



IRISH WATER SAFETY

Sábháilteacht Uisce na hÉireann

National Pool Lifeguard Award Level Revalidation

WATER SAFETY EXAMINATION RETURN

Head Office

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Course held at _____ Exam Venue _____ Town _____ County _____ Date _____

				Unit 1	Unit 2	Unit 3	Unit 4	Overall Result
				BLS	Lifeguarding Skills	Pool Operation Skills	MCQ	
Name (Block Capitals)	Address	M/F	D.O.B	(100)	(100)	(40)	Pass/Fail	Pass/Fail

Examiner: _____
 Block Capitals Signature

Provider: _____
 Block Capitals Signature

Return completed form to your certificate secretary

Class Secretary:
Name: _____
Address: _____

Phone: _____
email: _____

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

National Pool Lifeguard Award Level 1 or 2 Revalidation Examination Return – Unit 1 BLS

No.	Name	Demonstrate Adult CPR on Adult Manikin And use of AED 50	Demonstrate 2 operator CPR on Adult Manikin 10	Demonstrate Child CPR on Infant/Child Manikin 10	Turn unconscious prone victim – Check for breathing - Demonstrate Recovery Position 20	Treat alternative circumstances to include choking and vomiting victim 10	Sub-total Max mark 100	Pass/Fail Pass = 50 or more Fail = 49 or less
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11.								
12.								

Candidates must achieve pass (50%) in each technique

Examiner's Signature _____

Venue _____

Date _____

National Pool Lifeguard Award Level 1 Revalidation Examination Return – Unit 2 Lifeguarding Skills

No.	Name	<u>Demo. 1</u> land based rescues 10	<u>Demo. 1</u> non - contact rescues 10	Demonstrate the Front Surface approach with 10m carry 10	Demonstrate an “assist” on a tired or injured swimmer 10	Demonstrate <u>Shallow</u> <u>water</u> <u>resuscitation</u> 10	Demo. <u>Techniques for</u> <u>spinal injury</u> management and boarding in shallow water 30	Total Max. 80	<u>Pass/Fail</u> Pass = 40 or more. Fail = 39 or less
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Candidates must achieve pass (50%) in each technique

Examiner’s Signature _____ Venue _____ Date _____

National Pool Lifeguard Award Level 2 Revalidation Examination Return – Unit 2 Lifeguarding Skills

No.	Name	Swim 50m frontcrawl, 50m breaststroke, 50m lifesaving stroke (first 50m within 1min.) 10	Demo. 1 land based rescues 10	Demo. 1 non-contact rescues 10	Demo. 2 contact rescues & releases from drowning grips and 2 x 10m carries 20	Demo. 1 evasive or defensive technique. 10	Demo. Surface dive min. 2 meters with deep water resuscitation 10	Demo. Techniques for spinal injury management and boarding 30	Total Max	Pass/Fail Pass = 50 or more. Fail = 49 or less
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Candidates must achieve pass (50%) in each technique

Examiner's Signature _____ Venue _____ Date _____

National Pool Lifeguard Award Level 1/2 Examination Return – Unit 3 Pool Operation Skills

No.	Name	Assess Situation 10	Take Appropriate Action 10	Communicate Effectively 10	Initiate follow up procedures 10	Total 40	Pass/Fail 20 or more = pass. 19 or less = fail
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12.							

Examiner's Signature _____

Venue: _____

Date _____