

## What are Occupational Standards(OS)?

- OS describe what individuals need to do, know and understand in order to carry out a particular job role or function
- OS are performance standards that individuals must achieve when carrying out functions in the workplace, together with specifications of the underpinning knowledge and understanding



## Contents

1. Introduction and Contacts.....P.1
2. Qualifications Pack.....P.2
3. OS Units.....P.2
4. Glossary of Key Terms .....P.3

## Introduction

### Qualifications Pack – Lifeguard

**SECTOR:** SPORTS

**SUB-SECTOR:** Sports Fitness and Leisure

**OCCUPATION:** Life Guard

**REFERENCE ID:** SPF/Q1104

**ALIGNED TO:** NIL

**Brief Job Description:** Lifeguards are also known as pool guard, beach lifeguard or lifesavers. Lifeguards work at swimming pools, beaches and inland waterways to keep swimmers safe. Individuals in this role would observe and supervise swimming areas to prevent accidents. Responsibilities include making swimmers aware of dangerous situations, and in an emergency carrying out a rescue procedure.

**Personal Attributes: Individuals** should be physically fit and good swimmers. They should know about rescue operations with and without equipment. Individuals also require stamina and should have good endurance in swimming.

Job Details

<b>Qualifications Pack Code</b>	<b>SPF/Q1104</b>		
<b>Job Role</b>	Lifeguard		
<b>Credits (NSQF)</b>	<b>TBD</b>	<b>Version number</b>	<b>1.0</b>
<b>Sector</b>	<b>Sports</b>	<b>Drafted on</b>	<b>21/01/2015</b>
<b>Sub-sector</b>	<b>Sports Fitness and Leisure</b>	<b>Last reviewed on</b>	<b>22/01/2015</b>
<b>Occupation</b>	<b>Lifeguard</b>	<b>Next review date</b>	<b>21/01/2017</b>

<b>Job Role</b>	<b>Lifeguard</b> (Pool Guard, Beach Lifeguard, Lifesaver)
<b>Role Description</b>	Take precautionary measures and rescue and recover victims
<b>NSQF level</b>	4
<b>Minimum Educational Qualifications*</b>	10 <sup>th</sup> class/be able to swim
<b>Maximum Educational Qualifications*</b>	Graduate
<b>Training</b> (Suggested but not mandatory)	Swimming training required
<b>Experience</b>	No experience necessary
<b>Applicable National Occupational Standards (NOS)</b>	<p><b>Compulsory:</b></p> <ol style="list-style-type: none"> <li>SPF/N1111(<a href="#">Take precautionary measures</a>)</li> <li>SPF/N1112 (<a href="#">Rescue and Recover victims</a>)</li> <li>SPF/N1113(<a href="#">Maintain Health and Safety Measures</a>)</li> </ol> <p><b>Optional:</b> Not Applicable</p>
<b>Performance Criteria</b>	As described in the relevant OS units

Keywords /Terms	Description
Sector	Sector is a conglomeration of different business operations having similar businesses and interests. It may also be defined as a distinct subset of the economy whose components share similar characteristics and interests.
Sub-sector	Sub-sector is derived from a further breakdown based on the characteristics and interests of its components.
Occupation	Occupation is a set of job roles, which perform similar/related set of functions in an industry.
Function	Function is an activity necessary for achieving the key purpose of the sector, occupation, or area of work, which can be carried out by a person or a group of persons. Functions are identified through functional analysis and form the basis of OS.
Job Role	Job role defines a unique set of functions that together form a unique employment opportunity in an organization.
OS	OS specify the standards of performance an individual must achieve when carrying out a function in the workplace, together with the knowledge and understanding they need to meet that standard consistently. Occupational Standards are applicable both in the Indian and global contexts.
Performance Criteria	Performance Criteria are statements that together specify the standard of performance required when carrying out a task.
NOS	NOS are Occupational Standards which apply uniquely in the Indian context.
Qualifications Pack Code	Qualifications Pack Code is a unique reference code that identifies a qualifications pack.
Qualifications Pack	Qualifications Pack comprises the set of OS, together with the educational, training and other criteria required to perform a job role. A Qualifications Pack is assigned a unique qualification pack code.
Unit Code	Unit Code is a unique identifier for an Occupational Standard , which is denoted by an 'N'.
Unit Title	Unit Title gives a clear overall statement about what the incumbent should be able to do.
Description	Description gives a short summary of the unit content. This would be helpful to anyone searching on a database to verify that this is the appropriate OS they are looking for.
Knowledge and Understanding	Knowledge and Understanding are statements which together specify the technical, generic, professional and organizational specific knowledge that an individual needs in order to perform to the required standard.
Organizational Context	Organizational Context includes the way the organization is structured and how it operates, including the extent of operative knowledge managers have of their relevant areas of responsibility.
Technical Knowledge	Technical Knowledge is the specific knowledge needed to accomplish specific designated responsibilities.

