

NOTE: THIS IS AN INFORMATIONAL DOCUMENT AND CAN BE PROVIDED TO ALL PUBLIC WHO NEED TO OBTAIN DUBAI MUNICIPALITY APPROVED LIFEGUARD CERTIFICATION

LIFEGUARD ASSESSMENT CRITERIA AND PRE-REQUISITES

Lifeguard candidate aspiring to be certified as per Dubai Municipality standards needs to go through a qualifying examination WITH SST. To be eligible for the SST assessment the candidate must fulfill the under-mentioned pre-requisites. Candidates may enroll for assessment independently or be registered for assessment through any of the DAC (Dubai Accreditation Department) approved & certified training centers.

PRIOR TO ASSESMENT THE CANDIDATE NEEDS TO PROVIDE ADEQUATE PROOF OF THE FOLLOWING AND MUST BE 16 YEARS OF AGE

Candidate must be able to swim continuously in a strong manner for:

- **Shallow water Lifeguard:** 50m nonstop in a comfortable manner in under 1.5m depth.
- **Pool Lifeguard:** 100m nonstop in a comfortable manner in over 1.5m depth
- **Beach/ Water front Lifeguard:** 200m nonstop in a comfortable manner for a Beach/Waterfront Lifeguard.

Candidate must be able to perform a feet first surface dive and recover a 4 kg weight from a depth of:

- **Shallow Water Lifeguard:** 1.5 or where shallow water means that the depth is maximum 1.5m.
- **Pool Lifeguard:** 3m, or to the deepest depth of the facility in which they will be lifeguarding. (Pool means the depth is more than 1.5m deep)
- **Beach/Waterfront Lifeguard:** 5 m

Candidate must be able to tread water for the following:

- **Shallow Water Lifeguards:** no tread required
- **Pool lifeguards:** 5 minutes for
- **Beach lifeguards:** 10 minutes for

(Proof of the above may be provided in the form of documentary training records/ certificates provided by candidate or the Approved Centre)

MINIMUM LIFEGUARD CANDIDATE TRAINING REQUIREMENT:

First Aid Requirements:

Candidate must have a Dubai Corporation For Ambulance Services (DCAS) Approved First Aid Course

The lifeguard BLS and First Aid skills may be assessed/ trained (both theory and practical) prior to enrolling to a lifeguard-training course to ensure the awareness and the ability of the lifeguard to use the skills learned with one consistent set of priorities in medical emergency, which will help to prevent or assist in emergencies.

BLS/First Aid/Emergency response/CPR curriculum shall be approved by DCAS as part of the lifeguard qualification or taught by DCAS approved training center.

First Aid Skills

If the lifeguard candidate has a prequalification/certification on First Aid/CPR, the below mentioned skills may be assessed individually or combined in a scenario/s or can be taught again according to the training organization.

- Scene assessment
- Barrier use/Standard Precautions
- Primary assessment
- Adult, child and infant CPR,
- Artificial resuscitation (Rescue Breathing) including 2 person CPR and the use of resuscitation mask
- Conscious and unconscious (FBAO: Foreign Body Airway Obstruction) choking adult, child and infants

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- Serious bleeding management
- Shock management
- Spinal cord injury management-inland (this skill shall be re-taught again for in water rescue using a spine board)
- Automated external defibrillator
- Emergency oxygen use (as per DCAS Classification)
- Injury assessment and response
- Illness assessment and response
- Basic Bandaging Techniques
- Immobilization in case of dislocations or fractures

Candidates will be assessed on lifeguard knowledge and skills:

- Incident management
- Incident prevention
- Hazard recognition
- Basic risk assessment
- Equipment use
- Communications and signals

The practical skills of the assessment will include the following:

- Basic Water Rescues
- Effective water entry with or without equipment
- Assists and Rescues
- Effective water rescue skills on the surface, middle and on the bottom of the water for conscious & unconscious
- Suspected spinal injury rescues
- Front and rear escapes
- Inland Casualty care -Using skills taught in the BLS/First Aid approved portion.

Each candidate will be required to take a written examination with the following criteria:

- Exam duration: all candidates must complete the written exam within 2 hours
- All candidates must achieve an overall score of 80% to pass
- There is a core examination applies to general lifeguard duties and requires a minimum score of 80% which all candidates will take.
- In addition, is a specialty category that specializes in each area of lifeguarding (shallow, pool, beach) that each candidate will take depending on the certificate they are seeking to obtain, 80% is the minimum score.

The core and the specialty category of the exam will be administered combined in one exam. These exams are the official exams of SST and are in multiple choice formats.

Written exams are available in English, Hindi and Singhalese. The exam may be administered orally only if the material and/or the exams are not available in the language the candidate can understand or if the candidate cannot read or write.

Practical Examinations

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All Candidates must achieve a minimum of 80% on each section of the practical exam to pass.

