

Level 5 Lifeguard Coach Award.

1. Purpose of the Award

The purpose of the Level 5 Lifeguard Coach is to lead, support, guide and assess all levels of the training and assessing programme and in doing so provide essential support to the National Training Panel.

A Level 5 Lifeguard coach has the following responsibilities:

- To lead core and specialist training and assessing modules as required.
- To provide essential support and advice to trainers and assessors.
- To assist with the on going development of trainer and assessor skills and knowledge.
- To monitor and report on the standards of training and assessing activities.
- To maintain and develop consistently high standards of training and assessing.
- To provide training and support for volunteer & professional lifesavers & Lifeguards.

2. Course Director

A panel assesses this award. The National Training Officer will appoint a panel consisting of at least one Level 5 Lifeguard Coach and one Level 4 Lifeguard Coach as and when required.

A candidate who wishes to take this award must apply to the National Training Officer for an appropriate date for them to appear before the panel. This process will normally take between four to eight weeks from the candidate's original application.

3. Validity

The award is valid for three years, at the end of this period the candidate must apply in writing to the National Training Officer for a further three-year extension. Lifeguard coaches must have participated at National level during this time.

There is no practical assessment to this award. However all pre-requisites must be kept valid at all times.

Candidates must submit proof of the following to the National Training Officer.

- Hold the Senior Lifeguard Award
- Hold the Level 4 Lifeguard Coach Award

- Hold the BCU Lifeguards Aquatic First Aid Level 1 Coach award or higher.
- Assist in the organisation and running of a National Canoe Lifeguard Convention.
- Assist in the administration and organisation of the National Canoe Lifeguard Championships or have completed some work in the furtherance of canoe Lifeguarding competition.

Manual Handling

All Canoeists need to raise their awareness of Manual Handling and that damage can occur to joints and muscles, particularly when they are moving or lifting people or any equipment related to the sport of Canoeing. This, could of course, include a body, especially when performing rescues. In addition, Risk Assessments of how to prevent harm and injury to paddlers should be undertaken as a matter of routine. In Civil Law there is a Duty of Care towards your students and others who paddle. This includes loss, harm, damage and injury. Coaches are charged with the care of paddlers, and as such, Coaches need to identify where there is a risk of the “Duty” being neglected or abused.

The BCU has prepared an information leaflet which gives a brief outline of procedures to access and evaluate Manual Handling operations. In addition, a one day Injury Prevention Course has been developed which should ensure that information in respect of lifting and carrying and all Manual Handling issues are being disseminated throughout the Coaching Service.

4. Assessment

Apply in writing to the National Training Officer.

Attend a formal meeting with the appointed panel to discuss your role as a lifeguard coach. Normally this will also involve completing a small report to bring to the meeting. The training panel will be looking to make sure that the individual is up to date, capable of being a lifeguard coach and has a proven administrative and practical ability in canoe lifeguard work.

Candidates may also be asked to conduct a senior lifeguard assessment or run an event on behalf of the national training panel.