

National Beach Lifeguard Award Revalidation

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
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								

Candidates must achieve pass (50%) in each test item above

Examiner's Signature: _____ Venue _____ Date _____

No.	Name	Oral Test (or MCQ) from the following Beach Lifeguard Manual Modules i. N.O.P. procedures ii. E.A.P. procedures iii. BLS Theory iv. Communications Techniques v. Observation Techniques vi. First Aid Awareness vii. Equipment viii. The Beach Environment (Features/ Risks) ix. Terms and Conditions of employment x. Regulations xi. Customer Care xii. Child Protection xiii. Follow up procedures (reporting procedures etc) Note: Questions based on Local Authority Safety Statement and on the Beach Lifeguard Manual Worksheets.	Total Mark Pass = 25 or more. Fail = 24 or less (50) max.
1.			
2.			
3.			
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6.			
7.			
8.			
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10.			
11.			
12.			

Candidates must achieve pass (50%) in Oral Test or MCQ

Examiner's Signature: _____ Venue _____ Date _____

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Section C – Open Water Practical Marking Sheet

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 (8 mins)	Rescue a conscious casualty 100m from waist deep water using rescue tube or can buoy and fins.	Rescue an unconscious casualty from waist depth water using rescue board or ski. Demonstrate EAR on equipment and return to shore with casualty	Rescue a casualty 50m from waist deep water using a cross chest carry only. <i>(A half full submersible manikin may be used)</i>	Staged Incident set up by Examiner with a minimum of 3 victims, none more than 50m from waist deep water. Candidate will direct and carry out rescues with the help of another candidate	Total mark <u>(max 100)</u> Pass = 50 or more. Fail = 49 or less (100 max.)
		30	20	10	10	30	
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							

Candidates must achieve pass (50%) in each test item above

Examiner's Signature: _____ Venue _____ Date _____