

Candidate's Name

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

Practical BLS Assessment Sheet

Skill	Yes	No	Mark 0-4
Check for Safety			
Check for Response			
Shout for Help			
Open Airway			
Check for Normal Breathing			
Send or go for help			
Place heels of hands in centre of chest, interlocking fingers			
Skill	Yes	No	Mark 0-9
Commence CPR - 30 Chest Compressions			
2 Rescue Breaths			
Recovery Position			
Sub Total BLS Practical Marks (Max. 55)			

		Mark 0-10
General Aspects of Safe Lifeguarding MCQ (10 Questions)		

Total Mark Section A (Max. 65)	
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Candidate must score 50% or more in Section A to pass this section

Examiner's Signature: _____

External Examiner's Signature: _____

Note: Any changes made to the marking must be initialled by the external and Local Examiner

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Section B Timed Swim

Swim	Max. Mark	Mark 0-45
200m Freestyle in less than 4mins (Start in water with Can Buoy/Rescue Tube and no tumbleturns) 200m Swim timed. Mark out of 45 from 3mins 15 seconds to 4 mins = 45marks to 1 mark. <i>(If a Candidate's timed swim is outside of 4 minutes, he/she fails the Section B Assessment)</i>	45	

Section C Pool Assessment

Skills	Max. Mark	Mark
100m Tow with Canbuoy/Rescue Tube	15	
25m Approach , Release and 25m Carry (Front Double)	25	
25m Approach , Release and 25m Carry (Rear Double)	25	
Spinal Injury management in Shallow Water (Splint or Clamp)	20	
Underwater search 25m locate and pick up submerged manikin, exchange at surface for subject and administer deep water resuscitation for 10m,	20	

Total Mark Section C (Max. 105)

Candidate must score 50% or more in Section C to pass this section

Examiner's Signature:

External Examiner's Signature:

Note: Any changes made to the marking must be initialled by the external and Local Examiner

Candidates must pass Sections A, B & C to pass the Assessment