



BEACH LIFEGUARD RE-VALIDATION TEST | VENUE _____

(Revised March 2010)

Candidate's Name: _____ D.O.B. _____

Address _____

Registration Fee: €30 per candidate. Payable to IWS.

TEST ITEMS	SCORE	COMMENTS	EXAMINER'S INITIALS
<p>BASIC LIFE SUPPORT - Adult, Child and/or Infant – (50)</p> <ul style="list-style-type: none"> i. Recognition of Respiratory Failure ii. Recognition of Cardiac Arrest iii. Demonstrate C.P.R. – (one operator) iv. Demonstrate C.P.R. (as part of a team) v. Deal with complications (vomiting, choking etc.) vi. Aftercare treatment. 			
<p>BEACH LIFEGUARDING – ORAL (50)</p> <ul style="list-style-type: none"> i. N.O.P. procedures ii. E.A.P. procedures iii. BLS Theory iv. Communications Techniques v. Observation Techniques vi. First Aid Awareness vii. Equipment viii. The Beach Environment (Features/ Risks) ix. Terms and Conditions of employment x. Regulations xi. Customer Care xii. Child Protection xiii. Follow up procedures (reporting procedures etc) <p>Note: Questions based on Local Authority Safety Statement and on the Beach Lifeguard Manual Worksheets.</p>			
<p>OPEN WATER PRACTICAL (100)</p> <ul style="list-style-type: none"> i. 400m beach run with fins and canbuoy/rescue tube, 100m swim to marker and back (within 8 minutes) ii. Rescue of conscious and co-operative victim 100m from waist deep water using fins and canbuoy/rescue tube. iii. Unconscious victim rescue 150m from waist deep water, using rescue board or ski. Demonstrate E.A.R. using board/ski and return to shore with victim. iv. 50m approach from waist deep water and 50m cross chest carry back to shore with no rescue aids v. Staged Incident with min. 3 victims, none more than 50m from waist deep water. Candidate will direct and carry out rescue with the help of another candidate. 			

I agree to the management of my personal data in accordance with the General Data Protection Regulations (GDPR) 2018.

Instructor's Signature _____

Examiner's Signature _____

Date _____