



**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>				<b>Unit 1 BLS</b>	<b>Unit 2 Lifeguard Skills</b>	<b>Unit 3 Pool Operation Skills</b>	<b>Unit 4 WorkSheets</b>	<b>Overall Result</b>
ID No.	Name (Block Capitals)	DoB	Address	(100)	(100)	(40)	Pass/Fail	Pass/Fail

<p>Examiner: _____ Block Capitals Signature</p> <p>Tutor: _____ Block Capitals Signature</p> <p>Return completed form to your Certificates Secretary</p>	<p>Class Secretary:</p> <p>Name: _____</p> <p>Address _____</p> <p>Phone: _____</p> <p>Email: _____</p>
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# 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.								
2.								
1.								
2.								
1.								
2.								
1.								
2.								
1.								
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	Swim 50m front crawl (within 1 minute) 50m breaststroke & 50m lifesaving strokes 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
1.											
2.											
1.											
2.											
1.											
2.											
1.											
2.											
1.											
2.											
1.											
2.											

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

Examiner's Signature: \_\_\_\_\_ Venue \_\_\_\_\_ Date \_\_\_\_\_

No	Name	Swim 50m front crawl (within 1 minute) 50m breaststroke & 50m lifesaving strokes 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.											
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Candidates must achieve pass (50%) in each technique.

Examiner's Signature: \_\_\_\_\_ Venue \_\_\_\_\_ Date \_\_\_\_\_

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

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

Examiner's Signature: \_\_\_\_\_ Venue \_\_\_\_\_ Date \_\_\_\_\_