

APPENDIX 6

SYLLABUS FOR RESUSCITATION TRAINING FOR LIFEGUARDS OF SHALLOW & DEEP WATER SWIMMING POOLS

FOR CAMBRIDGESHIRE COUNTY COUNCIL SCHOOLS & SETTINGS

Shallow water pool.

A shallow water pool is any pool where a person is able to stand and wade to retrieve a casualty from the bottom at the deepest part in the pool without having to put their face below the surface of the water.

Deep Water Pools.

A deep-water pool is any pool where a person is unable to retrieve a casualty from the pool floor without putting their face beneath the surface of the water.

All teachers leading or assisting swimming lessons in a shallow water pool on a school site should attend a resuscitation training course annually.

All teachers leading or assisting swimming lessons in a deep water pool should additionally be assessed as confident to retrieve a casualty from the deepest part of the pool.

1.0 CONTENTS

1.1 Casualty recognition:

- conscious and injured
- unconscious and breathing
- unconscious and not breathing with a pulse
- unconscious - not breathing – no pulse

1.2 Emergency action for the above conditions:

- dealing with the injury
- practice of recovery position
- practice of Expired Air Ventilation (EAV) on manikin
- practice of Cardio Pulmonary Resuscitation (CPR) on manikin
- action to be taken if casualty starts to vomit

1.3 Water resuscitation:

- Expired Air Ventilation at the pool side and landing a casualty from the water (land

based training using Resusci-Junior)

1.4 Drowning:

- explanation of dry drowning
- explanation of secondary drowning

1.5 Emergency procedures at the pool:

- summoning assistance
- summoning medical assistance

1.6 Retrieval of a casualty (Deep water pools only)

The teacher would be assessed to confirm that they can perform the following techniques with confidence;

- Enter Water safely
- Wade to casualty
- Retrieve manikin
- Return to side
- Prepare to Land safely

2.0 TRAINING

2.1 This syllabus must be taught according to the criteria specified for the training in these techniques under the Health and Safety (First-Aid) Regulations 1981.

2.2 The Local Authority is responsible for ensuring that this requirement is met and for providing advice on means of securing compliance with it.