

No. 397

11 April 2008

**SOUTH AFRICAN QUALIFICATIONS AUTHORITY (SAQA)**

In accordance with Regulation 24(c) of the National Standards Bodies Regulations of 28 March 1998, the Standards Generating Body (SGB) for

**Sport, Recreation & Fitness**

registered by Organising Field 02, Culture & Arts, publishes the following Qualification and Unit Standards for public comment.

This notice contains the titles, fields, sub-fields, NQF levels, credits, and purpose of the Qualification and Unit Standards. The full Qualification and Unit Standards can be accessed via the SAQA web-site at [www.saga.org.za](http://www.saga.org.za). Copies may also be obtained from the Directorate of Standards Setting and Development at the SAQA offices, SAQA House, 1067 Arcadia Street, Hatfield, Pretoria.

Comment on the Qualification and Unit Standards should reach SAQA at the address below and *no later than 9 May 2008*. All correspondence should be marked **Standards Setting – SGB for Sport, Recreation and Fitness** and addressed to

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## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**QUALIFICATION:**  
**Further Education and Training Certificate: Lifeguarding**

SAQA QUAL ID	QUALIFICATION TITLE		
61509	Further Education and Training Certificate: Lifeguarding		
ORIGINATOR		PROVIDER	
SGB Sport, Recreation & Fitness			
QUALIFICATION TYPE	FIELD	SUBFIELD	
Further Ed and Training Cert	2 - Culture and Arts	Sport	
ABET BAND	MINIMUM CREDITS	NQF LEVEL	QUAL CLASS
Undefined	127	Level 4	Regular-Unit Stds Based

***This qualification does not replace any other qualification and is not replaced by another qualification.***

**PURPOSE AND RATIONALE OF THE QUALIFICATION**

Purpose:

The qualification is intended to ensure that the learner has the ability to guard and save human lives in an aquatic environment. It is a qualification that consists of a large practical component.

The qualifying learner will be able to, for example:

- Ensure his/her own safety while participating in aquatic rescues.
- Identify hazards that might affect the safety of others and remove or lessen their impact.
- Participate in all duties as a full and trusted lifeguarding team member.
- Identify participants in pool, surf and open-water water activities who might be at risk of injury or drowning and remove the risk or otherwise safeguard the participants.
- Carry out rescues of persons in danger in a pool, surf or open-water context, ensure first aid to including resuscitation of a wide range of patients and assist with the transport of patients who need further care.
- Conduct rescues by boat or helicopter.

Possible occupations for qualifying learners include:

- Municipal life guards.
- Aquatic life guards.
- Aquatic supervisors.
- Assistant aquatic administrators.

Rationale:

South Africa has a long and well-established tradition of participation in recreational, commercial and competitive aquatic pursuits. These include recreational and competitive swimming, boating of various sorts (in rivers, dams, and other open water, surf and open ocean), scuba diving, springboard diving, water polo, underwater hockey, surf and rock angling and other aquatic sport and recreation activities. These pursuits are enhanced by a warm summer climate, rugged

coastline of almost three thousand kilometers, a great number of dams and river systems, as well as swimming pools in urban areas.

The warm summer climate attracts large numbers of people to the beaches and dams of the country, where they engage in swimming and boating; both pursuits that carry risks for the unwary. The implication of the above is that an increasing number of people are vulnerable to accidents and even tragedies emanating from their pursuit of water activities. In view of this, personal water competencies (survival skills) as well as lifeguarding are very important.

The FETC: Lifeguarding, is designed to address the need for water safety at a high level, largely as a service to be provided by trained personnel who will monitor and render the safe use of the aquatic environment. The qualification makes provision for a measure of personal autonomy, judgment, research and self-direction in developing professional life guarding competencies. Since there is no margin for error where human lives are at risk, it is justified to expect the lifeguard to take responsibility for leading and developing colleagues working at lower levels. A great deal of responsibility rests on the lifeguard's shoulders. The result is a qualification that is devoted to developing the fitness, skills and mental attitudes necessary to save lives in swimming pools, open water and surf while acting alone or in a team.

The attainment of the qualification should allow for progression, and an improvement in status and job opportunities. A safer water environment should also allow more people to enjoy aquatic pursuits. It could have a ripple effect on other services, and be of consequent benefit to the economy and the sports sub-field as a whole.

#### **RECOGNIZE PREVIOUS LEARNING?**

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#### **LEARNING ASSUMED IN PLACE**

- Communication at NQF Level 3.
- Mathematical Literacy NQF Level 3.
- Basic First Aid competencies recommended by the Department of Labour.
- Swimming ability as required by the International Life Saving Association to which Life Saving South Africa belongs.

Recognition of Prior Learning:

This Qualification can be achieved wholly or in part through the Recognition of Prior Learning and the Qualification may be granted to learners who have acquired the skills and knowledge without attending formal courses providing they can demonstrate competence in the outcomes of the individual Unit Standards as required by the Fundamental, Core and Elective areas stipulated in the Qualification and by the Exit Level Outcomes.

An RPL process may also be used to credit learners with Unit Standards in which they have developed the necessary competency as a result of workplace and experiential learning.

Learners submitting themselves for RPL should be thoroughly briefed prior to the assessment, and will be required to submit a Portfolio of Evidence in the prescribed format to be assessed for formal recognition. While this is primarily a workplace-based Qualification, evidence from other areas of endeavour may be introduced if pertinent to any of the exit level outcomes.

Range: International Life Saving Association requirements are that all Life savers should be 16 years and older and that they are able to complete a 400 metre swim in 8 minutes.

Access to the Qualification:

Access is open to all learners who are able to swim 400 metres within the specified time.

**QUALIFICATION RULES**

The qualification consists of fundamental, core and elective unit standards. A minimum of 127 credits is required to achieve the qualification. The credits are allocated as follows:

Fundamental Component (56 credits) Compulsory for all learners:

The Fundamental Component consists of the following learning, which is compulsory for all learners:

- Unit standards at Level 4, totaling 16 credits in Mathematical Literacy.
- Unit standards at Level 4, totaling 20 credits in Communication in a First South African language.
- Unit standards at Level 3, totaling 20 credits in Communication in a Second South African language.

It is therefore compulsory for learners to do Communication in two different South African language, one at Level 4 and the other at Level 3.

Core Component (51 credits) Compulsory for all learners.

Elective Component:

Learners are to choose unit standards totaling a minimum of 20 credits from those listed as electives.

