

PADDLE BOARD AWARD

This award can be completed in a swimming pool or open water venue. The award can be completed over a duration suitable to the candidates ability and this is unlikely to be less than three 30min training sessions.

Guidelines

Instructors

This award must be led by a registered Rookie Instructor. Additional guidance and help may be sought from RLSS UK Beach Trainer Assessors and RLSS UK Beach Lifeguards or others who are familiar with the use of rescue boards.

If the award takes place in open water a Trainer Assessor with Open Water Endorsement or Beach Trainer Assessor must be present at all times. The Rookie Instructor must ensure that safety cover complies with site specific operational procedures and RLSS UK Guidelines.

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.

Depending on the water type being used the Risk Assessment should consider, but not be limited to:

- Transport of Rookies and equipment
- Adult to Rookie ratios
- Sun/weather safety
- Bad weather precautions
- Hydration
- Specific medical conditions
- Physical, People, Activity and Teaching hazards
- Lifeguard/Qualified safety and first aid provision and equipment
- Risk of damage to equipment and poolside areas
- Risk of impact with equipment
- Swimming ability and the need for Personal Floatation Devices (PFD's, Life Jackets)
- Potential need for wetsuits and other Personal Protective Equipment (PPE)
- Child protection issues

A brief open water risk assessment record form is included as part of this award, this is for guidance only and may not include all elements that should be considered depending on the water environment.

If the award takes place in open water candidates should remain close to the shore and within their own standing depth of water.

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PADDLE BOARD AWARD

Equipment

A suitable paddle board must be used, this may include 'soft boards' which are more suitable for pool use, however, these smaller boards may not be appropriate for larger Rookies as they have reduced stability and floatation. A range of Rescue and Paddle Boards are available from Lifesavers Direct (www.lifesaversdirect.co.uk).

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:

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

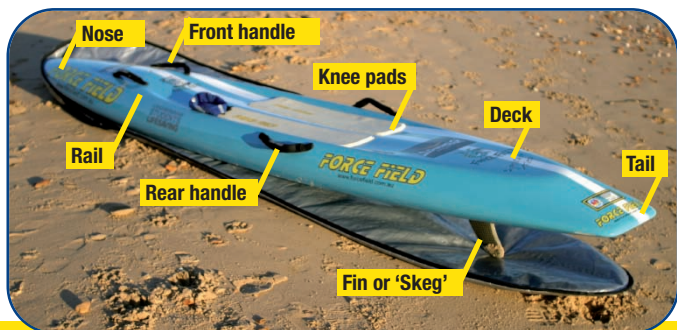
Registration

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



CRAFT FAMILIARISATION

Rookies should be able to identify the following elements of a paddle board. These boards may also be known as Malibu Boards or 'Mals'.



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PADDLE BOARD AWARD

PADDLE BOARD SKILLS

Paddle boards can move at high speed when the paddler falls off, this could result in collision and/or injuries to nearby people and could also cause damage to equipment. Rookies should be instructed to grab the board quickly as they start to fall so that they can keep the board under control.

HANDLING THE PADDLE BOARD

Different types of boards need to be stored in different ways, but most boards have a removable fin to prevent damage during storage and fibreglass boards normally have a protective cover to protect against impacts during storage and transport. Whilst Rookies shouldn't be expected to use tools to prepare the boards for the water, they should know the correct storage and transport procedure for the board that they will use. Rookies should know how to place the board on the ground deck down once the fin is attached and if the board requires a bung/seal.

When carrying a paddle board it is important that it isn't dragged across the floor, small boards can be carried by Rookies under one arm but larger boards may require more than one Rookie to carry them safely.



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1. PUTTING THE BOARD ON THE WATER

Beach entry - With one or two people holding the board, wade into the water up to around thigh depth, place the board onto the water.

Deck entry (swimming pool) - Place the board on to the water parallel with the deck, climb into the water and move the board away from the edge before mounting it.



2. THE STRADDLE POSITION

Starting by standing at the side of the board in a safe area of water. Lean onto the deck with your chest and stomach, then swing one leg over the board allow a leg to hang over each side. Hold onto the board for support whilst keeping a relatively vertical body position.



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RLSS UK

PADDLE BOARD AWARD

3. THE LYING POSITION (PRONE)



From the straddle position lower the upper body forward and place the legs along the back of the board deck. Knees and feet should run along the inner edge of the deck to create a wide base but they should not hang into the water. Shuffling up and down the board will raise and lower the nose which should not be submerged and should be a little higher than the tail of the board.



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4. PADDLING

Introduce paddling whilst using the lying position to begin and then progress onto paddling in the kneeling position. It is important to keep the head raised and aware of the direction of the board.

FRONT CRAWL ARMS – Making similar stroke movements as during swimming front crawl, the arms shouldn't stray too far from the side of the board and should have a long alternating stroke.



BUTTERFLY ARMS – Making similar stroke movements as during swimming butterfly, the arms shouldn't stray too far from the side of the board and should have a long simultaneous stroke.



PADDLE BOARD AWARD

5. THE KNEELING POSITION

Starting from the straddle position, transfer some body weight onto your hands and hook the feet onto the board just behind where you're sat. Lift your knees together and place them onto the knee pads spaced as widely as is comfortable. Keep your shoulders low by your knees and use your hands in the water to stabilise.



