



**[COVID-19 version]**

**National Beach Lifeguard Award – Section A - 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 safely and how to place into Recovery position (Candidate may self demonstrate victim turn) 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 Beach Lifeguard Award – Section B – Pool Practical Marking Sheet (i)

No.	Name	Swim 400m in less than 8 minutes	Swim 100m Side Stroke and 100m Inverted Breast Stroke	Swim 100m with a Rescue Tube or Canbuoy to a Conscious Casualty and Tow 100m. Fins should be used – Casualty to hold onto extended rescue tube. (Do not clip on)	Swim 100m to a Conscious Casualty and Cross-Chest Carry 100m using a submersible manikin	Pick up 3 objects from bottom of pool (max depth 2m and objects are 3m apart)	Swim 10m underwater, surface and take 12sec rest. Repeat 3 times continuously	Sub Total
		10	5	5	5	5	5	Max. 35
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Candidates must achieve pass (50%) in each technique.

Examiner's Signature: \_\_\_\_\_ Venue \_\_\_\_\_ Date \_\_\_\_\_

[COVID-19 version]

National Beach Lifeguard Award - Section B – Pool Practical Marking Sheet (ii)

No.	Name	Sub Total carried from previous sheet  Max. 35	(g) Demonstrate 3 Rescues with rescue aids while keeping 2m distance at all times and an Evasive action. Explain Defensive actions to Examiner  25	Explain Double Drowning Releases and Rescue to Examiner  5	Using Rescue Tube, Swim 100m to Unconscious Non-Breathing Floating Casualty and Return 100m  <i>Carry out as normal with the modification of using a half full submersible manikin. Clip rescue tube around manikin and tow. Check breathing in shallow water (Visual)</i>  15	Demo vice-grip spinal rescue using an empty submersible manikin or an old BLS manikin  <i>All rescuers to wear masks if spinal board is being demonstrated</i>  10	Demonstrate any Safety Award item without modification specified by Examiner  <i>Rescue award items can be demonstrated bearing in mind any modifications outlined in item (g)</i>  10	Total mark (max 100)  Pass = 50 or more. Fail = 49 or less  (100 max.)
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Candidates must achieve pass (50%) in each technique.

Examiner's Signature: \_\_\_\_\_ Venue \_\_\_\_\_ Date \_\_\_\_\_

[COVID-19 version]

## National Beach Lifeguard Award – Section C – Open Water Practical Marking Sheet (i)

(Note - Rescuer and casualty to maintain 2m social distance when leaving the water)

No.	Name	400m run along beach to water's edge, carrying rescue tube/can buoy and fins. Swim to marker 100m from waist depth and return to shore within 8 mins  20	Rescue a conscious casualty 100m from waist deep water using rescue tube/can buoy <i>Casualty to hold onto extended rescue tube. (Do not clip on)</i>  10	Paddle out and around a buoy 200m from waist deep water using rescue board or ski  20	Rescue a casualty 50m from waist deep water using a Rescue Tube. The casualty/subject must clip on the tube themselves  10	Sub Total  (Max. 60)
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Candidates must achieve pass (50%) in each technique.

Examiner's Signature: \_\_\_\_\_ Venue \_\_\_\_\_ Date \_\_\_\_\_

[COVID-19 version]

## National Beach Lifeguard Award – Section C – Open Water Practical Marking Sheet (ii)

(Note - Rescuer and casualty to maintain 2m social distance when leaving the water)

No.	Name	Sub Total carried from previous page  (Max. 60)	Rescue 3 casualties in situations revealed by the Examiner - Situations to be demonstrated bearing in mind any modifications outlined in previous test items <i>Use simple rescues and those modified in <u>all</u> sections before maintaining 2m distance</i>  30	Unconscious casualty 25m from waist depth water has disappeared from sight. Demonstrate ability to direct a Second Candidate to a Point (Determined by The Examiner) where last seen, using <u>own</u> Whistle or Hand Signals No casualty/subject is needed  10	<u>Total mark (max 100)</u>  Pass = 50 or more. Fail = 49 or less  (100 max.)
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Candidates must achieve pass (50%) in each technique.

Examiner's Signature: \_\_\_\_\_ Venue \_\_\_\_\_ Date \_\_\_\_\_