

CONTACT DETAILS OF THE BODY SUBMITTING THE QUALIFICATION FILE

Name and address of submitting body:

Sports, Physical Education, Fitness and Leisure Sector Skill Council (SPEFL)
207, DLF Galleria Mall, Mayur Vihar Extension, Delhi- 110091

Name and contact details of individual dealing with the submission

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List of documents submitted in support of the Qualifications File

1. Qualification Pack
2. Validation of Qualification Pack by industry experts
3. Model Curriculum

NSQF QUALIFICATION FILE

Approved in 20th NSQC, Dated: 30th June, 2022

SUMMARY

1	Qualification Title	Advance Lifeguard Open Water
2	Qualification Code	SPF/Q1113
3	NCO code and occupation	NCO-2015/3423.0501
4	Nature and purpose of the qualification (Please specify whether qualification is short term or long term)	The is a qualification pack is based on the National Occupational Standards. The aim is to skill up the unemployed young people aspiring to become Advance Lifeguard Open Water.
5	Body/bodies which will award the qualification	SPEFL -SC
6	Body which will accredit providers to offer courses leading to the qualification	SPEFL- SC
7	Whether accreditation/affiliation norms are already in place or not , if applicable (if yes, attach a copy)	SPEFL-SC's Norms
8	Occupation(s) to which the qualification gives access	Sports Coaching
9	Job description of the occupation	Advance Lifeguard open water works at lakes, rivers, beach and any open water body facility to rescue swimmers from drowning and any other aquatic emergencies. Individual in this role would observe and supervise waterfront and swimming areas to prevent accidents. They should know about rescue techniques with and without equipment in open water, navigate watercrafts and

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		follow instructions. Responsibilities include making swimmers aware of dangerous situations.
10	Licensing requirements	NA
11	Statutory and Regulatory requirement of the relevant sector (documentary evidence to be provided)	NA
12	Level of the qualification in the NSQF	Level 5
13	Anticipated volume of training/learning required to complete the qualification	570 hours
14	Indicative list of training tools required to deliver this qualification	Please refer to the Model Curriculum
15	Entry requirements and/or recommendations and minimum age	10th + 2 years of ITI with 4 years of relevant experience working in aquatic facility as a lifeguard/swimming instructor/ rescue crew. Live demonstration is mandatory OR 12th Class with 4 Years of relevant experience working in aquatic facility as a lifeguard/swimming instructor/ rescue crew. Live demonstration is mandatory OR Certificate-NSQF (Lifeguard Pool) with 2 Years of relevant experience working in aquatic facility as a lifeguard/swimming instructor/ rescue crew. Live demonstration is mandatory

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16	Progression from the qualification (Please show Professional and academic progression)	Level 6, Beach Captain
17	Arrangements for the Recognition of Prior learning (RPL)	SPEFL has developed RPL policy to conduct pre assessment of students for gap analysis as per NOS, sharing the gap & final assessments of students and certification. It is explained in section 1 under Assessment, Point 2
18	International comparability where known	While writing the NOSs, UK and Australia NOSs were also referred to, and extensive discussions were held with Advance Lifeguard Open Wateres from NIS Patiala at NIS Patiala to validate their relevance to Indian context. Then the QP and NOSs were referred to relevant organizations in India for getting their inputs, before finalization.
19	Date of planned review of the qualification.	30/06/2025

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2		Formal structure of the qualification Mandatory components		
(i)	Title of component and identification code/NOSs/Learning outcomes	Estimated size (learning hours)	OJT hours	Level
	SPF/N1140: Prepare for emergencies at waterfronts SPF/N1141: Supervise waterfronts & swimming area SPF/N1142: Perform rescue in open water SGJ/N1702: Optimize resource utilization at workplace Elective- SPF/N1143: Perform rescue at beach	330 hours	240 hours	5
	Sub Total (A)	330 Hrs		5
	Optional components			
	Title of component and identification code/NOSs/ Learning outcomes	Estimated size (learning hours)		Level
	No optional components			
	Sub Total (B)	240 Hrs		
	Total (A+B)	570 Hrs		5

