

RNLI

LIFEGUARD TRAINING



Lifeguards



Course name:
Lifeguard Induction

Who's it for?
Lifeguards new to the RNLI.

Where does training take place?
On the coast.

Accreditation
RNLI

EXAMPLE OF COURSE CONTENT

Introduction

- The role and responsibilities of the RNLI.
- Organisational and operational structure.
- RNLI history.

Safety and wellbeing

- Health and safety legislation and workplace procedures.
- Safe working practices: lifting and handling; dangerous substances; sun safety; personal protective equipment; fire safety; violence and conflict; and what to do when things go wrong.

Human resources

- Employee's terms and conditions of employment.
- Relevant policies and practices.
- Where to find further information relating to employment with the RNLI.

Prevention

- Main roles and responsibilities of an RNLI lifeguard.
- Maintaining fitness.
- Understanding local operating procedures and key hazards of the local area.

- Responsibilities to contracting agencies.
- Working with the media to promote the role of the lifeguard.

Critical incidents

- Main considerations when responding to critical incidents: what to expect; the actions required in any given emergency; the importance of incident debriefing and review processes; and incident reporting.
- Risks to lifeguards after attending a critical incident, such as post-traumatic stress, and the support offered by the RNLI after being part of a traumatic incident.

Response

- Knowledge and skills are put to the test in a series of staged scenarios.

Please note the information in this document is correct at time of writing. Course content is subject to periodic review and change.