**EXIT LEVEL OUTCOMES**

Qualifying learners will be able to:

1. Undertake lifeguarding duties individually and as part of a team.
2. Carry out first aid, including cardio-pulmonary resuscitation.
3. Undertake general lifeguarding duties.
4. Provide assistance to senior administrators.

**ASSOCIATED ASSESSMENT CRITERIA**

Associated Assessment Criteria for Exit Level Outcome 1:

1. Threats are identified and countered with standard actions and reactions.
2. The distress of potential accident victims is recognised and victims are safeguarded using lifeguarding techniques.
3. Rescues are carried out under a variety of circumstances according to standard practice.
4. After-care is done, following which patients are handed over, where appropriate, to trained medical personnel.

Associated Assessment Criteria for Exit Level Outcome 2:

1. First aid is carried out to counter a variety of conditions related to accidents in the aquatic environment using accepted methods.
2. Rescue breathing and cardio-pulmonary resuscitation are rendered effectively in accordance with need and against prescribed techniques.
3. Seriously injured individuals are transported in order to receive appropriate medical care as per normal procedure.

**Associated Assessment Criteria for Exit Level Outcome 3:**

1. Safe bathing sites are managed effectively and according to best practice.
2. Special individual needs are accommodated during the course of duties as per relevant policy.
3. Rescue sites are managed and crowd control implemented according to relevant procedure.
4. Communications are maintained within the work environment and with outside rescue services as necessary, in line with standard practice.
5. The theory underpinning professional behaviour is understood and put into practice in accordance with policy and procedure.

**Associated Assessment Criteria for Exit Level Outcome 4:**

1. The workplace activities of a lifesaving squad are enhanced by skilled individual input.
2. All required documentation and record-keeping is completed according to organizational requirements.
3. Liaison is undertaken with all key roleplayers such as the municipality concerned in terms of legislation and relevant policy.
4. Work is undertaken in accordance with legislative and regulatory guidelines.
5. Conflict resolution is undertaken as necessary within the scope of respect for human rights.

**Integrated assessment:**

Integrated assessment ensures the combination of allied skill-complexes and knowledge across a range of unit standards in the achievement of significant, complex tasks central to the qualification. The integrated assessment should therefore ensure that:

- Competence is demonstrated by means of the execution of practical activities in the workplace that show an application of the embedded knowledge and values inherent in the tasks.
- There is a clear grasp of the foundations upon which the activity is built, including principles, concepts and theory.

The achievement of the above necessitates assessment methods relevant to practical performance in the workplace. These must be open, transparent, fair, valid and reliable. No learner may be disadvantaged by extraneous factors. Equity is achieved best if a range of assessment methods is used. These must be appropriate to the various contexts used, always inevitably related to the workplace. Simulations, case studies and role plays may be used, but these should be as close to the actual context as possible.

Wherever possible skills, knowledge, attitudes and values should be incorporated in the integrated assessment so that the reality of the workplace environment is replicated. Combinations of foundational, practical and reflective competence should be assessed without any component of the specific outcomes, embedded knowledge and critical cross-field outcomes being left out.

**INTERNATIONAL COMPARABILITY**

Best practice in lifeguarding is carried out according to The International Life Saving (ILS) policies procedures and requirements. The ILS is an international body that controls the training and accreditation of international life savers. ILS has approximately 100 member countries, which include the following full member and associate member states.

**Full membership:****Africa:**

- Botswana: Botswana Life Saving Association.
- Egypt: Egyptian Underwater and Lifesaving Federation.
- Kenya: Kenya Life Saving and Lifeguarding Association.
- South Africa: Lifesaving South Africa.
- Seychelles: Seychelles Lifesaving Brigade.

#### America:

- Brazil: Brazilian Life Saving Society.
- Chile: SEAL - Chilean Lifeguarding and Rescue.
- Canada: Lifesaving Society - Société de Sauvetage.
- Mexico: Mexican Lifeguard Association.
- Argentina: Professional Team for Aquatic Rescues.
- Jamaica: Royal Life Saving Society - Jamaica.
- Saint Lucia: St. Lucia Life Saving Association.
- Trinidad & Tobago: Trinidad and Tobago Life Saving Society.
- USA: USLA - United States Lifesaving Association.

#### Asia-Pacific

- China: China Life Saving Association.
- Japan: Japan Lifesaving Association.
- Sri Lanka: Life Saving Association of Sri Lanka.
- Kazakhstan: Life Saving Association of the Republic of Kazakhstan.
- Malaysia: Life Saving Society Malaysia.
- Macau: Lifesaving Association of Macau.
- Iran: Lifesaving Federation of the Islamic Republic of Iran.
- Taiwan: National - National Water Life Saving Association of the Republic of China.
- Qatar: Qatar Swimming and Lifesaving Association.
- India: Rashtriya - Rashtriya Life Saving Society of India.
- Fiji: Royal Life Saving Society of Fiji.
- Singapore: Singapore Life Saving Society.
- Indonesia: Surf Life Saving Association of Indonesia.
- Australia: Surf - Surf Life Saving Australia.
- New Zealand: Surf - Surf Life Saving New Zealand.
- Hong Kong: The Hong Kong Life Saving Society.
- Australia: Royal - The Royal Life Saving Society Australia.

#### Europe:

- Austria: Austrian Water Rescue Federation.
- Belgium: Belgian Life Saving Federation.
- Bulgaria: Bulgarian Red Cross - Water Life Saving Service.
- Croatia: Croatian Red Cross.
- Cyprus: Cyprus Life Saving Association.
- Denmark: Danish Swimming Federation.
- Estonia: Estonian Life Saving.
- Finland: Finnish Association for Swimming Instruction and Life Saving.
- France: French Federation of Lifesaving and First Aid.
- Germany: DLRG - German Life Saving Association.
- Greece: Hellenic Red Cross - Volunteering Samaritan Corps.
- Hungary: Hungarian Life Saving Federation.
- Ireland: Irish Water Safety.
- Italy: Italian Swimming Federation - Lifesaving Section.
- Latvia: Latvian Life Saving Society.

