

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

LIFEGUARD ASSESSMENT CRITERIA AND PRE-REQUISITES

1. SHALLOW WATER LIFEGUARD
2. POOL LIFEGUARD
3. BEACH LIFEGUARD

- ☞ Lifeguard candidate aspiring to be certified as per Dubai Municipality standards needs to go through a qualifying examination at FSG-TDC.
- ☞ To be eligible for assessment at FSG-TDC the candidate must fulfill the under-mentioned pre-requisites
- ☞ Candidate may enroll for assessment independently/ through any licensed Training Provider or be registered for assessment through any of the DAC (Dubai Accreditation Department) approved & ACCREDITED Training Centers.

PRE-REQUISITES: ENROLLMENT FOR ASSESSMENT & CERTIFICATION

Age on date of assessment	16 YEARS
Identity required	Passport/Emirates Identity/Labor Card /Visa
Minimum education	None
Basic communication skills	REQUIRED
Photograph	REQUIRED
Proof of training	REQUIRED (Recent attendance records from Training Providers)
Certifications accepted	FIRST AID/BLS Certification issued by any Training Provider approved by DCAS (Dubai Corporation for Ambulance Services) Valid for 2 year on/from date of Assessment.
Certifications not accepted	Lifeguard Training completion certification issued by any awarding body. Only EIAC approved certifications are accepted.

MANDATORY WATER SKILLS REQUIRED

SHALLOW WATER	POOL	BEACH/WATERFRONT LIFEGUARD
<ul style="list-style-type: none"> ▪ Can jump/dive into deep water as well as exit the water unaided without the use of a ladder. 	<ul style="list-style-type: none"> ▪ Can jump/dive into deep water as well as exit the water unaided without the use of a ladder. 	<ul style="list-style-type: none"> ▪ Can jump/dive into open water as well as exit the water unaided without the use of a ladder
<ul style="list-style-type: none"> ▪ Can swim continuously in a strong manner for 50 metres in a comfortable manner nonstop in a depth under 1.5 metres. 	<ul style="list-style-type: none"> ▪ Can swim continuously in a strong manner for 100 metres in a comfortable manner nonstop in a depth over 1.5-3 metres. 	<ul style="list-style-type: none"> ▪ Can swim continuously in a strong manner for 200 metres in a comfortable manner nonstop in a depth over 3-5 metres in Beach/Waterfront.

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<ul style="list-style-type: none"> ▪ Successfully perform a surface dive recovering a 4-kg weight at a depth of up to 1.5 metres 	<ul style="list-style-type: none"> ▪ Successfully perform a surface dive recovering a 4-kg weight at a depth of more than 1.5 meters and up to 3 meters or as per the facility requirement. 	<ul style="list-style-type: none"> ▪ Successfully perform a surface dive recovering a 4-kg weight at a depth of up to 3-5 metres.
<ul style="list-style-type: none"> ▪ Tread water for at least 2 minutes in a comfortable manner 	<ul style="list-style-type: none"> ▪ Tread water for at least 5 minutes in a comfortable manner. 	<ul style="list-style-type: none"> ▪ Tread water for at least 10 minutes in a comfortable manner.

NOTE:

✓ Assessment fee per SPECIALTY: AED 350/- (non-refundable)
✓ Candidates not able to pass the mandatory water skills test during the examinations, will not proceed further due to safety reasons.
✓ Examiner/Assessor has the full rights to disqualify the candidate for valid reasons.
✓ Applicable fees once paid for the assessment of such candidate will not be refunded or transferred to another date under any circumstances.
✓ The candidate will be allowed to re-appear for 1st RE-TEST is FREE, 2nd RE-TEST AED - 100/- for both 1st and 2nd retest candidate must come within 30 days from the first assessment to get that facility. If he does not appear within 30 days he must pay AED 350/-
✓ Candidate appearing for the third attempt must also pay AED 350/- for re-assessment.
✓ All candidates appearing for the assessment have the individual right to appeal or complain if they are not satisfied with the examination/assessment or certification procedures being followed by FSG-TDC.
✓ Such complaints or appeals can be made by the procedure specified on the website and informed to the candidate prior to assessment.

MANDATORY DCAS APPROVED FIRST AID SKILLS – CERTIFICATE REQUIRED

All candidates appearing for assessment must hold/ or submit a successful completion record of a DCAS Approved First Aid Qualification covering the following skills (validity of certificate should be two years from date of assessment)

The skills covered under this certification must include the following:

