

## RNLI Lifeguard Induction Course



Becoming an RNLI Lifeguard is an amazing role and a huge privilege. It demands a lot of you but repays you with an outstanding level of self-development through the RNLI Induction and subsequent training courses which prepare you for your professional lifeguarding role in some of the UK and Jersey's busiest coastal areas.

The RNLI Lifeguard Induction prepares all of our new and returning lifeguards to be safe, current and compliant, updating and enhancing their professional lifeguard, safety, clinical, communication and operational skills, and confirms their competence to carry out the demanding activities of a professional beach lifeguard.

The areas of focus within the RNLI Lifeguard Induction Course are summarised as follows:

### **Roles and Responsibilities**

Understanding your own role and responsibilities within the lifesaving community. Becoming competent in Lifeguard operational, annually required, units. You will understand, receive training and be competency assessed in your role within Lifeguard operations, along with exposure to the bigger RNLI picture and working with external agencies.

### **Safety, Health and the Environment**

Understand your role in relation to ensuring a safe working environment. Including requirements related to PPE, Manual Handling, Hazardous Substances, Personal Safety and Wellbeing, Incident Reporting, Risk Assessment and Fire Safety.

### **Communication Skills**

Theory and practice of effective communication skills within the lifesaving community and during operational incidents, including the use of VHF Radios.

**Clinical Skills – Casualty Care** (This may be to be undertaken as a separate course or integrated into Induction)

An opportunity to qualify / requalify in the clinical practices of Casualty Care, using theory, practical and scenario-based activities.

**Lifeguard Operations**

Understand how to effectively conduct, and for senior roles command, Lifeguard Operations in the beach / open water environment. Clarifying your knowledge of RNLI policy and procedures, before applying this in realistic assessed scenarios.

**Lifeguard Vehicle and Craft Operation** (Undertaken separately for new Lifeguard Operators or often integrated into inductions for returning lifeguards)

Become skilled and safe in the operation of RNLI Lifeguard 4WD and All-Terrain Vehicles and Powered Watercraft such as Inshore Rescue Boats and Rescue Watercraft, in order to enhance our rescue capability.