

COMMUNICATIONS AWARD

This is a dry award to teach Rookies basic communication using radio, whistles, and hand signals. It can be taken at any time during a Rookies progression through the core syllabus. There is no set duration for completion of the award.

Guidelines

Instructors

This award must be trained and assessed by a registered Rookie Instructor. Additional support may be sought from RLSS UK Beach Trainer Assessors, RLSS UK Beach Lifeguards or other suitably qualified people.

- Beach Lifeguard
- Safety on Beaches
- Safety at Inland Water Sites
- RLSS UK website

Registration

We advise all training courses are registered with RLSS UK on the Rookie Lifeguard website.

Candidates

Any Rookie is allowed to undertake this award which can be taken at any stage of progression through the Rookie Lifeguard programme.

Safety

A Risk Assessment for this activity should be completed by the award leader or suitably qualified person.

Equipment

Suitable walkie-talkies or radios and whistles can be used to achieve this award.

Training Resources

The award contains all the information that the Trainer should require. Other RLSS UK publications and resources are available if required for reference:

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Emergency Phone Calls

Rookies should know both emergency numbers that can be used in the UK (999 and 112), and should also be aware that 112 can be used from other European countries when they are on holiday.



When making an emergency call

Rookies should be ready to provide information about

- WHERE it happened - including the exact position, landmarks you are near or can see
- WHO needs help - types of person and the number involved
- WHAT happened - the outline to the incident
- WHEN it happened - the time it occurred

Radios

Radios are pieces of equipment often used by Lifeguards at beaches and some large leisure centres. They are used for communication from the beach with inshore rescue boats, the control centre, and other agencies.

RADIO TELEPHONY

Radio Telephony is a set procedure for speaking on the radio. It includes using different channels or frequencies, saying things in the right order, using call signs and special words that clearly communicate your intention.

CALLSIGNS

A callsign is like a name used by people when they are using the radio, and this is the name that other radio users will use when contacting you. Examples of callsigns are Lifeguard Alpha, Pool Lifeguard Base, Bournemouth Coastguard, etc.

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RADIO COMMUNICATIONS IMPORTANT WORDS (PROWORDS)

These are well known words and phrases that are used in order to ensure accuracy and clarity when talking on the radio:

- Callsign** – This is your or other persons/locations radio names
- Correct** – What you have transmitted is correct
- Figures** – Used when transmitting numbers
- Grid** – Used when indicating a Grid Reference
- I say again** – Used if you need to repeat the transmission
- I spell** – Used if you are going to spell a word with the phonetic alphabet
- Out** – Used to end the transmission if a reply is not necessary
- Over** – Used to end the transmission when a reply is necessary
- Roger** – Used to indicate that the last transmission was received satisfactorily
- This is** – Used to indicate who the transmission is from
- To** – Used to indicate who the transmission is for
- Wilco** – Used to indicate that your message has been received and the instructions will be followed

CALLING AND ANSWERING

A full call starts with the callsign of the person being called twice, then the proword 'this is' followed by the callsign of the person speaking, and then followed by the proword 'over'. For example:

**“Lifeguard Base, Lifeguard Base,
this is Rookie Lifeguard Alpha over”**

An answer consists of the callsign of the person calling, the proword 'this is' followed by the callsign of the person replying and the proword 'over'. For example:

“Rookie Lifeguard Alpha, this is, Lifeguard Base”

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RADIO COMMUNICATIONS PHONETIC ALPHABET

Rookies should learn the phonetic alphabet and understand how it is used to aid clear communication. Each letter is given a word which makes it much easier to hear and avoids confusion.

| | | | |
|---|----------|---|---------|
| A | Alpha | O | Oscar |
| B | Bravo | P | Papa |
| C | Charlie | Q | Quebec |
| D | Delta | R | Romeo |
| E | Echo | S | Sierra |
| F | Foxtrot | T | Tango |
| G | Golf | U | Uniform |
| H | Hotel | V | Victor |
| I | India | W | Whiskey |
| J | Juliett | X | X-ray |
| K | Kilo | Y | Yankee |
| L | Lima | Z | Zulu |
| M | Mike | | |
| N | November | | |

Whistles

Whistles are another form of communication and are predominantly used by Lifeguards to patrol beaches and swimming pools. Whistles can only make one type of sound so to enable us to distinguish what is happening different numbers of whistle blasts mean different commands:

- One short blast – to attract the attention of a member of the public
- Two short blasts – to gain the attention of another lifeguard
- Three short blasts – to indicate that a lifeguard is taking emergency action

Rookies should learn these three whistle commands and be able to demonstrate them in an appropriate manner.

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Hand Signals

COMMUNICATING WITH A RESCUER WHO IS IN THE WATER

Rescuers can be directed to where a casualty is, even if they have gone under the water, by a person on the beach who saw the incident take place. As verbal communication is difficult over a distance, Rookies should know these hand signals:



MOVE TO LEFT OR RIGHT

- One arm out to the side



MESSAGE UNDERSTOOD

- One arm held above head and swept down



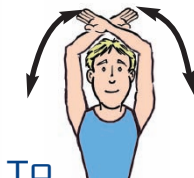
GO FURTHER OUT

- Both arms straight up in the air



RETURN TO SHORE

- One arm held vertically upwards



TO ATTRACT ATTENTION

- Arms waved to and fro, crossing above the head

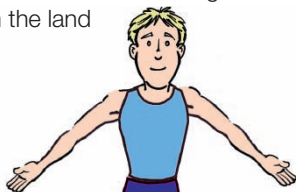
HELP REQUIRED FROM IN WATER

- Raise one hand above your head with the other staying in the water for buoyancy
- Shout for help



INVESTIGATE OBJECT IN THE WATER

- Both arms held at 45 degrees from the land



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Award Card

1. Explain when and why Lifeguards would use a Radio
2. Explain what Radio Telephony is and why we use it
3. Describe what a callsign is and give an example of a suitable callsign
4. Explain what is meant when a message ends with the following prowords:
 - Over
 - Out
 - Wilco
 - Roger
5. Demonstrate how you would make Radio contact with 'Rookie Lifeguard Base' when you are 'Rookie Lifeguard Alpha'.
6. Use the phonetic alphabet to spell 5 words
7. Demonstrate the three whistle signals used by Lifeguards
8. Demonstrate the arm signals used to communicate:
 - Move to the left
 - Move to the right
 - Move towards the shore
 - Move away from the shore
 - Investigate an object in the water(These skills do not have to be completed in the water)
9. State the two emergency numbers that can be used in the UK and what information the emergency operator will need to be told
10. Complete one scenario where the appropriate method of communication is selected and the situation dealt with