

## Outdoor Local Authority Beach Lifeguard Test for 2022

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

**Candidates must pass Sections A & B 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:** \_\_\_\_\_

## Outdoor Local Authority Beach Lifeguard Test for 2022

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

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

**Notes:**

1. For test items with time limits, weather and sea conditions can be considered at the discretion of the Examiner.
2. Goggles can be used in Section B.
3. Large fibreglass fins are not permitted.

**Section B – Rescue Skills**

Test Item 1 – Run-Swim-Run	Time (mm:ss)	Max. Mark	Mark 0-60
<ul style="list-style-type: none"> <li>• 100m run, 200m swim from knee depth water &amp; 100m run</li> <li>• Fins can be used for this test item.</li> <li>• To be completed <b><u>in not more than 8 minutes</u></b></li> <li>• Mark out of 60 from 6min 10sec to 8 minutes = 60 marks down to 5 marks. (See table below for times and markings)</li> </ul> <p><b><u>NOTE:</u> If a Candidate's timed swim is outside of 8 minutes, he/she fails Test Item 1.</b></p>		60	

Test Item 1 Marking Scheme			
Time Limit (mm:ss)	Mark	Time Limit (mm:ss)	Mark
6:10	60	7:10	30
6:20	55	7:20	25
6:30	50	7:30	20
6:40	45	7:40	15
6:50	40	7:50	10
7:00	35	8:00	5

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**Note:** For test items with time limits, weather and sea conditions can be considered at the discretion of the Examiner.

### Section B Cont'd – Rescue Skills

Test Item 2 – Canbuoy/Rescue Tube Tow	Marking Breakdown	Mark Given	Max. Mark	Mark
<ul style="list-style-type: none"> <li>• Rescue a conscious casualty 100m from waist deep water using canbuoy/rescue tube and return to shore.</li> <li>• <b>Do not clip on casualty.</b> Casualty to hold onto extended canbuoy/rescue tube.</li> <li>• To be completed <b><u>in not more than 7minutes.</u></b></li> <li>• While casualty is conscious they should not kick strongly while being towed.</li> <li>• Rescuer must <b><u>tow</u></b> the casualty (i.e. Conditions allowing, tension should be maintained on rope during tow).</li> </ul> <p><b>NOTE: If a Candidate's time is outside of 7 minutes, he/she fails Test Item 2.</b></p>	Efficiency: (10)		20	
	Communication (5)			
	Safe Distance & Tension in Rope: (5)			
	N/A	Time (mm:ss): _____		

Test Item 3 – Board/Rescue Ski Paddle	Max. Mark	Mark
<ul style="list-style-type: none"> <li>• Paddle out and around a buoy 200m from waist deep water using a rescue board or ski.</li> </ul> <p><b>NOTE: If candidate falls off they will be allowed repeat the full item. If the candidate falls off a second time, they fail the test. However, weather and sea conditions can be considered at the discretion of the Examiner as to whether subsequent attempts can be made.</b></p>	20	

**Candidate must score 50% or more AND be within the time limits for the run-swim-run and timed tow in Section B to pass this section**

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<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 – Rescue Skills	100	50		
<b>Total</b>	160	80		

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

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

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