, V 1.0

NSQF LEVEL : 4

TABLE OF CONTENT

1.	Curriculum	01
2.	Trainer's Prerequisites	05
3.	Assessment Criteria	06

Pool lifeguard

CURRICULUM / SYLLABUS

This program is aimed at training candidates for the job of a “Pool Life Guard”, in the “Sports, Physical Education, Fitness and Leisure” Sector/Industry and aims at building the following key competencies amongst the learner:

Program Name	Pool Life Guard		
Qualification Pack Name & Reference ID.	SPF/Q1104, v 1.0		
Version No.	1.0	Version Update Date	21/01/2018
Pre-requisites to Training	Class 10 th pass and able to swim		
Training Outcomes	After completing this program, participants will be able to:		
	1. Take precautionary measures and rescue and recover victims		
	2. Take emergency response procedures – how to provide CPR, use artificial breathing devices to resuscitate persons		
	3. Administration of basic first aid.		
	4. Knowledge of operating and maintaining aquatic equipment such as water filtration equipment, sanitation equipment etc.		
	5. Provide safety and security guidelines for swimmer		
	6. Understand physical limitations and fitness requirements for rescue operations		
	7. Accepted best practice principles of aquatic rescues to enable prompt and appropriate responses to major aquatic emergencies		
	8. Hazardous behavior and activities that pose risks to clients and how to identify and deal with them quickly and safely		
	9. Self-defense/ defense techniques required for rescue operations		
	10. Occupational Health and Safety guidelines for lifting and carrying		
11. Business, Professional and Ethical code of conduct			

This course encompasses 3 out of 3 National Occupational Standards (NOS) of “Pool Life Guard” Qualification Pack issued by “Sports, Physical Education, Fitness & Leisure Skills Council”:

S.no	Module	Key Learning Outcomes	Equipment Required
1	<p>Introduction</p> <p>Theory Duration 10:00 Hours</p> <p>Practical Duration 30:00 Hours</p> <p>Corresponding NOS Code: SPF/N1111</p>	<ol style="list-style-type: none"> 1. General discipline in the class room 2. Introduction to the roles, responsibilities and functions of life-guard. 3. Importance of a female lifeguard 4. Understand the water emergencies, and precautionary measures. 5. Precautionary measures while preparing to swim. 6. Monitor pool conditions and set up appropriate safety flags 7. Identification victims and victim behavior. 8. Check water temperature, pH and chlorine levels in the pool 9. Setting up of pool and safety equipment. 10. Maintenance of life saving equipment such as rings/jackets/poles and first aid kits. 11. Monitor pool conditions and set up appropriate safety flags 	<p>Audio-visual Aids, White Board, Marker, swimming pool basic swimming equipment</p>
2	<p>Rescuing and Recovering Principles</p> <p>Theory Duration 30:00 Hours</p> <p>Practical Duration 100:00 Hours</p> <p>Corresponding NOS Code: SPF/N1112</p>	<ol style="list-style-type: none"> 1. Types of emergency equipment such as self-breathing equipment, personal flotation devices available and location of the same. 2. Emergency evacuation procedure/ protocol 3. Rescue and defensive techniques 4. Deep water search and rescue techniques 5. Usage of rescue and emergency equipment 6. Escape techniques and rescue goals 7. First aid codes of practice 8. Management of cardiac and respiratory arrest. 9. CPR techniques for infants, adults with special attention to pregnant women. 10. Carrying and landing techniques. 11. Rescue methods for one or more victims 12. Identification of associated injuries 13. Various swimming techniques and strokes 	<p>Audio-Visual Aids, White Board, Marker, Swimming Pool Life Jackets Lifeguard Chairs Personal floating devices, Defibrillator, swimming goggles, Swimming costumes, stretchers, wheelchairs, tying straps, life jackets, water tubes, arm, leg guards, helmets.</p>