SECTION 1
ASSESSMENT

21	Body/Bodies which will carry out assessment TBD
22	How will RPL assessment be managed and who will carry it out? The assessment body or employer assessors shall be responsible for RPL assessment. In RPL, the candidate has acquired the skills and knowledge while working and requires assessment and certification only. RPL is the acknowledgement of skills and knowledge obtained through: <ul style="list-style-type: none">• formal training• work experience• life experiences The focus of RPL is the competence gained from these experiences; not how, when or where the learning occurred. Process or steps in RPL assessments <ol style="list-style-type: none">1. Offering RPL to potential candidates2. Providing information to the candidate3. Evidence collation4. Pre-screening & orientation5. Self-assessment6. Assessment and making the decision7. Feedback to the candidate8. Documentation of outcomes9. certification
23	Describe the overall assessment strategy and specific arrangements which have been put in place to ensure that assessment is always valid, reliable and fair and show that these are in line with the requirements of the NSQF. QA regarding accreditation of Assessing Body: The SPEFL SC's Accreditation process is divided into two steps: <ol style="list-style-type: none">1) Pre-accreditation process:<ul style="list-style-type: none">• Apply for Accreditation: Application form with desired documents in prescribed format to be sent.

- Document Compliance Check: to be done for ensuring the compliance and adherence of applied assessing body according to criteria laid down by SPEFL SC.
 - Presentation on Quality Assurance: to be given by Assessing body highlighting the quality assurance process laid down by Assessing body at the process points.
 - Once the assessing body clears the due diligence process, the accreditation is given along with terms and conditions.
- 2) Post-accreditation process: Post accreditation, the accredited assessing bodies needs to fulfil following minimum eligibility criteria or requisites for implementation:
- All Empanelled Assessors would have to undergo “Train the Assessor” Program conducted by SPEFL SC for each job role time to time.
 - Accredited Assessing Body would have to abide with requisite timelines, policies and regulations declared by SPEFL sector skill council.
 - Accredited Assessing Body with times would have to contribute in expansion of the questionnaire.

QA regarding accreditation of Assessing Body:

The SPEFL SC Accreditation process is divided into two steps:

- 3) Pre-accreditation process:
- Apply for Accreditation: Application form with desired documents in prescribed format to be sent.
 - Document Compliance Check: to be done for ensuring the compliance and adherence of applied assessing body according to criteria laid down by SPEFL sector skill council.
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 - Accredited Assessing Body with times would have to contribute in expansion of the questionnaire.

QA Regarding Assessment Criteria & papers:

	<p>The emphasis is on 'learning-by-doing' and practical demonstration of skills and knowledge based on the performance criteria. Accordingly, assessment criteria for each job role is set and made available in qualification pack.</p> <p>The assessment papers for both theory and practical are developed by Subject Matter Experts (SME) hired by SPEFL SC or with the SPEFL SC accredited Assessment Agency as per the performance and assessment criteria mentioned in the Qualification Pack. The assessments papers are also checked for the various outcome-based parameters such as quality, time taken, precision, tools & equipment requirement etc.</p> <p>The assessment sets as well as assessment criteria are then reviewed by panel of experts from Industry as well as SPEFL SC official for consistency and suitability. The assessments are designed so as to assess maximum parts during the practical hands on work. The technical limitations at the training centres are taken care in theory and viva.</p> <p>All SPEFL SC accredited Assessment Agency follow the "SPEFL SC process of Assessment Framework" and SPEFL SC approved assessment papers. The assessment by assessment agency will be completely based on the assessment criteria as mentioned in the Qualification Pack developed by SPEFL sector skill council.</p> <p>Each NOS in the Qualification Pack (QP) will be assigned a relative weightage for assessment based on the criticality of the NOS. Therein each Performance Criteria in the NOS will be assigned marks for or practical based on relative importance, criticality of function and training infrastructure.</p> <p>The following tools are proposed to be used for final assessment:</p> <p>1 Practical Assessment: This will comprise of a creation of mock environment in the skill lab which is equipped with all equipment's required for the qualification pack.</p> <p>Candidate's soft skills, communication, aptitude, safety consciousness, quality consciousness etc. will be ascertained by observation and will be marked in observation checklist. The end product will be measured against the specified dimensions and standards to gauge the level of his skill achievements.</p> <p>2 Viva/Structured Interview: This tool will be used to assess the conceptual understanding and the behavioral aspects as regards the job role and the specific task at hand. It will also include questions on safety, quality, environment and equipment's etc.</p> <p>3 Written Test: Under this test few key items which cannot be assessed practically will be assessed. The written assessment will comprise of</p> <ol style="list-style-type: none">True / False StatementsMultiple Choice QuestionsMatching Type Questions.Fill in the blanks <p>QA Regarding Assessors:</p>
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Assessors are selected as per the “eligibility criteria” laid down by SPEFL SC for assessors for each job role. The assessors selected by Assessment Agencies are scrutinized and made to undergo training and introduction to SPEFL SC Assessment Framework, competency-based assessments, assessors guide etc. SPEFL SC conducts “Training of Assessors” program time to time for each job role and sensitize assessors regarding assessment process and strategy which is outlined on following mandatory parameters:

