

Returning post COVID-19 lockdown

Example Water Fitness Plan for Lifeguards



The plans are designed to be used following a period of lockdown due to COVID-19. It is intended that lifeguards follow the plans to improve their water fitness in preparation for their return-to-work competency assessment. Please note these plans are not compulsory for lifeguards.

Session 1

Skill	Explanation	Duration/Distance
Swim	Swim 4 x 25m any stroke	4 x 25m
Safe entry and swim	Shallow dive, straddle jump or slide in entry with swim at speed	25m
Front crawl head up	Front crawl with head out of the water, keeping focused on a point at the end of the pool (imagine it as a casualty)	2 x 25m
Tread water	In deep water tread water continually	1 minute
Side stroke	Swim on side with your upper arm out of the water in the extended arm tow position	2 x 25m
Entry and swim to bottom	Slide in entry at deepest part of the pool and swim to bottom of the pool, returning to surface	-
Tread water	In deep water tread water continually (with arms out of water for final 30 seconds)	2 minutes
Side stroke	Swim on either side with your upper arm out of the water in the extended arm tow position	2 x 25m
Towing a casualty	Using a submersible manikin half filled with water, with an extended arm tow, tow for 25 m	1 x 25m
Swim	Swim 4 x 25m any stroke	4 x 25m

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Session 2

Skill	Explanation	Duration/Distance
Swim	Swim 4 x 25m any stroke	4 x 25m
Safe entry and swim	Shallow dive, straddle jump or slide in entry with swim at speed	25m
Front crawl head up	Front crawl with head out of the water, keeping focused on a point at the end of the pool (imagine it as a casualty)	2 x 25m
Side stroke	Swim on your right-hand side with your left arm out of the water in the extended arm tow position	2 x 25m
Side stroke	Swim on your left-hand side with your right arm out of the water in the extended arm tow position	2 x 25m
Towing a casualty	Using a submersible manikin half filled with water, with an extended arm tow, tow for 50 m	2 x 25m
Vice grip trawl	Holding arms in a vice grip position swim on your side	2 x 10m
Sprint swim 20m	Slide in entry at the shallow end and 20m swim- aim to be less than 30 seconds Followed by slow swim back to start before immediately doing next skill	1 x 20m 1 x 20m slow
Sprint swim 20m	Slide in entry at the shallow end and 20m swim- aim to be less than 30 seconds Followed by slow swim back to start before immediately doing next skill	1 x 20m 1 x 20m slow
Sprint swim 20m	Slide in entry at the shallow end and 20m swim- aim to be less than 30 seconds	1 x 20m
Tread water and swim to bottom	In deep water tread water continually for 2 minutes and swim to the bottom of the pool	2 minutes
Swim	Swim 4 x 25m any stroke	4 x 25m