- Netherlands: KNBRD - Lifesaving Brigades - The Netherlands.
- Lithuania: Lithuanian Water Rescue Association.
- Macedonia: Macedonian Red Cross - Water Safety Expert Centre.
- Montenegro: Montenegro Red Cross.
- Romania: National Ass. of Professional Divers and Lifeguards from Romania.
- Norway: Norwegian Lifesaving Society.
- Poland: Polish Life Saving Federation.
- Portugal: ISN - Portuguese Institute for Lifesaving.
- United Kingdom RLSS: Royal Life Saving Society - United Kingdom.
- Russia: Russian Life Saving Society.
- Serbia: Serbia Red Cross Society.
- Slovenia: Slovenian Lifesaving Federation.
- Spain: Spanish Lifesaving Federation.
- Azerbaijan: State Water Rescue Service of Azerbaijan.
- Great Britain: Surf - Surf Life Saving Association of Great Britain.
- Sweden: Swedish Life Saving Society.
- Switzerland: Swiss Lifesaving Society.
- Israel: The Israeli Association for Bathing, Drowning Prevention and Lifesaving.
- Turkey: Turkish Underwater Sports Federation.
- Czech Republic: Water Rescue Service - Czech Red Cross.
- Slovakia: Water Rescue Service of Slovak Red Cross.
- Ukraine: Water Rescue Society of Ukraine.

#### Associate Member Countries:

##### Africa:

- Mauritius: Life Saving Society - Mauritius.

##### America:

- USA: Red Cross - American Red Cross.
- Chile: CUSESA - Chilean Life Saving Association.
- Venezuela: National Federation of YMCA Venezuela.
- USA: YMCA - YMCA of the USA.

##### Asia-Pacific:

- India: Society - Indian Life Saving Society.
- Pakistan: PALS - Pakistan Aquatic Life Saving.
- Palestine: Palestinian Swimming and Aquatic Sports Federation.

##### Europe:

- Germany: DRK - German Red Cross.
- Portugal: ASNASA - Life Saving Society - ASNASA.
- United Kingdom RNLI: Royal National Lifeboat Institution.

All the ILS countries above follow the ILS prescriptions in training by including the competencies below:

- Undertaking and managing life guarding and rescue operations.
- Undertaking and managing First aid.
- Carrying out life guarding duties.
- Providing assistance to senior administrators.

- Physical and mental fitness.

A range of specialised certificates are offered in ILS member states such as:

- International Junior Lifesaver.
- International Lifesaver.
- International Pool Lifeguard.
- International Inland Open Water Lifeguard.
- International Surf Lifeguard.
- International Lifesaver/Lifeguard Instructor.
- Overview of Rescue Diver's Certificates.
- International Open Water Diver (\*).
- International Rescue Diver (\*\*).
- International Rescue Dive Master (\*\*\*).
- International Rescue Dive Instructor \*.
- International Rescue Dive Instructor \*\*.
- International Rescue Dive Instructor \*\*\*.
- International Rescue Boat Crew.
- International Rescue Boat Driver.
- International AED Certificate.
- International Jet Ski Operator.

This qualification aligns to the above requirements with various specialisations.

International comparison has been done against training in ILS countries offering accredited life guarding programmes.

This qualification has been benchmarked against qualifications in Australia, Canada, UK and the United States of America, and shows a substantial degree of similarity, while encompassing unique areas to ensure its relevance to the local context.

The mandatory addition of an understanding of inclusion and practical experience in managing persons with disabilities is unique to South Africa and may be regarded as a reflection of the commitment to equity in the South African Constitution.

Commonwealth countries generally follow the Royal Life Saving Society (RLSS) UK programme with minor local modifications. The South and Central American countries generally follow either the USA or Canada in terms of qualifications. The Pacific Rim countries were mentored mainly by Australia and they set up their programmes in similar fashion. In Africa only South Africa and Egypt have established qualifications and the rest follow either South African methods or the RLSS. European Countries each have their own programmes and are all very similar to ILS.

Surf life guarding is dominated by South Africa and Australia particularly in the southern hemisphere.

When comparing the qualifications from these countries it became apparent that the key competencies are all very similar to our qualification, the difference being the SAQA requirement to include Fundamental areas of learning.

**Australia:**

In Australia there are 2 streams, namely the Surf Life Saving Australia and the Royal Life Saving Society. All programmes align to the ILS recommendations.

**United States of America:**



The USA has a couple of different programmes of which the American Red Cross programme is most appropriate as it covers most of the relevant areas, namely surf, pool and waterfront.

The core competencies are however similar to ILS requirements.

United Kingdom:

The UK has 2 streams, namely the Surf Life Saving Association of Great Britain and the Royal Life Saving Society. They have been compared separately as the RLSS programme is widely used in Commonwealth countries, particularly those in Africa and Asia. The core competencies are however similar to ILS requirements.

Canada:

In Canada, the Lifesaving Society of Canada (LSS) certifies all lifeguards. The life guarding certification is the National Lifeguard Service (NLS). The Canadian NLS programme is split into 4 separate specialisations, pool, water park, waterfront and surf. All candidates must complete the core elements, which are basic life guarding skills and essential knowledge for any aquatic facility. The candidate can then choose whichever option they wish to be certified in. The core competencies are similar to ILS requirements.

International Comparability of Competencies:

South Africa:

- Communication.
- Maths.
- Second language.
- Administration:
  - Incident report.
  - Duty reports.
  - Duty administration.
  - Administrative support.
- Legislation:
  - OHSA.
- Pre-requisites:
  - 16 years or old.
  - Swim 400m in 8mins or less.
- Site Management:
  - EAP.
  - Duty Squads.
  - Uniform.
  - Water parks.
  - Supervision of specific pools.
- Communication:
  - Signs & Signals.
  - Information signs.
  - Hand/Arm signals.
  - Whistle signals.
  - Two-way radio-inter/ext.
- Rescues:
  - Rescue Theory.
  - Characteristics of a person in difficulty.
  - Scanning techniques.
  - Defensive techniques.

- Techniques for escaping.
- Pool lifesaving.
- Open water lifesaving.
- Surf lifesaving.
- Environmental conditions:
  - Deep water.
  - Shallow water.
  - River currents.
  - Surf.
  - Strong wind.
  - Risk taking behaviour.
- Water rescue skills:
  - Reaching/throwing.
  - Rowing.
  - Flotation aid.
  - Non swimming rescues.
  - Contact/non contact/wade/accompanied.
  - Deep water resuscitation.
  - Evaluate aquatic environment.
  - Spinal injuries.
  - Extended arm roll over.
  - Recover and immobilise spinal injury face up/face down.
  - Observation and scanning techniques.
  - Rescue craft.
  - Use of lifesaving equipment.
  - Entries & removals in still water and surf conditions.
- First Aid Kits:
  - OHSA standard.
- First Aid:
  - Shock.
  - Choking.
  - Bleeding.
  - Wounds.
  - Fractures, Sprains & strains.
  - Severe bleeding.
  - Multiple victims.
  - Epileptic seizures.
  - Severe asthma attacks.
  - Bee stings.
  - Spinal cord injury.
  - Head Injuries.
  - Heart Attack.
  - Effects of heat & cold.
  - Electrical shock.
  - Poisoning.
  - Burns & scalds.
  - Contact EMS.
  - Immobilise possible spinal injury on land.
  - Injury Management.
- CPR:
  - ILCOR Resuscitation standards.
  - Adult/child CPR.
  - Two rescue adult.
  - Infant CPR.
  - Complications.