- 1) Guidance regarding NSQF
- 2) Qualification Pack Structure
- 3) Guidance for the assessor to conduct theory, practical and viva assessments
- 4) Guidance for trainees to be given by assessor before the start of the assessments.
- 5) Guidance on assessments process, practical brief with steps of operations practical observation checklist and mark sheet
- 6) Viva guidance for uniformity and consistency across the batch.
- 7) MOCK assessments
- 8) Sample question paper and practical demonstration

SPEFL SC also conduct telephonic orientation of the assessors before each assessment for the given job role to assure quality, fairness and timely conduct of assessment.

The assessment agencies are instructed to hire assessors with integrity, reliability and fairness. Each assessor shall sign a document with its assessment agency by which they commit themselves to comply with the rules of confidentiality and conflict of interest, independence from commercial and other interests that would compromise impartiality of the assessments.

QA before, during and after Assessments:

SPEFL SC ensures pre-requisites of Assessment needed by training institute regarding ARTICLES like Mannequins, Mock Ward Infrastructure, Transferring Equipment, Job role related equipment; INFRASTRUCTURE like Class rooms, Skill Lab, Aids like board/marker/logistics, Furniture like display tables, chairs; STAFF like Co-ordinator from training institute, Peon, Some additional members(for simulated situations, if required); DOCUMENTS like Admit Card, Govt. validated ID proof, Record Books like attendance, log book, internal evaluation sheets, Student Enrollment details; for CO-ORDINATION one full time co-ordination point for co-ordination with assessment coordinator before, during and after assessment.

SPEFL SC ensures the three Phases of Assessment to be assured by assessing body and assessor for fair, consistent and quality assessment. The three phases of assessment are enlisted below:

