



IRISH WATER SAFETY
Sábháilteacht Uisce na hÉireann

National Beach Lifeguard Award
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 _____

				Section A BLS (100)	Section B Pool Practical (100)	Section C Open Water Practical (100)	Section D Manual Work Sheets Pass/Fail	Overall Result
Name (Block Capitals)	Address	M/F	D.O.B					

Examiner: _____
Block Capitals Signature

Tutor _____
Block Capitals Signature

Return completed form to your certificate secretary

Class Secretary:

Name: _____

Address: _____

Phone: _____

email: _____

National Beach Lifeguard Award Examination Return – Section A - BLS

Venue_____

No.	Name	Demonstrate Adult CPR on Adult Manikin 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.								

Examiner's Signature_____

Date_____

National Beach Lifeguard Award Examination Return – Section B - Pool Practical

Venue:_____

No.	Name	Swim 200m Front Crawl and 200m Breast Stroke (not more than 10mins)	Swim 100m Lifesaving Side Stroke and 100m Inverted Breast Stroke	Swim 100m to a conscious casualty and tow 100m. Fins should be used	Swim to a conscious casualty and carry cross chest 100m	Pick up 3 objects from pool bottom (max depth 2m and objects are 3m apart)	Swim 10m underwater, surface and take 12sec rest. Repeat 3 times continuously	Sub Total Max. 35
		10		5	5	5	5	
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								

Examiner's Signature _____

Date_____

National Beach Lifeguard Award Examination Return – Section B - Pool Practical

Venue: _____

No.	Name	Sub Total carried from previous sheet Max. 35	Demonstrate 3 releases and 2 defensive actions as specified by Examiner (10m) 25	Demonstrate double drowning Rescue 5	Using rescue tube/can buoy swim 100m to an unconscious non- breathing floating casualty. Demonstrate deep water resuscitation and return 100m 15	Demonstrate techniques for spinal injury management 10	Demonstrate any item from IWS handbooks as specified by examiner 10	<u>Total mark (max 100)</u> Pass = 50 or more. Fail = 49 or less
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								

Examiner's Signature _____

Date _____

National Beach Lifeguard Award Examination Return – Section C – Open Water Practical Venue:_____

No.	Name	400m run along beach to water's edge, carrying rescue tube/can buoy and fins. Swim to marker 100m from waist depth and return to shore within 8 mins	Rescue a conscious casualty 100m from waist deep water using rescue tube/can buoy	Rescue an unconscious casualty 100m from waist deep water using rescue board or ski. Demonstrate EAR on equipment and return to shore with casualty	Rescue a casualty 50m from waist deep water using cross chest carry only	Sub Total
		20	10	20	10	(Max. 60)
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						

Examiners Signature_____

Date_____

National Beach Lifeguard Award Examination Return – Section C – Open Water Practical

Venue: _____

No.	Name	Sub Total carried from previous page (Max. 60)	Rescue three casualties; Conditions and actions of each will be revealed. One casualty 15m from waist depth water and the other two within their respective depths. No casualty will be more than 50m from water's edge 30	Unconscious casualty 25m from waist depth water has disappeared from sight. Demonstrate ability to direct a second candidate to point (directed by examiner) where last seen. Use whistle, hand signals and/or flag signals and/or signal bats. Approved signals as set out in IWS manual must be used. No subject is needed. 10	Total mark (max 100) Pass = 50 or more. Fail = 49 or less
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					

Examiners Signature _____

Date _____