

Candidate's Name _____

Section A (Dry Water Test)

Practical BLS Assessment Sheet



0 - 4

| Skill | Yes | No | max mark | mark |
|---|-----|----|-----------|------|
| Check for Safety | | | 4 | |
| Check for Response | | | 4 | |
| Shout for Help | | | 4 | |
| Open Airway | | | 4 | |
| Check for Normal Breathing | | | 4 | |
| Send or go for help | | | 4 | |
| Place heels of hands in centre of chest, interlocking fingers | | | 4 | |
| SUB TOTAL | | | | |
| | | | marks 0-9 | |
| Commence CPR - 30 Chest Compressions | | | 9 | |
| 2 Rescue Breaths | | | 9 | |
| Recovery Position | | | 9 | |
| | | | | |
| Sub Total BLS Practical Marks (Max. 55) | | | | |
| | | | | |

| | |
|--|------------------|
| | Mark 0-10 |
| General Aspects of Safe Lifeguarding MCQ (10 Questions) is to be set by the External Examiner | |

Candidates must score 50% in each section

| | |
|-----------------------------|--|
| Total Mark (Max. 65) | |
|-----------------------------|--|

Any changes made to the marking must be initialled by the External and Local Examiner

IWS Examiner's Signature: _____

IWS External Examiner's Signature: _____

Candidate's Name _____



Section B Pool Assessment

| Skills | Max. Mark | Mark |
|---|-----------|------|
| 200m Freestyle in less than 4mins (Start in water with can buoy / rescue tube and no tumbleturns) <i>200m Swim timed. Mark out of 45 from 3mins 15 seconds to 4 mins = 45marks to 1 mark</i> | 45 | |
| 100m Tow with Canbuoy/Rescue Tube (Efficiency and correct procedure) | 15 | |
| 25m Approach, Release and 25m Carry (Front Double) | 25 | |
| 25m Approach, Release and 25m Carry (Rear Double) | 25 | |
| Spinal Injury management in Shallow Water (Splint or Clamp) | 20 | |
| Underwater search, locate and pick up submerged manikin, exchange at surface for subject and administer deep water resuscitation for 10m, | 20 | |

Total Mark (Max. 150)

Candidates must score 50% in each section

Any changes made to the marking must be initialled by the External and Local Examiner

IWS Examiner's Signature: _____

IWS External Examiner's Signature: _____