



Barclays Sports Club Off Thika road next to KCA university.

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info@lifesavingafricarescuers.co.ke

LEVEL 1: BASIC AQUATIC SAFETY - THE PRINCIPLE OF LIFESAVING AND SWIMMING POOL SUPERVISION

Introduction History of Lifeguarding

Theory

- 1) Professional lifeguard
- 2) Responsibility of a lifeguard/ role of a lifeguard.
- 3) Guideline for safe pool operation facility operation.

Practical: Personal safety and survival skills

Lifesaving strokes - approach stroke

- 1) Head high front crawl
- 2) Head high breast stroke

Assist Strokes

- 1) Elementary backstrokes
- 2) Side stroke

200 meter normal front crawl

Practical: Lifesaving stroke and endurance swim

- 1) 100 - 400 meters head front Crawl
- 2) 200 meters Breaststroke
- 3) 100 - 400 meters head breaststroke.
- 4) 100 meters Breaststroke
- 5) 100 - 400 meters Elementary Back Strokes
- 6) 100 - 400 Meters Sidestrokes

Rules and regulations

Theory

- 1) Pool setting and high risk areas.
- 2) Preventing of Aquatic Injury
- 3) Communication as injury prevention strategy.
- 4) Patron surveillance (Effective surveillance - ES)
- 5) Victim recognition and drowning 1st element of E.S
- 6) Proper scanning - 2nd element of E.S
- 7) Lifeguard station - 3rd element E.S
- 8) Area of responsibility - 4th element of E.S

Practical: Emergencies entries and water landing

- 1) Stride entry straddle jump.
- 2) Long shallow dive.



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Practical: Emergencies entries and water landing (Continued)

- 1) Scuba drop/ scuba dive
- 2) Compact jump
- 3) Slide in/ conscious entry/ wave less entry
- 4) Deep dive
- 5) Survival swim 400 meters (head high front crawl and head breaststroke)
- 6) Rescue skills techniques
- 7) Throwing assist.
- 8) Reaching and extension assist.
- 9) Wading assist
- 10) Survival Swim 400 meters elementary backstroke and side stroke.

Physiology of drowning

- 1) Courses and stages of drowning
- 2) Types of drowning

Facility surveillance

- 1) Safety checks
- 2) Incident on injury charts
- 3) Weather condition

Practical: Survival skills

- 1) Disrobing, swimming with clothes
- 2) Inflation of clothing
- 3) Use of P.F.Ds
- 4) Survival floats - Supine float/ prone floats
- 5) Treading water
- 6) Water entries (Stride, Compact and long shallow dive).
- 7) Endurance backstroke

Practical

- 1) Head front crawl
- 2) Head high breast stroke
- 3) Elementary backstroke

Non Swimming assist

- 1) Throwing assist
- 2) Reaching and extension
- 3) Wading assist



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LEVEL 2: ADVANACE AQUATIC SAFETY

THE APPLICATION OF SUPERVISION AND RESCUES IN A SWIMMING POOL

Theory : Emergency response, recognition and general rescue procedures.

- 1) Minor emergency
- 2) Major Emergency
- 3) Emergency system

LEVEL 2: ADVANACE AQUATIC SAFETY

THE APPLICATION OF SUPERVISION AND RESCUES IN A SWIMMING POOL

Theory : Emergency response, recognition and general rescue procedures.

- 4) Type of emergency
- 5) Emergency policy guidelines
- 6) Accident report
- 7) Shoulder tow
- 8) Cross chest entry
- 9) Vice grip tow
- 10) Elementary tow
- 11) Under armpit tow
- 12) Control carry

Theory First Aid aquatic environments

Medical Alert

- 1) Heart attack, Asthma, severe bleeding, epileptic, seizures, hyperthermia.
- 2) Heart attack, hyperventilation.
- 3) Resuscitation
- 4) DRABCD
- 5) CPR
- 6) Video - CPR / First Aid

Practical: Rescue skills techniques

- 1) Defense methods in water
- 2) Arm block - Single arm block
- 3) Double arm block
- 4) Foot block
- 5) Arm and foot block
- 6) Front parry
- 7) Surface dives
- 8) Heel first surface dive
- 9) Feet first surface dive



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Practical: Rescue skills techniques (Continued)

- 10) Towing passive victim
- 11) Wrist tow
- 12) Chin tow
- 13) Elementary tow
- 14) Heel tow
- 15) Surface tow/ modified body carries
- 16) Under armpit tow

Theory: Spinal injury management

- 1) Anatomy and function of the spine
- 2) Recognizing injury
- 3) Caring for spinal injury

Practical Rescue Skills Techniques

Methods of escape and release in water

- 1) Double grip one arm escape
- 2) Grip on both arms escape
- 3) Leg grip
- 4) Front head hold escape
- 5) Rear Head hold escape
- 6) Rear Parry
- 7) Front Hiked held with body scissors
- 8) Rear heed held with body scissors

Towing the active victim

- 1) Control carry
- 2) Under water approach - Active victim
- 3) Water entries



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**LEVEL3: SENIOR NATIONAL LIFESAVING
SPECIAL RESCUES AND LIFEGUARD ADMINISTRATION**

Theory, Hazard of the outdoor environment

- 1) Weather condition
- 2) Open water condition
- 3) Dam/ lake sitting

Practical

- 1) Release into control carry
- 2) Double grip on one arm release
- 3) Rear head hold release.
- 4) Front head hold release
- 5) Water entries
- 6) Water exits
- 7) Deep water lift.
- 8) Defense
- 9) Transporting the victim on land fire mans carry.
- 10) Two hand seat , four hand seat drag

Theory; Legal obligation and risk management legal term & process

- 1) Aquatic liability and liability defence
- 2) Record keeping
- 3) Applying risk management in aquatic accident prevention

Practical spinal injury management in water

- 1) Lifts and carriages
- 2) Land transport
- 3) Water releases

Double drowning situation

- 1) Escape in water
- 2) Towing
- 3) Water exist
- 4) Water entries
- 5) Water man- ship drills
- 6) Survival stokes



LIFESAVING
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Theory: Pool management and pool operations, guidelines and regulations for pool operation (Continued)

- 1) Safety precautions and council safety
- 2) Water treat process and filtration
- 3) Pool chemistry / water chemistry
- 4) Common water problems and water testing

Practical

- 1) Water entry non swimming assist
- 2) Defence disrobing
- 3) Escapes spinal injury management
- 4) Releases lifts and carries
- 5) Towing
- 6) Water exists

NB

All theory practical examinations by

LAF FINAL NATIONAL LIFESAVING EXAMS.