



PAMBANSANG PUNONGHIMPILAN TANOD BAYBAYIN NG PILIPINAS
(National Headquarters Philippine Coast Guard)
139 25th Street, Port Area
1018 Manila

JUA/OAW/CACC
NHQ-PCG/CG-8
Serial Nr. 0326- 041

MEMORANDUM

To : Commander, Maritime Safety Services Command
(Attn: Commander, Recreational Safety Services)

From : Officer-In-Charge, Philippine Coast Guard

Subject : Interim Guidelines for the conduct of Refresher Training for Water Search and Rescue (WASAR) and PCG Lifeguard Training

Date : 13 March 2026

1. Reference: Memorandum from Commandant, Philippine Coast Guard (C,PCG) dated 01 March 2024.
2. Pursuant to the above reference, the Philippine Coast Guard continues to ensure that all personnel involved in Water Search and Rescue (WASAR) operations and lifeguard duties maintain the necessary competencies, physical readiness, and operational proficiency required for effective maritime safety and rescue response.
3. At present, several concerns have been raised regarding the **expiration and impending expiration of PCG Lifeguard certificates**, which may affect the availability and readiness of qualified personnel to perform lifeguard and rescue functions across various Coast Guard units.
4. To address the aforementioned concern, this Office proposes that, in the absence of an officially prescribed Refresher Training Program of Instruction (POI), the existing full-course Program of Instruction for WASAR and PCG Lifeguard Training be utilized as the interim basis for the conduct of refresher training.
5. In view of the foregoing, this Office respectfully requests your valuable comments, inputs, and concurrence on the aforementioned initiative to utilize the existing full-course Program of Instruction for WASAR Training and PCG Lifeguard Training, as applicable, as the basis for the conduct of refresher training under the proposed Interim Guidelines, in the absence of an officially prescribed Refresher Training Program of Instruction (POI).



6. For favorable consideration.

FOR THE OFFICER-IN-CHARGE, PCG



JOMARK U ANGUE
CAPT PCG

*Deputy Chief of Coast Guard Staff
for Maritime Safety Services, CG-8*



"Serving Our Nation by Ensuring Safe, Clean and Secure Maritime Environment" **BAGONG PILIPINAS**



TANGGAPAN NG KOMANDANTE
(OFFICE OF THE COMMANDANT)
PAMBANSANG PUNONGHIMPILAN TANOD BAYBAYIN NG PILIPINAS
(National Headquarters Philippine Coast Guard)
139 25th Street, Port Area
1018 Manila

MEMORANDUM

To : **Commander, Functional Commands**
Commander, Major Commands
Commander, Special Commands
Commander, District Commands
Commander, Coast Guard Special Operations Force
Commander, Coast Guard Medical Service
Commander, Coast Guard Nursing Service

From : **COMMANDANT, PHILIPPINE COAST GUARD**

Subj : Interim Guidelines in the Conduct of Water Search and Rescue and
PCG Lifeguard Training

Date : **01 MAR 2024**

1. The tragic incidents during Water Search and Rescue (WASAR) classes on 15 November 2023 at Coast Guard District Palawan and on 16 November 2023 at Cavite Buoy Base, Headquarters Maritime Safety Services Command, necessitated the suspension of all ongoing WASAR classes.
2. These incidents prompted a thorough review of safety procedures, specifically in the conduct of WASAR Training, to prevent their recurrence.
3. Concurrently, PCG Lifeguard Training, provided to the public due to a lack of Accredited Lifeguard Training Schools/Institutions/Organizations, integrates a significant portion of the WASAR Training Course. Given the similarities in nature, both trainings raise similar safety concerns, necessitating enhanced safety procedures.
4. In commitment to maintaining the highest safety standards, the crafting of the Interim Guidelines for WASAR and PCG Lifeguard Training aligns with the PCG's dedication, especially during the finalization of the appropriate Standing Operating Procedures (SOP). These guidelines integrate insights gained from past incidents, with the overarching goal of producing proficient, well-equipped, and capable WASAR graduates and lifeguards, ensuring an effective response in times of need.
5. After careful consideration, the following guidelines have been established:

- a. **All WASAR trainee must first undergo two (2) weeks physical preparation to be conducted by the requesting CG unit/party.**
- b. **No WASAR trainee or Lifeguard applicant shall be allowed to proceed with the training without passing the pre-qualifying tests, which include water screening conducted by CG SOF and land screening conducted by CG Districts to prevent any incident related to drowning.**

Water Screening:

1. **800-meter Swimming Qualification Test (SQT)**
2. **1 minute and 30 seconds breath holding**
3. **25-meter underwater swim**
4. **30 minutes water treading**

Land Screening:

1. **PCG-PFT Standard Requirement**

- c. **A WASAR Completion Certificate shall be issued to WASAR trainees who completed the WASAR Training POI with an attendance of hundred percent (100%) of the prescribed training hours and successfully passed the WASAR Evaluation conducted through theoretical and practical exam.**

A PCG Lifeguard Certificate shall be issued to Lifeguard Applicant who completed the PCG Lifeguard Training POI with an attendance of hundred percent (100%) of the prescribed training hours and successfully passed the Lifeguard Evaluation conducted through theoretical and practical exam.

