

## Indoor Local Authority Beach Lifeguard Test for 2022

**Candidate's Name** \_\_\_\_\_

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

### **Section A - Practical BLS Assessment Sheet**

**NOTE:** This section should be examined in pairs.

<b>Skill</b>	<b>Skill Completed (Yes/No)</b>	<b>Max. Mark</b>	<b>Mark</b>
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:** \_\_\_\_\_

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**Notes:**

1. Goggles are not allowed for any test items in Sections B or C.
2. Unless stated in test item, fins are not allowed. There is no restriction on the type of fins that can be used.

### **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"> <li>• 200m timed swim. Start in water with Can Buoy/Rescue Tube. No tumble turns allowed.</li> <li>• Mark out of 45 from 3 minutes 16 seconds to 4 minutes = 45 marks down to 1 mark.</li> </ul>		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 <b><u>in not more than 4 minutes:</u></b> <ul style="list-style-type: none"> <li>• The Key element of this test item is that the rescuer must <b>tow</b> the casualty (i.e. Tension should be maintained on rope during tow).</li> <li>• Rescuer must maintain safe distance from casualty and maintain tension in rope.</li> <li>• The rescuer is expected to communicate with casualty.</li> </ul> <b><u>NOTE:</u> If a Candidate's timed tow is outside of 4 minutes, he/she fails Section C</b>	Efficiency of Tow: (5)		15	
	Communication: (5)			
	Safe Distance & Tension in Rope: (5)			
	N/A	Time (mm:ss): _____		
25m Approach and 25m Manikin Carry: <ul style="list-style-type: none"> <li>• 25m head-up approach, collect a manikin and carry back to starting point.</li> <li>• Weighted manikin to be held at wall.</li> </ul>	Approach: (6)		20	
	Grip/Secure Carry: (10)			
	Communication: (4)			

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### Section C Cont'd – Rescue Skills

Test Item	Marking Breakdown	Mark Given	Max. Mark	Mark
50m Manikin Carry with Fins: <ul style="list-style-type: none"> <li>• Start at wall with a weighted manikin.</li> <li>• Manikin must be carried by cross chest, head carry or chin tow.</li> </ul>	Efficiency: (3)		20	
	Grip/Secure Carry: (14)			
	Communication: (4)			
20m Approach, Surface dive and Deep-Water Resuscitation: <ul style="list-style-type: none"> <li>• 20m head-up approach.</li> <li>• Surface dive and pick up submerged manikin.</li> <li>• Administer deep water resuscitation for 10m.</li> </ul>	Approach (3)		15	
	Surface Dive (4)			
	Deep-Water Resuscitation: (8)			
Board Rescue: <ul style="list-style-type: none"> <li>• Approach on paddle board to unconscious casualty.</li> <li>• Position casualty onto board.</li> <li>• Continue board rescue to end of Pool.</li> </ul> <p><b>NOTE:</b> Positioning of the casualty onto the board must be done in deep water.</p>	Approach & Positioning of Board: (5)		20	
	Positioning: (10)			
	Continuing Rescue to end of pool: (5)			

<b>Total Mark Section C (Max. 90)</b>	
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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**

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### Marking Summary & Total

<b>Section</b>	<b>Max Mark</b>	<b>Pass Mark</b>	<b>Within Time Limit? (Y/N)</b>	<b>Actual Mark</b>
Section A – BLS & MCQ	60	30	N/A	
Section B – Timed Swim	45	1		
Section C – Rescue Skills	90	45		
<b>Total</b>	195	75		

**Examiner's Signature:** \_\_\_\_\_

**External Examiner's Signature:** \_\_\_\_\_

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