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# National Occupational Standard



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## Overview

This unit is about preparing for taking precautionary measures

<b>Unit Code</b>	<b>SPF/N1111</b>
<b>Unit Title (Task)</b>	<b>Prepare for Taking Precautionary Measures</b>
<b>Description</b>	This unit is about preparing for taking Precautionary Measures
<b>Scope</b>	<p>This OS unit/task covers the following:</p> <ul style="list-style-type: none"> <li>• Assist management in defining plans for preventive lifeguarding</li> <li>• Observe safety and sanitary rules at the water body and precautionary rules for a safe water body</li> <li>• Work on in-service training, personal health and fitness.</li> </ul>
<b>Performance Criteria (PC) w.r.t. the Scope</b>	
<b>Element</b>	<b>Performance Criteria</b>
<b>Assist management in defining plans for preventive lifeguarding</b>	<p>To be competent, the user/individual on the job must be able to:</p> <p>PC1. Check water temperature, pH and chlorine levels in the pool/water facility</p> <p>PC2. Set up pool equipment and place safety equipment within reach of lifeguard station</p> <p>PC3. Set preventive measures for swimmers or guidelines for usage</p> <p>PC4. Define precautionary measures</p> <p>PC5. Set safety guidelines for swimmers to be followed at pool site</p>
<b>Observe safety and sanitary rules at the water body and precautionary rules for a safe water body</b>	<p>PC6. Ensure that precautionary measures are taken at pool</p> <p>PC7. Ensure maintenance of life saving equipment such as rings/ jackets/ poles and first aid kit</p> <p>PC8. Conduct regular audits of swimming pool water for clarity/visibility</p> <p>PC9. Ensure that appropriate signage and instructions is displayed on pool site</p> <p>PC10. Assist/provide instructions on various swimming strokes, jumps</p> <p>PC11. Demonstrate correct use of equipment according to the policies and procedures of the swimming center from time to time</p> <p>PC12. Monitor sea/pool conditions and set up appropriate safety flags</p> <p>PC13. Provide a point of contact for people on the beach/at water facility.</p> <p>PC14. Highlight the common types of injuries that might occur and affect the participants in water.</p> <p>PC15. Check all the gates at the closing time</p>
<b>Work on in-service training, personal health and fitness.</b>	<p>PC16. Advise people where and when they can swim safely</p> <p>PC17. Maintain his/ her physical fitness periodically in water and on land (Swim at least 500 meters every week without exception)</p> <p>PC18. Obtain training on upgraded equipment periodically</p>

	PC19. Be informed on latest policies and procedures
<b>Knowledge and Understanding (K)</b>	
<p><b>A. Organizational Context</b> (Knowledge of the company / organization and its processes)</p>	<p>The user/individual on the job needs to know and understand:</p> <ul style="list-style-type: none"> <li>KA1. Organizational Procedure for accidents, safety training</li> <li>KA2. Types of aquatic/pool equipment used by organization</li> <li>KA3. Types of emergency equipment such as self-breathing equipment, personal flotation devices available and location of the same</li> <li>KA4. Escalation matrix for reporting problems</li> <li>KA5. Emergency response teams aligned to organization</li> <li>KA6. Workplace lighting, machinery and other technical aspects</li> <li>KA7. Emergency evacuation procedure/ protocol followed by organization</li> <li>KA8. Relevant legal guidelines– for rescue of persons, first aid administration</li> <li>KA9. Roles and responsibilities of all individuals/teams involved in the organizational relevant to the Pool/aquatic facility</li> <li>KA10. Guest rules/ rights for usage of pool/swimming facility</li> <li>KA11. First aid codes of practice</li> <li>KA12. Swimming requirements as per facility (length, breadth, size etc.)</li> </ul>
<p><b>B. Technical Knowledge</b></p>	<p>The user/individual on the job needs to know and understand:</p> <ul style="list-style-type: none"> <li>KB1. Emergency response procedures – how to provide CPR, use artificial breathing devices to resuscitate persons</li> <li>KB2. Administration of basic first aid</li> <li>KB3. Basic anatomy and physiology particularly related to chest, water related injuries etc</li> <li>KB4. Knowledge of operating and maintaining aquatic equipment such as water filtration equipment, sanitation equipment etc.</li> <li>KB5. Usage of safety and flotation devices used by organization</li> <li>KB6. Safety and security guidelines for swimmer</li> <li>KB7. Various swimming techniques and strokes</li> <li>KB8. Ability to swim as per emergency training requirements</li> <li>KB9. Physical limitations and fitness requirements for rescue operations</li> <li>KB10. Safety signs and instructions for swimmers/pool users</li> <li>KB11. Location for storage of safety equipment</li> <li>KB12. Self-defense/ defense techniques required for rescue operations</li> <li>KB13. Factors contributing to aquatic emergencies to enable prompt and accurate assessment of emergency situations</li> <li>KB14. Accepted best practice principles of aquatic rescues to enable prompt and appropriate responses to major aquatic emergencies</li> <li>KB15. Industry standards that enable the provision of a safe environment for client activities and appropriate response to emergencies</li> </ul>

