

Indoor Local Authority Beach Lifeguard Test 2024

Candidate's Name _____

Candidates must pass Sections A, B & C to pass the Assessment

Section A - Practical BLS Assessment Sheet

NOTE: This section should be examined in pairs.

Skill	Skill Completed (Yes/No)	Max. Mark	Mark
Check for Safety		2	
Check for Response		2	
Open Airway		2	
Check for Normal Breathing		2	
Call 112/999 or send someone to call 112/999		1	
Send for an AED		1	
Place heels of hands in centre of chest, interlocking fingers		5	
Commence CPR - 30 Chest Compressions		10	
Rescue Breaths		10	
Use of AED		10	
Recovery Position		5	

Sub Total BLS Practical Marks (Max. 50)

Mark 0-10

General Aspects of Safe Lifeguarding **MCQ** (10 Questions)

Total Mark Section A (Max. 60)

Candidate must score 50% or more in Section A to pass this section

Examiner's Signature: _____

External Examiner's Signature: _____

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Notes:

1. Goggles are not allowed for any test items in Sections B or C.
2. Unless stated in test item, fins are not allowed. There is no restriction on the type of fins that can be used.

Section B - Timed Swim

Test Item	Time (mm:ss)	Max. Mark	Mark 0-45
200m Freestyle in not more than 4mins: <ul style="list-style-type: none"> • 200m timed swim. Start in water with Can Buoy/Rescue Tube. No tumble turns allowed. • Mark out of 45 from 3 minutes 16 seconds to 4 minutes = 45 marks down to 1 mark. 		45	

NOTE: If a Candidate's timed swim is outside of 4 minutes, he/she fails Section B

Section C – Rescue Skills

Test Item	Marking Breakdown	Mark Given	Max. Mark	Mark
100m Tow with Canbuoy/Rescue Tube <u>in not more than 4 minutes:</u> <ul style="list-style-type: none"> • The Key element of this test item is that the rescuer must tow the casualty (i.e. Tension should be maintained on rope during tow). • Rescuer must maintain safe distance from casualty and maintain tension in rope. • The rescuer is expected to communicate with casualty. <u>NOTE:</u> If a Candidate's timed tow is outside of 4 minutes, he/she fails Section C	Efficiency of Tow: (5)		15	
	Communication: (5)			
	Safe Distance & Tension in Rope: (5)			
	N/A	Time (mm:ss): _____		
25m Approach and 25m Manikin Carry: <ul style="list-style-type: none"> • 25m head-up approach, collect a manikin and carry back to starting point. • Weighted manikin to be held at wall. 	Approach: (6)		20	
	Grip/Secure Carry: (10)			
	Communication: (4)			

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Section C Cont'd – Rescue Skills

Test Item	Marking Breakdown	Mark Given	Max. Mark	Mark
50m Manikin Carry with Fins: <ul style="list-style-type: none"> • Start at wall with a weighted manikin. • Manikin must be carried by cross chest, head carry or chin tow. 	Efficiency: (3)		20	
	Grip/Secure Carry: (14)			
	Communication: (3)			
20m Approach, Surface dive and Deep-Water Resuscitation: <ul style="list-style-type: none"> • 20m head-up approach. • Surface dive and pick up submerged manikin. • Administer deep water resuscitation for 10m. 	Approach (3)		15	
	Surface Dive (4)			
	Deep-Water Resuscitation: (8)			
Board Rescue: <ul style="list-style-type: none"> • Approach on paddle board to unconscious casualty. • Position casualty onto board. • Continue board rescue to end of Pool. <p>NOTE: Positioning of the casualty onto the board must be done in deep water.</p>	Approach & Positioning of Board: (5)		20	
	Positioning: (10)			
	Continuing Rescue to end of pool: (5)			

Total Mark Section C (Max. 90)	
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Candidate must score 50% or more AND be within the time limit for the timed tow in Section C to pass this section

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Marking Summary & Total

Section	Max Mark	Pass Mark	Within Time Limit? (Y/N)	Actual Mark
Section A – BLS & MCQ	60	30	N/A	
Section B – Timed Swim	45	1		
Section C – Rescue Skills	90	45		
Total	195	75		

Examiner's Signature: _____

External Examiner's Signature: _____

Note: Any changes made to the marking must be initialled by the External and Local Examiner