- Gastric distention.
- Mouth to nose/jaw thrust.
- Pregnant woman.
- Obese person.
- Manage vomiting.
- Scene assessment.
- Equipment and Maintenance:
- Reaching aids.
- Ropes.
- Flotation aids.
- Flippers.
- Rescue tube.
- Spine board.
- Rescue board.
- Physiology & Anatomy:
- Functions of circulatory, skeletal, respiratory and nervous systems.
- Special Needs:
- Cultural diversity.
- Management.
- Exercise and Fitness.
- Water Parks:
- River rides (continuous/Stop and go/slow/Activity).
- Wave pools.
- Evaluate potential hazards.
- Water Safety:
- Swim and survive.
- Entries/exits.
- Forward and backward somersaults.
- Sculling.
- Surface dives.
- Underwater swimming.
- Survival strokes.
- pfd.
- Swim in clothes.
- Throwing.
- Surveillance.
- Egg beater kick.
- IRB Crewing:
- IRB Driver.
- Helicopter Crew.

Canada:

- Incident report.
- Duty reports.
- Legal obligations.
- Duty of care, liability and negligence.
- OHS.
- 16 years or old.
- Hold Bronze Medal.
- Current First Aid.
- Analyse surf conditions.
- Pool water and chemicals.
- Safety for water park features,incl wave pools.
- Signs & Signals.

- Communication.
- Recognition of swimmers and non swimmers.
- Deep water.
- Shallow water.
- River currents.
- Surf.
- Strong wind.
- Risk taking behaviour.
- Evaluate aquatic environment.
- Recover and immobilise spinal injury face up/face down.
- Underwater search.
- Non contact rescue.
- Non breathing victim.
- Non contact low risk Non breathing victim in unsupervised environment.
- Drowning victim.
- Get out of water using your arms to lift yourself.
- Control carry.
- Observation and scanning techniques.
- Paddle board/rescue craft.
- Use of skin-diving skills (mask, fins and snorkel).
- Effective search.
- Rescue in surf conditions.
- Respond as a single lifeguard/member of team.
- Legislated standard.
- Shock.
- Choking.
- Bleeding.
- Heart attack.
- Angina.
- Stroke.
- TIA.
- Level of consciousness.
- Vital signs.
- Head to toe survey.
- History.
- Hypothermia.
- Primary assessment Contact EMS.
- Immobilise possible spinal injury on land.
- ILCOR Resuscitation.
- Standards.
- Adult/child CPR.
- Two rescue adult.
- Infant CPR.
- Complications.
- Gastric distention.
- Mouth to nose/stoma/jaw thrust.
- Pregnant woman.
- Obese person.
- Manage vomiting.
- Scene assessment.
- Life guarding of various types of slides (moderate/high speed/drop off/free fall/kiddie).
- River rides (continuous/Stop and go/slow/Activity).
- Wave pools.
- Evaluate potential hazards.

- Appropriate entries and removals from wave pools/slides/catch basins and other park apparatus.
- Work as a team/spinal and injury/water slide flume.
- Entries.
- Exits.
- Forward and backward somersaults.
- Sculling.
- Surface dives.
- Underwater swimming.
- Survival strokes.
- pfd.
- Swim in clothes.
- Throwing.
- Surveillance.
- Egg beater kick.
- Head first entry.
- Compact jump.
- Support and carry a weighted object in deep water.
- Assist the removal of a conscious victim.
- Weak swimmer.
- Non swimmer.
- Unconscious victim.
- Non contact rescue.
- Whistle signals.
- Hand signals.
- Water search.

UK Royal:

- Incident report.
- The Law, Regulations and Codes of Practice.
- Swim 50m in 1min or less.
- Surface dive in deep water.
- Design and Risk factors.
- Duty Squads.
- Uniform.
- EAP.
- Play equipment.
- Diving and jumping.
- Water parks.
- Supervision of specific pools/zones.
- Rotation.
- Signs & Signals.
- Communication.
- Two-way radios.
- Principles of pool lifesaving.
- Scanning techniques.
- Reaching/throwing.
- Contact.
- Conscious.
- Unconscious.
- Spinal Cord.
- Legislated standard.
- Shock.
- Choking.

- Bleeding.
- Wounds.
- Fractures, Sprains & strains.
- Spinal cord injury.
- Head Injuries.
- Heart Attack.
- Effects of heat & cold.
- Electrical shock.
- Poisoning.
- Burns & scalds.
- ILCOR Resuscitation standards.
- Adult/child CPR.
- Two rescue adult.
- Infant CPR.
- Complications.
- Gastric distention.
- Mouth to nose/jaw thrust.
- Pregnant woman.
- Obese person.
- Special Needs.
- Life guarding of various types of slides (moderate/high speed/drop off/free fall/kiddie).
- River rides (continuous/Stop and go/slow/Activity).
- Wave pools.
- Evaluate potential hazards.
- Appropriate entries and removals from wave pools/slides/ catch basins and other park apparatus.
- Work as a team/spinal and injury/water slide flume.
- Swim and survive.
- Entries/exits.
- Forward and backward somersaults.
- Sculling.
- Surface dives.
- Underwater swimming.
- Survival strokes.
- pfd.
- Swim in clothes.
- Throwing.
- Surveillance.
- Egg beater kick.

UK National:

- Incident report.
- The Lifeguard, the Law, Regulations and Codes of Practice.
- EAP.
- Design and Risk factors.
- Duty Squads.
- Uniform.
- Play equipment.
- Diving and jumping.
- Water parks.
- Supervision of specific pools.
- Signs & Signals.
- Communication.
- Principles of pool lifesaving.