	<p>KB16. Hazardous behaviour and activities that pose risks to clients and how to identify and deal with them quickly and safely</p> <p>KB17. Conflict resolution techniques to deal with difficult or aggressive clients.</p> <p>KB18. Occupational Health and Safety guidelines for lifting and carrying</p>
<b>Skills (S)</b>	
<b>A. Core Skills/ Generic Skills</b>	<b>Writing Skills</b>
	<p>The user/ individual on the job needs to know and understand how to:</p> <p>SA1. Develop pool safety guidelines/instructions</p> <p>SA2. Prepare concise reports and summary pool incidents/accident reports</p> <p>SA3. Fill in insurance forms etc.</p>
	<b>Reading Skills</b>
	<p>The user/individual on the job needs to know and understand how to:</p> <p>SA4. Ability to read and understand all pool safety signs, safety instructions, pool usage guidelines</p> <p>SA5. Ability to read and understand all usage and safety manuals for aquatic/pool equipment, safety equipment</p> <p>SA6. Ready and verify guest credentials for pool usage (if required)</p>
<b>B. Professional Skills</b>	<b>Reasoning/Logical skills/ Analytical</b>
	<p>The user/individual on the job needs to know and understand how to:</p> <p>SB1. Judge the probabilities and best response required for action.</p> <p>SB2. Apply logic to determine limitations for pool users (restriction to shallow end etc. )</p>

Prepare for Taking Precautionary Measures

	<p>SB3. Based on user demographics, provide pool usage instructions to minimize accidents/problems</p> <p>SB4. Notice when something is wrong or is likely to go wrong.</p> <p>SB5. Develop rules or follow guidelines issues that have not been addressed before</p> <p>SB6. Identify problems, Develop, review, and apply solutions.</p> <p>SB7. Concentrate and not be distracted while performing a task.</p> <p>SB8. Assess Pool quality, maintenance required</p> <p>SB9. Recognize signs/factors which contribute to major aquatic emergencies</p> <p>SB10. In case of situations that are out of norm, ability to assess situation and act accordingly</p>
	<p><b>Organizational Skills</b></p>
	<p>The user/individual on the job needs to know and understand how to:</p> <p>SB11. Assess situation and provide instructions/follow directions to carry out emergency rescues/prevent accidents</p> <p>SB12. Work effectively as a team with emergency respondents, first aid medics etc.</p>
	<p><b>Mathematical Skills</b></p>
	<p>The user/individual on the job needs to know and understand how to:</p> <p>SB13. Add, subtract, multiply, and divide quickly and correctly.</p> <p>SB14. Maintain count of equipment, machinery, persons using pool etc</p>





## NOS Version Control

<b>NOS Code</b>	SPF/N1111		
<b>Credits(NSQF)</b>	TBD	<b>Version number</b>	1.0
<b>Industry</b>	Sports	<b>Drafted on</b>	21/01/2015
<b>Industry Sub-sector</b>	Sports Fitness and Leisure	<b>Last reviewed on</b>	22/01/2015
<b>Occupation</b>	Lifeguard	<b>Next review date</b>	21/01/2017



