

National Beach Lifeguard Award

Section A - BLS Marking Sheet

Note 1: Only demonstrate "rescue breaths" if using BVM or own CPR Face Mask (Candidates should be trained in both)

Note 2: Clean any shared equipment between users

No.	Name	Demonstrate Adult CPR, AED and 2 person BVM on an Adult Manikin 50	Demonstrate 2 person CPR on an Adult Manikin 10	Demonstrate CPR on Infant and/or Child Manikin 10	Turn an unconscious breathing casualty from prone to supine safely and place in the Recovery position 20	Demonstrate 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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Candidates must achieve pass (50%) in each test item

Examiner's Signature: _____ Venue _____ Date _____

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Section B – Pool Practical Marking Sheet (i)

No.	Name	Swim 400m in less than 8 minutes 10	Swim 100m Side Stroke and 100m Inverted Breast Stroke 5	Swim 100m to a Conscious Casualty and Tow 100m back 100m to safety - Fins should be used <i>(A half full Submersible manikin may be used)</i> 5	Swim 100m to a Conscious Casualty and Cross-Chest Carry back 100m. <i>(a half full Submersible manikin may be used)</i> 5	Pick up 3 objects from bottom of pool (max depth 2m and objects are 3m apart) 5	Swim 10m underwater, surface and take 12sec rest. Repeat 3 times continuously 5	Sub Total Max. 35
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Section B – Pool Practical Marking Sheet (ii)

No.	Name	Sub Total carried from previous sheet Max. 35	Demonstrate over 10 metres: 1. Water Rescue with a rescue aid 2. Evasive Action 3. Defensive Action 4. Block and Parry. 5. Front Double Arm Neck hold 25	Demonstrate Double Drowning Rescue carrying both casualties interlocked 5	Using a Rescue Tube, Swim 100m to an Unconscious Non-Breathing Floating Casualty, give 5 x rescue breaths and return 100m <i>(A half full submersible manikin may be used)</i> 15	Demonstrate Techniques for Spinal Injury Management 10	Demonstrate any Item from the WSI Handbooks as specified by the Examiner on the day 10	<u>Total mark (max 100)</u> Pass = 50 or more. Fail = 49 or less (100 max.)
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Section C – Open Water Practical Marking Sheet (i)

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 can buoy or extended rescue tube. (Do not clip on)</i> 10	Paddle out 200m from waist deep water on a rescue board or ski and rescue an unconscious casualty. Demonstrate EAR and return to shore with casualty 20	Rescue a casualty 50m from waist deep water using a Cross chest Carry only. <i>(A half full submersible manikin may be used)</i> 10	Sub Total (Max. 60)
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Section C – Open Water Practical Marking Sheet (ii)

No.	Name	Sub Total carried from previous page (Max. 60)	Rescue 3 casualties in situations and conditions as set out by the Examiner One casualty should be placed at 15 metres from waist depth water and the other two within their respective depths. None should be more than 50 metres from water's edge 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	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 test item

Examiner's Signature: _____ Venue _____ Date _____