



WATER SAFETY IRELAND

Sábháilteacht Uisce na hÉireann

National Pool Lifeguard Award Level Revalidation

(Level 1 - less than 1.5m) (Level 2 - greater than 1.5m)

WATER SAFETY EXAMINATION RETURN

Head Office:
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Location _____ Address _____ County _____ Date _____

<i>I agree to the management of my personal data in accordance with the General Data Protection Regulations (GDPR) 2018.</i>				Unit 1 BLS	Unit 2 Lifeguard Skills	Unit 3 Pool Operation Skills	Unit 4 MCQ	Overall Result
ID No.	Name (Block Capitals)	DoB	Address	(100)	(100)	(40)	Pass/Fail	Pass/Fail

<p>Examiner: _____ Block Capitals Signature</p> <p>Tutor: _____ Block Capitals Signature</p> <p>Return completed form to your Certificates Secretary</p>	<p style="text-align: center;">Class Secretary:</p> <p>Name: _____</p> <p>Address _____ _____</p> <p>Phone: _____</p> <p>Email: _____</p>
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[COVID-19 version] National Pool Lifeguard Award Level 1 or 2 Revalidation – 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 Revalidation – Unit 2 Lifeguarding 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 by rescuers)

No.	Name	150m Swim frontcrawl (timed) breaststroke & lifesaving stroke 25m u/water, retrieve 3 objects, re-surface 3 times 10	Demo. 1 <u>land based</u> rescues 10	Demo. 1 <u>non - contact</u> rescues 10	Demo. rescue using a throw bag and rescue using a rescue tube. Explain an "assist" 30	Demo. <u>evasive and explain defensive</u> techniques 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	Total Max. 100	<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 _____

[COVID-19 version] National Pool Lifeguard Award Level 2 Revalidation – Unit 2 Lifeguarding 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 by rescuers)

No.	Name	150m Swim frontcrawl (timed) breaststroke & lifesaving stroke 25m u/water, retrieve 3 objects, re-surface 3 times 10	Demo. 1 land based rescue 10	Demo. 1 non - contact rescue 10	Demo. rescues using throw Bag and rescue tube Explain an “assist” and 2 x Tows 30	Demo. evasive and explain defensive techniques. 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	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	Total Max. 40	Pass/Fail 20 or more = pass. 19 or less = fail
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Examiner's Signature: _____

Venue: _____

Date _____