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**National Beach Lifeguard Qualification - Assessor's Marking Sheet**

Issue 3. Version 1 (Revised 2006)

Club/TU/Organisation : \_\_\_\_\_ Society Number \_\_\_\_\_

Assessor's Name : \_\_\_\_\_ Society Number \_\_\_\_\_

Signature : \_\_\_\_\_

<b>UNIT 1 Element A: Theory Assessment</b> <i>1 question from each heading plus 2 additional questions selected at random</i>	<b>Candidate's NAME</b>	<b>Candidate's NAME</b>	<b>Candidate's NAME</b>	<b>Candidate's NAME</b>
Water Safety				
Accident Prevention				
Hazard Identification				
Principals of Operating Procedures (NOP/EAP)				
Principals of communications systems				
Principals of methods of rescue				
Observation and zoning				
Dealing with the public				
Use & maintenance of basic rescue equipment				

**UNIT 1 Element B: CPR -Simulated Unconscious Casualty**

<b>B1 Casualty Management &amp; Adult Rescue Breathing</b>				
Competence check for dangers + casualty response				
Turn unconscious casualty from front to back				
Action for vomit ☆				
Recovery position ☆				

<b>B2. Adult CPR - sudden collapse</b>				
Demonstrate single operator CPR 2 minutes ☆				
Change Mouth to Mouth/Nose ☆				
Changeover to other operator ☆				
Demonstrate single operator using approved Mask for 2 minutes ☆				

<b>B3. Child CPR - 3 mins</b>				
CPR on approved child manikin				

Candidate's NAME	Candidate's NAME	Candidate's NAME	Candidate's NAME
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<b>B4. Infant CPR - 3mins</b>				
CPR on approved infant manikin				

<b>B5. Incident Management</b>				
Competence in a staged incident diagnosis and treatment of two casualties				

<b>B6. 1 question from each section below</b>				
Basic Life Support sequence				
Difference in adult/ child/ babies				
Choking				
Bleeding				
Shock				
Hypothermia				
Drowning				

<b>Unit 1 Element C: First Aid</b>				
<b>C1. 1 question from each section below</b>				
Fractures (including aquatic spinal injury)				
Marine injuries				
Heatstroke/ sunburn				
Burns/ scalds				
Hypothermia/ cold shock				
Dressings/ bandages				
Poisons				

<b>C2.</b>				
First Aid Incident Management (Forms Part on Unit 2)				

<b>Unit 1 Element D: Pool Assessment</b>				
<b>D1. Time swim - 400m in 8 mins.</b>				
Goggles may be worn	☆	200m. Time		
	☆	400m. Time		

Candidate's NAME	Candidate's NAME	Candidate's NAME	Candidate's NAME
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**D2. Unconscious Casualty Rescue**  
Use a Torpedo buoy,

☆ swim 100m to non-breathing unconscious casualty				
☆ demonstrate deep water supported				
☆ rescue breathing over 100m				
☆ land with team assistance				
☆ place in recovery position				

**D3. Personal Safety**

<b>(A)</b> Demonstrate 2 defences				
<b>(B)</b> Demonstrate 2 releases				
<b>(C)</b> Using a torpedo buoy, ☆ swim up to 10m ☆ rescue 2 locked swimmers in deep water ☆ take to safety				

**Unit 1 Element E: Open Water**

**E1. Unconscious Casualty Rescue**  
50m. past waist depth

☆ a second Lifeguard directs rescuer to point where casualty disappeared				
☆ with torpedo buoy follow directions given				
☆ submerge up to 2m. retrieving evidence				
☆ collect unconscious casualty				
☆ supported rescue breathing				
☆ land with team assistance				
☆ CPR using mask on a manikin 2 minutes				
☆ Changeover to second operator				

**E2. Conscious Casualty Rescue**

Run 400m. Swim 200m. With torpedo buoy				
☆ tow casualty 200m.				
☆ land with team assistance				
☆ treat for hypothermia				

**E3. Rescue Two Locked Swimmers**

With torpedo buoy, swim 15m./25m to ☆ 2 locked swimmers in deep water ☆ Effect a safe rescue				
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**UNIT 2**

<b>Candidate's NAME</b>	<b>Candidate's NAME</b>	<b>Candidate's NAME</b>	<b>Candidate's NAME</b>
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<b>Unit 2 Application of beach safety management &amp; rescue procedures</b>				
	Candidate	Candidate	Candidate	Candidate
Application of NOP and EAP operated at site				
Appropriate use of equipment				
State equipment used :	.....	.....	.....	.....
Call for additional team support				
Management on in-water casualty				
Management of casualty requiring First Aid				
Overall assessment & execution				
Completion of post incident paperwork & questions				

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Lifeguards Ireland (RLSS NBLQ Issue 3. Version 1. 2006 revised)