<p>3</p>	<p>Injury Identification and Management</p> <p>Theory Duration 20:00 Hours</p> <p>Practical Duration 60:00 Hours</p> <p>Corresponding NOS Code: SPF/N1111, SPF/N1112, SPF/N1113</p>	<ol style="list-style-type: none"> 1. Identification of potential injuries associated with drowning: <ul style="list-style-type: none"> • Heart Attack • Brain Attack • Respiratory Attack • Shock • Choking • Poisoning • Bleeding • Hyperthermia, hypothermia and frostbite • Fractures and dislocations • Head, neck and back injuries • Etc. 2. Emergency conditions: <ul style="list-style-type: none"> • Nose, eye and ear emergencies • Emergency child birth • Sudden Infant Death Syndrome 3. Management of Injuries and emergencies: <ul style="list-style-type: none"> • CPR, Positioning of victim, carrying victim, strapping of victim. • Call Emergency Management Team • Emergency Management Strategies • Carrying and handling pregnant women victims 	<p>Audio-Visual Aids, White Board, Marker, Physiology Charts, Stretchers, straps, wheelchairs, first aid kits, Water Rescue Manikin, Lifeguard Whistles, Swimming goggles, Cervical collars, lumbar belts, zipper quilts, defibrillator, gauges, toe separators, crepe bandages, splits.</p>
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<p>4</p>	<p>Precautions, Cautions and Safety</p> <p>Theory Duration 10:00 Hours</p> <p>Practical Duration 20:00 Hours</p> <p>Corresponding NOS Code: SPF/N1112, SPF/N1113</p>	<ol style="list-style-type: none"> 1. Identification of breach protocols of safety by swimmers or fellow lifeguards. 2. Identifications and assessments of red flag signs 3. Detail knowledge about accidents and water emergencies 4. Education of swimmers and flow of information to swimmers 5. Designing, maintaining and implementation of health and safety protocols for swimmers 6. Inspection guidelines of pool and surrounding areas 7. Focus on safety of female lifeguards and swimmers in terms of accessibility to pool area and changing rooms 8. Maintenance of inspection and safety equipment 9. Injury identification and management 10. Emergency identification and management 11. Generation of special guidelines and implementation of safety protocols for children, women and pregnant women 	<p>Audio-Visual Aids, White Board, Marker, Physiology Charts, Stretchers, straps, wheelchairs, first aid kits, Water Rescue Manikin, Lifeguard Whistles, Swimming goggles, Cervical collars, lumbar belts, zipper quilts, defibrillator, gauges, toe separators, crepe bandages, splits</p>
<p>4</p>	<p>Total Duration: 310 Hours</p> <p>Classroom and Practical Training: 250 Hours</p> <p>Theory: 60 Hours Practical: 190 Hours</p> <p>OJT (Compulsory): 60 Hours</p>	<p>Audio-visual Aids, White Board, Marker, Swimming pool basic, White Board, Physiology Charts, Stretchers, Straps, Wheelchairs, First Aid Kits, Water Rescue Manikin, Lifeguard Whistles, Swimming Goggles, Cervical Collars, Lumbar Belts, Zipper Quilts, Defibrillator, Gauges, Toe Separators, Crepe Bandages, Split, Life Jackets, Lifeguard Chairs, Personal Floating Devices, Swimming Costumes, Water Tubes, Arm, Leg Guards, Helmets.</p>	

Trainer’s Prerequisites for the Job Role “Pool Life Guard” mapped to Qualification Pack “SPF/Q1104, v1.0”.

S.no	Area	Detail
1	Description	Lifeguards work at swimming pools to keep swimmers safe. Individuals in this role would observe and supervise swimming areas to prevent accidents. Responsibilities include making swimmers aware of dangerous situations, and in an emergency carrying out a rescue procedure.
2	Personal Attributes	Should be physically fit and good swimmers. They should know about rescue operations with and without equipment. Individuals also require stamina and should have good endurance in swimming.
3	Educational Qualification	10th class/be able to swim Graduate, no experience necessary.
4a	Domain Certification	Minimum accepted score in SSC Assessment is 80% per NOS being taught in QP SPF/Q1104. Additional certification in Sports massage, Soft tissue manipulations, soft skills and communication skills will be an added advantage.
4b	Platform Certification	Recommended that the Trainer is certified for the Job Role: “Pool Lifeguard” mapped to the Qualification Pack: “SPF/Q1104”. Minimum accepted score is 80% per NOS.
5	Experience	Minimum 1 Year

Annexure: Assessment Criteria

Assessment Criteria	
Job Role	Pool Life Guard
Qualification Pack	SPF/Q1104, v1.0
Sector Skill Council	Sports, Physical Education, Fitness & Leisure Skills Council