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# National Occupational Standard



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## Overview

This unit is about Recovering and Rescuing Victims

Rescuing and Recovering victims

<b>Unit Code</b>	<b>SPF/N1112</b>
<b>Unit Title (Task)</b>	<b>Recover and Rescue victims</b>
<b>Description</b>	This OS unit is about recovering and rescuing victims
<b>Scope</b>	The unit/ task covers the following: <ul style="list-style-type: none"> <li>Rescue victims, through direct and indirect life-saving assist</li> <li>Recover submerged victims from various depths</li> </ul>
<b>Performance Criteria (PC)</b>	
<b>Element</b>	<b>Performance Criteria</b>
<b>Rescue victims, through direct and indirect life-saving assist</b>	To be competent, the user/individual on the job must be able to: <p>PC1. Patrol the edge of the pool/water facility or sit on an elevated chair at the poolside to keep a close watch on the pool and its users</p> <p>PC2. Advise swimmers on the use of the diving boards and slides</p> <p>PC3. Stop or discourage behavior which could be dangerous</p> <p>PC4. Stay alert for situations where swimmers could get into difficulties</p> <p>PC5. Supervise users of beaches, inland waterways and any other water facility</p> <p>PC6. Make sure people stay in safe areas</p> <p>PC7. In case of danger to swimmer, deploy emergency response procedures</p>
<b>Recover submerged victims from various depths</b>	PC8. Perform rescue operations in case of accidents, drowning etc. PC9. Page for assistance in case of large scale accidents PC10. Call for first aid/medical assistance PC11. Provide basic first aid and medical treatment till arrival of medics PC12. Use life-saving techniques in emergencies such as resuscitation, bandaging etc
<b>Knowledge and Understanding (K)</b>	
<b>A. Organizational Context</b> (Knowledge of the company / organization and its processes)	The user/individual on the job needs to know and understand: <p>KA1. Organizational Procedure for accidents, safety training</p> <p>KA2. Types of aquatic/pool equipment used by organization</p> <p>KA3. Types of emergency equipment such as self-breathing equipment, personal flotation devices available and location of the same</p> <p>KA4. Escalation matrix for reporting problems</p> <p>KA5. Emergency response teams aligned to organization</p> <p>KA6. Workplace lighting, machinery and other technical aspects</p> <p>KA7. Emergency evacuation procedure/ protocol followed by organization</p> <p>KA8. Relevant legal guidelines– for rescue of persons, first aid administration</p> <p>KA9. Roles and responsibilities of all individuals/teams involved in the organizational relevant to the Pool/aquatic facility</p>

**Rescuing and Recovering victims**

	<p>KA10. Guest rules/ rights for usage of pool/swimming facility          KA11. First aid codes of practice          KA12. Swimming requirements as per facility (length, breadth, size etc.)</p>
<p><b>B. Technical Knowledge</b></p>	<p>The user/individual on the job needs to know and understand:</p> <p>KB1. Emergency response procedures – how to provide CPR, use artificial breathing devices to resuscitate persons          KB2. Administration of basic first aid          KB3. Basic anatomy and physiology particularly related to chest, water related injuries etc          KB4. Knowledge of operating and maintaining aquatic equipment such as water filtration equipment, sanitation equipment etc.          KB5. Usage of safety and flotation devices used by organization          KB6. Safety and security guidelines for swimmer          KB7. Various swimming techniques and strokes          KB8. Ability to swim as per emergency training requirements          KB9. Physical limitations and fitness requirements for rescue operations          KB10. Safety signs and instructions for swimmers/pool users          KB11. Location for storage of safety equipment          KB12. Self-defense/ defense techniques required for rescue operations          KB13. Factors contributing to aquatic emergencies to enable prompt and accurate assessment of emergency situations          KB14. Accepted best practice principles of aquatic rescues to enable prompt and appropriate responses to major aquatic emergencies          KB15. Industry standards that enable the provision of a safe environment for client activities and appropriate response to emergencies          KB16. Hazardous behaviour and activities that pose risks to clients and how to identify and deal with them quickly and safely          KB17. Conflict resolution techniques to deal with difficult or aggressive clients.          KB18. Occupational Health and Safety guidelines for lifting and carrying</p>
<p><b>Skills (S)</b></p>	
<p><b>A. Core Skills/ Generic Skills</b></p>	<p><b>Writing Skills</b></p> <p>The user/ individual on the job needs to know and understand how to:</p> <p>SA1. Develop pool safety guidelines/instructions          SA2. Prepare concise reports and summary pool incidents/accident reports          SA3. Fill in insurance forms etc</p>

