

## FLATWATER LIFEGUARD – OVERVIEW

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### **Award definition**

Holders of the Canoe/Kayak Lifeguard award are qualified to manage a paddling activity in enclosed situations, performing rescues as required, where the group under supervision can be seen from a single vantage point at any time and does not leave the immediate launch area.

### **Skill Component**

- Prepare appropriate craft and equipment with consideration for safety, sun sense and hypothermia
- Launch and land efficiently
- Paddle the craft efficiently in moderate winds:
  - forwards, backwards, sideways and turning
  - using correct forward, reverse, draw and sweep strokes
- Show efficient use of low supports
- Competently participate in self and buddy rescues as rescuee and rescuer:
  - Buddy rescue:
    - Wedge rescue/T rescue
  - Self rescue:
    - Swim to shore with craft and gear
- Competently perform a tow
  - Single tow
  - In line tow
- Secure craft for transport, secure equipment to craft

### **Knowledge Component:**

- Select and advise novice paddlers on appropriate equipment and clothing with consideration of sun sense and hypothermia
- Determine location of supervisory staff
- Minimal environmental impact
- Knowledge and maintenance of craft
- Hazard identification and risk management program
- Understanding of selection of launching and landing sites
- AC's role, membership structure, your rights and responsibilities
- Safety Guidelines, Minimal impact Guidelines, Risk Management Policy, Incident reporting requirements
- Maintaining log books

### **Experience component:**

- Provide a verified log showing over the previous two years at least:
  - on-water paddling activities totalling 6 – 9 hours duration as an observer under training or as an assistant
  - this is in addition to time spent on training courses
- Current First Aid and CPR qualifications

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### **Communication component:**

- Establish and maintain an effective communication system within a group of novices
- Brief a group of novices on:
  - correct posture
  - setting up the craft
  - strokes as required
  - launching and landing
  - actions in the event of an emergency
- Deliver directions in a clear and concise manner
- Debrief

### **Leadership component:**

- Manage launch and landing of a group of novices
- Supervise groups in an enclosed, sheltered flatwater paddling activity
- Manage multiple capsizes and emergencies of novice paddlers

### **Theory Component**

- Complete a written assessment
- Complete an assessment project