



## Pool Lifeguard

### Pool Lifeguard Assessments

#### Day One

#### Aquatic First Aid Practical Assessments

- Perform at least 2 minutes of uninterrupted CPR (5 cycles) on and adult resuscitation manikin placed on the floor - Perform at least 2 minutes of uninterrupted CPR (5 cycles) on an infant resuscitation manikin placed on a firm surface
- Follow the prompts of an AED
- Demonstrate the recovery position on a partner
- Demonstrate the management of the following:
  - Choking and airway obstruction (on a resuscitation manikin)
  - Allergic reactions
  - Anaphylaxis
  - Respiratory distress (including asthma)
  - Bleeding control
  - Shock
  - Fractures, sprains and strains
  - Envenomation
- Respond to two simulated aquatic first aid scenarios and complete an incident report form
- Perform the following swimming rescues demonstrating the fitness and strength to tow a person in difficulty at least 10 metres with their mouth and nose above water to a point of safety:
  - accompanied
  - wade
  - non-contact tow
  - contact tow
- Identify, evaluate and respond to aquatic emergencies according to organisational and legislative requirements
- Identify and respond to all of the following signs and signals:
  - call for help
  - vertical body position
  - minimal or non-supportive leg action
  - vigorous arm movements
  - submerged or unconscious person
- Perform the following non-swimming rescues:

- reach
- rope throw
- throw flotation aid
- Perform the following swimming rescues demonstrating the fitness and strength to tow a person in difficulty at least 10 metres with their mouth and nose above water to a point of safety:
  - accompanied
  - wade
  - non-contact tow
  - contact tow

Incorporate appropriate adjustments for each of the above rescues to ensure safety of self and others.

### Day Two & Three

- Perform CPR on a resuscitation manikin
- Respond to simulated emergencies on a resuscitation manikin using oxygen equipment and an AED
- Complete the following water assessments:
- Successfully complete fitness and strength tests:
  - swim 200 metres in less than 6 minutes without using equipment
  - retrieve an object from the deepest water within the aquatic environment no greater than 3 metres in depth. If depth is greater than 3 metres assistance may be used e.g. fins
- Respond in a team to at least two of each of the simulated emergency scenarios contextualised to the candidate's workplace/aquatic environment:
  - assist two other team members with the removal of an unconscious person from the water
  - complete a 25 metre swim and 25 metre non-contact tow of a conscious casualty with assisted landing in less than 1minute 45 seconds
- Work as a team to perform spinal immobilisation, stabilization and removal of a suspected spinal injury casualty in both shallow and deep water:
  - immobilise and roll over as per workplace and pool depth
  - use of available spinal immobilisation equipment.
- Identify and respond to all of the following signs and signals of aquatic emergencies according to organisational and legislative requirements:
  - call for help
  - vertical body position
  - diagonal body position
  - minimal or non-supportive leg action
  - vigorous arm movements
  - submerged or unconscious person
- Use the following equipment and techniques during rescue situations:
  - spinal immobilisation equipment
  - oxygen supplemented resuscitation
  - oxygen therapy

- safe manual handling techniques
- demonstrate correct swimming strokes, personal survival and rescue skills:
  - personal survival and defensive techniques on approach to a casualty
  - contact tow of both a conscious and unconscious casualty
  - non-contact tow of a conscious casualty

**PLEASE NOTE:** Order of assessments may vary on each day