



## **RLSS/NBLQ & Assistant Lifeguard Assessments 'Sennen Surf Club' 25/05/14 Assessment Programme**

### **Meet & Greet + Suit & Boot:**

- Assessor's 'briefing' for NOPs / EAP / (dynamic) RA
- RNLI 'liaison'
- Equipment checks & transport & returns distribution

### **A1 (beach/sea assessments)**

- i) Signals
- ii) Run-Swim-Tow (conscious weak swimmer casualty)
- iii) Casualty after care & 'team response' command & control on landing casualty in ii)
- iv) From beach access point Surf-Board rescue (conscious weak swimmer casualty)
- v) From beach access point swim & tow (unconscious/non-breathing casualty)
- vi) CPR action & 'team response' command & control on landing casualty in v)
- vii) Team 'initiative test': i.e. *action after a collision between surfer & swimmer with swimmer having a possible spine related injury ...etc*

## **A2 (Indoor 'role play' assessments)**

- i) Primary survey of potential injury/illness incident
- ii) Secondary survey of actual casualty injury/illness incident
- iii) CPR using all 3 categories of 'casualty body size'
- iv) Lifesaver action protocols for :
  - Choking Heart attack
  - Stroke attack
  - Cardiac arrest
  - Hypothermia cooling
  - Diabetes incident
  - Asthma attack
  - Weaver fish sting
  - Concussion head injury
  - Bleeding 'wound' injury: arm / leg / head
  - Non bleeding broken bone injury arm, leg, head

## **A3 (indoor 'multiple choice' written 'exam' papers):**

- Knowledge & understanding of 'beach lifeguard management'
- Knowledge & understanding of 'Beach first aid management'