
**RECREATION FACILITY AND
RESOURCE DESIGN AND
MANAGEMENT**

**Perform aquatic rescue techniques in a
swimming pool environment**

level:	3
credit:	4
final date for comment:	August 2009
expiry date:	December 2010
sub-field:	Community Recreation
purpose:	People credited with this unit standard are able to: perform aquatic rescue techniques in a swimming pool environment and explain their application in an emergency situation; demonstrate the use of flotation aids to assist in an aquatic rescue in a swimming pool environment; and demonstrate defensive techniques while going to the aid of a swimmer in difficulty in a swimming pool environment.
entry information:	Prerequisite: Demonstrate swimming proficiency.
accreditation option:	Evaluation of documentation by NZQA and industry.
moderation option:	A centrally established and directed national moderation system has been set up by the Sport, Fitness and Recreation Industry Training Organisation – Community Recreation Advisory Group.
special notes:	<ol style="list-style-type: none">1 Abbreviations used in this unit standard: NZRA refers to the New Zealand Recreation Association.2 All techniques are to be demonstrated in a swimming pool environment.3 The NZRA Pool Lifeguard Training Manual referred to in this unit standard is available from Sfrito, PO Box 2183, Wellington.

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- 4 Swimming proficiency –
swimming 100 metres of any stroke continually (togs
and goggles permitted)
immediately followed by
swimming 50 metres sidestroke or lifesaving backstroke
(in lifeguard uniform)
immediately followed by
recovery of an object from the deepest part of the pool
(minimum 1.2 metres) (in lifeguard uniform)
immediately followed by
tread water for 5 minutes (in lifeguard uniform).

Elements and Performance Criteria

element 1

Perform aquatic rescue techniques in a swimming pool environment and describe their application in an emergency situation.

Range: water level – deepest part of the pool minimum water depth 1.2 metres;
rescue techniques – reach or throw rescues, water entries, casualty
approaches, non-contact tows, contact tows, casualty recovery, support in the
water, resuscitation, removal of casualties from the water.

performance criteria

- 1.1 The aquatic rescue techniques performed meet the standards set out in the NZRA Pool Lifeguard Training Manual.
- 1.2 Description includes the selection of rescue techniques and explains their suitability to the emergency situation and to the skills of the rescuer.

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element 2

Demonstrate the use of flotation aids to assist in aquatic rescue in a swimming pool environment.

Range: flotation aids – swimmers' flotation devices.

performance criteria

2.1 The use of flotation aids to assist in aquatic rescue is demonstrated to the standards set out in the NZRA Pool Lifeguard Training Manual.

element 3

Demonstrate defensive techniques while going to the aid of a swimmer in difficulty in a swimming pool environment.

Range: water level – deepest part of the pool minimum water depth 1.2 metres.

performance criteria

3.1 Evaluation of an emergency situation is explained in terms of assessing risk to personal safety.

Range: factors to be considered – awareness of own capabilities, available assistance, nature of the emergency, number of casualties, size of victim or victims.

3.2 Defensive techniques for avoiding a dangerous grasp by a swimmer in difficulty are demonstrated to the standards set out in the NZRA Pool Lifeguard Training Manual.

Range: defensive techniques – defensive position, avoiding grasp of a casualty.

3.3 Techniques for escaping from a grasp by a swimmer in difficulty are demonstrated to the standards set out in the NZRA Pool Lifeguard Training Manual.

Range: techniques – escapes from grasps from the front, rear, wrist, leg.

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Comments on this unit standard

Please contact the Sport, Fitness and Recreation Industry Training Organisation info@srito.org.nz if you wish to suggest changes to the content of this unit standard.

Please Note

Providers must be accredited by the Qualifications Authority or a delegated inter-institutional body before they can register credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by the Qualifications Authority before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for providers wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

This unit standard is covered by AMAP 0099 which can be accessed at <http://www.nzqa.govt.nz/site/framework/search.html>.