

## FLATWATER LIFEGUARD AWARD

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### Award Definition:

The Lifeguard Award is for people seeking professional certification in enclosed flat water paddling areas perfect for school and group camp style paddling needs. Holders of the Lifeguard Award are qualified to manage a paddling activity in canoes, kayaks or sit-on-tops 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.

### Prerequisites:

- Personal flatwater paddling skills as defined in the ACAS flatwater skills award
- Recommended obtaining prior to course:
  - current First Aid and CPR certificates
  - logged hours working as an assistant or observer under training

### Course Description:

- The Australian Canoeing Award Scheme (ACAS) Lifeguard Course consists of two full days approximately 8:00am to 4:00pm each day
- Participants should expect each day to consist of approximately half a day in a semi classroom-style environment and the other half of each day on the water
- Candidates must be prepared to put their skills into practice and will be required to do some work prior to the course to assist in moving swiftly through the syllabus
- Participants should come prepared for paddling sessions in both the morning and afternoon of the course
- **Please note:** This is a lifeguard training and assessment course; it is not a skills course. Candidates are expected to have the personal flatwater skills as identified in the "Flatwater Skills Award" prior to commencement of the course.

### Course Cost and Dates:

- Please check <http://qld.canoe.org.au/education/acas-courses/> for advertised dates and cost.
- Craft & equipment hire available
- Course fee does not include Australian Canoeing Award Registration Fee
- **Please note:** Courses need to meet minimum registration numbers to run on advertised dates. If sufficient numbers are not registered one week before the program, alternative arrangements will be made with registered participants.

### Course Location/s:

- Queensland Canoeing has a number of venues it uses
- The location of the course will be determined from the location of the course participants, which will determine the final cost of the course and if an additional fee is payable
- Other course locations are available for private groups by negotiation

### What I will learn:

- Safety briefings and equipment
- Flat water paddling skills
- ACAS overview
- Minimal impact practice
- Knowledge of craft and basic maintenance
- Safety guidelines, risk management, incident reporting
- Log books
- Rescues
- Paddling games

### For Bookings and Enquiries Contact:

Steven Rowland, Education and Recreation Officer  
[gc.education@canoe.org.au](mailto:gc.education@canoe.org.au) or 07 3899 1667

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### Paddle Craft:

- You need to determine which craft you will be assessed in, as the award is also craft specific.
- If you are teaching people in canoes, you will need the “Canoe Award”
- If you are teaching people in kayaks, you will need the “Kayak Award”
- If you are teaching people in sit-on-tops, you will need the “Sit-on-Top Award”
- You may also hold both a canoe and kayak award in any ACAS award, however paddling skills and rescues will need to be assessed in both craft styles
- **Please Note:**
  - the “Kayak Award” covers sit-on-tops
  - the “Sit-on-Top Award” does not cover kayaks

### Equipment:

- It is expected that participants will supply their own equipment including craft, life jacket and paddle; however, Queensland Canoeing can provide any or all of this equipment for an additional cost
  - please indicate your requirements on the booking form
- Personal equipment will require a safety check prior to commencement to determine its suitability for the paddling activity
- Paddle clothing, including enclosed footwear needs to be suitable to get wet and swim in, be sun-smart and appropriate for the conditions
- Please also bring
  - lunch, snacks, towel, change of clothing and water bottle
  - chair, clipboard, pen and paper

### Assessment:

- Participants are trained and assessed on this program at different stages throughout the program
- The training components will be separate from the assessment components and participants will be advised when they are under assessment conditions
- Assessment components include:
  - skill
  - knowledge
  - experience
  - communication
  - leadership
  - theory
- Please note:
  - a candidate is not registered as a Lifeguard until all components of the registration process are completed and the appropriate fee for registration is paid to Australian Canoeing
  - attendance and participation in a course is not a guarantee to successful assessment

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