



Assistant Lifesaving Sport Coach Session Evaluation

To complete your Assistant Lifesaving Sport qualification you must complete two reports / evaluations of lifesaving sport training sessions you have attended. Please record the requested detail

Personal Details

Name	
Address	
Water Safety Area Committee Name	

Session 1

Session Venue		Date	
No of Coaches		Time	
No of Assistants			
Weather Conditions			
Water Conditions			

No of Participants

Age Range		Male	
Specials Needs		Female	
No of Chaperones present			

Outline Safety Arrangements in Place

Lifeguards	
Rescue Boats	
Safety Boards	
Other	

Were Covid precautions in place & adhered to (please tick box)

☐ Y	☐ N
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Outline Session Content

Pre Session Dryland	
Warm Up	
Main Focus	
Other Focus Areas	
Recovery / Cool Down	

What Equipment was used

Manikins	
Fins	
Boards	
Skis	

Session Specific Evaluation

What aims and objectives were achieved

What adjustments were made, if any

What did participants learn?

Did the participants enjoy the session?

Did the participants improve?

Personal

What did you do well?

Where can you improve?

What feedback did you receive from others? Participants / Peers

Outline 3 areas for self improvement

1

2

3

How could the session have improved?

How were you included in session delivery

Any other comments which will inform this evaluation

Session 2

Session Venue		Date	
No of Coaches		Time	
No of Assistants			

Weather Conditions

Water Conditions

No of Participants

Age Range		Male	
Specials Needs		Female	
No of Chaperones present			

Outline Safety Arrangements in Place

Lifeguards	
Rescue Boats	
Safety Boards	
Other	

Were Covid precautions in place & adhered to (please tick box)

Y	N
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Outline Session Content

Pre Session Dryland

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Main Focus

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