- d. **A WASAR Completion Certificate shall be issued by Coast Guard Special Operations Force signed by Commander, CG Special Operation Force, and the Commanding Officer of the requesting CG unit/party.**

A PCG Lifeguard Certificate shall be issued by Maritime Safety Services Command signed by Commander, Maritime Safety Services Command, District Commander of respective CG District AOR and Commander, CG Special Operation Force.

- e. **All WASAR and PCG Lifeguard Training shall be provided with Medical Team consisting of at least seven (7) members from CG Medical Service and CG Nursing Service that will focus on patients and medical evacuation during the entire WASAR/Lifeguard Training. They shall be provided with an ambulance during the entire training and the nearest hospital with sufficient medical facilities shall be identified where participants showing symptoms of physical and mental weaknesses shall be brought for immediate medical attention.**
- f. **All WASAR and PCG Lifeguard Training shall be provided with Medical Surveillance Team, other than the Medical Team, which consists of at least four (4) Medical and/or Nursing personnel that have undergone Basic Life Support Training and WASAR Training to oversee the conduct of actual lifesaving technique evolution or water borne saving technique**

and can independently decide to pull out participants who are showing physical weaknesses from the water evolution. One (1) rubber boat will be designated for the use of the Medical Surveillance Team.

g. During one-mile swim, which is considered a high-risk activity, the following safety procedures shall be implemented:

1. tying of personal flotation devices (PFDs), such as life buoy cans to the trainees;
2. observing the "buddy system", strong swimmers will be paired with identified weaker swimmers;
3. designating one (1) rubber boat with look-out and operator to monitor progress for every ten (10) trainees; and prepositioning of one (1) Medical Team with ambulance for the whole duration of the training.

6. In cases of shortage of available trainers, the Philippine Coast Guard Auxiliary personnel who have undergone Basic Life Support Training and WASAR Training and/or Red Cross Rescuers may be tapped for their assistance.

7. The requesting unit/ party/ agency/ stakeholders shall communicate and coordinate with the nearest Coast Guard District, Stations and Sub-stations to be able to prepare necessary documents, letter, communications and other requirements for the safe and the successful conduct of WASAR and Lifeguard Training.

8. All PCG units and personnel are hereby instructed to ensure strict compliance with the instructions outlined in this document, as they represent the minimum requirements for conducting WASAR and Lifeguard Trainings. Violations will be dealt with accordingly, following the existing code of conduct and discipline.

9. The suspension of all WASAR and Lifeguard Trainings is hereby lifted, effective immediately.

10. For guidance and strict compliance.



RONNIE GILL L. GAVAN
CG ADMIRAL

Annex: PCG Lifeguard Training Program of Instructions (POI)

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Philippine Coast Guard
 Headquarters Maritime Safety Services Command
RECREATIONAL SAFETY ENFORCEMENT UNIT
 Cavite Buoy Base, Naval Base Cavite, Sangley Point
 Cavite City

PROGRAM OF INSTRUCTION

Lifeguard Training Course

TOPICS	TIME ALLOTMENT		
	54 Hours		
	THEORETICAL (Classroom Instruction)	PRACTICAL (Lecture Demonstration)	ASSESSMENT
Module 1.			
Occupational Safety and Health (OSH) practice			
<i>Competencies:</i>			
<ul style="list-style-type: none"> a. <i>Comply with regulatory and organizational requirements for occupational health and safety; and</i> b. <i>Occupational Health and Safety orientation</i> 			
1. Identify hazards and risks	2.0		
➤ Safety regulations			
➤ Hazard risks			
➤ Contingency measures			
2. Evaluate hazards and risks	2.0		
3. Control hazards and risks	2.0		
4. Maintain OSH awareness	2.0		
➤ Emergency-related drills and training			
➤ OSH personal records			
Module 2.			
Water Safety			
<i>Competencies:</i>			
<ul style="list-style-type: none"> a. <i>Understand the role and responsibilities of lifeguard, as well as the basic principles of water safety and drowning prevention;</i> b. <i>Discuss Sun Safety and Swimming pool environment;</i> c. <i>Understand different swimming strokes and Lifesaving Techniques; and</i> d. <i>Discuss Uniform, Operations, and Fitness of Lifeguard</i> 			
1. Lifeguard knowledge	4.0		
➤ Lifeguard role			
➤ Lifeguard uniform			
➤ Sun safety			
➤ Lifeguard fitness			
➤ Swimming assessment (Individual)			
➤ Introduction of swimming strokes			

