

# Probationary Examiner Check List



<b>Name</b>		<b>SLSA No.</b>	
<b>Region</b>		<b>Club</b>	

<b>Activity to be Observed / Conducted</b>	<b>First Exam Date</b>	<b>Examiner Assessing Signature</b>	<b>Second Exam Date</b>	<b>Examiner Assessing Signature</b>
<b>Section 1 – Fitness Test and Releases</b>				
400m Swim				
200m Beach Run				
<b>Section 2 Lifeguard Skills, Knowledge &amp; Rescues</b>				
2 Releases				
Signals				
150m board/ski rescue, deep water EAV, Aftercare				
50m Run, 100m Unconscious/Conscious Tube rescue				
Swim 50m to Rescue a conscious casualty–no aids				
Complete Submersion dive				
Incident Management / Report Form				
5 Questions on Beach Environment				
10 Questions on Lifeguard Techniques				
5 Questions on Communication				
<b>Section 3 – Spinal Lift &amp; Carry</b>				
Spinal Lift & Carry				
<b>Section 4 – Emergency Aid II (Basic Life Support)</b>				
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				
<b>Section 5 – Emergency Aid II (First Aid)</b>				
10 Questions on First Aid & Resuscitation				
Practical management of first aid scenario				
<b>Section 6 – Conduct Exam as Examiner in Charge</b>				
<b>Exam Result</b>	Examiner 1		Examiner 2	
	Signed		Signed	
<b>* Comp / NYC</b>	SLSA No.		SLSA No.	
	Date	/ /	Date	/ /

**Comments**

Continue overleaf if required.