



POOL TEST ITEM WORKSHEETS

Item 1 – Lifeguarding theory and practice

- Explain the role and responsibilities of the NLS Lifeguard in terms of role-modeling, prevention and rescue.
- Describe how critical incident stress can impact lifeguards responding to both successful and unsuccessful rescues.
- Define the legal obligations of the lifeguard in terms of duty and standard of care, liability and negligence.
- Provide an example of a training activity to improve one component of physical fitness (muscular endurance, cardiovascular endurance, strength, speed, power or flexibility) as identified by the evaluator
- Explain how to adapt emergency procedures for a facility with only one trained lifeguard on duty; how to use auxiliary staff or bystanders; and discuss the value of written procedures as part of the staff manual.
- Provide examples of regulations that govern workplace health and safety for lifeguards (e.g. WHIMIS, Occupational Health and Safety, Worker’s Compensation) and legislation regarding harassment and possible procedures for violence in the workplace.
- Explain the benefits of oxygen therapy, automated external defibrillation (AED) and oropharyngeal airways.
- Explain the hazardous nature of chemicals used in aquatic environments and the special training required for safe handling.

Candidates have met the Must Sees:	Candidate names		
	1	2	3
Understanding demonstrated through performance and decision-making whenever possible			
Understanding demonstrated though oral questioning where practical application is not possible			
Demonstrated understanding of and respect for the professional role and responsibility of the lifeguard			

Comments:



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Item 2a – Demonstrate anaerobic fitness and strength for an object recovery: Starting in the water, swim 15 metres and surface dive to recover a 9 kg (20 lb.) object located at a depth of 1.5 to 3 metres; surface and carry the object 5 metres in 40 seconds or less.

Candidates has met the Must Sees:	Candidate names		
	1	2	3
In-water start			
Approach 15 m into surface dive			
Object recovered			
Head above surface during 5 m carry			
Time limit met			

Comments:

Item 2b – Demonstrate anaerobic fitness and skill for an underwater swim: Starting in the water, submerge and swim 15 metres underwater.

Candidates has met the Must Sees:	Candidate names		
	1	2	3
In-water start			
Submerge (1.5 m to 2 m depth)			
15 m underwater swim completed with body fully submerged			
Ascent to surface			

Comments:



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Item 2c – Demonstrate anaerobic fitness: Starting in the water, swim head-up 50 metres in 60 seconds or less (50 yd. in 55 sec).			
Candidates has met the Must Sees:	Candidate names		
	1	2	3
In-water start			
Head-up breaststroke <i>or</i> head-upfront crawl throughout			
Distance completed in the time limit			

Comments:

Item 2d – Demonstrate endurance and strength for a submerged manikin or victim recovery and rescue: Starting in the water, swim to recover a submerged manikin or victim located 25 metres (or yards) away; carry the manikin or victim 25 metres in 90 seconds or less (25 yd. in 82 sec.).			
Candidates has met the Must Sees:	Candidate names		
	1	2	3
In-water start			
Approach 25 m			
Recovery of submerged manikin or victim to the surface			
Manikin's or victim's mouth and/or nose supported above surface throughout carry			
Time limit met			

Comments:



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Item 2e – Demonstrate aerobic fitness and endurance: Swim 400 metres in 10 minutes or less (400 yd. in 9:10 minutes).

Candidates has met the Must Sees:	Candidate names		
	1	2	3
Continuous swim			
Recognizable stroke(s) – any combination is acceptable			
Distance completed in the time limit			

Comments:

Item 2f – Demonstrate endurance and strength for a distressed victim rescue: Starting in the water, head-up approach 15 metres to contact a distressed victim in deep water; carry the victim 5 metres supporting the victim's head and shoulders above the surface.

Candidates has met the Must Sees:	Candidate's names		
	1	2	3
In-water start			
Quick, efficient head-up approach – 15 m			
Approach such that victim is unlikely to grasp rescuer			
Efficient pick-up and quick victim support – head and shoulders out of water throughout 5 m carry			
No rescuer contact with pool bottom			

Comments:



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Item 3 – Through practical activities wherever possible, candidates demonstrate an understanding of:

- Features that vary from pool to pool (or from time to time) and how analysis of these affects lifeguarding.
- The role of water treatment systems in providing a safe and comfortable bather environment.
- Environmental hazards of pools such as glare, water quality, evacuations due to weather and pool fouling.