	<p>PREPARATORY PHASE: Documents ensured to be packed, sent and received: Seal Pack of Sets of Papers, Invigilation Sheet/Covering letter, OMR/Answer sheet; Well Co-ordination needs to be assured between Assessment Co-ordinator of assessing body, SPEFLSC official, Co-ordinator from skill center and assessor.</p> <p>PHASE OF CONDUCT:</p> <p>1)Written Examination:</p> <ul style="list-style-type: none">• Assessor should reach the VTP 30 minutes before the assessment and ensure that all the arrangements are as per the SPEFL SC's rules and regulation• He should make seating arrangement to students leaving minimum 3 feet space between candidates.• He should make the students sit in the order of seating arrangements.• The enrolment numbers are to be written on the desks before the arrival of students.• The details to be filled like assessor name, date and Qualification name should be written on the board• Learners should keep all their belongings outside the classroom. All mobiles should be switched off and kept on the desk in front of the invigilator• The seal of the assessment materials is opened in front of the students.• OMR sheets to be distributed to all learners• Assessors should instruct the learners on the rules and regulation of the assessment <p>No. of questions Duration of paper Disciplinary rules Administrative rules</p> <p>2) Attendance:</p> <ul style="list-style-type: none">• The assessor/assessment co-ordinator needs to get signature of all candidates while theory as well as practical examination on invigilation sheet. The sheets are signed and stamped by the In-charge /Head of the Training Centre.• The assessor/assessment co-ordinator needs to verify the authenticity of the candidate by checking the photo ID card issued by the institute as well as any one Photo ID card issued by the Central/Government. The same needs to be mentioned in the attendance sheet. In case of suspicion, the assessor should authenticate, and cross verify trainee's credentials in the enrolment form.• The assessor/assessment co-ordinator needs to punch the trainee's roll number on all the test pieces.• The assessor/assessment co-ordinator needs to take a photograph of all the students along with the assessor standing
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	<p>in the middle and with the centre name/banner at the back as evidence.</p> <ul style="list-style-type: none">• The assessor/assessment co-ordinator needs to carry a camera to click photograph of the trainees working on the job and giving theory exam as evidence.• The assessor/assessment co-ordinator also needs to carry a photo ID card.• The assessor/assessment co-ordinator also needs to take the photographs as evidence from appropriate angles/sides of the final work piece/job submitted by the trainee. This evidence is signed by the trainee at the time of submission of the job piece.• The assessor/assessment co-ordinator needs to measure the dimensions and finish of the submitted job piece as per the tolerance or standards mentioned in the assessment guide. <p>3) Segregate learners into batches:</p> <ul style="list-style-type: none">• Assign combination of one critical and one elementary NOS along with the soft skill NOS• Allocate time to learner• Ask learners to be present 5 minutes earlier than the time allotted at the lab <p>4) Conduct Practical Assessments:</p> <ul style="list-style-type: none">• Assign practical task to the learners• Ask the learner to collect articles and be ready for assessments• Observe learner conducting the assigned task• Evaluate and Record observations and marks and in the recording sheets• You may ask learners question on the task being done <p>5) Conduct Viva:</p> <ul style="list-style-type: none">• Ask questions from the learners on the assigned task• Ask questions prescribed in the assessment guide on non-prescribed tasks to ensure that the learners have complete knowledge on the assessment <p>6) Collate Results:</p> <ul style="list-style-type: none">• Check written answer scripts• Sum up the practical NOS marks• Sum up the viva marks• Remember to sign off on all sheets where scores are mentioned• Submit the collated result to assessment body representative/project manager. <p>7) Surprise Visits/Surveillance check is kept to ensure the quality and fair assessments.</p> <p>POST-ASSESSMENT PHASE</p>
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	<ol style="list-style-type: none">1) Verify Result<ul style="list-style-type: none">• Check for accuracy of names and date of birth• Check for accuracy of marks against each learner• Ensure that the pass percentage is correctly applied to the result• Ensure that the learner has cleared all sections of the assessments in line with the SPEFL SC's assessment strategy.• Check if the excel sheet for each learner is accurately filled and is available for cross referencing with the covering result sheet• Each and every result has to get cross-verified by SPEFL SC official2) Upload/Sharing of Results<ul style="list-style-type: none">• Once the results are ready it is uploaded on the SDMS website/portal and verified on the same• Or the results are shared to Training institute only by SPEFL SC.• In case of any query or issue raised for assessment, the assessments are subjected to re-evaluation as per protocol laid down by SPEFL SC.3) Documentation<ul style="list-style-type: none">• Question papers are kept in secure cupboard with limited and controlled access.• Used OMR sheets are to be stored for the next ten years• QP should be always current version
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SECTION 1

Please attach any documents giving further information about assessment and/or RPL.

Give the titles and other relevant details of the document(s) here. Include page references showing where to find the relevant information.

ASSESSMENT EVIDENCE

Complete a grid for each component as listed in “Formal structure of the qualification” in the Summary.

