





# BASIC OPEN WATER LIFEGUARD ACADEMY INTRO

COUNTRY NAME

JANUARY 1-5, 2020

CITY, STATE,

BEACH NAME





# INSTRUCTORS

INSTRUCTOR  
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**INSTRUCTOR  
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- HOME COUNTRY
- QUALIFICATIONS
- # OF ISLA PROJECTS
- FUN FACT

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# MISSION

The International Surf Lifesaving Association (ISLA) exists to advance professional lifesaving development in areas of need around the globe.

ISLA is a collaborative network of professional lifesavers that provide training programs, rescue equipment, lifeguard exchange programs, and emergency medical personnel to aquatic communities worldwide.





# HISTORY

- Established 2008
- Headquarters in Huntington Beach, California (Surf City, USA)
- First Project was Nicaragua during Semana Santa
- 62 Projects conducted as of January 2022
- Operations in over 23 countries
- ISLA Volunteers from 15+ countries
- Deployed 400+ volunteers







# PAST TRAINING ACADEMYS



CHINA





# PAST TRAINING ACADEMYS



THAILAND





# PAST TRAINING ACADEMYS



DOMNICAN REPUBLIC





# PAST TRAINING ACADEMYS



GHANA





# PAST TRAINING ACADEMYS



## MEXICO

# WHY ARE WE HERE?

- WHO estimates 370,000 people die every year from drowning
- Deaths from drowning are under reported
- 90% of drownings are in developing countries
- Actual drowning deaths can be high as **1.2 Million**
- Most common cause of accidental death in children
- Vulnerable = Victim
- Prevention, prevention, prevention



# WHY ARE YOU HERE?

- Why were ISLA's services requested?
- What is the local risk?
- What is the current lifeguard situation?
- If not you, then who?



# ISLA ACADEMY OBJECTIVES

- Build a basic foundation
- Develop professional skills
- Supplement existing knowledge
- Evaluate local risk
- Raise awareness
- Empower the community



# ISLA ACADEMY TOPICS

- Role of a Professional Lifeguard
- Aquatic Environment
- Drowning Victim Recognition
- Basic Lifeguard Operations & Systems
- Drowning Resuscitation
- Bleeding Control & Hypotension
- Dangerous Marine Life



# CADET LEARNING OBJECTIVES

- Recognize, anticipate, & respond to potential emergency and rescue situations
- Successfully & efficiently perform an ocean rescue
- Demonstrate the ability to provide basic medical care
- Complete all physical events
- Demonstrate the ability to act







# CADET EXPECTATIONS

- 100% effort
- Good attitude (no cheating)
- Respectful (listen to instructors, “Yes Sir/Mam”)
- Prepared (study & practice)
- Punctual
- Be involved (ask questions)
- Think & Learn
- Never stop improving
- All ways wear your pink beanie in the water



# INSTRUCTOR EXPECTATIONS

- Keeping Cadets safe
- Professional
- Punctual & Prepared
- Motivating
- Helpful
- Understanding
- Patient
- Fair
- Gnarly



# ACADEMY RULES

1. Follow the instructor's orders (it's for your safety)
2. If you get hurt, its **YOUR** fault for not following the instructor's orders
3. Safety (know your physical limits, **EVERYONE** must wear beanies in the water including instructors)
4. Squad role call before entering & after exiting the water ("Is everybody here?")
5. Respect the instructors, equipment, hotel, the environment, & each other
6. Address the instructors as "sir/mam" answer questions as "Yes or No Sir/Mam"
7. Hydrate, eat, & use sunscreen
8. Be safe
9. Do not cheat
10. Ask for help if you need it
11. Always be watching the water

# DISCIPLINE

- Behavior modification
- Lack of cooperation
- Breaking rules
- Not prepared
- You'll learn all about this



**PUSH UP POSITION!!!**





# ACADEMY STRUCTURE

ISLA Academy has three structural components:

