

Pool Endorsement

1. Purpose of Award

This award is an endorsement to the Canoeing Safety Test to provide the additional skills and knowledge necessary for providing safety during a canoeing session in a swimming pool.

2. Validity

This award is valid for 3 years from the date of the test, providing the pre-requisites remain valid.

Initially, the award is only valid for the pool in which the assessment is taken because the assessment includes:

- a. demonstrating knowledge of the normal operating procedures and emergency action plan of the pool.
- b. recovering a mannequin from the deepest part of the pool.

However, the award can be validated for another pool by;

- a. demonstrating knowledge of the normal operating procedures and emergency action plan of the pool.
- b. recovering a mannequin from the deepest part of the pool. The latter is only required for pools of greater depth.

The certificate will be endorsed with the depth of the pool in which the award was taken.

3. Trainer/Assessor

A BCU Level 2 Lifeguard Coach or a Canoeing Safety Test Assessor who holds a current Pool Endorsement can train and assess up to 8 candidates.

4. Pre-Requisites

Hold the BCU Canoe Safety Test (any craft), a higher award (for example, Assistant Lifeguard) or a BCU Coaching qualification for which the Canoe Safety Test is a pre-requisite.

Hold a first aid certificate, minimum 8 hours training, such as the BCU Aquatic First Aid Level 1 certificate.

Be able to swim 50m.

Be at least 16 years of age.

5. Venue

Assessments should be conducted in a swimming pool.

Syllabus

Unit 1. Theory

Demonstrate knowledge of the normal operating procedures and emergency action plan of the pool.

Unit 2. First Aid

Assess and treat an unconscious non-breathing casualty. At the end of the exercise, the casualty should be placed in the recovery position.

Unit 3. Skills Test

- a. Dive to the bottom of the deepest part of the pool and recover a mannequin.
- b. Using a suitable buoyant aid not specially provided, enter the water and approach a struggling weak swimmer in deep water 25m away. Demonstrate a safe non-contact rescue of the casualty and assist them out of the pool.
- c. Enter the water, swim to an unconscious casualty in deep water 25m away and tow the casualty to a point of support. Assess the casualty and perform simulated Artificial Ventilation. When appropriate, land the casualty with assistance and continue to resuscitate.

6. Unknown Incident

- a. Deal with a simple canoeing incident involving up to two casualties.

Notes for Trainers and Assessors

The emphasis is on the candidate's ability to deal with a situation by making a correct assessment of the situation and taking the appropriate action.

At some point during the assessment, the candidate must demonstrate effective CPR for at least 3 minutes. In addition to the unknown incident, there are two other opportunities for this in the assessment.

Casualty handling and initial assessments should be demonstrated with volunteers. However, the use of a mannequin for CPR is essential. Under no circumstances should CPR be attempted on a volunteer.

First Aid

The initial position of the casualty (i.e. prone or supine) and the existence of breathing is at the discretion of the assessor and will be unknown to the candidate. If a breathing is present to start with, it may be lost at some point. Whether or not a casualty will vomit is also at the discretion of the assessor.

The candidate is expected to make a correct assessment and take the appropriate actions, which will include a demonstration of at least 3 minutes of CPR.

Skills Test

- a. During the tow, the casualty will "panic" and the candidate must demonstrate an effective release.
- b. Whether or not the casualty is breathing when the candidate reaches the pool side is at the discretion of the assessor. If breathing is present to start with, it may be lost at some point. Whether or not a casualty will vomit is also at the discretion of the assessor. The candidate is expected to make a correct assessment and take the appropriate actions, which will include a demonstration of at least 3 minutes of CPR.

Unknown Incidents

The key word is simple. Casualties may be unconscious, injured/unwell or simply in difficulty. Optionally, there can be a bystander on the poolside who can assist as directed by the candidate.

Candidates are expected to use correct first aid techniques where appropriate.

Each candidate must be in charge and demonstrate correct decisions throughout the assessment. Candidates must not have prior knowledge of the incident. Thus, if the same incident is used for each candidate, they must be assessed separately. The candidate is required to deal with the previously unknown situation in an appropriate manner.