

## RLSS Emergency Response (ER) Pool Qualification

The RLSS Emergency Response Pool Qualification is a Certificate of Water Rescue Competence but is not a lifeguard qualification.

### Who should attend?

Staff working in a facility where there is a swimming pool but no direct poolside supervision, and Ancillary staff to enable them to provide greater support to the Lifeguard team in the event of an emergency.

### Pre-requisites

- Candidates must be at least 16 years old at the start of the training
- Candidates must be able to swim 25 metres on front and back
- Candidates must be able to submerge to a depth not greater than 1.5 metres from the surface
- Candidates must be medically fit, a strong and confident swimmer
- Climb out of the pool without the use of steps or ladder

### Course contents

1. Pool Safety Theory:
  - To include the principles of accident prevention, casualty identification, principles of rescue, spinal cord injury management (SCIM), cardio-pulmonary resuscitation (CPR), and first aid.
2. Life Support:
  - Adult, child and infant basic life support to include the use of a pocket mask as a barrier method of resuscitation.
3. Practical emergency first aid:
  - Choking, bleeding, broken bones, bites, burns, stings, shock, heart attack, epilepsy, asthma and diabetes.
4. Practical rescue skills:
  - To include pool rescue skills, SCIM and incident management (for developing rescue skills within simulated emergency conditions)

### Course duration

14 hours

### Assessment

Practical and theoretical assessment.

Candidates will receive a certificate of competency on successful completion of training that is valid for 2 years.

## Course dates

If you are interested in this course, please email [kweaver@ledleisure.co.uk](mailto:kweaver@ledleisure.co.uk) for further details.

## Cost

£75 (exempt from VAT)

Discount available for block booking of 5 candidates or more. Please contact [training@ledleisure.co.uk](mailto:training@ledleisure.co.uk) for prices.