NOTE: this grid can be replaced by any part of the qualification documentation which shows the same information – i.e. Learning Outcomes to be assessed, assessment criteria and the means of assessment

24. Assessment evidences

Title of Component:

CRITERIA FOR ASSESSMENT OF TRAINEES**Job Role:** Advance Lifeguard Open Water**Qualification Pack Code:** SPF/Q1113**Sector Skill Council:** Sports, Physical Education, Fitness and Leisure Skill Council**Guidelines for Assessment**

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 part for each candidate at each examination/training center (as per assessment criteria below)
4. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/training center based on this criterion
5. To pass the Qualification Pack, every trainee should score a minimum of 70% in aggregate.
6. 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

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Inspect the waterfront and swimming area</i>	14	28	-	-
PC1. identify potential hazards and environmental conditions around waterfronts and take safety measures	2	4	-	-
PC2. ensure non-swimming area is demarcated and warning signs are	2	4	-	-

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displayed in the form of sign boards, flags, buoys, etc.				
PC3. ensure sign boards and other pictorial depictions cater to women swimmers as well	2	4	-	-
PC4. Check for any sign of discoloration, contamination of water (in case of still water like lakes, ponds, reservoirs) and demarcate the area as non-swimming zone	2	4	-	-
PC5. inspect and identify any floating or submerged hazards in the water (sharp objects, logs, etc.) and alert the swimmers	2	4	-	-
PC6. assess if the weather condition is suitable for swimming	2	4	-	-
PC7. check if there are any machinery movement, motor equipment, fishing nets, etc. present in the water	2	4		
<i>Inspect and prepare the rescue equipment</i>	12	30		
PC8. ensure inflatable boats, surfing boards, watercraft are in working condition and within reach	2	5	-	-
PC9. set up reach rescue equipment (throw-bags, inflatable tubes, jackets, poles, rope, etc.) and place within reach	2	5	-	-
PC10. ensure resuscitation equipment such as oxygen mask, reservoir bag, etc. are available and within reach	2	5	-	-
PC11. ensure public address equipment such as loud speakers, mics, whistle are within reach	2	5	-	-
PC12. ensure communication devices such as radio, mobile phones, are in working condition	2	5	-	-
PC13. stock first aid adequately	2	5	-	-

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<i>Improve fitness to perform rescue</i>	12	30		
PC14. perform compound exercise such as dips, pull-ups and dead-lifts	2	5	-	-
PC15. perform 400m swim and return to shore drills without equipment	2	5	-	-
PC16. perform 100m swim drill with lifesaving equipment (life jacket, floaters, wave board, etc.)	2	5		
PC17. perform shallow water running drill	2	5	-	-
PC18. perform 30m sprint drill	2	5	-	-
PC19. perform 400m return rowing drill	2	5		
NOS Total	38	88		

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Supervise swimmers in open water</i>	32	65		
PC1. set up a monitoring positioning such that the entire swimming area is in field of view	2	5	-	-
PC2. set supervision provisions for blind spots, if any	2	4	-	-

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PC3. ensure swimmers understand the meaning of signboards and colors of the flag	2	4	-	-
PC4. ensure motor boats, watercrafts are away from the swimming area	2	4	-	-
PC5. ensure swimmers are not diving from the shallow side of the water	2	4	-	-
PC6. ensure swimmers do not cross the designated swimming distance or enter demarcated areas	2	4	-	-
PC7. monitor swimmers behaviour and identify situations that pose a risk to the individual or others	2	4	-	-
PC8. ensure there is no harassment, bullying, etc. and report to higher authority, if required	2	4	-	-
PC9. ensure women, particularly, feel welcomed, comfortable and safe	2	4	-	-
PC10. ensure there is provision for appropriate entry-exit, changing facilities, for people with different abilities	2	4	-	-
PC11. ensure personal space of all clients is maintained	2	4	-	-
PC12. ensure swimmers who are intoxicated do not enter the water	2	4	-	-
PC13. remove swimmers who persist in unsafe behaviour	2	4	-	-
PC14. help swimmers at risk or those who have specific needs	2	4	-	-
PC15. use communication and conflict resolution techniques that maximise the chance of positive outcomes	2	4	-	-
PC16: use loudspeakers, whistle, etc. to address the swimmers	2	4		
Assess situations endangering swimmers in open water	18	45		
PC17. identify abnormal rip currents, undertows, undercurrent, rip tides, if any (in case of sea/ ocean) and alert the swimmers to leave swimming area	2	5		
PC18. inspect if there is any sudden bloating or increase in water volume and levels (in case of river) and alert the swimmers to leave swimming area	2	5		