**Rescuing and Recovering victims**

	<p><b>Reading Skills</b></p> <p>The user/individual on the job needs to know and understand how to:</p> <p>SA4. Ability to read and understand all pool safety signs, safety instructions, pool usage guidelines</p> <p>SA5. Ability to read and understand all usage and safety manuals for aquatic/pool equipment, safety equipment</p> <p>SA6. Ready and verify guest credentials for pool usage (if required)</p> <p><b>Oral Communication (Listening and Speaking skills)</b></p> <p>The user/individual on the job needs to know and understand how to:</p> <p>SA7. Giving full attention to pool usage instructions, what other people are saying, taking time to understand the points made and responding to relevant questions</p> <p>SA8. Communicating in a clear and polite manner with pool users/swimmers when receiving enquiries or clarifications</p> <p>SA9. Instruct users with clear and easy to understand instructions for swimming/pool usage</p> <p>SA10. Communicating effectively with senior citizens and young children to maintain safety</p> <p>SA11. In case of emergency, communication skills to:</p> <ul style="list-style-type: none"> <li>• Assert group control</li> <li>• Reassure casualties and bystanders</li> <li>• Provide clear and accurate information to emergency authorities</li> </ul>
<p><b>B. Professional Skills</b></p>	<p><b>Reasoning/Logical skills/ Analytical</b></p> <p>The user/individual on the job needs to know and understand how to:</p> <p>SB1. Judge the probabilities and best response required for action.</p> <p>SB2. Apply logic to determine limitations for pool users (restriction to shallow end etc. )</p> <p>SB3. Based on user demographics, provide pool usage instructions to minimize accidents/problems</p> <p>SB4. Notice when something is wrong or is likely to go wrong.</p> <p>SB5. Develop rules or follow guidelines issues that have not been addressed before</p> <p>SB6. Identify problems, Develop, review, and apply solutions.</p> <p>SB7. Concentrate and not be distracted while performing a task.</p> <p>SB8. Assess Pool quality, maintenance required</p> <p>SB9. Recognize signs/factors which contribute to major aquatic emergencies</p>

**Rescuing and Recovering victims**

	SB10. In case of situations that are out of norm, ability to assess situation and act accordingly
	<b>Organizational Skills</b>
	The user/individual on the job needs to know and understand how to: SB11. Assess situation and provide instructions/follow directions to carry out emergency rescues/prevent accidents SB12. Work effectively as a team with emergency respondents, first aid medics etc.
	<b>Mathematical Skills</b>
	The user/individual on the job needs to know and understand how to: SB13. Add, subtract, multiply, and divide quickly and correctly. SB14. Maintain count of equipment, machinery, persons using pool etc



## NOS Version Control

<b>NOS Code</b>	SPF/N1112		
<b>Credits(NSQF)</b>	TBD	<b>Version number</b>	1.0
<b>Industry</b>	Sports	<b>Drafted on</b>	21/01/2015
<b>Industry Sub-sector</b>	Sports Fitness and Leisure	<b>Last reviewed on</b>	22/01/2015
<b>Occupation</b>	Lifeguard	<b>Next review date</b>	21/01/2017



[Back to QP](#)

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# National Occupational Standard