- Reaching/throwing.
- Contact.
- Conscious.
- Unconscious.
- Spinal Cord.
- Water search procedure.
- Legislated standard.
- Shock.
- Choking.
- Bleeding.
- Wounds.
- Fractures, Sprains & strains.
- Spinal cord injury.
- Head Injuries.
- Heart Attack.
- Effects of heat & cold.
- Electrical shock.
- Poisoning.
- Burns & scalds.
- ILCOR Resuscitation standards.
- Adult/child CPR.
- Two rescue adult.
- Infant CPR.
- Complications.
- Gastric distention.
- Mouth to nose/jaw thrust.
- Pregnant woman.
- Obese person.
- United States of America.
- Incident report.
- Duty reports.
- 16 years or old.
- Swim 500m in 10mins or less.
- EAP.
- Work as a team.
- Signs & Signals Information signs.
- Hand/Arm signals.
- Whistle signals.
- Two-way radio-inter/ext.
- Defensive techniques.
- Techniques for escaping.
- Deep water.
- Shallow water.
- River currents.
- Surf.
- Strong wind.
- Risk taking behaviour.
- Reaching/throwing.
- Contact.
- Conscious.
- Unconscious.
- Spinal Cord.
- Use of flotation aids.
- Legislated standard.
- Identify head, neck & back injuries and methods of handling.

- Symptoms and treatment of injuries caused by.
- Dangerous water animals and organisms.
- Drugs/Alcohol.
- Heat cramp/heat exhaustion/heat stroke.
- Sunburn.
- Hypothermia.
- Water Aspiration.
- ILCOR Resuscitation standards.
- Adult/child CPR.
- Two rescue adult.
- Infant CPR.
- Complications.
- Gastric distention.
- Mouth to nose/jaw thrust.
- Pregnant woman.
- Obese person.
- Reaching aids.
- Ropes.
- Flotation aids.
- Flippers.
- Rescue tube.
- Spine board.
- Rescue board.

Australia:

- Incident report.
- Duty reports.
- OH&S.
- Duty of Care.
- 15 years or old.
- Swim 400m in 9mins or less.
- EAP (rescue plan).
- Self preservation.
- Personal capabilities.
- Available assistance.
- Rescue aids.
- Nature of the area.
- Number of people.
- Priorities of rescue.
- Work as a team.
- Signs & Signals Information signs.
- Hand/Arm signals.
- Whistle signals.
- Two-way radio-inter/ext.
- Rescue theory.
- Characteristics of a person in difficulty.
- Factors that contribute to aquatic emergencies.
- Scanning techniques.
- Deep water.
- Shallow water.
- River currents.
- Surf- waves, rips, holes.
- Strong wind.
- Risk taking behaviour.



- Types of beaches.
- Weather.
- Reaching/throwing.
- Rowing.
- Flotation aid.
- Non swimming rescues.
- Contact/non contact.
- wade/accompanied.
- Extended arm roll over.
- Spine board.
- Spine immobilisation collar.
- Water search procedure.
- Deep water resuscitation.
- Use of fins, rescue tube & rescue board.
- Body surfing.
- Legislated standard.
- Shock.
- Choking.
- Bleeding.
- Contact EMS.
- Minor Aquatic emergencies.
- Bee sting.
- Minor bleeding.
- Gutter grabbers.
- Swimmer in difficulty.
- Injured swimmer.
- Unexpected submersions.
- Major Emergencies.
- Envenomation.
- Sudden unconsciousness.
- Heart attack.
- Severe bleeding.
- Multiple victims.
- Epileptic seizures.
- Severe asthma attacks.
- ILCOR Resuscitation standards.
- Adult/child CPR.
- Two rescue adult.
- Infant CPR.
- Complications.
- Gastric distention.
- Mouth to nose/jaw thrust.
- Pregnant woman.
- Obese person.
- Reaching aids.
- Ropes.
- Flotation aids.
- Flippers.
- Rescue tube.
- Spine board.
- Spinal immobilisation collar.
- Rescue board.
- Oxygen resuscitation equipment.
- Functions of circulatory, skeletal, respiratory and nervous systems.
- Swim and survive.

- Entries/exits.
- Forward and backward somersaults.
- Sculling.
- Surface dives.
- Underwater swimming.
- Survival strokes.
- pfd.
- Swim in clothes.
- Throwing.
- Surveillance.
- Egg beater kick.

Conclusion:

This qualification aligns to ILS requirements. The qualification has one programme for all lifeguards and elective specialisations will be developed to cover all aquatic sports and recreation activities. It is evident that this qualification will meet international standards while retaining its unique South African relevance.

### **ARTICULATION OPTIONS**

Possibilities for horizontal articulation outside of this environment include:

- National Certificate: Sport coaching, NQF Level 4.

Possibilities for vertical articulation include:

- National Diploma: Sport Administration, NQF Level 5.

### **MODERATION OPTIONS**

- Anyone assessing a learner, or moderating the assessment of a learner, against this Qualification must be registered as an assessor or moderator with the relevant Education and Training Quality Assurance body (ETQA), or with an ETQA that has a Memorandum of Understanding (MOU) with the relevant ETQA.
- Any institution offering learning that will enable the achievement of this Qualification must be accredited as a provider with the relevant ETQA, or with an ETQA that has an MOU with the relevant ETQA.
- Assessment and moderation of assessment will be overseen by the relevant ETQA according to the policies and guidelines for assessment and moderation of that ETQA, in terms of agreements reached around assessment and moderation between various ETQAs (including professional bodies), and in terms of the moderation guideline detailed immediately below.
- Moderation must include both internal and external moderation of assessments at all exit points of the Qualification, unless ETQA policies specify otherwise. Moderation should also encompass achievement of the competence described both in individual Unit Standards as well as the integrated competence described in the Exit Level Outcomes of the Qualification.
- Anyone wishing to be assessed against this Qualification may apply to be assessed by any assessment agency, assessor or provider institution that is accredited by the relevant ETQA, or with an ETQA that has an MOU with the relevant ETQA.

### **CRITERIA FOR THE REGISTRATION OF ASSESSORS**

For an applicant to register as an assessor or moderator of this Qualification the applicant needs:

- To be registered as an assessor with the relevant ETQA.
- To be in possession of a relevant Qualification at a higher level.
- 2 years practical and relevant occupational experience.