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PC19. spot signs of secondary factors which contribute to drowning (exertion, intoxication, etc.)	2	5		
PC20. respond to signs and signals by swimmer in difficulty	2	5		
PC21. organize additional rescue lifeguards in case of multiple drowning	2	5		
PC22. respond quickly to injuries like cramp, collision, etc.	2	5		
PC23. warn others in time about the abnormal movements of watercrafts near swimming area	2	5		
PC24. refrain swimmers from using swimming/floating aids inappropriately	2	5		
PC25. conduct emergency evacuation in case of any emergency broadcast by safety authorities, warning sirens, calls, news, etc.	2	5		
NOS TOTAL	50	110		

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Perform rescue in still water</i>	30	75		
PC1. assess the emergency and decide on the type of rescue and equipment	2	5	-	-
PC2. use sightings and cross bearings clue to keep track of where the victim went underwater	2	5	-	-

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PC3. execute run and swim entry for rescue (with and without rescue equipment)	2	5	-	-
PC4. perform water entry using masks and fins	2	5	-	-
PC5. carry out swimming rescues demonstrating the fitness and strength to tow the victim at least 20 metres (accompanied, wade, contact tow, non-contact tow)	2	5	-	-
PC6. conduct active drowning victim rear rescue	2	5	-	-
PC7. conduct passive drowning victim rear rescue	2	5	-	-
PC8. carry out shallow water passive submerged victim rescue	2	5		
PC9. carry out deep water active and passive submerged victim rescue	2	5		
PC10. perform front or rear head-hold escapes	2	5	-	-
PC11. carry out multiple victims' rescue	2	5	-	-
PC12. perform platform rescue from the watercraft using throw assist technique with ring buoy, tubes, throw bags etc.	2	5	-	-
PC13. perform rescue using rescue board and return to the shore	2	5		
PC14. remove victims from water in various ways (beach drag, front and back carry, walking assist, etc.)	2	5		
PC15. perform escapes technique from distressed/ frightened victim and apply rescue technique in such situations	2	5		
Perform rescue in swift moving water	24	60		
PC16. apply defensive swimming technique in shallow rocky swift water	2	5		
PC17. apply aggressive swimming technique in deep water	2	5		
PC18. use drill to avoid strainer	2	5		
PC19. cross river using shallow water wading technique	2	5		

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PC20. use ferry angle technique to reach the target	2	5		
PC21. conduct rope throw technique to reach a moving target	2	5		
PC22. use wading rescue technique to an entrapped victim	2	5		
PC23. perform sequence of contact rescue technique	2	5		
PC24. carry out riverboard rescue	2	5		
PC25. apply tethered swimmer or live bait rescue technique	2	5		
PC26. carry out successful exits from current to eddies	2	5		
PC27. conduct drill to rescue as a team (line abreast, line astern, wedge, tensional diagonal, continuous loop)	2	5		
<i>Perform first aid and report the incident</i>	11	25	-	-
PC28. perform CPR (Cardio Pulmonary Resuscitation) or artificial resuscitation depending on the severity of the situation	2	6	-	-
PC29. perform first aid in case of any physical injury	2	5	-	-
PC30. monitor the condition of the casualty and plan course of action	2	5	-	-
PC31. record details of the incident and the action taken using appropriate forms, according to organisational policies and procedures	3	5	-	-
PC32. report details of incident to higher authorities as appropriate	2	4	-	-
NOS Total	65	160		

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Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Material conservation practices</i>	4	8		
PC1. identify ways to optimize usage of material including water in various tasks/activities/processes	1	2	-	-
PC2. check for spills/leakages in various tasks/activities/processes	1	2	-	-
PC3. plug spills/leakages and escalate to appropriate authority if unable to rectify	1	2	-	-
PC4. carry out routine cleaning of tools, machines and equipment	1	2	-	-
<i>Energy/electricity conservation practices</i>	4	8	-	-
PC5. identify ways to optimize usage of electricity/energy in various tasks/activities/processes	1	2	-	-
PC6. check if the equipment/machine is functioning normally before commencing work and rectify wherever required	1	2	-	-
PC7. report malfunctioning (fumes/sparks/emission/vibration/noise) and lapse in maintenance of equipment	1	2		
PC8. ensure electrical equipment and appliances are properly connected and turned off when not in use	1	2		
<i>Effective waste management/recycling practices</i>	5	10	-	-
PC9. identify recyclable and non-recyclable, and hazardous waste generated	1	2	-	-
PC10. segregate waste into different categories	1	2	-	-
PC11. dispose non-recyclable waste appropriately	1	2	-	-
PC12. deposit recyclable and reusable material at identified location	1	2		
PC13. follow processes specified for disposal of hazardous waste	1	2	-	-
NOS TOTAL	13	26	-	-