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## Overview

This unit is about health and safety measures



National Occupational Standard

<b>Unit Code</b>	<b>SPF/N1113</b>
<b>Unit Title (Task)</b>	<b>Health and safety measures</b>
<b>Description</b>	This unit is about health and safety measures
<b>Scope</b>	<p>This OS unit/task covers the following:</p> <ul style="list-style-type: none"> <li>Identify and report all emergencies/accidents/safety breaches</li> <li>Inspect activity area and equipment to ensure it is in safe/working condition</li> <li>Maintain health and safety protocol during all activities</li> </ul>
<b>Performance Criteria(PC) w.r.t. the Scope</b>	
<b>Element</b>	<b>Performance Criteria</b>
<b>Identify and report all emergencies/accidents/safety breaches</b>	<p>To be competent, the user/individual on the job must be able to:</p> <p>PC1. In case of signs of any emergency situation or accident or breach of safety immediately follow organizational protocol to deploy action</p> <p>PC2. Identify reasons for occurrence of incident</p> <p>PC3. Capture reasons and response/action taken into incident report/note to manager</p> <p>PC4. Report any deviations from standard protocol along with reasons (if any)</p>
<b>Inspect activity area and equipment to ensure it is in safe/working condition</b>	<p>PC5. Visually inspect the activity area and equipment for appropriate and safe condition.</p> <p>PC6. Follow standardized safety manuals while inspecting equipment.</p> <p>PC7. Report any issues related to equipment and activity area to the concerned personnel or management.</p> <p>PC8. Ensure that all requisite maintenance has been carried out for all equipment</p> <p>PC9. Ensure all safety/emergency/medical equipment is readily accessible in case of any incident</p>
<b>Maintain health and safety protocol during all activities</b>	<p>PC10. Ensure one's own physical fitness is in good condition</p> <p>PC11. Follow all health and safety guidelines as per organizational procedures</p> <p>PC12. Ensure appropriate protocol is followed in case of any incident by all relevant staff</p>
<b>Knowledge and Understanding (K)</b>	
<b>A. Organizational Context</b> (Knowledge of the company / organization and its processes)	<p>The user/individual on the job needs to know and understand:</p> <p>KA1. Organizational Procedure/Protocol for accidents, safety.</p> <p>KA2. Types of emergency equipment such as stretcher, first aid box and location of the same</p> <p>KA3. Escalation matrix for reporting problems</p>

	<p>KA4. Emergency response teams aligned to organization</p> <p>KA5. Emergency evacuation procedure/ protocol followed by organization</p> <p>KA6. Roles and responsibilities of all individuals/teams involved in the organizational relevant physical exercise and fitness</p> <p>KA7. Guest rules/ rights for usage of exercise facility/gym</p> <p>KA8. Guidelines for managing guests</p>
<p><b>B. Technical Knowledge</b></p>	<p>The user/individual on the job needs to know and understand:</p> <p>KB1. Use of different equipment relevant to role and maintenance of the same</p> <p>KB2. Emergency response procedures – how to assess physical injuries and provide emergency relief</p> <p>KB3. Administration of basic first aid</p> <p>KB4. Occupational Health and Safety guidelines for providing personal training</p> <p>KB5. Impact of exercises on body</p> <p>KB6. Exercise limitations based on physical and mental limitations</p> <p>KB7. Instructions on usage of various gym equipments.</p>
<p><b>Skills (S)</b></p>	
<p><b>A. Core Skills/ Generic Skills</b></p>	<p><b>Writing Skills</b></p> <p>The user/ individual on the job needs to know and understand how to:</p> <p>SA1. Noting down incident reports/maintenance schedule for equipment</p> <p>SA2. Fill in insurance forms etc.</p> <p><b>Reading Skills</b></p> <p>The user/individual on the job needs to know and understand how to:</p> <p>SA3. Ability to read and understand all usage and safety manuals for equipment.</p> <p>SA4. Read and learn the industrial and business safety policies.</p> <p><b>Oral Communication (Listening and Speaking skills)</b></p> <p>The user/individual on the job needs to know and understand how to:</p> <p>SA5. Communicating in a clear and polite manner with clients when receiving enquiries, clarifications or feedback on safety/rules and regulations</p> <p>SA6. Explain the health and safety guidelines in a clear manner</p> <p>SA7. Providing clear instructions to clients/guests.</p> <p>SA8. Ensuring clients adhere to safety guideline.</p>
<p><b>B. Professional Skills</b></p>	<p><b>Decision Making</b></p> <p>The user/individual on the job needs to know and understand how to:</p> <p>SB1. Decide if training should be terminated or altered in terms of safety and health.</p> <p>SB2. Determine if additional safety equipment required.</p> <p><b>Plan and Organize</b></p>

