

Year 2	Autumn - term 1	Spring – term 2	Summer – term 3
<p>Year2</p> <p>RLSS</p> <p>Survive and save</p> <p>National pool lifeguard</p>	<p>Swimming competency: -</p> <ul style="list-style-type: none"> • stamina and stroke work • go over basic lifesaving understanding • verbal questioning; types of survival techniques, casualty recognition, • types of rescue’s, • how to attract attention; voice projection, hand sign/signals and whistle blows, <p>Verbal questioning and practice competency test.</p> <p>Survive and save lifesaving certifications</p> <p>Bronze medallion</p> <ul style="list-style-type: none"> • Life support – basic cpr, • Hazard awareness; safety, sea, coasts and beaches, swimming pools 3 categories, inland water ways, self-rescue and lifesaving. • Rescues • Assess swimming ability • Verbal questioning <p>Internal assessment and practical exam</p>	<p>Survive and save lifesaving certification extension</p> <p>Silver medallion</p> <ul style="list-style-type: none"> • Life support – competent level • Hazard awareness: - sea, coast, beaches, tides rules of twelfths, intertidal zone and beach shelving. Inland water sites, lakes, reservoirs and dams. • Rescues- accompanied rescue, tow with an aid to rescue. • Fitness ability in swimming timed. • Clothed and support tow. • Initiative rescues:- 3 different causalities • Verbal questioning <p>Internal assessment and practical exam</p> <p>Gold medallion</p> <ul style="list-style-type: none"> • Life support – competent level • Hazard awareness: - sea, coast, beaches, Inland water sites, longshore currents, sandbars, holes and rip currents. • Rescues- extended arm tow, chin tow, cross chest tow, support tow and in water rescue breathing. • Fitness ability in swimming timed clothed 15mins. • Verbal questioning <p>Internal assessment and practical exam</p>	<p>RLSS National pool lifeguard qualification</p> <ul style="list-style-type: none"> • Procedures i.e. NOP and EAP, • Details of the pool; types of pool etc., • Laws and regulations; industry guidelines, maintaining standards, customer perception, • Role of a lifeguard; professionalism, dealing with complaints, what is your role? • Swimming pool, hazards and control measures; identifying hazards i.e. lane ropes, starting blocks, pool features, movable floors, unsupervised children, group activities, • Maintaining supervision on pool side; early intervention and accident prevention. Lifeguard zones, scanning, maintaining concentration, visibility, reflection, glare, bling spots, turbulence, lifeguard rotation and hand signals. • Types on causalities, different rescues and blocks, • Spinal cord injury and management, • Incident management, • First aid, <p>External examiners for assessment and practical exam</p>