

Camp \_\_\_\_\_

**Site Specific Rescue and Emergency Procedure Verification for Lifeguards**

Date: \_\_\_\_\_

Waterfront/ Aquatics Director/ Supervisor: \_\_\_\_\_

Training Environment:       Pool       Lake       River       Surf       Other \_\_\_\_\_

<p><b>Skills</b></p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>Lifeguard Names:</b></p>																	
Zone coverage																	
Scanning																	
Buddy board procedures																	
Buddy check procedures																	
Sighting a victim																	
Extension rescue from dock or structure																	
Extension rescue from water																	
Entry into the water from lifeguard stations (chairs, towers, platforms, docks)																	
Specific guarding procedures for inflatable structures (water tramps, blobs)																	
Wading assist																	
Missing swimmer																	
• Shallow water (chest deep or less)																	
• Deep water																	
Active drowning deep water																	
Passive drowning deep water																	

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<b>Skills</b>	<b>Lifeguard Names:</b>																		
Submerged victim																			
• Minimum of 6 feet																			
• Deepest depth in your waterfront or deepest depth lifeguard can reasonably reach _____ feet																			
Knowledge of underwater hazards (vegetation, drop offs, logs, rocks etc), water temperature and weather conditions																			
Knowledge of area rules																			
Spinal Management																			
Use of rescue board for guarding																			
Rescue from rescue board																			
Operation of rescue boat																			
Rescue from rescue boat																			
<b>Site Specific Rescues</b>																			
_____																			
_____																			
_____																			

## Lifeguard Skills Verification

Date _____																				
Staff Names:																				
<b>Basic Swimming Skills/ Physical Endurance</b>	<b>Basic Swimming Skills/ Physical Endurance</b>																			
500 yard swim total without stopping																				
Retrieve a 10lb brick from 8-10 feet of water																				
25 yard sprint using front crawl head high																				
25 yard spring using breast stroke head high																				
<b>Rescue Skills</b>	<b>Rescue Skills</b>																			
Entry into water																				
Extension assist from deck																				
Swimming extension rescue																				
Active drowning victim rear rescue																				
Multiple victim rescue																				
Passive drowning victim rear rescue																				
Submerged victim rescue																				
In water CPR/ Rescue Breathing																				
Removing a victim from water																				
<b>Spinal Management Techniques</b>	<b>Spinal Management Techniques</b>																			
Head Splint Technique																				
Head and Chin support																				
Backboard Use																				
• Shallow Water																				
• Deep Water																				
<b>Mock Rescues (site specific)</b>	<b>Mock Rescues</b>																			
_____																				
_____																				
_____																				