


LIFEGUARD SKILLS VERIFICATION (PA.4)

 <p>Date:</p> <p>Aquatics Supervisor:</p>	Staff Names:												
Basic swimming skills/physical endurance													
300-yard swim total without stopping comprised of both Front Crawl and Breaststroke													
Non-spinal rescue skills (all skills performed while using appropriate equipment, i.e. Rescue Tube)													
Appropriate entry into water: stride, compact jumps													
Extension assist from deck/dock													
Swimming extension rescue													
Active drowning victim front rescue													
Passive drowning victim rear rescue													
Submerged victim rescue													
Removing unconscious victim from water; 2 rescuers, 1 victim													
Spinal injury management techniques													
Head-splint technique - shallow water													
Head-splint technique - submerged victim													
Backboard use and victim removal - shallow water, 2 rescuers													
On land: immobilization and backboard use for standing victim with suspected head, neck or spinal injury													
Site specific safety systems													
Zone coverage specific to site, rehearsed													
Scanning specific to site, rehearsed													
System to account for participants AND count participants (i.e. tag board and/or buddy board), rehearsed													
Mock rescues (site specific)													
Missing swimmer - shallow water (chest-deep or less)													
Missing swimmer - deep water													
Other:													

*Remember that Aquatics Supervisor (if lifeguarding) also needs to have skills verified.