

Flatwater Lifeguard Training & Assessment Course



Participant Checklist

Pre Training Course

The Australian Canoeing Award Scheme (ACAS) Lifeguard Course consists of two full days approximately 8:00am to 4:00pm. 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. It is expected that participants already have the some paddling ability – the equivalent to a flatwater skills course is sufficient.

- Read 'Lifeguard Resources – Training Manual'
- Read 'Australian Canoeing - Safety Guidelines'
- Read 'Queensland Adventure Safety Standards - Canoeing & Kayaking'
- Read 'Evidence Guidelines'
- Complete self-assessment quiz
- Complete logbook (verified)
- Ensure First Aid Certificate is current (valid for 3 years)
- Ensure CPR Certificate is current (valid for 1 year)
- Ensure personal paddling skills are suitable to partake in training course

Please note:

- This is a lifeguard training and assessment course
- It is not a skills course
- Candidates are expected to have the personal flat water skills as identified in the "Flatwater Lifeguard Evidence Guidelines" prior to commencement of the course
 - "If you can't paddle you won't pass"

Training Course

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.

- Bring copies of all resource material – YOU WILL NEED IT
- Print and bring ACAS Award & Registration Fees form
- Print and bring Assessment Record – Flatwater Lifeguard form
- Bring your completed self-assessment quiz
- Bring clipboard, notepad, pen and pencils
- Bring appropriate sun-safe clothing to paddle in, capsize in and swim in
 - Including "**enclosed footwear**" (thongs and bare feet are not acceptable)
 - Towel and change of clothing
 - Water bottle
- Bring suitable clothing for theory time (non-paddling time)

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.

Attendance at the course and assessment does not guarantee that participants will pass

- Bring a copy of your current First Aid certificate
- Bring a copy of your current CPR certificate
- Bring a copy of your Log Book
- Suitably attired and equipped to participate in the assessment
- Complete written assessment
- Complete practical assessment

Post Assessment

Please note:

- Each participant will have approximately 6 weeks in order to complete the written component of the course and to provide other supporting documents: CPR and first aid certificates and log book that was not provided at the assessment.
- Attendance at the course and assessment does not guarantee that participants will pass
- An additional fee will be charged for late submissions
- The assessment task must be completed as part of your assessment. It must be your own work

Complete the Written Assessment Project *(please read the assessment project for full details)*

Prepare a 3 hour flatwater paddling activity

- Provide a program / timetable for your 3 hour flatwater paddling activity
- Provide a break-down of the skills you are going to teach
- Provide an equipment list for the activity
- Provide a group briefing
- Provide a hazard ID and risk management plan (see QAAS or DETE CARA)
- Provide a float plan (see appendix E - AC Safety Guidelines)
- Provide pre-trip checks

- Provide current first aid certificate
- Provide current CPR certificate
 - First Aid & CPR certificates need to be current on the date when all paperwork is completed and submitted to Australian Canoeing
- Provide a verified up to date log book – showing over the previous two years: -
 - A minimum of three on-water paddling activities of totalling 6 to 9 hours as an observer under training or as an assistant
 - This is in addition to the time spent on the water during your training and assessment
- Provide completed and signed 'Assessment Record'
- Provide completed and signed 'ACAS Award and Registration Fees Form'