	<p>The user/individual on the job needs to know and understand how to:</p> <p>SB3. Maintain daily records in a precise manner of any accidents/incidents</p> <p>SB4. Work effectively with safety measures.</p>
	<p><b>Customer Centricity</b></p>
	<p>The user/individual on the job needs to know and understand how to:</p> <p>SB5. Discuss sensitive health issues with clients in an open and understanding manner</p> <p>SB6. Treat clients/trainees/athletes with care and follow organizational policy in case of conflicts</p> <p>SB7. Ensure clients are physically comfortable in the environment</p>
	<p><b>Analytical Skills</b></p>
	<p>The user/individual on the job needs to know and understand how to:</p> <p>SB8. Notice when something is wrong or is likely to go wrong.</p> <p>SB9. Identify problems, develop, review, and apply solutions.</p> <p>SB10. Concentrate and not be distracted while performing the task.</p> <p>SB11. Assess equipment conditions and perform any maintenance required.</p> <p>SB12. In case of situations that are out of norm, ability to assess situation and act accordingly</p>
	<p><b>Critical Thinking Skills</b></p>
<p>The user/individual on the job needs to know and understand how to:</p> <p>SB13. Assess the situation and provide instructions/follow directions to deal with emergency situations.</p> <p>SB14. Develop solutions for common emergency situations/issues.</p>	

## NOS Version Control

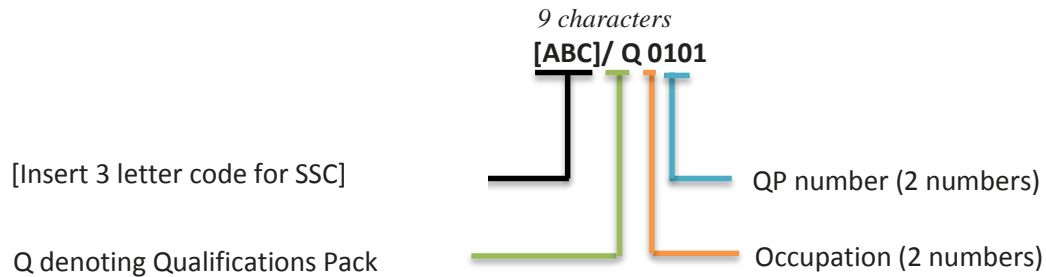
<b>NOS Code</b>	<b>SPF/N1113</b>		
<b>Credits(NSQF)</b>	<b>TBD</b>	<b>Version number</b>	<b>1.0</b>
<b>Industry</b>	<b>Sports</b>	<b>Drafted on</b>	<b>21/01/2015</b>
<b>Industry Sub-sector</b>	<b>Sports Fitness and Leisure</b>	<b>Last reviewed on</b>	<b>22/01/2015</b>
<b>Occupation</b>	<b>Lifeguard</b>	<b>Next review date</b>	<b>21/01/2017</b>



## Annexure

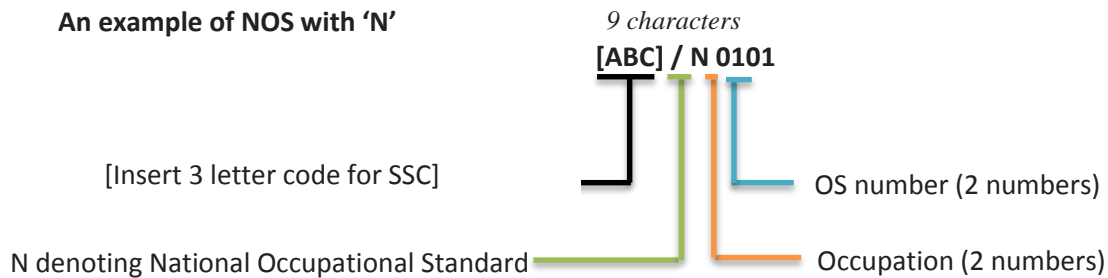
### Nomenclature for QP and NOS

#### Qualifications Pack



#### Occupational Standard

##### An example of NOS with 'N'



The following acronyms/codes have been used in the nomenclature above:

Sub-sector	Range of Occupation numbers
Sports Science and Technology	01
Sports Medicine	02
Sports Broadcasting/Communications	03
Sports Grassroots	04
Sports Facilities	05
Sports Management	06
Sports Development	07
Sports Event Management	08
Sports Coaching	09
Sports Manufacturing	10
Sports Fitness & Leisure	11

Sequence	Description	Example
Three letters	Industry name	SPF
Slash	/	/
Next letter	Whether QP or NOS	N
Next two numbers	Occupation code	01
Next two numbers	OS number	01

**PERFORMANCE CRITERIA**

**Job Role: Fitness Trainer**

**Qualification Pack: SPF/Q1104**

**Sector Skill Council: Sports, Physical Education, Fitness and Leisure Sector Skill Council**

1. Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC.
2. The assessment for the theory part will be based on knowledge bank of questions created by the SSC.
3. Individual assessment agencies will create unique question papers for theory and skill practical part for each candidate at each examination/training center.
4. To pass the Qualification Pack, every trainee should score a minimum of 40% in every NOS overall 50% pass percentage.
5. In case of successfully passing only certain number of NOS's, the trainee is eligible to take subsequent assessment on the balance NOS's to pass the Qualification Pack.

