



IRISH WATER SAFETY

Sábháilteacht Uisce na hÉireann

National Pool Lifeguard Award Level

Revalidation

WATER SAFETY EXAMINATION RETURN

Head Office

The Long Walk, Galway, Ireland

Tel: 353+91 56 44 02

Fax: 353+91 56 47 02

email: info@iws.ie

website: www.iws.ie

Course held at _____ Exam Venue _____ Town _____ County _____ Date _____

				Unit 1 BLS (100)	Unit 2 Lifeguarding Skills (100)	Unit 3 Pool Operation Skills (40)	Unit 4 MCQ Pass/Fail	Overall Result Pass/Fail
Name (Block Capitals)	Address	M/F	D.O.B					

Examiner: _____
Block Capitals Signature

Provider: _____
Block Capitals Signature

Return completed form to your certificate secretary

Class Secretary:

Name: _____

Address: _____

Phone: _____

email: _____

National Pool Lifeguard Award Level 1 or 2 Revalidation Examination Return – Unit 1 BLS

No.	Name	Demonstrate Adult CPR on Adult Manikin And use of AED 50	Demonstrate 2 operator CPR on Adult Manikin 10	Demonstrate Child CPR on Infant/Child Manikin 10	Turn unconscious prone victim – Check for breathing - Demonstrate Recovery Position 20	Treat alternative circumstances to include choking and vomiting victim 10	Sub-total Max mark 100	Pass/Fail Pass = 50 or more Fail = 49 or less
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								

Candidates must achieve pass (50%) in each technique

Examiner's Signature_____

Venue_____

Date_____

National Pool Lifeguard Award Level 1 Revalidation Examination Return – Unit 2 Lifeguarding Skills

No.	Name	Demo. 1 <u>land based</u> rescues 10	Demo. 1 <u>non -</u> <u>contact</u> rescues 10	Demonstrate the Front Surface approach with 10m carry 10	Demonstrate an “assist” on a tired or injured swimmer 10	Demonstrate <u>Shallow</u> <u>water</u> <u>resuscitation</u> 10	Demo. <u>Techniques for</u> <u>spinal injury</u> management and boarding in shallow water 30	Total Max. 80	<u>Pass/Fail</u> Pass = 40 or more. Fail = 39 or less
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									
12.									

Candidates must achieve pass (50%) in each technique

Examiner's Signature _____ Venue _____ Date _____

National Pool Lifeguard Award Level 2 Revalidation Examination Return – Unit 2 Lifeguarding Skills

No.	Name	Swim 50m frontcrawl, 50m breaststroke, 50m lifesaving stroke (first 50m within 1min.) 10	Demo. 1 land based rescues 10	Demo. 1 non - contact rescues 10	Demo. 2 contact rescues & releases from drowning grips and 2 x 10m carries 20	Demo. 1 evasive or defensive technique. 10	Demo. Surface dive min. 2 meters with deep water resuscitation 10	Demo. Techniques for spinal injury management and boarding 30	Total Max 100	Pass/Fail Pass = 50 or more. Fail = 49 or less
1.										
2.										
3.										
4.										
5.										
6.										
7.										
8.										
9.										
10.										
11.										
12.										

Candidates must achieve pass (50%) in each technique

Examiner's Signature _____ Venue _____ Date _____

National Pool Lifeguard Award Level 1/2 Examination Return – Unit 3 Pool Operation Skills

No.	Name	Assess Situation 10	Take Appropriate Action 10	Communicate Effectively 10	Initiate follow up procedures 10	Total 40	Pass/Fail 20 or more = pass. 19 or less = fail
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							

Examiner's Signature _____

Venue: _____

Date _____