



# BEACH LIFEGUARD RE-VALIDATION TEST | VENUE \_\_\_\_\_

(Revised March 2010)

Candidate's Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_

**Registration Fee: €30 per candidate. Payable to IWS.**

TEST ITEMS	SCORE	COMMENTS	EXAMINER'S INITIALS
<b>BASIC LIFE SUPPORT - Adult, Child and/or Infant – (50)</b> <ul style="list-style-type: none"> <li>i. Recognition of Respiratory Failure</li> <li>ii. Recognition of Cardiac Arrest</li> <li>iii. Demonstrate C.P.R. – (one operator)</li> <li>iv. Demonstrate C.P.R. (as part of a team)</li> <li>v. Deal with complications (vomiting, choking etc.)</li> <li>vi. Aftercare treatment.</li> </ul>			
<b>BEACH LIFEGUARDING – ORAL (50)</b> <ul style="list-style-type: none"> <li>i. N.O.P. procedures</li> <li>ii. E.A.P. procedures</li> <li>iii. BLS Theory</li> <li>iv. Communications Techniques</li> <li>v. Observation Techniques</li> <li>vi. First Aid Awareness</li> <li>vii. Equipment</li> <li>viii. The Beach Environment (Features/ Risks)</li> <li>ix. Terms and Conditions of employment</li> <li>x. Regulations</li> <li>xi. Customer Care</li> <li>xii. Child Protection</li> <li>xiii. Follow up procedures (reporting procedures etc)</li> </ul> <p>Note: Questions based on Local Authority Safety Statement and on the Beach Lifeguard Manual Worksheets.</p>			
<b>OPEN WATER PRACTICAL (100)</b> <ul style="list-style-type: none"> <li>i. 400m beach run with fins and canbuoy/rescue tube, 100m swim to marker and back (within 8 minutes)</li> <li>ii. Rescue of conscious and co-operative victim 100m from waist deep water using fins and canbuoy/rescue tube.</li> <li>iii. Unconscious victim rescue 150m from waist deep water, using rescue board or ski. Demonstrate E.A.R. using board/ski and return to shore with victim.</li> <li>iv. 50m approach from waist deep water and 50m cross chest carry back to shore with no rescue aids</li> <li>v. Staged Incident with min. 3 victims, none more than 50m from waist deep water. Candidate will direct and carry out rescue with the help of another candidate.</li> </ul>			

Instructor's Signature \_\_\_\_\_

Examiner's Signature \_\_\_\_\_

Date \_\_\_\_\_