6. STOPPING

To stop the board place both hands in the water, palms facing forward, slight reverse paddling also helps. Returning to the straddle position also helps to stop and stabilise the board.



PADDLE BOARD AWARD

7. TURNING

A big turn – To perform a big turn or an arc whilst moving forward you can paddle using just one arm, to make the turn a little tighter you can hold your opposite arm in the water or reverse paddle with your opposite arm.

Little turn (arms only) –

To perform a tight turn or turn in a restricted space, paddle backwards with one arm and forward with the other. A progression of this is to keep both hands in the water and use a sculling action turning one hand clockwise and the other anti clockwise.



Little turn (legs and arms) – To perform a tight turn using only the legs, start by taking the straddle position. Move slightly towards the tail of the board until the nose lifts a little. Make circular actions with the legs just like Egg Beater Kick. Focus on moving the front of the board toward the direction that you want to travel. Arms can also be used for stabilisation or to help with turning the board.

ROOKIE

LIFEGUARD

RLSS UK

PADDLE BOARD AWARD

8. PADDLING THROUGH WAVES

Face the wave head on and transfer a little body weight towards the tail of the board to help the nose to lift a little, push/brace the upper body off the board using your arms (like a half push-up).

As the wave passes under where you are on the board lean forward and allow the nose to drop to its normal position.



9. STAYING STABLE

As with all activity stability is linked to the width of the base and how high the weight is from the base. To keep the board stable in turbulent water (or just if you're a bit wobbly), stay as low as possible, either lying down or keeping your shoulders low if your kneeling, keep your knees and feet as wide as possible on the deck of the board and use your hands in the water like bicycle stabilisers.



PADDLE BOARD AWARD

10. LANDING A CASUALTY ONTO THE BOARD

During the Rookie Lifeguard syllabus, Rookies will not lift or recover casualties onto the paddle board. Rookies should also be instructed that they should never enter water to perform a rescue. The following sequence is only to introduce the skills that can be developed during senior awards, as well as being a fun activity for the Rookies.

The Rookie Lifeguard paddle board rescue sequence is:

- Whilst paddling recognise a person in distress
- Shout for help and make sure assistance is coming
- Approach the casualty (but don't aim straight for them, go to one side)
- Stay out of reaching distance of the casualty
- Holding onto the board handles climb off the board
- Tell the casualty to climb onto the board, lie down and hold on
- Keeping a tight hold of the handles tow or wade the board to a point of safety



SAFETY NOTICE

- If the water is too deep, or the Rookies swimming ability is too low, the Rookie should stay on the board, instruct the casualty to hold onto the handles for buoyancy and wait for help to arrive

PADDLE BOARD AWARD

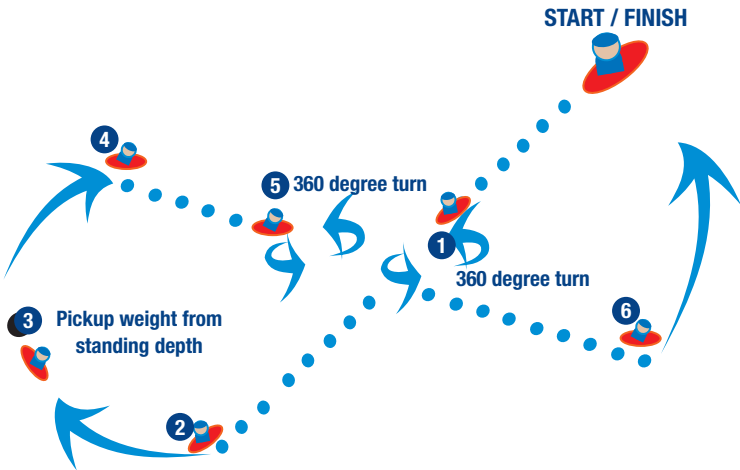
Award Card

1. Explain about safe storage and transport of the board that is being used, including how to prepare it for use in the water
2. Demonstrate how to correctly carry, prepare and place the board into the water
3. Correctly identify four of the following components of a paddle board:
 - Nose
 - Tail
 - Handle
 - Fin
 - Knee Pads
 - Rail
 - Deck
4. Demonstrate the transition from the lying position, to a kneeling position, and back to a lying position
5. Perform a safe, controlled and effective rapid stop
6. Paddle 75 meters
 - In the lying position using front crawl arms
 - In the kneeling position using butterfly arms

PADDLE BOARD AWARD

7. Complete the assault course

- 1 Paddle in a straight line and do a 360 degree turn (arms only) then continue in the same direction
- 2 Perform half of a big/arc turn
- 3 Stop and retrieve a sunken object from standing depth water and place it onto the board (maximum depth 1.5m)
- 4 Complete the big/arc turn
- 5 Paddle in a straight line and do a 360 degree turn (legs only) then continue in the same direction
- 6 Perform one more big/arc turn to return to the starting position



8. Correctly perform the Rookie Lifeguard paddle board rescue sequence
9. Demonstrate safely removing the board from the water and knowledge of how to store the board