

National Aquatic Rescue Standard Beach Lifeguard, Surf Life Saver & Surf Coach Lifesaver Examiner Check List



Club / Organisation		Date	
Examiner 1		Signature 1	
Examiner 2		Signature 2	

Candidates Names							
Section 1 – Fitness Test and Releases							
Time limits	BL	SLSA / SCLSA					
400m Swim (record time)	7:30 minutes	9:30 minutes					
200m Beach Run (record time)	0:40 seconds	1:00 minute					
Section 1 Result (Competent / Not Yet Competent)							
Section 2 Lifeguard Skills, Knowledge & Rescues							
2 Releases (in a pool)							
Signals							
150m board / ski rescue & Aftercare							
50m Run, 100m Unconscious / Conscious tube rescue.							
Swim 50m to Rescue a conscious casualty – no aids							
Complete Submersion dive							
Incident Management							
5 Questions on Beach Environment (4 correct to pass)							
10 Questions on Lifeguard Techniques (8 correct to pass)							
5 Questions on Communication (4 correct to pass)							
Section 3 – Spinal Lift & Carry							
Spinal Lift & Carry							
Section 3 Result (Competent / Not Yet Competent / Partial Pass).							
Section 4 – Emergency Aid II (Basic Life Support)							
Scene Assessment & Safety							
Primary Survey							
Turning Patient (prone to supine)							
Secondary Survey							
Action for vomit							
Recovery position & Aftercare							
Jaw Thrust							
Oxygen use (including mouth to mask)							
Adult One Person CPR (cardiac arrest)							
Adult One Person CPR (drowning)							
Adult Choking							
Child CPR							
Child Choking							
Infant CPR							
Infant Choking							
Section 4 Result (Competent / Not Yet Competent / Partial Pass)							
Section 5 – Emergency Aid II (First Aid)							
10 Questions on First Aid & Resuscitation (8 correct to pass)							
Practical management of first aid scenario							
Section 5 - Result (Competent / Not Yet Competent / Partial Pass)							
Overall Result							
Overall Result (Competent / Not Yet Competent / Partial Pass)							

Marking Guide
A,B,C = Competent **D** = Doubtful **F** = Fail
 Two ‘**D**’ in a section, fails that section. Four ‘**D**’ on the Paper, fails the full award.
 One ‘**F**’ in a section, fails that section. Two ‘**F**’ on the Paper, fails the full award.