**UNIT STANDARDS**

	ID	UNIT STANDARD TITLE	LEVEL	CREDITS
Fundamental	119472	Accommodate audience and context needs in oral/signed communication	Level 3	5
Fundamental	119457	Interpret and use information from texts	Level 3	5
Fundamental	119467	Use language and communication in occupational learning programmes	Level 3	5
Fundamental	119465	Write/present/sign texts for a range of communicative contexts	Level 3	5
Fundamental	12155	Apply comprehension skills to engage written texts in a business environment	Level 4	5
Fundamental	9015	Apply knowledge of statistics and probability to critically interrogate and effectively communicate findings on life related problems	Level 4	6
Fundamental	119462	Engage in sustained oral/signed communication and evaluate spoken/signed texts	Level 4	5
Fundamental	119469	Read/view, analyse and respond to a variety of texts	Level 4	5
Fundamental	9016	Represent analyse and calculate shape and motion in 2- and 3-dimensional space in different contexts	Level 4	4
Fundamental	7468	Use mathematics to investigate and monitor the financial aspects of personal, business, national and international issues	Level 4	6
Fundamental	119459	Write/present/sign for a wide range of contexts	Level 4	5
Core	255825	Care for and maintain lifeguarding/lifesaving equipment	Level 3	3
Core	255818	Perform rescue breathing and cardio-pulmonary resuscitation	Level 3	2
Core	255816	Control the activities of a lifeguarding duty squad and liaise with key roleplayers in the provision of services	Level 4	5
Core	255820	Ensure the safety of participants during life guarding/lifesaving competitions	Level 4	2
Core	255838	Execute a number of contact and non-contact aquatic rescues and releases using different techniques in pool, open water and surf	Level 4	2
Core	255824	Explain and apply the ethical principles underpinning life guarding and lifesaving	Level 4	3
Core	255835	Identify, understand and contain threats affecting the safety of participants in aquatic activities	Level 4	4
Core	255829	Make use of appropriate signs and signals in a Lifeguarding/Lifesaving scenario	Level 4	2
Core	255828	Manage suspected spinal injuries in the aquatic environment	Level 4	4
Core	255837	Participate in a mass aquatic rescue	Level 4	2
Core	255817	Perform basic radio communication procedures and functions	Level 4	4
Core	255836	Understand and work within relevant legislation, policies and guidelines affecting a service organisation	Level 4	3
Core	255834	Undertake a deep-water rescue involving rescue breathing	Level 4	3
Core	255830	Undertake rescues using non-motorised lifesaving rescue equipment	Level 4	2
Core	255814	Undertake the transportation of patients suffering from the effects of different types of aquatic incidents	Level 4	2
Core	255815	Accommodate special needs in the discharge of lifeguarding duties	Level 5	3
Core	255823	Identify and apply ethical behaviour and team discipline	Level 5	5
Elective	255822	Assist as a lifeguarding crewman in undertaking aquatic rescues from a motorised rescue craft	Level 4	5
Elective	255821	Conduct a practical outdoor demonstration of lifeguarding skills	Level 4	5
Elective	255819	Maintain and operate a motorised rescue craft in the aquatic zone	Level 4	5
Elective	117871	Facilitate learning using a variety of given methodologies	Level 5	10

	<b>ID</b>	<b>UNIT STANDARD TITLE</b>	<b>LEVEL</b>	<b>CREDITS</b>
Elective	255826	Operate as crewman in assisting in an aquatic rescue from a helicopter	Level 5	5
Elective	255827	Undertake an aquatic rescue from a helicopter	Level 5	5

**LEARNING PROGRAMMES RECORDED AGAINST THIS QUALIFICATION***None*



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:**

***Undertake the transportation of patients suffering from the effects of different types of aquatic incidents***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255814	Undertake the transportation of patients suffering from the effects of different types of aquatic incidents		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>		<b>SUBFIELD</b>	
2 - Culture and Arts		Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	2

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Identify various types of aquatic incidents a lifeguard might have to respond to.

**SPECIFIC OUTCOME 2**

Identify the characteristics, treatment and transport needs of various types of aquatic casualties.

**SPECIFIC OUTCOME 3**

Identify and explain the uses of various non-motorised aquatic rescue equipment to effect transport.

**SPECIFIC OUTCOME 4**

Respond to a patient and transport him/her to safety unaided by equipment.

**SPECIFIC OUTCOME 5**

List actions to take to prevent and manage incidents at aquatic sites.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

### UNIT STANDARD:

#### *Accommodate special needs in the discharge of lifeguarding duties*

SAQA US ID	UNIT STANDARD TITLE		
255815	Accommodate special needs in the discharge of lifeguarding duties		
ORIGINATOR		PROVIDER	
SGB Sport, Recreation & Fitness			
FIELD		SUBFIELD	
2 - Culture and Arts		Sport	
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
Undefined	Regular	Level 5	3

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

#### **SPECIFIC OUTCOME 1**

Identify people with special needs.

#### **SPECIFIC OUTCOME 2**

Explain strategies used to assist, support and care for people with special needs that use the aquatic environment for recreation.

#### **SPECIFIC OUTCOME 3**

Undertake the sensitive accommodation of people with special in area of operations.

#### **SPECIFIC OUTCOME 4**

Maintain a logbook and undertake a self-appraisal to determine the ability to meet a range of special needs.

#### **QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	ID	QUALIFICATION TITLE	LEVEL
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:**

**Control the activities of a lifeguarding duty squad and liaise with key roleplayers in the provision of services**

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255816	Control the activities of a lifeguarding duty squad and liaise with key roleplayers in the provision of services		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>		<b>SUBFIELD</b>	
2 - Culture and Arts		Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	5

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Explain the need to control the lifeguard squad and liaise with municipal authorities.

**SPECIFIC OUTCOME 2**

Identify the needs, limitations, interests and expectations of the duty squad and municipal authorities.

**SPECIFIC OUTCOME 3**

Play a leadership role with the duty squad, municipal authorities and members of the public.

**SPECIFIC OUTCOME 4**

Maintain the operational standards of the squad.

**SPECIFIC OUTCOME 5**

Reflect on the squad members' performance.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core 61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:*****Perform basic radio communication procedures and functions***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255817	Perform basic radio communication procedures and functions		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>		<b>SUBFIELD</b>	
2 - Culture and Arts		Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	4

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Demonstrate the standard operating procedures for hand-held radios.

**SPECIFIC OUTCOME 2**

Maintain basic radio equipment.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4





## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:*****Perform rescue breathing and cardio-pulmonary resuscitation***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255818	Perform rescue breathing and cardio-pulmonary resuscitation		
<b>ORIGINATOR</b>			<b>PROVIDER</b>
SGB Sport, Recreation & Fitness			
<b>FIELD</b>			<b>SUBFIELD</b>
2 - Culture and Arts			Sport
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 3	2

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Describe the structures and functions of the circulatory, respiratory, skeletal and nervous systems as they impact on resuscitation methods.