Elective NOS: Perform Rescue at Beach

Assessment Criteria for Outcomes	Theory Marks	Practical Marks	Project Marks	Viva Marks
<i>Navigate watercraft</i>	10	30		
PC1. enter sea, ocean water using Personal Water Craft (PWC) or Jetski and return to shore	1	5	-	-
PC2. perform a rapid response using PWC to isolated areas	1	5	-	-
PC3. navigate PWC safely in large and or messy surf	2	5	-	-
PC4. navigate PWC around rocks and in tight operating spaces	2	5	-	-
PC5. navigate Inflatable Rescue Boards (IFR) through large waves and return to shore	2	5		
PC6. enter sea, ocean water using rescue board, kayak	2	5		
<i>Perform rescue in sea and ocean water</i>	12	48		
PC7. assess lulls, rip-currents and landmarks before entering the water and apply appropriate rescue technique	1	4		
PC8. enter the water using techniques such as wading, dolphin diving or porpoising, swim out, duck diving, etc.	1	4		
PC9. perform wave surf using body surfing, wipe out technique	1	4		
PC10. carry out rescue using rescue tube	1	4		
PC11. conduct tow rescue (cross chest, double armpit tow)	1	4		
PC12. carry out single person drag	1	4		
PC13. perform releases for self-protection using blocking technique (arm, leg block)	1	4		
PC14. apply escapes technique from wrist, arm, front, rear grabs	1	4		

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PC15. carry out rescue using motorized watercraft (PWC, IFR)	1	4		
PC16. carry out rescue using non-motorized watercraft (rescue board, kayak, etc.)	1	4		
PC17. apply multiple victim rescue technique in sea/ocean water	1	4		
PC18. perform two-person removal from the water using a backboard	1	4		
Total	22	78		

Means of assessment 1

The emphasis is on 'learning-by-doing' and practical demonstration of skills and knowledge based on the performance criteria.

The assessment papers for theory and practical are developed by Subject Matter Experts (SME) available with the Assessment Agency as per the performance and assessment criteria mentioned in the Qualification Packs.

All the components and the performance criteria are covered during the test.

Means of assessment 2

The assessments for theory is carried out in Offline mode (TAB) and the practical assessments is carried out with the availability of the equipment at the TC, as predefined for the job role.

Pass/Fail

The minimum total marks to be achieved for being competent are 70% in total.

NSQF QUALIFICATION FILE

SECTION 2

25. EVIDENCE OF LEVEL

OPTION A

Title/Name of qualification/component: Advance Lifeguard Open Water			Level: 5
NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
Process	An Advance Lifeguard Open Water must be able to establish key performance factors such as saving lives and prevent drowning. They need to ensure that all the safety check are done to ensure a safe environment.	The job requires well developed skill, with clear choice of procedures in familiar context which involves inspection of pool and identify any floating or submerged hazards in the water The Advance Lifeguard Open Water requires knowledge, skills and aptitudes that are needed to carry out lifeguarding sessions and maintain health and safety to prevent the issues that may arise due to negligence. Advance Lifeguard Open Water must be able to make choices about the best procedures to address problems.	5
Professional knowledge	An Advance Lifeguard Open Water needs to know and have thorough understanding of lifeguarding. He/She should know the types of aquatic/pool equipment used by organization. He/ She should be aware of the types of emergency equipment such as self-breathing equipment, personal safety devices. He/She should know about the swimming pool specifications as per facility (length, breadth, size etc.)	A Advance Lifeguard Open Water must have knowledge of facts, principles, processes and general concepts, in a field of work or study. The Advance Lifeguard Open Water is responsible for completion of their own work and expected to learn and improve their performance on the job. They will require well developed practical and cognitive skills to complete their work such as responding to emergencies to save lives.	5

