

# RLSS UK Emergency Response (Swimming Pools)

## ADMINISTRATION

### Introduction

**Paragraph 193 of the HSE publication “Managing Health and Safety in Swimming Pools” states – Whenever the pool is in use, a member of staff will need to be designated as “on call” to respond immediately to the alarm and deal with any emergency. It is essential that such staff are trained in pool rescue, CPR techniques and first aid.**

The Emergency Response (Pool) is designed to assist operators to meet these requirements.

The Emergency Response Programme is designed to train ancillary staff to back up and support the lifeguard team (if available) and staff to respond to an emergency.

In complying with the HSE publication ‘Managing Health and Safety in Swimming Pools’, pool operators are strongly recommended to refer to figure 3 on page 66, to determine if continuous or occasional poolside supervision is required.

*“Constant poolside supervision by lifeguards provides the best assurance of pool user’s safety.”*

‘MANAGING HEALTH AND SAFETY IN SWIMMING POOLS’, HSG 179.

### Risk Assessment

Pool operators **MUST** have undertaken a comprehensive risk assessment for the swimming facilities that has identified:

- The nature of the hazards present.
- The degree of risk associated with each hazard.
- The existing control measures in place.
- The additional control measures necessary to effectively reduce or eliminate risk.

If constant supervision is not provided as identified by the risk assessment process, pool operators must make arrangements for providing alarm systems to summon help and rescue equipment to assist in the immediate and early stages of the management of a casualty.

### Written policies and procedures

The pool must have a comprehensive swimming safety policy and detailed pool safety operating procedures [PSOP] that identify the manner in which the pool operates on a day-to-day basis, the Normal Operating Plan [NOP], and the response to any foreseeable emergency [EAP].

It is accepted that the EAP may determine that guests are themselves responsible for summoning assistance in the event of an emergency arising.

### Staff

Pool operators owe a duty to users to ensure, so far as is reasonably practicable, that they are safe whenever they are using the swimming and any ancillary facilities. In recognising that direct supervision is not to be provided, there must be sufficient staff available ‘on call’ who are able to respond effectively to any foreseeable emergency.

Pool operators equally have a statutory responsibility to provide appropriate training to staff who may have to undertake the response to an emergency. It is important to recognise that, due to the nature of the skills involved, regular in-house refresher training is an essential part of this duty to maintain competence.



## Guidance for pool operators

There is a wealth of easy to follow guidance available and pool operators are strongly advised to refer to the following:

- Managing Health and Safety in Swimming Pools: Health and Safety Commission/Sport England HSG 179.
- Five Steps to Risk Assessment: Health and Safety Executive.
- The Lifeguard: RLSS UK.

## Terminology

### Trainer Assessors and Continual Assessment

Course training must be organised and delivered by a RLSS UK Pool Trainer Assessor (TA) who holds the current prerequisites and card of authority. All training must be delivered inline with the current RLSS UK Code of Practice and safety guidance. Full training, continuous assessment and course attendance records must be completed by the TA throughout the duration of the course and retained at the venue for inspection by any authorised person. RLSS UK recommend that records should be kept for 7 years.

Throughout the course the TA must be assured that each candidate is suitably trained and is capable of demonstrating the practical skills and demonstrate an understanding of the full syllabus of skills. The TA can ask a number of oral questions of the candidates to test knowledge. This may be backed up with a review at the end of the 14 hours with a further set of face to face questions and demonstration of practical skills to confirm competence.

**Assessment** – Continuous competency based assessment throughout the course.

**Candidates** – Maximum number of candidates on a course with one Trainer is 12.

**Resuscitation Manikins** – Adult, Child and Infant (as recommended in the Training and Assessing Code of Practice).

**Rescue Manikin** – Approved submersible manikin.

## Award, organisation and administration

### Preparation

- Read Emergency Pool Booklet

### Resources

- Emergency Pool Booklet
- Adult, Child and Infant manikins
- Sterilizing agent
- Variety of Poolside Rescue Equipment
- Rescue Manikin
- Approved barrier resuscitation pocket mask
- Dressings and bandages

### Candidates

MUST be 16 years of age prior to commencing a course of training due to continual assessment of the candidate for this award.

### Dress

Candidate must wear suitable swimwear underneath t shirt and shorts for the pool sections.



### Training time

The minimum contact training time for this course is 14 hours with a maximum of 8 hours contact time per day, excluding break periods and changing time. Structured training will be in accordance with the syllabus.

### Validity

The Emergency Response Certificate (Swimming Pools) is valid for 24 months after successful course completion. Where it is necessary for holders to maintain evidence of competence, the certificate must be renewed within the validity period.