**SPECIFIC OUTCOME 2**

Perform rescue breathing (expired air resuscitation) according to specific standards.

**SPECIFIC OUTCOME 3**

Perform cardio-pulmonary resuscitation for adults, children and infants according to specific standards.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:****Maintain and operate a motorised rescue craft in the aquatic zone**

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255819	Maintain and operate a motorised rescue craft in the aquatic zone		
<b>ORIGINATOR</b>	<b>PROVIDER</b>		
SGB Sport, Recreation & Fitness			
<b>FIELD</b>	<b>SUBFIELD</b>		
2 - Culture and Arts	Sport		
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	5

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Understand the operational capabilities of the craft.

**SPECIFIC OUTCOME 2**

Ensure regular maintenance of the motorised rescue craft.

**SPECIFIC OUTCOME 3**

Drive and navigate the craft under various conditions.

**SPECIFIC OUTCOME 4**

Handle and maneuver the craft in the conduct of rescues.

**SPECIFIC OUTCOME 5**

Return to shore safely.

**SPECIFIC OUTCOME 6**

Perform roll-over and re-start procedures.

**SPECIFIC OUTCOME 7**

Conclude the use of the craft effectively.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Elective	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:***Ensure the safety of participants during life guarding/lifesaving competitions*

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255820	Ensure the safety of participants during life guarding/lifesaving competitions		
<b>ORIGINATOR</b>	<b>PROVIDER</b>		
SGB Sport, Recreation & Fitness			
<b>FIELD</b>	<b>SUBFIELD</b>		
2 - Culture and Arts	Sport		
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	2

*This unit standard does not replace any other unit standard and is not replaced by another unit standard.*

**SPECIFIC OUTCOME 1**

Site the competition area to maximise safety.

**SPECIFIC OUTCOME 2**

Determine, assemble and ensure manpower and equipment sufficient for the safety squad.

**SPECIFIC OUTCOME 3**

Use appropriate methods and lines of communication between the safety squad, competition officials and hosting committee.

**SPECIFIC OUTCOME 4**

Access external services as necessary and establish close communications.

**SPECIFIC OUTCOME 5**

Manage possible environmental effects on the running of the competition.

**SPECIFIC OUTCOME 6**

Analyse the performance of the safety squad and participate in the recommendation of changes that could lead to improvements.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:*****Conduct a practical outdoor demonstration of lifeguarding skills***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255821	Conduct a practical outdoor demonstration of lifeguarding skills		
<b>ORIGINATOR</b>	<b>PROVIDER</b>		
SGB Sport, Recreation & Fitness			
<b>FIELD</b>	<b>SUBFIELD</b>		
2 - Culture and Arts	Sport		
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	5

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Select, develop and research significant skills from the field of lifeguarding.

**SPECIFIC OUTCOME 2**

Prepare an outdoor event where lifeguarding can be demonstrated.

**SPECIFIC OUTCOME 3**

Present the practical demonstration with suitable communication to the audience.

**SPECIFIC OUTCOME 4**

Conduct a question and answer session with appropriate public education.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Elective	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:**

***Assist as a lifeguarding crewman in undertaking aquatic rescues from a motorised rescue craft***

SAQA US ID	UNIT STANDARD TITLE		
255822	Assist as a lifeguarding crewman in undertaking aquatic rescues from a motorised rescue craft		
ORIGINATOR		PROVIDER	
SGB Sport, Recreation & Fitness			
FIELD		SUBFIELD	
2 - Culture and Arts		Sport	
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
Undefined	Regular	Level 4	5

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Understand the operational capabilities of the craft.

**SPECIFIC OUTCOME 2**

Act as crewman in a motorised rescue craft.

**SPECIFIC OUTCOME 3**

Assist with the launch and initial approach to the patient.

**SPECIFIC OUTCOME 4**

Conduct an aquatic rescue from the craft.

**SPECIFIC OUTCOME 5**

Conclude the rescue effectively.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	ID	QUALIFICATION TITLE	LEVEL
Elective	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:*****Identify and apply ethical behaviour and team discipline***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255823	Identify and apply ethical behaviour and team discipline		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>		<b>SUBFIELD</b>	
2 - Culture and Arts		Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 5	5

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Establish policies on behaviour and discipline.

**SPECIFIC OUTCOME 2**

Establish consequences to ethical and disciplinary transgressions.

**SPECIFIC OUTCOME 3**

Ensure application of fair play practices.

**SPECIFIC OUTCOME 4**

Maintain procedures for team discipline.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:**

***Explain and apply the ethical principles underpinning life guarding and lifesaving***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255824	Explain and apply the ethical principles underpinning life guarding and lifesaving		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>		<b>SUBFIELD</b>	
2 - Culture and Arts		Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	3

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Differentiate between the concepts life guarding and lifesaving.

**SPECIFIC OUTCOME 2**

Explore the nature of ethical behaviour as related to life guarding.

**SPECIFIC OUTCOME 3**

Analyse the moral issues inherent in preparing for the act of saving lives in dangerous circumstances.

**SPECIFIC OUTCOME 4**

Behave professionally as a lifeguard.

**SPECIFIC OUTCOME 5**

Propose a personal philosophy of life guarding.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:****Care for and maintain lifeguarding/lifesaving equipment**

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255825	Care for and maintain lifeguarding/lifesaving equipment		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>		<b>SUBFIELD</b>	
2 - Culture and Arts		Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 3	3

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Understand the operation of equipment used in lifeguarding.

**SPECIFIC OUTCOME 2**

Handle the equipment with care in the aquatic environment/area of operations.

**SPECIFIC OUTCOME 3**

Effectively maintain and repair lifeguarding equipment.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4





## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:***Operate as crewman in assisting in an aquatic rescue from a helicopter*

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255826	Operate as crewman in assisting in an aquatic rescue from a helicopter		
<b>ORIGINATOR</b>	<b>PROVIDER</b>		
SGB Sport, Recreation & Fitness			
<b>FIELD</b>	<b>SUBFIELD</b>		
2 - Culture and Arts	Sport		
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 5	5

*This unit standard does not replace any other unit standard and is not replaced by another unit standard.*

**SPECIFIC OUTCOME 1**

Support the pilot of a helicopter.