Candidates has met the Must Sees:	Candidate names		
	1	2	3
Ability to identify danger (high-risk) areas and hazards in pool facilities			
Ability to identify and explain safety features and safety equipment in pools			
Understanding of the need for specific pool operator training on effective operation and maintenance of water treatment systems			
Ability to identify the training required for safe handling or storing of chemicals			
Ability to identify and explain appropriate lifeguard response to a variety of environmental hazards			

Comments:



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Item 4 – Demonstrate effective communication with patrons, victims, other lifeguards, supervisors and emergency service personnel.			
Candidates has met the Must Sees:	Candidate names		
	1	2	3
Communication with patrons:			
Appropriate use of verbal and non-verbal communication skills (e.g., language and tone, facial expression, body language)			
Ability to instill and model trust through clear and open communication			
Ability to educate patrons about safe practices			
Ability to deal positively and fairly with patrons			
Recognition of conflict and the need for safety-centered resolution			
Communication with other lifeguards, supervisors and emergency services:			
Appropriate use of communication techniques such as hand signals, signaling devices, specialized communication equipment			
Ability to give and receive directions			
Immediate and accurate communication with others in an emergency			
Clear and concise communication with emergency services at earliest possible moment under the circumstances			

Comments:



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Item 5a – Demonstrate effective pool supervision using observation skills and scanning techniques.			
Candidates has met the Must Sees:	Candidate names		
	1	2	3
Systematic scanning pattern with observable head movement			
Continuous scan of designated supervision zone including pool bottom			
Quick, accurate recognition & analysis of potential incidents and of patrons needing assistance			
Recognition of communication from other lifeguards (e.g., hand or whistle signals)			

Comments:

Item 5b – Demonstrate effective pool supervision using lifeguard positioning and rotation.			
Candidates has met the Must Sees:	Candidate names		
	1	2	3
Appropriate lifeguard positioning with consideration for: <ul style="list-style-type: none"> • Facility features • Danger areas and blind spots • Bather load and number of lifeguards on duty • Changes in number of patrons or lifeguards <ul style="list-style-type: none"> • Location of equipment • Leisure equipment and patron activity • Changes in visibility 			
Efficient lifeguard rotation while maintaining effective coverage			

Comments:



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Item 5c – Demonstrate ability to recognize situations in which early lifeguard intervention may prevent a rescue emergency.			
Candidates has met the Must Sees:	Candidate names		
	1	2	3
Quick, accurate recognition of high-risk behaviors and activities			
Appropriate intervention and education			

Comments:

Item 6 – Demonstrate three entries and three removals appropriate for a pool environment.			
Candidates has met the Must Sees:	Candidate names		
	1	2	3
Appropriate selection of safe and efficient entry			
Appropriate care of victim to minimize injury			
Victim's airway maintained above the surface			
Recruitment of other lifeguard(s) or bystander(s)			
Effective communication with victim and lifeguard(s) or bystander(s)			
Selection of removal technique with least risk to rescuer and victim			
Effective removal to a position of safety			

Comments:



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Item 7 – Demonstrate an understanding of different rescue techniques appropriate for specific pool features and special situations.			
Candidates has met the Must Sees:	Candidate names		
	1	2	3
Ability to adapt techniques to limitations imposed by specific facility design			
Timely response			

Comments:

Item 8 – Demonstrate an effective search of the aquatic facility for a missing person in both a leadership role and as a team member.			
Candidates has met the Must Sees:	Candidate names		
	1	2	3
Immediate search of water area and the bottoms of all pools			
Complete description of missing person obtained (age, size, sex, clothing, etc.) with other key information such as where last seen			
Lifeguard keeps the reporting party with him/her			
Accurate and timely relay of missing person description to other lifeguards and bystanders			
A systematic, search of the facility starting in the area where missing person was last seen or the area of greatest danger if not seen			
Appropriate & effective direction of bystanders where applicable			
Good team work: back-up, follow-up, crowd control			
Reassurance, assistance and direction to further authority for the person reporting the incident			