Team and Individual scenario/s shall be administered to assess the competence level of the lifeguard candidate. The scenario/s will include:

- In-water rescue active and passive rescues
- Water exit/extrications
- Pool side rescue
- In water spinal immobilization with a backboard
- Dry First Aid/BLS for adult, child and infants
- The use of AED and Emergency Oxygen

Certification Requirement and Validity:

- All candidates are required to pass both Written/Oral and Practical Examinations to be certified
- The Practical Examination Specialties shall correspond to the Written/Oral Exam Specialties; this can be in any order.

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To be eligible for lifeguard certification, candidates must:

- No minimum educational requirements needed
- Be at least 16 years of age
- Valid first aid training and BLS (Health Care Provider CPR) unless the Lifeguard Course includes these training courses (included in SST's lifeguard course includes this)
- Have valid Occupational Health Card from Local Health Authority In the place he/she intend to work
- Comply with PHSD Substance Abuse Policy
- Comply with PHSD Code of Ethics
- Pass Written/Oral Examinations assessment on the intended specialty
- Pass Practical examination
- Examination(s)
- The certificate shall be valid for maximum two years from the date of issuance.
- Candidates have 30 days from the examination day to pass both theory and practical exam/s.

Re-Certification

Lifeguard validity will not exceed two years. For recertification, candidates must complete all recertification requirements within two months PRIOR to their certification expiry date. This includes the following:

1. Passing the Recertification Written/Oral and practical Examination(s)
2. Continuing to meet medical requirements by the local health authority
3. Compliance with LSC Substance Abuse Policy
4. Compliance with the Code of Ethics

Renewal

Regardless of experience of the lifeguard candidate he/she is required to take both the theory and practical exam to renew their certificate. All candidates are allowed two attempts to pass their renewal theory and practical assessment exams before their certification expires. Candidates who are unsuccessful after two attempts must undertake the full course.

Regardless of the date of the renewal examination within that 2 month period, the new two year certification period begins from the date not later than the expiry date of the candidate's initial certification.

Requalification is needed once a certificate period has lapsed, there is NO grace period after the certification expires. Candidates whose certification has lapsed must take full course followed by theory and practical exams to be certified again.

Substance Abuse Policy

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It is the policy of Dubai Municipality that lifeguards shall not use prescribed or over-the-counter substances that would impair their ability to perform their duties safely. This includes illegal drugs, controlled substances (including trace amounts), look-alike drugs, designer drugs, or any other substance that may have an effect on the human body of being a narcotic, depressant, stimulant, or hallucinogen. An exception to this rule is that a lifeguard may use such a substance or drug if a licensed medical practitioner who is familiar with the lifeguard medical history and all assigned duties, and who has advised the lifeguard the prescribed substance prescribes it will not adversely affect his ability to carry on his duties safely.

Disciplinary Policy

SST is responsible for establishing and implementing standards of conduct, such as ethical standards and policies and procedures for disciplinary action.

Grounds for revocation of certification status shall include, but not be limited to, the following:

- Period of certification exceeded without renewal
- Evidence of falsification of any information on any documents submitted to or its agents
- Evidence of non-compliance with PHSD-DM Substance Abuse Policy
- Evidence of culpability in an accident during certification period
- Evidence of non-compliance with medical requirements 6. Evidence of non-compliance with the Code of Ethics

Complaints:

The complaints procedures have been designed to ensure that only valid and actionable complaints are investigated and considered. These procedures also ensure that all parties involved in the complaint have an opportunity to document circumstances warranting the complaint and to respond to the complaint. SST has established an Appeals and Complaints handling procedure, which will ensure objective and impartial analysis to the issue. Complainant if dis-satisfied can approach the PHSD for further review and action. PHSD assigned representative investigates complaints against certification bodies, training centers, trainers.

Code of Ethics

Certified lifeguard must comply with Code of Ethics during their certification, as set forth below:

As a certified lifeguard, I will perform my work in a manner:

- Free of bias with regard to religion, ethnicity, gender, age, national origin, and disability
- Place the safety and welfare of public, workers associated with facility operation above all other considerations
- Protect nearby general public property and the environment
- Make my management aware if I have safety concerns relating to the life guarding operations that I am performing or witnessed any violation that might affect the safety of the swimmers.
- Not violating safety-related regulations, warnings, or instructions set forth by DM, recognized safety standards.
- Not misrepresenting or deceiving others concerning my experience or the capabilities of myself or the area I am working in.
- Not misrepresent or misuse my certification card or the organization logo, both of which are the property of the certifying authority; and I understand that I must return the card to the issuing authority immediately if required to do so.
- Not performing additional duties while assigned the duty of swimmer protection
- Candidates are required to sign a code of ethics form issued by SST (the statement is in full compliance with PHSD requirement), SST shall keep the signed document in the candidate file.