NSQF QUALIFICATION FILE

Title/Name of qualification/component: Advance Lifeguard Open Water			Level: 5
NSQF Domain	Key requirements of the job role	How the job role relates to the NSQF level descriptors	NSQF Level
Professional skill	An Advance Lifeguard Open Water needs to identify and respond to swimmers with signs of exertion and secondary factors of drowning like intoxication, etc. He/She should be able to respond to signs and signals by swimmer in difficulty like unnatural vigorous arm movements, vertical body position, etc.	An Advance Lifeguard Open Water must possess a range of cognitive and practical skills required to give assistance to the swimmers and solve problems by selecting and applying basic methods, tools, materials and information. Individuals employed to carry out these jobs will be expected to be able to communicate clearly .	5
Core skill	An Advance Life guard Open Water needs to know as to how to resolve conflicts, communicate effectively to a group.	Desired mathematical skill; understanding of social, political; and some skill of collecting and organising information, communication. S/he must be able to communicate and demonstrate the previous knowledge and skills in the occupation, and know application of facts, principles, processes and general concepts in the occupation. They are expected to conduct themselves in ways which show an understanding of the social and political environment.	5
Responsibility	An Advance Lifeguard Open Water provides direction, instruction and to swimmers. Ensure safety of the swimmers participating in his sessions and provides first aid as and when needed. An Advance Lifeguard Open Water must adhere to child protection legislation of the state and policies of the government.	Responsibility for own work and learning and some responsibility for others' works and learning. They are expected to understand the quality of the work that needs to be delivered. They are expected to operate hygienically and demonstrate an understanding of environmental issues.	5

SECTION 3 **EVIDENCE OF NEED**

26. What evidence is there that the qualification is needed? What is the estimated uptake of this qualification and what is the basis of this estimate?

While collecting data from the fitness sector for the occupational map & functional analysis, we also took feedback from industry, which was collected with respect to roles for which qualification packs development, was to be prioritized. This was largely based on volume of people required, quantitative and qualitative shortfall which the Industry feels they face. Governing council of SPEFL SC gave final approval and endorsement for the same.

There's a boom in the fitness industry and demand for skilled Advance Lifeguard Open Waters is surging at an exponential rate. There is an opportunity for Advance Lifeguard Open Waters to get employed by skilling in the said job-role.

Industry relevance?

Yes, NSDC QRC process has been adhered to. This includes minimum 30 validations for the QP from employers in the sector.

27. Recommendation from the concerned Line Ministry of the Government/Regulatory Body

In-Process

28. What steps were taken to ensure that the qualification(s) does (do) not duplicate already existing or planned qualifications in the NSQF?

Sports SSC is a newly formed SSC and there are very few QPs available in this sector. This QP of Advance Lifeguard Open Water is not overlapping with any other QP.

29. What arrangements are in place to monitor and review the qualification(s)? What data will be used and at what point will the qualification(s) be revised or updated?

The qualification largely deals with the technicalities of running a sports program in a structured manner. The revisions will most likely be depending on the change in the rules and codes of sports being followed. A review may be made at a gap of three years.

This is a progression from Lifeguard Pool.

Please attach any documents giving further information about any of the topics above.

Give the titles and other relevant details of the document(s) here. Include page references showing where to find the relevant information.

SECTION 4 **EVIDENCE OF PROGRESSION**

30. What steps have been taken in the design of this or other qualifications to ensure that there is a clear path to other qualifications in this sector?

The occupational mapping displays the career pathway in the stream.

NSQF QUALIFICATION FILE

Please attach any documents giving further information about any of the topics above.

Give the titles and other relevant details of the document(s) here. Include page references showing where to find the relevant information.

- Occupational Mapping has been done and attached as separate document
- Qualification Pack of Advance Lifeguard Open Water attached
- Validations received also attached separately

NSQC Approved