

[COVID-19 version] National Pool Lifeguard Award Level 1 or 2 – Unit 1 BLS Marking Sheet

(PPE should be worn by all candidates / maintain safe distance / Cleanse any shared equipment between users)

No.	Name	Demonstrate Adult CPR, AED and 2 person BVM on an Adult Manikin 50	Explain 2 person CPR and how to change over on an Adult Manikin 10	Demonstrate Compression only CPR on Infant/Child Manikin 10	Explain how to turn a victim from prone to supine and how to place into Recovery position 20	Explain to Examiner how to treat Conscious and Unconscious "Foreign Body Airway Obstruction" and Vomiting 10	Sub-total Max mark 100	Pass/Fail Pass = 50 or more Fail = 49 or less
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12.								

Candidates must achieve pass (50%) in each technique.

Examiner's Signature: _____ **Venue** _____ **Date** _____

[COVID-19 version] National Pool Lifeguard Award Level 1 – Unit 2 Lifeguard Skills Marking Sheet

(Submersible or old BLS Manikins to be used for all contact rescues / When demonstrating Spinal Board, use empty manikin on board & masks must be worn)

No	Name	150m Swim frontcrawl (timed) breaststroke & lifesaving stroke 25m u/water, retrieve 3 objects, re-surface 3 times 10	Demo. 2 land based rescues 10	Demo. 2 non - contact rescues 10	Demo. rescues using throw Bag and rescue tube Explain 2 x Contact rescues 20	Demo. evasive & explain defensive techniques 10	Explain. 3 methods of towing and explain an "assist" 10	Retrieve an item from deepest part of pool, exchange for manikin, visual check for breathing while walking. 10	Demo. Spinal Injury Vice grip on manikin & Demo Spinal Board in shallow water 20	Sub Total Max. 100	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** _____

[COVID-19 version] National Pool Lifeguard Award Level 2 – Unit 2 Lifeguard Skills Marking Sheet

(Submersible or old BLS Manikins to be used for all contact rescues / When demonstrating Spinal Board, use empty manikin on board & masks must be worn)

No	Name	150m Swim frontcrawl (timed) breaststroke & lifesaving stroke 25m u/water, retrieve 3 objects, re-surface 3 times 10	Demo. 2 land based rescues 10	Demo. 2 non - contact rescues 10	Demo. rescues using throw Bag and rescue tube Explain 2 x Contact rescues 20	Demo. evasive & explain defensive techniques 10	Explain. 3 methods of towing and explain an "assist" 10	Surface dive to depth 1.5m-2m. retrieve manikin, surface and tow to shallow water. visual check for breathing while walking. 10	Demo. Spinal Injury Vice grip on manikin & Demo Spinal Board in shallow water 20	Sub Total Max. 100	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 _____

[COVID-19 version] National Pool Lifeguard Award Level 1 or 2 – Unit 3 Pool Operation Skills Marking Sheet

(Skills as per Unit 2 / No Double Drowning / Maintain safe distance on bank / Those not entering water should leave PPE on)

No.	Name	Assess Situation 10	Take Appropriate Action 10	Communicate Effectively 10	Initiate follow up procedures 10	Sub Total Max. 40	Pass/Fail 20 or more = pass. 19 or less = fail
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Examiner's Signature: _____ Venue _____ Date _____