

Advanced Aquatic Rescues (AAR) Course

Objective

To equip pool lifeguards with a suite of highly relevant, effective and efficient techniques, to assist both the responsive or non-responsive guest/s in distress, within an aquatic environment.

Whilst this is a non-accredited course, meaning the course is not registered with the Australian Skills Quality Authority (ASQA) nor recognised as a vocational education and training (VET) course, Aloha Consulting teach these skills to better equip pool lifeguards with state-of-the-art rescue and in-water defensive techniques, striving to enhance safety for lifeguards, guests and management alike.

Course Content

- Responsive Guest Rescues
- Unresponsive Guest Rescues
- In-Water Defence
- Spinal Management for Zero-Depth or Hydrostatic Breaking Section Zones

Assessments

Whilst some assessments are conducted in isolation, other assessments are grouped or compounded (compound assessment) to represent a more realistic workflow or scenario. This latter assessment group tests the ability of a candidate to execute a skill set whilst physically stressed.

To successfully obtain the Advanced Aquatic Rescues Certificate of Achievement, candidates must complete all responsive guest rescues, unresponsive guest rescues, in-water defensive grabs and holds, spinal management within a zero depth facility and/or a hydrostatic breaking section, and our compound assessment whereby candidates retrieve an unresponsive guest from the bottom of the deepest body of water onsite, undertake an in-water assessment of the guest before activating a major emergency, administering rescue breaths, transferring the guest to the side of the pool, extricating the guest before administering oxygen supplemented CPR with AED.

Award

Upon successful completion of all practical assessments, candidates will be issued a Certificate of Achievement including a validation of the water depth where the deep-water rescue was performed.

Currency of Award

The currency period for this award is twelve (12) months from the date of issue.

Renewal of Award

Whilst candidates can renew at any time, diligent candidates and/or employers will aim to maintain currency at all times. The most time efficient means to achieve this is by undertaking the AAR as part of your PLSOA or PLU (noting there is no additional cost for an AAR course when completed as part of your PLSOA or PLU course).

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Pre-Requisites

1. A pre-requisite of First Aid (with the competency code: HLTAID003—Provide First Aid) is required. A copy of this qualification must be provided to Aloha Consulting on or prior to commencement of the associated Pool Lifeguard SOA or Upgrade; and
2. A current Pool Lifeguard SOA or Upgrade or enrolment within same.

Age Requirement

Candidates must be sixteen (16) years of age at the time of the course.

Course Fee

- Advanced Aquatic Rescues (AAR) in isolation: \$80.00
- Advanced Aquatic Rescues (AAR) with PLSOA or PLU: \$0.00

Fee Includes

Instruction and use of rescue equipment.

Course Duration

- Advanced Aquatic Rescues (AAR): 3.5 hours (1 day)

Course Are

Presented in a logical and easy to follow manner, taught by qualified and experienced instructors within a low participant/instructor ratio (less than 18 candidates per instructor).

How Do I Enrol?

After reviewing the course information herein and Code of Practice, please register your intent to participate within your selected course by emailing:

contactus@alohaconsulting.com.au

Once your email has been received, Aloha Consulting shall contact you with upcoming options for your chosen course.