

National Pool Lifeguard Award Level 1 or 2 Revalidation

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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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. 1 land based rescues 10	Demo. 1 non - contact rescue with a suitable rescue aid. 10	Demo. Front Surface approach and carry, Rescue using a rescue tube and a tired swimmer assist. (10m carry/tow) 30	Demo. One evasive and one defensive technique 10	Retrieve an item from deepest part of pool, exchange for manikin, Demonstrate shallow water resuscitation. 10	Demo. Techniques for Spinal Injury management and boarding in shallow water 20	Total Max. 100	<u>Pass/Fail</u> Pass = 40 or more. Fail = 39 or less
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Candidates must achieve pass (50%) in each technique

Examiner's Signature _____ Venue _____ Date _____

National Pool Lifeguard Award Level 2 Revalidation

Unit 2 - Lifeguarding Skills Marking Sheet

No.	Name	150m Swim frontcrawl (timed) breaststroke & lifesaving stroke. 25m u/water, retrieve 3 objects, re-surface 3 times 10	Demo. 1 land based rescue 10	Safe entry with Rescue Tube, rescue subject & tow 10m 10	Demo. 2 from contact rescues and releases from drowning grips and a tired swimmer assist (all with 10m carry/tow) 30	Demonstrate evasive or defensive action technique 10	Surface dive to depth 1.5m-2m, retrieve manikin, surface and tow to shallow water. Demonstrate rescue breaths in shallow 10	Demo. Spinal Injury management and boarding in shallow water 20	Total <u>Max (100)</u>	<u>Pass /Fail</u> Pass = 50 or more Fail = 49 or less
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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	Total Max. 40	Pass/Fail 20 or more = pass. 19 or less = fail
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Candidates must achieve pass (50%) in each section above

Examiner's Signature: _____

Venue: _____

Date _____