

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

Lifeguard candidate aspiring to be certified as per Dubai Municipality standards needs to go through a qualifying examination. **Candidates are not required to take their training through SST to gain access to the assessment. Training can be provided by any accepted training provider.**

To be eligible for assessment at SST, the candidate must fulfill the under-mentioned pre- requisites, as well as completing all required application paperwork. No one will be allowed into an assessment without these requirements being met.

LEVELS OF CERTIFICATION:

- Shallow water lifeguard- for water 1.5m or less
- Pool lifeguard- for water over 1.5m
- Beach lifeguard- for waterfront or beach environments

LIFEGUARD PRE-REQUISITES

Prerequisites:

- **Must be 16 years of age**
- **Minimum education requirements: none.**
- **Must be able to swim continuously in a strong manner for:**
 - Shallow water Lifeguard: 50m nonstop
 - Pool Lifeguard: 100m nonstop
 - Beach/ Water front Lifeguard: 200m nonstop
- **Perform a surface dive and recover a 4 kg weight at a depth of:**
 - 1.5m for a Shallow Water Lifeguard
 - 3m, or to the deepest depth of the facility in which they will be lifeguarding for a Pool Lifeguard
 - 5m for Beach/Waterfront Lifeguard.
- **Tread water for:**
 - 5 minutes for Pool lifeguards;
 - 10 minutes for Beach lifeguards.
- **First aid/CPR training:**
 - Possession of a valid DCAS approved BLS certification, unless the Lifeguard Course includes these training courses. BLS/First Aid/Emergency response/CPR curriculum shall be approved by DCAS as part of the lifeguard qualification or taught by DCAS approved training center. The lifeguard BLS and First Aid skills may be assessed/ trained (both theory and practical) prior to enrolling to a lifeguard-training course to ensure the awareness and the ability of the lifeguard to use the skills learned with one consistent set of priorities in medical emergency, which will help to prevent or assist in emergencies.
- **Lifeguard training record:**
 - Possession of a valid lifeguard training record from an approved training provider
- **OHC:**
 - Have valid Occupational Health Card from Local Health Authority In the place he/she intend to work
- **Previous performance:**
 - Proof of the above may be provided in the form of documentary training records/ certificates provided by candidate OR Approved Centre
- **Time limit:**
 - Candidates have 30 days from the examination day to pass both theory and practical exam/s.

LIFEGUARD ASSESSMENT CRITERIA

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Assessment Criteria:

- Lifeguard knowledge:
 - Incident management
 - Incident prevention
 - Hazard recognition
 - Basic risk assessment
 - Equipment used
 - Communications and signals
- Practical skills examination: 100% required to pass
 - Basic Water Rescue Skills
 - Extrication
 - Effective water entry with or without equipment
 - Assists
 - Effective water rescue skills on the surface, below the surface and on the bottom for conscious and unconscious
 - suspected spinal injury rescues
 - Escapes -Front and rear escapes
 - Inland Casualty care -Using skills taught in the BLS/First Aid approved portion for adult, child and infants
 - The use of AED and Emergency Oxygen kit
- Written examination: 80% required to Pass
 - Core examination (pertaining to general lifeguard duties)
 - Specialty category(s) (pertaining to shallow water, pool or beach lifeguard duties- whichever is applicable)
 - Exams will be official exams from the certification agency
 - Exams will be in multiple choice formats
 - The exam may be administered orally only if the material and/or the exams are not available in the language the candidate can understand or if the candidate cannot read or write.

Recertification:

- SST requires a valid training record to participate in an assessment.
- Lifeguard certificate shall not have more than two year's validity. SST issues certificates that reflect the validity of the training record, and not longer.
- 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)
 - Continuing to meet medical requirements by the local health authority
 - Compliance with Substance Abuse Policy
 - Compliance with the Code of Ethics
- 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 in order to renew their certificate.**
- All candidates are allowed two attempts to pass their renewal theory and practical assessment exams **before their certification expires.** Candidates who are unsuccessful after two attempts must undertake the full course.
- 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.

Requalification:

- Is needed once a certificate period has lapsed.
- There is no grace period after their certification expires.
- Candidates whose certification has lapsed must take the full course followed by theory and practical exams to be certified again.

ADDITIONAL INFORMATION:

Complaints and appeals:

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- The SST complaints and appeals policy and procedures have been designed to ensure that all valid and actionable complaints are investigated and considered. SST will ensure objective and impartial analysis to the issue.
- These procedures ensure that all parties involved in the complaint have an opportunity to document circumstances warranting the complaint and to respond to the complaint.
- 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 period
- The code of ethics is issued as part of the application process
- Candidates are required to sign a code of ethics form issued by SST
- SST shall keep the signed document in the candidate file.

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.
- Candidates are required to sign a substance abuse form issued by SST
- SST shall keep the signed document in the candidate file.

Disciplinary policy:

- SST 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 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