

Candidate's Name _____

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

Section A - Practical BLS Assessment Sheet

Skill	Skill Completed (Yes/No)	Max. Mark	Mark
Check for Safety		2	
Check for Response		2	
Open Airway		2	
Check for Normal Breathing		2	
Call 112/999 or send someone to call 112/999		1	
Send for an AED		1	
Place heels of hands in centre of chest, interlocking fingers		5	
Commence CPR - 30 Chest Compressions		10	
Rescue Breaths		10	
Use of AED		10	
Recovery Position		5	

Sub Total BLS Practical Marks (Max. 50)

Mark 0-10

General Aspects of Safe Lifeguarding **MCQ** (10 Questions)

Total Mark Section A (Max. 60)

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

Examiner's Signature: _____

External Examiner's Signature: _____

Candidate's Name _____

Section B - Timed Swim

Test Item	Time (mm:ss)	Max. Mark	Mark 0-45
200m Freestyle in not more than 4mins <ul style="list-style-type: none"> • 200m timed swim. Start in water with Can Buoy/Rescue Tube. No tumble turns allowed • Mark out of 45 from 3 minutes 16 seconds to 4 minutes = 45 marks down to 1 mark. 		45	

NOTE: If a Candidate's timed swim is outside of 4 minutes, he/she fails Section B

Section C – Rescue Skills

Test Item	Marking Breakdown	Mark Given	Max. Mark	Mark
100m Tow with Canbuoy/Rescue Tube <u>in not more than 4 minutes</u> <ul style="list-style-type: none"> • The Key element of this test item is that the rescuer must <u>tow</u> the casualty (i.e. Tension should be maintained on rope during tow) • Rescuer must maintain safe distance from casualty and maintain tension in rope. • The rescuer is expected to communicate with casualty. <u>NOTE:</u> If a Candidate's timed tow is outside of 4 minutes, he/she fails Section C	Efficiency of Tow: (5)		15	
	Communication: (5)			
	Safe Distance & Tension in Rope: (5)			
	N/A	Time (mm:ss): _____		
25m Approach, Release and 25m Carry (Front Double) <ul style="list-style-type: none"> • 25m head-up approach, affect a front double release and carry casualty back to starting point 	Approach: (3)		20	
	Effective Release: (13)			
	Secure Carry: (4)			

Section C Cont'd – Rescue Skills

Test Item	Marking Breakdown	Mark Given	Max. Mark	Mark
25m Approach, Release and 25m Carry (Rear Double) <ul style="list-style-type: none"> 25m head-up approach, affect a rear double release and carry casualty back to starting point 	Approach: (3)		20	
	Effective Release: (13)			
	Secure Carry: (4)			
20m Approach, Surface dive and Deep-Water Resuscitation <ul style="list-style-type: none"> 20m head-up approach. Surface dive and pick up submerged manikin. Exchange at surface for subject and administer deep water resuscitation for 10m. 	Approach (3)		15	
	Surface Dive (4)			
	Deep-Water Resuscitation: (8)			
Board Rescue: <ul style="list-style-type: none"> Approach on paddle board to unconscious casualty Position casualty onto board Continue board rescue to end of Pool NOTE: Positioning of the casualty onto the board must be done in deep water.	Approach & Positioning of Board: (5)		20	
	Positioning: (10)			
	Continuing Rescue to end of pool: (5)			

Total Mark Section C (Max. 90)	
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Candidate must score 50% or more AND be within the time limit for the timed tow in Section C to pass this section

Marking Summary & Total

Section	Max Mark	Pass Mark	Within Time Limit? (Y/N)	Actual Mark
Section A – BLS & MCQ	60	30	N/A	
Section B – Timed Swim	45	1		
Section C – Rescue Skills	90	45		
Total	195	76		

Examiner's Signature: _____

External Examiner's Signature: _____

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