Comments:



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Item 9a – Demonstrate effective management of a distressed or drowning victim in deep water.			
Candidates has met the Must Sees:	Candidate names		
Quick recognition and immediate response			
Approach such that victim is unlikely to grasp rescuer			
Victim's head supported above surface (victim's shoulders at or above) during transport to closest point of safety			
Appropriate communication with other lifeguards			
Victim reassurance			
Victim removal – with assistance			
Appropriate follow-up treatment			
ABC assessment			
Contact with EMS if required			
Victim information gathered for incident report			

Comments:



POOL TEST ITEM WORKSHEETS

Item 9b – Demonstrate effective management of a submerged, non-breathing victim and perform 10 cycles of 30 compressions: 2 ventilations on a CPR manikin.			
Candidates has met the Must Sees:	Candidate names		
	1	2	3
Quick recognition and immediate response			
Quick entry, approach, descent			
Rapid ascent with secure hold on victim			
Protection of airway during ascent and thereafter			
Quickest route to location where CPR may be effectively initiated and complications dealt with			
Safe and effective removal with back-up lifeguard assistance			
EMS activated at earliest possible moment			
Effective use of barrier devices			
Ability to deal with complications at any time			
Assessment (ABCs) of victim (see Appendix A for Must Sees)			
Effective single-rescuer CPR (10 cycles) on manikin (see Appendix A for Must Sees)			

Comments:



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Item 9c – Demonstrate effective management of a suspected spinal-injured victim: <ul style="list-style-type: none"> Enter & approach a face-down victim in deep water; roll victim over, immobilize & carry 15 m. With the assistance of one back-up lifeguard and one bystander, manage a spinal-injured victim on land or in shallow water. 			
Candidates has met the Must Sees:	Candidate's names		
	1	2	3
Deep water carry:			
Quick recognition and immediate response			
Appropriate entry and approach			
Smooth roll-over if victim face down			
Immobilization of spine during roll-over and throughout			
Victim carried 15 m maintaining immobilization and airway above surface			
Effective lifesaving kick with control of direction			
Shallow-water or land spinal:			
Quick recognition and immediate response			
Appropriate entry and approach (in-water victim only)			
Smooth roll-over if victim face down (in-water victim only)			
Immobilization of spine during roll-over (in-water victim only) and throughout			
EMS activated at earliest possible moment			
Victim assessment (ABCs) and CPR if required			
Victim re-assessment and ability to deal with complications and treatments as required			
Secondary assessment			
Effective use of barrier devices			
Effective direction for back-up guard and bystander			
Stabilization on spine board or other appropriate device (in-water only)			
Preparation for transport and safe removal from water when possible			

Comments:



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Item 9d – Demonstrate effective management of an injured swimmer.			
Candidates has met the Must Sees:	Candidate names		
	1	2	3
Quick recognition and immediate response			
Quick entry and approach such that victim is unlikely or unable to grasp the rescuer			
Effective communication with the victim and back-up lifeguard			
Selection and demonstration of effective rescue techniques			
Appropriate response and execution of procedures			
Appropriate selection and proper use of equipment including barrier devices			
Victim removed with assistance			
ABC assessment			
Appropriate first aid treatment (see Appendix A for Must Sees)			
Contact with EMS if required			
Victim information collected for incident report			

Comments:



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Item 10 – Respond to emergency situations as a single lifeguard and as both a member and leader of a lifeguard team.			
Candidates has met the Must Sees:	Candidate names		
	1	2	3
Effective lifeguard positioning (see item 5b for Must Sees)			
Effective observation skills and scanning techniques (see item 5a for Must Sees)			
Timely recognition and appropriate response			
Effective communication (other lifeguards, victim(s), patrons)			
Appropriate execution of procedures			
Effective execution of role(s) in the management of the situation			
Selection and demonstration of effective rescue techniques			
Appropriate selection and proper use of equipment including barrier devices			
Appropriate first aid treatment if required (see Appendix A for Must Sees)			
Accurate communication with EMS at earliest possible moment			
Continued safety supervision of other patrons throughout			
Concern for good public relations			
Appropriate and effective direction of bystanders where applicable			
Accurate reporting and appropriate follow-up			

Comments: