



**lifesavers**  
The Royal Life Saving Society UK

## National Beach Lifeguard Qualification Assessors Mark Sheet

Club/organisation: ..... Society No: 

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Assessors name: ..... Society No: 

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Signature: ..... Date: ...../...../200....

<b>Unit 1: Element A: Theory Assessment: 1 question from each heading plus 2 additional questions selected at random</b>	<b>Candidate</b>	<b>Candidate</b>	<b>Candidate</b>	<b>Candidate</b>
Water Safety				
Accident prevention				
Hazard identification				
Principles of Operating Procedures (NOP/EAP)				
Principles of communication systems				
Principles of methods of rescue				
Observation and zoning				
Dealing with the public				
Use & maintenance of basic rescue equipment				

<b>Unit 1 Element D: Pool Assessment</b>				
D1. Timed swim – 400m in under 8 min				
-recorded 200m time				
D2. Use torpedo buoy, swim 100m to non breathing unconscious casualty. - Demonstrate deep water supported RB over 100m, continuing RB. - Land with team, recovery position.				
D3. Demonstrate 2 defences				
D3. Demonstrate 2 releases				
D3. Swim up to 10m, using a torpedo buoy rescue 2 locked swimmers in deep water, take to safety				

Unit 1: Element B: CPR	Candidate	Candidate	Candidate	Candidate
<b>B1 Assessment and treatment of a simulated unconscious casualty</b>				
Check for dangers				
Check response				
Alert colleagues/call for help				
Turn unconscious casualty from front to back				
Open airway (head tilt/chin lift)				
Check for normal breathing				
Action for vomit				
Recovery position				
Emergency call				
Action if casualty responded				
<b>B2 Adult CPR – 2 mins</b>				
Check dangers				
Check for response				
Alert colleagues/call for help				
Open Airway/head tilt/chin lift				
Check for normal breathing				
Go for help				
Locate hands on centre of chest				
30 chest compressions <ul style="list-style-type: none"> <li>• Hands centre of chest</li> <li>• 4/5cm deep</li> <li>• 100 per minute</li> </ul>				
2 rescue breaths				
Repeat sequence 30:2				
Change mouth to mouth to mouth to nose rescue breaths				
State difference if casualty has drowned				
<b>B3 Adult CPR with more than 1 operator – 2mins, this test follows B2 after a minimum of 2 mins demonstration</b>				
Operator 1 counts compressions				
2 <sup>nd</sup> operator offers assistance				
Efficient change to 2 <sup>nd</sup> operator				
2 <sup>nd</sup> lifeguard continues 30:2				
Rescue Breaths using a Pocket Mask				
Teamwork/communication				

<b>B4 Child CPR – 3mins</b>	<b>Candidate</b>	<b>Candidate</b>	<b>Candidate</b>	<b>Candidate</b>
Check for danger				
Check for response				
Alert colleagues/call for help				
Open airway/head tilt/chin lift				
Check for normal breathing				
5 rescue breaths				
30 chest compressions (1 hand) <ul style="list-style-type: none"> <li>• Hand in centre of chest</li> <li>• 1/3 chest depth</li> <li>• 100 per minute</li> </ul>				
2 rescue breaths				
Repeat sequence 30:2; 1 min				
Confirm assistance 999				
Continue sequence 30:2				
<b>B5 - Infant CPR – 3 mins</b>				
Check for danger				
Check for response				
Alert colleagues/call for help				
Open Airway/head tilt/ chin lift				
Check for normal breathing				
5 rescue breaths				
30 chest compressions (2 fingers) <ul style="list-style-type: none"> <li>• 2 fingers in the centre of chest</li> <li>• 1/3 chest depth</li> <li>• 100 per minute</li> </ul>				
2 rescue breaths				
Repeat sequence 30:2; 1 min				
Confirm assistance 999				
Continue sequence 30:2				
<b>B6 Demonstrate Life Support skills</b>				
Diagnose, treat 2 casualties				
<b>B7 – 1 question from each below</b>				
Basic life support sequence				
Difference in adult/children/infants				
Choking				
Bleeding				
Shock				
Hypothermia				
Drowning				

<b>Unit 1 Element C: First Aid</b>	<b>Candidate</b>	<b>Candidate</b>	<b>Candidate</b>	<b>Candidate</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>Unit 1 Element E: Open Water</b>				
E1 – unconscious casualty 50m past waist depth 2 LG directs to point casualty disappeared. With torpedo buoy follow directions, submerge to 2m Collect unconscious casualty, supported RB Land with assistance CPR with pocket mask for 2 mins; team member takes over after 2 mins				
E2 – Run 400m, swim 200m with torpedo buoy, tow conscious casualty 200m, land with team and treat for hypothermia				
E3 – With torpedo buoy, swim 15m/25m to 2 locked swimmers in deep water. Effect rescue				
<b>Unit 2 – Application of beach safety management &amp; rescue procedures</b>				
Application of NOP and EAP operated at site				
Appropriate use of equipment State equipment used:				
Call for additional team support				
Management of in-water casualty				
Management of casualty requiring first aid				
Overall assessment and execution				
Completion of post incident paperwork & questions				