



WATER SAFETY IRELAND

Sábháilteacht Uisce na hÉireann

National Pool Lifeguard Award Level

(Level 1 - less than 1.5m) (Level 2 - greater than 1.5m)

WATER SAFETY EXAMINATION RETURN



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Location _____ Address _____ County _____ Date _____

<i>I agree to the management of my personal data in accordance with the General Data Protection Regulations (GDPR) 2018.</i>				Unit 1 BLS	Unit 2 Lifeguard Skills	Unit 3 Pool Operation Skills	Unit 4 WorkSheets	Overall Result
ID No.	Name (Block Capitals)	DoB	Address	(100)	(100)	(40)	Pass/Fail	Pass/Fail

Examiner: _____ Block Capitals Signature	Class Secretary: Name: _____ Address _____ Phone: _____ Email: _____
Tutor: _____ Block Capitals Signature	
Return completed form to your Certificates Secretary	

National Pool Lifeguard Award Level 1 or 2

Unit 1 - 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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2.								
1.								
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2.								

Candidates must achieve pass (50%) in each technique.

Examiner's Signature: _____ Venue _____ Date _____

National Pool Lifeguard Award Level 1

Unit 2 - Lifeguard Skills Marking Sheet

No	Name	150m Swim frontcrawl (timed) breaststroke & lifesaving stroke 25m u/water, retrieve 3 objects, re-surface 3 times 10	Demo. 2 land based rescues 10	Demo. 2 non-contact rescues with suitable rescue aids 10	Demonstrate any 3 suitable contact rescues and releases from drowning grips 20	Demo. One evasive & one defensive technique 10	Demo. 3 methods of towing and a tired swimmer assist 10	Retrieve an Item from Deepest Part of Pool & Demonstrate rescue breaths in shallow water 10	Demonstrate Techniques for Spinal Injury Management and boarding in Shallow Water 20	Sub Total Max. 100	Pass/ Fail Pass = 50 or more. Fail = 49 or less
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2.											
1.											
2.											
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2.											

Candidates must achieve pass (50%) in each technique.

Examiner's Signature: _____ Venue _____ Date _____

No	Name	150m Swim frontcrawl (timed) breaststroke & lifesaving stroke 25m u/water, retrieve 3 objects, re-surface 3 times 10	Demo. 2 land based rescues 10	Safe entry with Rescue Tube, rescue subject & tow 10m 10	Demo 3 contact rescues and releases from drowning grips 20	Demo. One evasive & one defensive technique 10	Demo. 3 methods of towing and a tired swimmer assist 10	Surface dive to depth 1.5m-2m. retrieve manikin, surface and tow to shallow water. Demonstrate rescue breaths in water 10	Demonstrate Spinal Injury Vice grip method & Spinal Board management in shallow water 20	Sub Total Max. 100	Pass/ Fail Pass = 50 or more. Fail = 49 or less
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1.											
2.											
1.											
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1.											
2.											

Candidates must achieve pass (50%) in each technique.

Examiner's Signature: _____ Venue _____ Date _____

No.	Name	Assess Situation 10	Take Appropriate Action 10	Communicate Effectively 10	Initiate follow up procedures 10	Sub Total Max. 40	Pass/Fail 20 or more = pass. 19 or less = fail
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2.							
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1.							
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1.							
2.							
1.							
2.							

Candidates must achieve pass (50%) in each section above

Examiner's Signature: _____ Venue _____ Date _____