The pool operator will need to complete a site specific induction in line with the employer's duty.

### Renewals

Candidates who show evidence of having completed ongoing training and competency based assessment throughout the qualification period, covering the full range of skills prior to undertaking a renewal programme may undertake a 7 hour refresher course. Throughout the course the TA must be assured that each candidate is suitably trained and is capable of demonstrating the practical skills and demonstrate an understanding of the full syllabus of skills. The TA can ask a number of oral questions of the candidates to test knowledge. This may be backed up with a review at the end of the 7 hours with a further set of face to face questions and demonstration of practical skills to confirm competence.

### Administration and fees

The current pack including certification form is available from IQL. Training fees are at the discretion of the trainer and may reflect facility and equipment hire charges.

Applications for candidate packs may be made to IQL at the address shown on the inside front cover.

### Related programmes provided by RLSS UK

RLSS UK National Pool Lifeguard Qualification – for all those staff providing safety cover at indoor or outdoor swimming pools during 'recreational' periods.

National Rescue Award for Swimming Teachers and Coaches – especially designed for the teacher undertaking programmed instruction of pupils in a swimming pool.

Rescue Test for Supervisors of Swimmers with Disabilities – designed for those lifeguards, helpers, coaches and teachers responsible for supervising a swimming pool session for swimmers with disabilities.

### Advance prior learning

Holders of a current First Aid at Work certificate or the Emergency First Aid at Work certificate will be credited 6 hours towards the Emergency Response – Swimming Pools Award if they are a new candidate, however competencies must still be checked and recorded on the candidates personal performance record with extra training provided if necessary to ensure the candidate is able to perform the skills to the required level of competence.

## Training and competency assessment syllabus

### i) Pool safety theory

- Pool Safety Operating Procedures
- The swimming pool environment, identifying hazards, accident prevention and rescue equipment



- Principles of rescue, incident management and casualty identification
- Suspected spinal cord injury management – head splint and stabilisation
- Accident reporting and record keeping

## ii) Life Support

### Practical

- Adult, child and infant basic life support (and drowning BLS sequence) to include the use of a pocket mask
- CPR techniques with more than one rescuer
- Choking
- Casualty management
- Life support and injury to the spine

### Theory

- Explain the differences of life support for children and infants
- Problems with basic life support
- Life support and injury to the spine

## iii) Emergency first aid and management of:

### Practical

- Bleeding
- Burns
- Fractures
- Shock
- Heart attack
- Medical conditions
  - epilepsy
  - asthma
  - diabetes
- Bites and stings

### Theory

- Principles of first aid
- Effects of drowning
- The identification of potential spinal cord injury and application of the head splint technique

## iv) Water rescue skills

- Reaching, throwing and wading rescues
- Casualty recovery from the pool floor
- Assisting/recovering casualties onto the poolside
- The use of a range of rescue aids
- The identification of potential spinal cord injury, application of the head splint technique and team support



## **Incident Management – candidates will be trained to respond and react to the following incidents**

### **Poolside rescue**

You respond to the pool alarm, proceed to poolside and find a bather in difficulty at least 2 metres from the side of the pool. Using an appropriate emergency rescue aid and without entering the water, carry out the rescue of the bather and bring them to a point of safety. Instruct and assist them to leave the water safely.

### **Water rescue - wading rescue**

- (i) You respond to the pool alarm, proceed to poolside and find a bather in difficulty in the centre of the pool. Enter the water and demonstrate a wading rescue. Rescue the casualty to a point of support and assist them to leave the water.

### **Recovery of a submerged casualty**

- (ii) You respond to the pool alarm, proceed to poolside and find a submersible manikin is lying at the bottom of the deepest part of the pool. Enter the water safely, submerge and recover the manikin to the surface. Exchange for a 'live' casualty who will simulate unconsciousness and tow or wade with the casualty to the poolside. With assistance, land the casualty and prepare the casualty for resuscitation.

### **Suspected spinal cord injury management**

- (iii) A casualty is observed by another bather floating in the pool in water of standing depth. Responding to the pool alarm, you suspect a spinal cord injury. Using a safe method of entry, wade to the casualty who will be face down in the water. Turn the casualty to a face up position using the Head-Splint technique. Stabilise the casualty until further trained assistance arrives who provide further support working as a team.

Within the scope of emergency situations the following will be considered:

- The different types of casualty (first aid)
- Recognition of persons in difficulty (including land water based scenarios)
- Dealing with the emergency and controlling the incident
- Reporting, both verbally and in writing

Candidates should be able to explain the actions taken upon completing the above water rescues and how they link with the site specific Emergency Action Plan. During the training, candidates should practise various rescue scenarios.