Sr. No.	Guidelines for Assessment
1	Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC.
2	The assessment for the theory part will be based on knowledge bank of questions created by the SSC.
3	Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training centre (as per assessment criteria below)
4	Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training centre based on this criteria
5	To pass the Qualification Pack, every trainee should score a minimum of 60% in aggregate and 40% in each NOS
6	The marks are allocated PC wise; however, every NOS will carry a weightage in the total marks allocated to the specific QP

		Total Marks	Marks Allocation		
			Out of	Theory	Skills Practical
1. SPF/N1111 (Take Precautionary measures)	PC1. Check water temperature, pH and chlorine levels in the pool/water facility	100	10	2	8
	PC2. Set up pool equipment and place safety equipment within reach of lifeguard station		5	2	3
	PC3. Set preventive measures for swimmers or guidelines for usage		5	2	3
	PC4. Define precautionary measures		5	2	3
	PC5. Set safety guidelines for swimmers to be followed at pool site		5	2	3
	PC6. Ensure that precautionary measures are taken at pool		5	2	3
	PC7. Ensure maintenance of life saving equipment such as rings/ jackets/ poles and first aid kit		5	2	3
	PC8. Conduct regular audits of swimming pool water for clarity/visibility		5	2	3
	PC9. Ensure that appropriate signage and instructions is displayed on pool site		5	2	3
	PC10. Assist/provide instructions on various swimming strokes, jumps		10	2	8
	PC11. Demonstrate correct use of equipment according to the policies and procedures of the swimming center from time to time		10	2	8
	PC12. Monitor pool conditions and set up appropriate safety flags		5	2	3
	PC13. Provide a point of contact for people on the pool facility		5	2	3
	PC14. Advise people where and when they can swim safely		5	1	4
	PC15. Maintain his/ her physical fitness periodically in water and on land		5	1	4
	PC16. Obtain training on upgraded equipment periodically		5	1	4
	PC17. Be informed on latest policies and procedures		5	1	4
	Total Marks	100	30	70	

		Total Marks	Marks Allocation		
			Out of	Theory	Skills Practical
2. SPF/N1112 (Rescue and Recover Victims)	PC1. Patrol the edge of the pool or sit on an elevated chair at the poolside to keep a close watch on the pool and its users	100	5	2	3
	PC2. Advise swimmers on the use of the diving boards and slides		5	2	3
	PC3. Stop or discourage behavior which could be dangerous. Adopt defense tactics and water wrestling to prevent victim from being overpowering		5	2	3
	PC4. Stay alert for situations where swimmers could get into difficulties		5	2	3
	PC5. Supervise and make sure people stay in safe areas		5	2	3
	PC6. In case of danger to swimmer, deploy emergency response procedures		10	2	8
	PC7. Indirect system of saving using the lifesaving equipment		10	2	8
	PC8. Direct system of saving using personal approach to victim		10	2	8
	PC9. Perform rescue operations in case of accidents, drowning etc.		10	2	8
	PC10. Page for assistance in case of large scale accidents		10	2	8
	PC11. Call for first aid/medical assistance		5	2	3
	PC12. Provide basic first aid and medical treatment till arrival of medics		10	3	7
	PC13. Use life-saving techniques in emergencies such as resuscitation, bandaging etc.		10	2	8
	Total Marks	100	27	73	

		Marks Allocation			
		Total Marks	Out of	Theory	Skills Practical
3. SPF/N1113 (Maintain Health and Safety Measures)	PC1. In case of signs of any emergency situation or accident or breach of safety immediately follow organizational protocol to deploy action	100	10	3	7
	PC2. Identify reasons for occurrence of incident		10	3	7
	PC3. Capture reasons and response/action taken into incident report/note to manager		10	3	7
	PC4. Report any deviations from standard protocol along with reasons.		10	3	7
	PC5. Visually inspect the activity area and equipment for appropriate and safe condition.		10	3	7
	PC6. Report any issues related to equipment and activity area to the concerned personnel or management.		10	3	7
	PC7. Ensure all safety/emergency/medical equipment is readily accessible in case of any incident		10	3	7
	PC8. Ensure one's own physical fitness is in good condition		10	3	7
	PC9. Follow all health and safety guidelines as per organizational procedures		10	3	7
	PC10. Ensure appropriate protocol is followed in case of any incident by all relevant staff		10	3	7
			Total Marks	100	30