

Professional Ocean Lifeguard (POL) Award Annual Proficiency Certificate

Introduction

The Professional Ocean Lifeguard Award (POL) Annual Proficiency Assessment Certificate was developed for lifeguards working in public open space including beaches to meet industry best practice in beach management, aquatic rescue and emergency care. Annual proficiency assessment provides ocean lifeguards the opportunity to demonstrate retention and currency in necessary knowledge, skills and understandings for effective management of the beach and safety for all aquatic activity.

The **POL Annual Proficiency Assessment Certificate has a currency of 12 months** and annual recertification includes completing a timed pool swim, a lifeguard mission, simulated in-water rescue and a written paper. Lifeguards successfully completing the following shall be issued with a **Professional Ocean Lifeguard Award Annual Proficiency Certificate**.

POL Annual Proficiency Assessment Requirements

- Current **Provide first aid** certificate
- Current **Provide advanced resuscitation and oxygen therapy** certificate
- An **800m pool swim** under 14 minutes
- Completing of a **lifeguard mission**
- Demonstrate in-surf competence with and without rescue equipment
- Participation in a **emergency management**
- Completion of a **written theory paper** on knowledge, skills, understandings and role of professional ocean lifeguards.

POL Annual Assessment Day

APOLA Assessor and Workplace Trainers have extensive ocean lifeguard and/or wave pool experience and reserve the right to prevent prospective candidates commencing the practical components if prospective candidates present themselves as incapable of meeting fitness or otherwise demands required for the assessment day.

POL Annual Assessment Day Practical

- **Swim 800m in a pool** in a time less than 14 minutes (in a pool not less than 25m long)
- Complete a **Lifeguard Mission** comprising ocean swim, beach run, rescue board paddle and beach run 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 in an ocean and beach environment. An overall time is recorded for comparison with standards associated with surf conditions prevailing on the assessment day
- Demonstrate **Board Rescue** use -paddle to rescue an unconscious and/or conscious patient, demonstrate rollover and leg hook patient pick-up techniques and return patient unassisted to beach with care and medical assessment such as placing patient in recovery position and demonstrating DRSABCD)
- Demonstrate **Rescue Tube Rescue** use -swim with rescue tube to rescue an unconscious and/or conscious patient, demonstrate securing patient in rescue tube and return patient unassisted to beach with care and medical assessment such as placing patient in recovery position and demonstrating DRSABCD
- Participate in an **emergency management scenario** simulation demonstrating DRSABCD.

POL Annual Assessment Day Theory

- Participate in an **audio-visual presentation and/or discussion** and complete a **written paper** on knowledge, skills, understandings and role of Council ocean lifeguards.

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