

APOLA Professional Ocean Lifeguard (POL) Award Annual Proficiency Assessment

The following competencies must be completed annually for professional ocean lifeguards to retain currency for APOLA Professional Ocean Lifeguard (POL) Awards Levels 1-4 and by way of further information the listed competencies are consistent with the recommended requirements for Council employed or contracted lifeguards at beaches as outlined in the DLG NSW Practice Note No. 15 Water Safety (July 2012).

Practical

- **Pool Swim** (800m swim in a 25m-50m length pool in less than 14 minutes)
- **Lifeguard Mission** (ocean swim, beach run, rescue board paddle and beach run over a set M shape course commencing with 600m swim, followed by 800m beach run, followed by 600m rescue board paddle and concluding with a 800m beach run) demonstrating ability to read and use surf conditions effectively as well as demonstrating fitness in an ocean and beach environment. An overall time is recorded for comparison with other candidates and standards associated with surf conditions on the day.
- **Simulated Board Rescue** (paddle to rescue an unconscious patient, demonstrate rollover, demonstrate deep water resuscitation simulation, return patient unassisted and simulate patient care including placing patient in recovery position)
- **Simulated Rescue Tube Rescue** (swim with rescue tube to rescue an unconscious patient, demonstrate securing patient in rescue tube, demonstrate deep water resuscitation simulation, return patient unassisted and simulate patient care including placing patient in recovery position)
- **Emergency management scenario simulation** (use rescue tube, rescue board or powercraft to rescue an unconscious and conscious patients, demonstrating securing patients and return patients unassisted and/or assisted demonstrating patient care and management of the simulated emergency)

Written

A written test paper on knowledge, skills, understandings and the role and duties of Council ocean lifeguards including:

- Ability to perform effective first aid and resuscitation following a rescue from an aquatic environment
- Communication/interpersonal skills to promote compliance with safety rules and regulations and respond to an aquatic emergency
- Application of casualty management procedures
- Application of supervision techniques in an aquatic environment
- Recognition and appropriate response to aquatic emergencies requiring basic and advanced water rescue techniques
- Organisational emergency procedures
- Occupational Health and Safety and other relevant legislative requirements
- Identification of individuals who may be at risk
- Signs and symptoms of physical injury
- First aid techniques and procedures
- Crowd control in emergency situations
- Rescue equipment used in aquatic emergencies
- Hazardous behaviour that poses risks to clients
- Facility or environmental hazards
- Understanding of waves, rips and weather conditions and how changing conditions impact upon risks to clients
- Role of Council lifeguard in terms of service (water safety) functions and regulatory functions including knowledge of the limitations for volunteers and contractors engaged in lifesaving activity

For POL Level 3 and Level 4 additional written test papers are required to be completed and include additional theory regarding emergency management, beach management for hazard reduction and risk assessment, lifeguard staff training and recruitment, staff supervision, community education, resource allocation and strategic planning.