		Marks Allocation			
		Total Marks	Out of	Theory	Skills Practical
1. SPF/N1111 (Take Precautionary measures)	PC1. Check water temperature, pH and chlorine levels in the pool/water facility	100	10	2	8
	PC2. Set up pool equipment and place safety equipment within reach of lifeguard station		5	2	3
	PC3. Set preventive measures for swimmers or guidelines for usage		5	2	3
	PC4. Define precautionary measures		5	2	3
	PC5. Set safety guidelines for swimmers to be followed at pool site		5	2	3
	PC6. Ensure that precautionary measures are taken at pool		5	2	3
	PC7. Ensure maintenance of life saving equipment such as rings/ jackets/ poles and first aid kit		5	2	3

		Marks Allocation			
		Total Marks	Out of	Theory	Skills Practical
	PC8. Conduct regular audits of swimming pool water for clarity/visibility		5	2	3
	PC9. Ensure that appropriate signage and instructions is displayed on pool site		5	2	3
	PC10. Assist/provide instructions on various swimming strokes, jumps		10	2	8
	PC11. Demonstrate correct use of equipment according to the policies and procedures of the swimming center from time to time		10	2	8
	PC12. Monitor sea/pool conditions and set up appropriate safety flags		5	2	3
	PC13. Provide a point of contact for people on the beach/at water facility		5	2	3
	PC14. Advise people where and when they can swim safely		5	1	4
	PC15. Maintain his/ her physical fitness periodically in water and on land		5	1	4
	PC16. Obtain training on upgraded equipment periodically		5	1	4
	PC17. Be informed on latest policies and procedures		5	1	4
		<b>Total</b>	<b>100</b>	<b>30</b>	<b>70</b>
2. SPF/N1112 (Rescue and Recover Victims)	PC1. Patrol the edge of the pool/water facility or sit on an elevated chair at the poolside to keep a close watch on the pool and its users	100	10	2	8
	PC2. Advise swimmers on the use of the diving boards and slides		5	2	3
	PC3. Stop or discourage behavior which could be dangerous		5	2	3



		Marks Allocation			
		Total Marks	Out of	Theory	Skills Practical
	PC4. Stay alert for situations where swimmers could get into difficulties		5	2	3
	PC5. Supervise users of beaches, inland waterways and any other water facility		5	2	3
	PC6. Make sure people stay in safe areas		10	2	8
	PC7. In case of danger to swimmer, deploy emergency response procedures		10	2	8
	PC8. Perform rescue operations in case of accidents, drowning etc.		10	2	8
	PC9. Page for assistance in case of large scale accidents		10	2	8
	PC10. Call for first aid/medical assistance		10	2	8
	PC11. Provide basic first aid and medical treatment till arrival of medics		10	3	7
	PC12. Use life-saving techniques in emergencies such as resuscitation, bandaging etc.		10	2	8
		<b>Total</b>	<b>100</b>	<b>25</b>	<b>75</b>
3. SPF/N1113 (Maintain Health and Safety Measures)	PC1. In case of signs of any emergency situation or accident or breach of safety immediately follow organizational protocol to deploy action	<b>100</b>	10	3	7
	PC2. Identify reasons for occurrence of incident		10	3	7
	PC3. Capture reasons and response/action taken into incident report/note to manager		10	3	7
	PC4. Report any deviations from standard protocol along with reasons (if any		10	3	7

		Marks Allocation			
Total Marks	Out of	Theory	Skills Practical		
	PC5. Visually inspect the activity area and equipment for appropriate and safe condition.	10	3	7	
	PC6. Report any issues related to equipment and activity area to the concerned personnel or management.	10	3	7	
	PC7. Ensure all safety/emergency/medical equipment is readily accessible in case of any incident	10	3	7	
	PC8. Ensure one's own physical fitness is in good condition	10	3	7	
	PC9. Follow all health and safety guidelines as per organizational procedures	10	3	7	
	PC10. Ensure appropriate protocol is followed in case of any incident by all relevant staff	10	3	7	
		100	30	70	

[Back to QP](#)