**SPECIFIC OUTCOME 2**

Assist in a helicopter-based aquatic rescue from a helicopter.

**SPECIFIC OUTCOME 3**

Maintain safety during helicopter rescues.

**SPECIFIC OUTCOME 4**

Evaluate own performance in operating as crewman during an aquatic rescue from a helicopter.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Elective	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:*****Undertake an aquatic rescue from a helicopter***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255827	Undertake an aquatic rescue from a helicopter		
<b>ORIGINATOR</b>			<b>PROVIDER</b>
SGB Sport, Recreation & Fitness			
<b>FIELD</b>			<b>SUBFIELD</b>
2 - Culture and Arts			Sport
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 5	5

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Ensure safety when operating in and around a helicopter.

**SPECIFIC OUTCOME 2**

Identify and describe the equipment used in helicopter rescues.

**SPECIFIC OUTCOME 3**

Explain the contexts within which helicopter rescues take place.

**SPECIFIC OUTCOME 4**

Perform a helicopter-based aquatic rescue.

**SPECIFIC OUTCOME 5**

Evaluate own performance in executing the rescue from a helicopter.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Elective	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:*****Manage suspected spinal injuries in the aquatic environment***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255828	Manage suspected spinal injuries in the aquatic environment		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>		<b>SUBFIELD</b>	
2 - Culture and Arts		Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	4

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Analyse and explain the causes of spinal injuries.

**SPECIFIC OUTCOME 2**

Recognise and react to the signs and symptoms of spinal injury.

**SPECIFIC OUTCOME 3**

Handle a patient with suspected spinal injuries appropriately in the aquatic environment.

**SPECIFIC OUTCOME 4**

Immobilise the patient in the aquatic environment.

**SPECIFIC OUTCOME 5**

Remove the patient from the water.

**SPECIFIC OUTCOME 6**

Apply patient after-care and a review.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:**

***Make use of appropriate signs and signals in a Lifeguarding/Lifesaving scenario***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255829	Make use of appropriate signs and signals in a Lifeguarding/Lifesaving scenario		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>	<b>SUBFIELD</b>		
2 - Culture and Arts	Sport		
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	2

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Identify the various safety signs and signals used in the aquatic environment.

**SPECIFIC OUTCOME 2**

Explain the meaning and use of the various safety signs.

**SPECIFIC OUTCOME 3**

Demonstrate lifeguard signals.

**SPECIFIC OUTCOME 4**

Undertake a self-appraisal and suggest a programme to effect improvements in understanding and practical use.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:*****Undertake rescues using non-motorised lifesaving rescue equipment***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255830	Undertake rescues using non-motorised lifesaving rescue equipment		
<b>ORIGINATOR</b>	<b>PROVIDER</b>		
SGB Sport, Recreation & Fitness			
<b>FIELD</b>	<b>SUBFIELD</b>		
2 - Culture and Arts	Sport		
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	2

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Identify and describe the equipment used in rescue.

**SPECIFIC OUTCOME 2**

Explain the contexts within which each piece of identified equipment is used.

**SPECIFIC OUTCOME 3**

Perform specified rescue simulations.

**SPECIFIC OUTCOME 4**

Evaluate the performance in executing the rescues.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:*****Undertake a deep-water rescue involving rescue breathing***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255834	Undertake a deep-water rescue involving rescue breathing		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>		<b>SUBFIELD</b>	
2 - Culture and Arts		Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	3

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Demonstrate and explain water awareness within the operating environment.

**SPECIFIC OUTCOME 2**

Execute a multi-discipline endurance activity competently according to prescribed standards.

**SPECIFIC OUTCOME 3**

Perform Rescue Breathing (expired air resuscitation) competently in deep water according to specific standards.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:**

***Identify, understand and contain threats affecting the safety of participants in aquatic activities***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255835	Identify, understand and contain threats affecting the safety of participants in aquatic activities		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>		<b>SUBFIELD</b>	
2 - Culture and Arts		Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	4

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Position the aquatic activity area to maximise safety.

**SPECIFIC OUTCOME 2**

Prepare to react to incidents arising during the programme of activities.

**SPECIFIC OUTCOME 3**

Respond to incidents.

**SPECIFIC OUTCOME 4**

Conclude the duty.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

### UNIT STANDARD:

***Understand and work within relevant legislation, policies and guidelines affecting a service organisation***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255836	Understand and work within relevant legislation, policies and guidelines affecting a service organisation		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>		<b>SUBFIELD</b>	
2 - Culture and Arts		Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	3

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

#### **SPECIFIC OUTCOME 1**

Understand the Constitution and bye-laws of the organisation.

#### **SPECIFIC OUTCOME 2**

Identify legislation that relates directly to the operation of the organisation.

#### **SPECIFIC OUTCOME 3**

Interpret relevant legislation and guidelines.

#### **QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4





## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:*****Participate in a mass aquatic rescue***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255837	Participate in a mass aquatic rescue		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>		<b>SUBFIELD</b>	
2 - Culture and Arts		Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	2

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Identify and explain the problems associated with undertaking mass rescues.

**SPECIFIC OUTCOME 2**

Recognise distress signs showing the need for a mass rescue in the aquatic environment.

**SPECIFIC OUTCOME 3**

Participate in a mass rescue.

**SPECIFIC OUTCOME 4**

Allocate resources to patient care and manage hand-over.

**SPECIFIC OUTCOME 5**

Evaluate personal performance and suggest improvements.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

	<b>ID</b>	<b>QUALIFICATION TITLE</b>	<b>LEVEL</b>
Core	61509	Further Education and Training Certificate: Lifeguarding	Level 4



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:**

***Execute a number of contact and non-contact aquatic rescues and releases using different techniques in pool, open water and surf***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
255838	Execute a number of contact and non-contact aquatic rescues and releases using different techniques in pool, open water and surf		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
SGB Sport, Recreation & Fitness			
<b>FIELD</b>		<b>SUBFIELD</b>	
2 - Culture and Arts		Sport	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	2

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Identify the various types of rescues and the equipment used in the appropriate circumstances.

**SPECIFIC OUTCOME 2**

Demonstrate and explain the use of the various rescue methods.

**SPECIFIC OUTCOME 3**

Demonstrate and explain the use of the various release methods used in contact rescues.

**SPECIFIC OUTCOME 4**

Evaluate personal performance.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

ID	QUALIFICATION TITLE	LEVEL
Core 61509	Further Education and Training Certificate: Lifeguarding	Level 4

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