- **Physical** = 100 pts. (five physical events, twenty points each)
- **Mental** = 100 pts. (generally, one ten-point quiz, and a ninety point final exam)
- **Practical** = 100 pts. (two rescue simulations, one with equipment and the other is the lead instructor's choice)



# PHYSICAL EVENTS

- Five physical events (mix of running and swimming)
- First event is a 500m swim
- For safety reasons, events may be broken up into “heats”
- Course will be marked with swim buoys, or instructors holding buoys
- Cadets are not allowed equipment (goggles, fins, floaties, etc.)
- Beanies are numbered, know your cap number
- Finishing position = # of points earned per event
  - **Top 10% of finishers = 20 pts**
  - **Majority of finishers = 15 pts**
  - **Last 10% of finishers = 10 pts**
  - **Did Not Finish (DNF) = 0 points**





# PHYSICAL EVENT DISQUALIFICATION

- Not completing the event
- Needing Instructor assistance
- Not following instructor commands
- Resting on a buoy or swim marker
- Unauthorized equipment use
- Cheating / “cutting” the course
- Walking
- Excessive “Dog Paddling”





# MENTAL TESTING

- One ten question quiz = 10 pts (Head instructor discretion)
- One thirty question final exam = 90 pts
- Native Language if possible
- Final exam is multiple choice
- No working in groups (Head instructor discretion)
- No phone, notes, or manual (Head instructor discretion)
- Grading:
  - Quiz questions are worth 1 pt each
  - Final exam questions are worth 3pts each
  - Ex. Final exam, 20 out of 30 correct = 60 pts.







# PRACTICAL SKILLS TESTING

Two Practical Tests (Pass or Fail, 50pts each)  
chosen by the Head instructor:

- Ocean Rescues
  - With rescue equipment (required)
  - No equipment rescue
  - Rescue board
- First Aid
- C-Spine
- Drowning resuscitation



# ACADEMY STRUCTURE

Physical Event #1 - 20 points

Physical Event #2 - 20 points

Physical Event #3 - 20 Points

Physical Event #4 - 20 Points

Physical Event #5 - 20 Points

Quiz - 10 Points

Written Final Exam - 90 Points

Head instructor Choice Practical - 50 Points

Ocean Rescue with Equipment Practical - 50 Points

**TOTAL - 300 Points**





# ISLA CERTIFICATIONS

210 - 300 Points =  
Certified ISLA Basic Open Water  
Lifeguard

209 Points or Less =  
Certified ISLA Beach Safeguard





# CERTIFICATE DISQUALIFICATION

- Total score < 209 points\*
- Failure to successfully complete a physical event\*
- Not fulfilling 30-hour min requirement\*
- Failure to follow instructor commands
- Cheating - will result in immediate ejection from the course

\* Basic Open Water Lifeguard Only



# ACADEMY SCHEDULE

08:00 - Start

12:00 - Lunch

18:00 - End

- In classroom & in water every day
- 2 physical events each day





# BRING EVERYDAY

- Pen & paper
- Swim suit
- Pink beanie
- Towel
- Sunscreen
- Water & Snacks
- ISLA Manual
- Fins
- Winning attitude



# ACADEMY SAFETY

- Safety third
- Know your limits
- Take care of yourself
- Always be aware
- Squads
- Beanies & Cap numbers
- Beach clean up
- External hazards

# ACADEMY COMPLETION

## **CADET GOALS**

- Certified as ISLA lifeguard or Beach Safeguard
- Increase your water safety awareness
- Learn new physical limits
- Improve local action & participation

## **CAPABILITIES**

- Prevent & respond to dangerous situations
- Advance your career
- Improve skills
- Share knowledge
- Make your community a safer place



# QUESTIONS?



Website: [www.islasurf.org](http://www.islasurf.org)

Facebook: ISLAsurf

Instagram: [islasurf](https://www.instagram.com/islasurf)

Snapchat: [islasurf](https://www.snapchat.com/add/islasurf)