<ul style="list-style-type: none"> ▪ 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 ▪ Serious bleeding management ▪ Shock management 	<ul style="list-style-type: none"> ▪ Spinal cord injury management-inland ▪ 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 ▪ Minor injuries
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PROOF OF SHALLOW WATER/POOL LIFEGUARDING SKILLS TRAINING RECORDS REQUIRED FROM TRAINING PROVIDERS (RECENT)			
Incident Management and Prevention	Inland Rescues	Pool Entry and Exits	In water Rescues
<ul style="list-style-type: none"> Hazard Recognitions 	<ul style="list-style-type: none"> Voice and Signal 	<ul style="list-style-type: none"> Slide Entry 	<ul style="list-style-type: none"> Locked / Unlocked Arm Tow Hip/Shoulder/Close Tow
<ul style="list-style-type: none"> Basic Risk Assessments PLG 	<ul style="list-style-type: none"> Throw and Reach 	<ul style="list-style-type: none"> Straddle Entry 	<ul style="list-style-type: none"> Waded Rescue Contact/Non-contact
<ul style="list-style-type: none"> Uniform and Rescue Equipment 		<ul style="list-style-type: none"> Shallow Dive Entry 	<ul style="list-style-type: none"> Casualty Face Down Rotation
<ul style="list-style-type: none"> Pool Supervision 		<ul style="list-style-type: none"> Walk and Ladder Entry/Exits 	<ul style="list-style-type: none"> Surface Dives
<ul style="list-style-type: none"> Communication Techniques 		<ul style="list-style-type: none"> Step Assist Exit 	<ul style="list-style-type: none"> Torpedo Boy Basics
<ul style="list-style-type: none"> Spinal Cord Trauma Magt. (DCAS) 		<ul style="list-style-type: none"> Team Lift 	<ul style="list-style-type: none"> Self Defence & escapes
<ul style="list-style-type: none"> Emergency Oxygen (DCAS) 		<ul style="list-style-type: none"> Entry's with Equipment 	<ul style="list-style-type: none"> Head Splint
			<ul style="list-style-type: none"> Vice Grip & Spine Board Management (shallow Water)
			<ul style="list-style-type: none"> Escapes
			<ul style="list-style-type: none"> Multiple casualties rescue -Active/Passive

FRESH CANDIDATES: PROOF OF BEACH LIFEGUARD SKILLS TRAINING REQUIRED ALONG WITH DAC APPROVED POOL LIFEGUARD CERTIFICATION (RECENT) FOR RENEWAL: CANDIDATE CAN APPEAR DIRECTLY FOR THE BEACH LIFEGUARD TRAINING PROGRAM AND SHOW PROOF OF TRAINING AND DCAS APPROVED FIRST AID CERTIFICATE.				
Fitness levels needed	Techniques for identifying potential casualties	Principles of managing emergencies	Rescues with and without equipment.	Casualty care for common beach related injuries and illnesses
<ul style="list-style-type: none"> Water-based fitness skills in a pool or open water environment. 	<ul style="list-style-type: none"> Understanding of the characteristics of casualties in distress. 	<ul style="list-style-type: none"> Understanding the operational environment, related risks and local resources. 	<ul style="list-style-type: none"> Practice of rescues with equipment. 	<ul style="list-style-type: none"> Basic Life Support (BLS).
<ul style="list-style-type: none"> Fitness levels with knowledge and skills in an operational (surf or beach) environment. 	<ul style="list-style-type: none"> Understanding the surveillance methodology. 	<ul style="list-style-type: none"> Operational communications within a lifeguard team. 	<ul style="list-style-type: none"> Practice of rescues without equipment. 	<ul style="list-style-type: none"> Casualty care (beach related first aid).
<ul style="list-style-type: none"> Practice of lifts and how to 		<ul style="list-style-type: none"> Understand how to communicate 		

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carry a casualty.		safety information to the public.		
<ul style="list-style-type: none"> Practice of a surface dive and underwater swimming. 		<ul style="list-style-type: none"> The principles of dynamic risk assessment and the management of emergencies. 		

(Proof of the above may be provided in the form of documentary training records/ accredited CB issued certificates provided by candidate OR Approved Centre as applicable to the specific specialty)
The practical skills shall be taught in shallow water, pool and beach as applicable (in any case the CB shall specify the skills) in each category and methods of teaching for each skill which should be taught by their authorized Instructor within their **approved training Centre**.

CRITERIA FOR THE ASSESSMENT						
Assessment	Description	Total marks	Pass marks	Venue	Pass %	Duration Minutes
Core exam: Paper/Oral Based Examination	Objective type questions	40	30	Classroom	75%	70
Specialty Examination Paper/Oral Based Examination	Objective type questions	20	15	Classroom	75%	40
Practical Assessment + Oral Questions	Observation of skills display Activity based verbal questions to clarify actions	15	15	Site as applicable	100%	180
NOTE						
1.	Core examination: Will be applicable to all candidates irrespective of the specialty they choose. Written/Oral exam which covers the general duties of the lifeguard					
2.	Specialty Examination: Written/Oral exam which covers the specific duties of a specialized lifeguard, i.e. Shallow water, Pool or Beach lifeguard. Lifeguard candidates may undertake the exams in Written or oral (only if the candidate cannot read or write) forms.					
3.	Practical Examination: Final scenario/s shall be administered to assess the competence level of the lifeguard candidate. The scenario/s must include in-water rescue, water exit/extrications, pool side rescue, the use of spine board and out of water first aid/BLS for adult, child and infants including the use of AED and Emergency Oxygen kit use (as a highly-recommended skill).					
4.	Candidates have 30 days from the examination day to pass both theory and practical exam/s.					
5.	Specialty Areas for which FSG-TDC certifies are as under: 1. Shallow Water Lifeguard 2. Pool Lifeguard 3. Beach Lifeguard					
6.	Candidate can hold CERTIFICATES in all areas for which he/she has passed examinations, but he can possess only one card for the specific area of operation at any point of time.					
7.	Candidate holding Pool Lifeguard Certification can work in Shallow Water as well as all Swimming pools with depth of more than 1.5 meters.					

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8.*****	Candidate holding a Pool Lifeguard Certification may be assessed up to 3m, or to the deepest depth of the facility in which they will be lifeguarding for a Pool Lifeguard, where Pools means that the depth is more than 1.5m (SPECIAL ASSESSMENT FOR DEPTH MORE THAN 3 MTR TO BE CONDUCTED ON THE SPECIFIC SITE) Candidate required to specify the depth for assessment during registration. This assessment may be done separately on another date.
9.	Beach Lifeguard Certification will require the candidate to pass and get certified for the Pool Lifeguard prior to being considered for the Beach Lifeguard Assessment. Those who possess Beach Lifeguard Certificate and Card can work at the Beach as well as Pool or Shallow Water facilities.

10.	If a Candidate has a previously issued (DM approved) card for Shallow Water Lifeguard or Pool Lifeguard and he wants to qualify for Beach Lifeguard, he will be issued the Beach Lifeguard Certification and Card only after he/she returns the previous card held by him/her. However, certificate may be retained by the certified.
Qualified Shallow water lifeguard	A qualified lifeguard who have been trained and certified with limitation to the maximum 1.5 m depth of the pool which he/she will be assigned to work in. This might be in water park facility or a shallow depth swimming pool
Qualified Pool lifeguard	A qualified pool lifeguard who have been trained and certified to a depth more than 1.5 m. That covers water park lifeguards and swimming pool lifeguards as set here in the document.
Qualified Beach lifeguard	A qualified beach lifeguard who have been trained and certified to working beach or water front facility, in some cases they may be referred to as water front or beach front.

CERTIFICATION REQUIREMENT AND VALIDITY

1	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.
2	Be at least 16 years of age ON THE DATE OF ASSESSMENT
3	Basic Life Support (BLS)/ FIRST AID (covering all above-mentioned skills) and approved by the Local Authority (Dubai Corporation for Ambulance Services) with a validity of two years as on the date of assessment
4	Have valid Occupational Health Card from Local Health Authority In the place he/she intend to work (If applicable) (If not applicable, valid reasons must be specified)
5	Comply with PHSD Substance Abuse Policy and PHSD Code of Ethics
6	The certificate issued shall be valid for maximum of two years from the date of issuance.
7	Beach Lifeguard Certification cannot be issued without valid proof of Pool Lifeguard Certification issued by DAC accredited Certification Bodies

RE-CERTIFICATION

1	Lifeguard certificate shall not have more than two years' validity.
2	For recertification, candidates must complete all recertification requirements any time within two-month prior their certification's expiry date. This includes: ✓ Passing the Recertification Written/Oral and practical Examination(s)

	<ul style="list-style-type: none"> ✓ Continuing to meet medical requirements by the local health authority ✓ Compliance with LSC Substance Abuse Policy ✓ Compliance with the Code of Ethics
RENEWAL	
1	No matter how many hours the lifeguard candidates can prove his related experience during their period of certification, he/she needs to take both theory and Practical Exam to renew their certificate.
2	All candidates are allowed two attempts to pass their renewal theory and practical assessment exams before their certification expires.
3	Candidates who are unsuccessful after two attempts must undertake the full course of training and submit the proof of such training (in form of attendance records) to FSG-TDC
4***	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.
RE-QUALIFICATION	
1	Is needed once a certificate period has lapsed
2	There is no grace period after their certification expires.
3	Candidates whose certification has lapsed must take full course followed by theory and practical exams to be certified again and submit the proof of such training records to FSG-TDC

SUBSTANCE ABUSE POLICY

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

FSG-TDC 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 certifying authority 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
- ✓ 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.
- ✓ FSG-TDC 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:

1. Free of bias about religion, ethnicity, gender, age, national origin, and disability
2. Place the safety and welfare of public, workers associated with facility operation above all other considerations
3. Protect nearby public property and the environment
4. 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.
5. Not violating safety-related regulations, warnings, or instructions set forth by DM, recognized safety standards.
6. Not misrepresenting or deceiving others concerning my experience or the capabilities of myself or the area I am working in.
7. 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.
8. Not performing additional duties while assigned the duty of swimmer protection

Candidates are required to sign a code of ethics form issued by FSG-TDC (the statement is in full compliance with PHSD requirement), FSG-TDC shall keep the signed document in the candidate file.