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(freestyle, side stroke, or rescue swim			
➤ Rescue swimming proficiency			
➤ Lifesaving techniques			
➤ Towing (endurance)			
2. Lifeguard Operations	2.0		
➤ Effective surveillance			
➤ Patrolling			
➤ Flags			
➤ Casualty Identification			
➤ Lifeguard Communication			
➤ Report Forms			
3. Swimming Pool	2.0		
➤ Potential dangers in swimming pool			
➤ Pool Maintenance			
➤ Drowning prevention			
➤ Crowd Management			
4. Safety guidelines of different aquatic activities			
5. Beach Environment	2.0		
➤ The Beach			
➤ Water Depth			
➤ Wind, Waves, and Rip current types			
➤ Escaping from Rip currents, Inshore Currents and Holes			
➤ Surf skills			
6. Beach types and Hazard ratings	2.0		
➤ Typical tidal formation			
➤ Equipment checks			
➤ Marine envenomation			
➤ Kinds of treatment for envenomation			
➤ Pressure immobilization			
7. Water entry/exit			
8. Swimming skills improvement/Approaches and Carries		2.0	
9. Introduction to Rescue Tube, Rescue Board, and Improvised Rescue Equipment		1.0	
10. Rescue	4.0		
➤ Rescue Equipment			
➤ Conducting a Rescue			
➤ Swimming Rescue			
• With/ without floating object			
• Conscious/ unconscious casualty			
➤ Board Rescue (conscious/unconscious)			
➤ Reaching, throwing, and towing			
➤ Rescue using boats and watercraft			

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➤ Choking			
➤ Survival skills			
11. Removing a casualty from the water		1.0	
12. Proficiency Swimming (300 meters) Practical Demonstration		2.0	
13. Proficiency Swimming (400 meters) Practical Demonstration		2.0	
Module 3			
First Aid			
<i>Competencies:</i>			
<ul style="list-style-type: none"> a. Explain the Standard First aid; b. Effective respond to various emergency situations; and c. Discuss Patient Assessment. 			
1. Standard First aid			
➤ Understanding the Chain of Survival	4.0		
➤ The "Star of Life"			
➤ Introduction to First Aid			
➤ Definitions/Roles and Responsibilities in First Aid			
➤ Wellness and Safety of the Emergency Medical Responder			
➤ Universal Precautions			
➤ Legal and Ethical Principles of Emergency Care			
➤ Basic Anatomy and Physiology			
➤ Three(3) Major Body Critical Systems			
2. Patient Assessment			
➤ Principles of Pain, Agitation, and Shortness of breath	2.0		
➤ Gathering Information			
➤ Creating a Problem List			
➤ Primary Assessment			
➤ Secondary Assessment			
3. Pain Assessment			
➤ Deformities, Contusions, Abrasions, Punctures – Burns, Tenderness, Lacerations, and Swelling (DCAP-BTLS)	2.0		
➤ Onset, Provocation, Quality, Radiation/region, Severity, and Time (OPQRST)			
➤ Obtaining Vital Signs- Patterns and Trends			

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Module 4			
Basic Life Support-Cardiopulmonary Resuscitation (BLS-CPR)			
Competencies:			
a. Understand Sudden Cardiac Arrest			
b. Properly Perform CPR			
c. Discuss Advanced Life Support			
d. Understand Soft Tissue Injuries & Bleeding			
e. Understand and Perform Bone, Muscle, and Joint Injuries & Emergency Rescue and Transfers			
1. Understanding Sudden Cardiac Arrest (Adult & Children)		4.0	
2. Cardiopulmonary Resuscitation (CPR) Overview			
3. High-Quality CPR			
4. Compression & Rescue Breathing			
5. Recovery Position			
6. When to Stop CPR			
7. Understanding Sudden Cardiac Arrest (Infant)			
8. Compression & Rescue Breathing for Infants			
9. CPR Algorithm (Steps)			
10. Hands-Only CPR			
11. Advance Life Support			
➤ Automated External Defibrillator (AED)			
12. Soft Tissue Injuries and Bleeding; and		4.0	
➤ Bandaging			
➤ Triangular Bandages/ KRAVAT			
➤ Elastic Bandages			
➤ Types of Wounds			
➤ Abdominal Injuries			
➤ Chest Injuries & Occlusive Dressing			
➤ Impaled Objects/Stabbing			
➤ Bleeding Control-Life Threatening Bleeds			
➤ Severe Bleeding Techniques			
➤ Wound Packing			
➤ Amputation			
➤ Use of Tourniquet			
➤ Shock and Shock Management			
➤ Types of Shock			
➤ Recognition and Care of Shock			
13. Bone, Muscle, Joint Injuries & Emergency Rescue and Transfers		2.0	
➤ Recognizing Bone, Muscle, and Joint Injuries			
➤ Unstable & stable Injuries			
➤ Fractures			

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➤ Extremity Splinting		2.0	
➤ Neck, Back, SCI (Spinal Cord Injury)			
➤ Mechanism of Injury of The Spine			
➤ Unstable & Stable Spine Injuries			
➤ Treatment of Spine Injury-head Immobilization			
➤ Principles of Lifting, Moving and positioning of Patients			
➤ Drags & Carries (Standard and Emergency)			

Module 5

EVALUATION

1. FINAL PRACTICAL EXAMINATION			1.0
2. FINAL WRITTEN EXAMINATION			1.0

Subtotal	THEORETICAL	PRACTICAL	ASSESSMENT
	28.0	24.0	2.0

Total Instructional Hours	54 hours
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