Candidate Performance Report
National Lifeguard Pool Course

This report is for candidate feedback only. Official test sheets and current *National Lifeguard Award Guide* govern evaluation.

Candidate: **Facility:**

Exam date: **Instructor:**

Evaluation Item	Pass	Fail	DNC[1]	Notes[2]
1. Lifeguarding theory and practice	☐	☐	☐	
2. Pool facility analysis	☐	☐	☐	
3. Rescue aid proficiency	☐	☐	☐	
4. Entries and removals	☐	☐	☐	
5. Rescue drill	☐	☐	☐	
6a. Underwater swim (15 m)	☐	☐	☐	
6b. Object recovery (9 kg / 40 sec)	☐	☐	☐	
6c. Sprint challenge (50 m / 60 sec)	☐	☐	☐	
6d. Endurance challenge (400 m / 10 min)	☐	☐	☐	
7. Lifeguard communication	☐	☐	☐	
8a. Positioning and rotation	☐	☐	☐	
8b. Scanning and observation	☐	☐	☐	
8c. Prevention and intervention	☐	☐	☐	
9. Specialized techniques	☐	☐	☐	
10. Missing person	☐	☐	☐	
11a. Distressed / drowning victim	☐	☐	☐	
11b. Submerged non-breathing victim	☐	☐	☐	
11c. Spinal-injured victims	☐	☐	☐	

Priority Development Areas

Recommended Next Steps

Retake National Lifeguard course ☐ Re-exam pathway discussion ☐

Instructor/Examiner name **Instructor/Examiner signature**

1 DNC – candidate did not attempt or was not evaluated on (provide additional context in notes).
2 Use notes to record results (e.g., time) and/or refer to the development section on the next page(s).