Model Curriculum

QP Name: Advance Lifeguard – Open Water

QP Code: SPF/Q1113

QP Version: 2.0

NSQF Level: 5

Model Curriculum Version: 2.0

Sports, Physical Education, Fitness and Leisure Sector Skill Council
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Training Parameters

Sector	Sports
Sub-Sector	Sports Coaching and Fitness
Occupation	Sports Coaching
Country	India
NSQF Level	5
Aligned to NCO/ISCO/ISIC Code	NCO-2015/3423.0501
Minimum Educational Qualification and Experience	Completed 2nd year of UG (UG Certificate) OR Pursuing 2nd year of UG and continuing education OR Completed 2nd year of diploma (after 12th) OR Pursuing 2nd year of 2-year diploma after 12th 12th Class pass with 2 Years of experience as a lifeguard/swimming instructor/ rescue crew. Live demonstration is mandatory OR 10th Class pass with 4 Years of experiences a lifeguard/swimming instructor/ rescue crew. Live demonstration is mandatory OR Certificate-NSQF (Level 4- lifeguard Pool) with 3 Years of experience working in aquatic facility as a lifeguard/swimming instructor/ rescue crew. Live demonstration is mandatory
Pre-Requisite License or Training	
Minimum Job Entry Age	18 years
Last Reviewed On	30/06/2022
Next Review Date	30/06/2025
NSQC Approval Date	30/06/2022
QP Version	2.0
Model Curriculum Creation Date	30/06/2022
Model Curriculum Valid Up to Date	30/06/2025

Model Curriculum Version	2.0
Minimum Duration of the Course	570 Hours
Maximum Duration of the Course	570 Hours

Program Overview

This section summarizes the end objectives of the program along with its duration.

Training Outcomes

At the end of the program, the learner will be able to:

- Conduct safety inspections of waterfronts and swimming areas.
- Prepare rescue equipment for emergency response.
- Develop fitness to perform rescue operations in various situations.
- Apply techniques and strategies to ensure effective monitoring of waterfronts
- Establish ways to caution swimmers, visitors on dangers associated with waterfronts
- Identify potential rescue situations and swimmers in danger.
- Assess rescue requirements and select appropriate equipment.
- Apply still and swift moving water rescue techniques.
- Perform first aid.
- Select appropriate equipment and watercraft for rescue operation.
- Navigate watercrafts different sea, ocean conditions.
- Apply sea and ocean water rescue techniques.

Compulsory Modules

The table lists the modules, their duration and mode of delivery.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
SPF/N1140: Prepare for the emergencies at waterfronts **NOS Version No. 2.0** **NSQF Level: 5**	*45:00*	*30:00*	*30:00*	*00:00*	*105:00*
(Bridge Module) Module 1: Introduction to lifeguard in open water	*15:00*	*00:00*			*15:00*
Module 2: Prepare waterfronts and swimming area for safe use	*30:00*	*30:00*	*30:00*	*00:00*	*90:00*
SPF/N1141: Supervise waterfronts & swimming area **NOS Version No. 2.0** **NSQF Level: 5**	*30:00*	*60:00*	*60:00*	*00:00*	*150:00*

Module 3: Monitor and supervise activities in waterfront	30:00	60:00	60:00	00:00	150:00
SPF/N1142: Perform rescue in open water **NOS Version No. 2.0** **NSQF Level: 5**	*30:00*	*105:00*	*60:00*	*00:00*	*195:00*
Module 4: Apply rescue techniques in open water	30:00	105:00	60:00	00:00	195:00
SPF/N1143: Perform rescue at beach **NOS Version No. 2.0** **NSQF Level: 5**	*00:00*	*00:00*	*00:00*	*00:00*	*00:00*
Module 5: Apply rescue techniques at beach	00:00	00:00	00:00	00:00	00:00
SGJ/Q1702 - Optimize resource utilization at workplace **NOS Version No. 1.0** **NSQF Level: 3**	*15:00*	*15:00*	*00:00*	*00:00*	*30:00*
Module 6: Create an environmentally sustainable workplace	15:00	15:00	00:00	00:00	30:00
DGT/VSQ/N0103- Employability skills (90 Hours) **NOS Version No-1.0** **NSQF Level: 5**	*45:00*	*45:00*	*00:00*	*00:00*	*90:00*
Module 7: Employability skills	45:00	45:00	00:00	00:00	90:00
Total Duration	*165:00*	*255:00*	*150:00*	*00:00*	*570:00*

Module Details

Module 1: Introduction to lifeguard in open water
Bridge Module
Mapped to SPF/N1140, v2.0

Terminal Outcomes:

- Identify the knowledge and skills required to become an advance lifeguard – open water.
- Identify the career opportunities of an advance lifeguard – open water.

Duration: *15:00*	Duration: *00:00*
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
• Differentiate between lifeguard – pool and lifeguard – open water. • List skill sets required to become successful advance lifeguard – open water.	• Create a career progression chart of an advance lifeguard – open water
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements	
NA	

Module 2: Prepare waterfronts and swimming area for safe use
Mapped to SPF/N1140, v2.0

Terminal Outcomes:

- Conduct safety inspections of waterfronts and swimming areas.
- Prepare rescue equipment for emergency response.
- Develop fitness to perform rescue operations in various situations.

Duration: 30:00	Duration: 30:00
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
- Recall the ways to caution visitors on dangers around waterfront and swimming area. - Discuss the meaning and significance of different colored flags placed at the waterfront. - Explain the types of floating and submerged hazards in water. - Explain the factors to be considered before declaring the swimming area safe. - Explain the significance of keeping rescue and lifesaving equipment within reach (inflatable boats, surfing boards, watercraft, throw-bags, inflatable tubes, oxygen mask, etc.) - Discuss the drills and exercises to develop endurance and strength required to perform rescues. - Recall ways to promote personal and environmental hygiene.	- Demonstrate how to demarcate swimming and non-swimming areas. - Classify hazardous and non-hazardous floating and submerged aquatic equipment. - Demonstrate ways to ascertain water contamination. - Use communication devices such as radio and mobile phones to gather information on weather forecast. - Prepare a list of rescue and lifesaving equipment and demonstrate their usage. - Prepare waterfront and swimming area readiness checklist. - Demonstrate compound exercises to develop strength. - Demonstrate swim drills with and without lifesaving equipment. - Demonstrate shallow water running drills. - Draft a sample report for advanced hygiene and sanitation issues to appropriate authority.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements	
Flags, throw-bags, inflatable tubes, jackets, poles, rope, oxygen mask, reservoir bag, radio, mobile phones, first aid kit	

Module 3: Monitor and supervise activities in waterfront
Mapped to SPF/N1141, v2.0

Terminal Outcomes:

- Apply techniques and strategies to ensure effective monitoring of waterfronts
- Establish ways to caution swimmers, visitors on dangers associated with waterfronts
- Identify potential rescue situations and swimmers in danger.

Duration: 30:00	Duration: 60:00
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
- Discuss the significance of setting up effective monitoring positions. - Explain the types of negligence that could be dangerous to visitors/ swimmers. - Explain the dangers associated with abnormal rip currents, undertows, undercurrents, rip tides. - Recall the ways to identify swimmers in distress. - Discuss the primary and secondary factors of drowning. - Discuss the behaviours which are considered as harassment. - Discuss the importance of having appropriate entry-exit, changing facilities, for people with different abilities. - Explain the significance and the process of reporting inappropriate behaviour and sexual harassment. - Discuss inappropriate behaviour and sexual harassment at workplace.	- Set up monitoring position that eliminates blind spots and covers entire swimming area. - Create signboards and colored flags, using chart papers, to explain the level/ type of dangers. - List the steps of emergency evacuation. - Differentiate between primary and secondary factors of drowning. - Demonstrate ways to prevent movements of watercrafts near swimming area. - Use loudspeakers, mics, whistle, siren to address/ warn visitors. - Apply gender-sensitive, non-discriminatory language.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, copy of POCSO (Protection of Children against Sexual Offences) and POSH (Prevention of Sexual Harassment) Acts	
Tools, Equipment and Other Requirements	
Signboards, flags, whistle, mic/loudspeakers, binocular	

Module 4: Apply rescue techniques in open water
Mapped to SPF/N1142, v2.0

Terminal Outcomes:

- Assess rescue requirements and select appropriate equipment.
- Apply still and swift moving water rescue techniques.
- Perform first aid.

Duration: 15:00	Duration: 45:00
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
• Explain the difference in rescue techniques between still water and swift moving water rescues. • Explain the types of water current. • Discuss the ways to assess the rescue need and select the type of rescue equipment. • Recall the techniques used to ascertain the spot where the victim went underwater. • Discuss the ways to enter the water (still water) with and without the equipment. • Discuss the types of rescue watercrafts with their advantages and disadvantages during rescue. • Explain the importance of recognizing when to use escapes technique for the safety of the rescuer. • Discuss the difference between aggressive and defensive swimming techniques. • Discuss the types of obstacles in swift moving water. • Recall the types of knots and hitches to be deployed specific to the rescue requirement. • Discuss the common types of injuries that might occur in water. • Explain the steps to be followed during medical emergencies. • Recall the steps and specifics to perform artificial resuscitation	• Demonstrate use of sightings and cross-bearing clues to identify the position of the victim. • Demonstrate run and swim entry to the water for rescue. • Demonstrate swimming rescue techniques (accompanied, wade, contact tow, non-contact tow) • Demonstrate active drowning and passive drowning victim rear rescue. • Demonstrate shallow water rescue techniques. • Demonstrate deep water rescue techniques. • Demonstrate platform rescue techniques from the watercraft. • Demonstrate how to escape from a frightened, distressed victim. • Demonstrate how to rescue multiple victims. • Demonstrate ways to rescue as a team. • Demonstrate ways to remove victims from the water. • Create rescue knots and hitches (figure 8, water knot, muenster, butterfly, prussic, etc.) • Demonstrate ways to find the severity of the injury. • Demonstrate the process of administering first aid for common injuries. • Perform CPR (Cardio-Pulmonary Resuscitation) • Demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, lifeguard manual	
Tools, Equipment and Other Requirements	
Motor-watercraft, riverboard, whistle, ring buoy, tubes, reaching pole, throw-bags, inflatable tubes, jackets, poles, rope, reservoir bag, radio, mobile phones, oxygen mask, artificial resuscitation kit, first aid box, binocular, loudspeaker.	

Module 5: Apply rescue techniques at beach
Mapped to SPF/N1143, v2.0

Terminal Outcomes:

- Select appropriate equipment and watercraft for rescue operation.
- Navigate watercrafts different sea, ocean conditions.
- Apply sea, ocean water rescue techniques.
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Duration: 15:00	**Duration**: 60:00
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
• Explain the difference between motorized and non-motorized watercrafts with their advantages and disadvantages during rescue. • Recall the navigation guidelines for Personal Water Craft (PWC), Jetski and Inflatable Rescue Boards (IFR). • Discuss the types of currents in sea/ocean. • Discuss the techniques to enter sea/ocean for rescue. • Discuss the ways to communicate between land to sea and vice-versa. • Recall the types of flag colours as a warning sign to demarcate non-swimming area and its significance.	• Navigate PWC, Jetski, IFR in large and messy surf, around rocks, etc. • Demonstrate rescue techniques using motorized watercrafts such as PWC, Jetski, IFR. • Demonstrate rescue techniques using non-motorized watercrafts such as rescue board, kayak. etc. • Perform water entry techniques such as wading, dolphin diving or porpoising, swim out, duck diving, etc. • Demonstrate swim rescue using rescue tube, tow rescue, single person drag. • Demonstrate self-protection and escapes techniques. • Demonstrate multiple victim rescue techniques. • Demonstrate the use of communication devices such as radio and set it to the correct frequency for connectivity.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards, lifeguard manual	
Tools, Equipment and Other Requirements	
Motor-watercraft, surfboard, whistle, ring buoy, tubes, , throw-bags, inflatable tubes, jackets, rope, reservoir bag, radio, oxygen mask, artificial resuscitation kit, first aid box, binocular, loudspeaker.	

Module 6: Create an environmentally sustainable workplace
Mapped to SGJ/N1702, v1.0

Terminal Outcomes:

- Identify effective waste management techniques at the workplace.
- Ways to make the workplace environmentally sustainable.

Duration: *15:00*	Duration: *15:00*
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
- Recognize the environment-friendly materials available to replace conventional materials. - Discuss ways of disposing non-recyclable waste appropriately. - Explain common sources of pollution and ways to minimize it.	- Prepare statutory documents relevant to safety and hygiene. - Demonstrate the methods of disposing non-recyclable waste. - Report malfunctioning (fumes/sparks/emission/vibration/noise) and lapse in maintenance of equipment.
Classroom Aids:	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
Tools, Equipment and Other Requirements	
Gloves, safety goggles, ladder	

Module 7: Employability Skills
Mapped to DGT/VSQ/N0103, v1.0

Terminal Outcomes:
- Understand Employability skills along with communication skills and constitutional values
- Able to set a goal and create a career plan, along with knowledge financial and legal knowledge

Duration: 45:00	Duration: 45:00
Theory – Key Learning Outcomes	**Practical – Key Learning Outcomes**
• Discuss the Employability Skills required for jobs in various industries. • Explain the constitutional values, including civic rights and duties, citizenship, responsibility towards society and personal values and ethics such as honesty, integrity, caring and respecting others that are required to become a responsible citizen • Describe the role of digital technology in today's life • Explain entrepreneurship and opportunities available • Identify different types of customers and their needs • Explain skills required to become a 21st century professional • Teach to read and write basic English • Explain effective communication skills • Teach basic financial and legal knowledge	• Create a career plan • Implement Self-awareness, time management, critical thinking, problem solving • Create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary • Implement communication skills while handling different customers •Use appropriate basic English sentences/phrases while speaking. Differentiate between types of customers. • Create a biodata. • Use various sources to search and apply for jobs.
Classroom Aids:	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster	
Tools, Equipment and Other Requirements	
computer (PC) with latest configurations, Computer Tables, Computer Chairs, UPS, Scanner cum Printer	

On-the-Job Training
Mapped to Advance Lifeguard – Open Water

Mandatory Duration: *150:00*	Recommended Duration: *00:00*
Location: On Site	

Terminal Outcomes

- Conduct safety inspections of waterfronts and swimming areas.
- Select appropriate equipment and watercraft for rescue operation.
- Develop fitness to perform rescue operations in various situations.
- Apply techniques and strategies to ensure effective monitoring of waterfronts
- Establish ways to caution swimmers, visitors on dangers associated with waterfronts
- Identify potential rescue situations and swimmers in danger.
- Assess rescue requirements and select appropriate equipment.
- Navigate watercrafts in different conditions.
- Apply still and swift moving water rescue techniques.
- Apply sea and ocean water rescue techniques.
- Perform first aid.

Annexure

Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	**Specialization**	**Relevant Industry Experience**		**Training Experience**		**Remarks**
		Years	*Specialization*	*Years*	*Specialization*	
Class 12th pass	Lifeguard-open water	Minimum 1 year	Must have worked in an aquatic industry	Minimum 1 year	Lifeguard-open water in an aquatic facility	The Lifeguard-open water must be physically fit and good swimmers. They must be calm, focused and attentive to details. Individuals also require stamina and should have good endurance in swimming.

Trainer Certification	
Domain Certification	**Platform Certification**
Certified ToT for job role "Advance Lifeguard- open water" mapped to QP "SPF/Q1113, v2.0" Minimum accepted score is 80%	Recommended that the trainer is certified for the Job-Role "Trainer" (VET and skills), mapped to Qualification Pack: MEP/Q2601, v2.0" Minimum accepted score is 80%

Assessor Requirements

Assessor Prerequisites					
Minimum Educational Qualification	**Specialization**	**Relevant Industry Experience**		**Training/Assessment Experience**		**Remarks**
		Years	*Specialization*	*Years*	*Specialization*	
Class 12th pass	Lifeguard-open water	Minimum 2 years	Must have worked in an aquatic industry	Minimum 1 year	Lifeguard- open water in an aquatic facility	All empaneled Assessors would have to undergo **"Train the Assessor"** Program conducted by SPEFL SC for each job role time to time.

Assessor Certification	
Domain Certification	**Platform Certification**
Certified ToA for job role "Advance Lifeguard- open water" mapped to QP "SPF/Q1113, v2.0" Minimum accepted score is 80%	Recommended that the assessor is certified for the Job-Role "Assessor" (VET and skills) mapped to the Qualification Pack: MEP/Q2701, v2.0" Minimum accepted score is 80%

Assessment Strategy

Assessment Guidelines

1. Criteria for assessment for each Qualification Pack will be created by the SPEFL - Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down the proportion of marks for Theory and Skills Practical for each PC.

2. The assessment for the theory part will be based on the knowledge bank of questions created by the SSC.

3. Assessment will be conducted for all compulsory NOS, and where applicable, on the selected elective/option NOS/set of NOS.

4. Individual assessment agencies will create unique question papers for the theory part for each candidate at each examination/training center as per assessment criteria below.

5. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ training center based on these criteria.

6. To pass the Qualification Pack assessment, every trainee should score a minimum of 70% of aggregate marks to successfully clear the assessment.

7. In case of unsuccessful completion, the trainee may seek reassessment on the Qualification Pack.

Recommended Pass % aggregate for QP: 70

Each NOS in the Qualification Pack (QP) will be assigned a relative weightage for assessment based on the criticality of the NOS. Therein each Performance Criteria in the NOS will be assigned marks for or practical based on relative importance, criticality of function and training infrastructure.

The following tools are proposed to be used for final assessment:

1. **Practical Assessment:** This will comprise of a creation of mock environment in the skill lab which is equipped with all equipment's required for the qualification pack.
   Candidate's soft skills, communication, aptitude, safety consciousness, quality consciousness etc. will be ascertained by observation and will be marked in observation checklist. The product will be measured against the specified dimensions and standards to gauge the level of his skill achievements.

2. **Viva/Structured Interview:** This tool will be used to assess the conceptual understanding and the behavioral aspects as regards the job role and the specific task at hand. It will also include questions on safety, quality, environment, and equipment, etc.

3. **Written Test:** Under this test few key items which cannot be assessed practically will be assessed. The written assessment will comprise of:
   i. True / False Statements
   ii Multiple Choice Questions
   iii Matching Type Questions.
   iv Fill in the blanks

Accreditation of Assessing Body:

The SPEFL SC's Accreditation process is divided into two steps:
1. **Pre-accreditation process:**
   • Apply for Accreditation: Application form with desired documents in prescribed format to be sent.
   • Document Compliance: to be done for ensuring the compliance and adherence of applied assessing body according to criteria laid down by SPEFL SC.
   • Presentation on Quality Assurance: to be given by Assessing body highlighting the quality assurance process laid down by Assessing body at the process points.
   • Once the assessing body clears the due diligence process, the accreditation is given along with terms and conditions.

2. **Post-accreditation process:** Post accreditation, the accredited assessing bodies needs to fulfil following minimum eligibility criteria or requisites for implementation:
   • All Empanelled Assessors would have to undergo **"Train the Assessor"** Program conducted by SPEFL SC for each job role time to time.
   • Accredited Assessing Body would have to abide with requisite timelines, policies and regulations declared by SPEFL sector skill council.
   • Accredited Assessing Body with times would have to contribute to expansion of the questionnaire.

Glossary

Term	Description
Key Learning Outcome	Key learning outcome is the statement of what a learner needs to know, understand and be able to do in order to achieve the terminal outcomes. A set of key learning outcomes will make up the training outcomes. Training outcome is specified in terms of knowledge, understanding (theory) and skills (practical application).
OJT (M)	On-the-job training (Mandatory); trainees are mandated to complete specified hours of training on site
OJT (R)	On-the-job training (Recommended); trainees are recommended the specified hours of training on site
Training Outcome	Training outcome is a statement of what a learner will know, understand and be able to do upon the completion of the training.
Terminal Outcome	Terminal outcome is a statement of what a learner will know, understand and be able to do **upon the completion of a module.** A set of terminal outcomes help to achieve the training outcome.

Term	Description
QP	Qualification Pack
NSQF	National Skills Qualification Framework
NSQC	National Skills Qualification Committee
NOS	National Occupational Standards