



E.B.R.P.D. Lifeguard Service Skill Review Procedure

1. Ensure that each lifeguard has gone through the check-in process prior to the skill review.
2. Each returning lifeguard is required to show proficiency in the following skills:
 - a. Rescue using a rescue tube
 - b. Rescue using a rescue board
 - c. One of the following:
 - Adult CPR/AED skills
 - Child CPR skills
 - Infant CPR skills
3. The skills review must be completed on the first day in which the lifeguard works. If it is not possible to complete the skill review on the first day back for an individual lifeguard you must contact the appropriate Aquatic Supervisor or Field Supervisor to schedule another day to perform the skill review.
4. The PIC is responsible for administering the skill review to each lifeguard. The PIC will designate someone to administer the skill review to the PIC. The skill review will be administered using the **Returning Lifeguard Skill Review Packet** found in the Employee File Folder Box. The PIC will have every lifeguard perform the rescue tube and rescue board skills. The PIC will choose one of the three CPR scenarios for each lifeguard. The PIC should rotate between adult, child, and infant skills so that no two lifeguards in a row get the same scenario.
5. If a lifeguard does not get a passing score on any skill, the PIC should advise and provide direction on how to successfully complete the skill. The lifeguard should then be retested on the skill. The lifeguard should be retested until they successfully complete the skill. The PIC should contact the Aquatic Supervisor or Aquatic Assistant if a lifeguard is unable to successfully complete a skill after a second attempt.
6. The PIC should send the completed skill review forms to the Aquatic Supervisor when completed ASAP.



Name: _____

Facility: _____

**E.B.R.P.D. Lifeguard Service
Returning Lifeguard Skill Review**

Rescue Board

Instructions: Lifeguard will rescue a conscious drowning victim at least 60 feet from beach in at least 6 feet of water from a LG chair using a rescue board. Victim should not grab the board or pose resistance.

Skill	Points Possible	Points Given
Lifeguard calls out "Backer"	1	
Lifeguard safely exits the chair using ladder	1	
Lifeguard grabs rescue board and maintains continuous motion	1	
Lifeguard maintains eye contact with victim	1	
Lifeguard places board on water and lowers self on board	1	
Lifeguard paddles toward victim in a continuous manner	1	
Lifeguard positions board towards the side of victim	1	
Lifeguard grasps the victim's arms	1	
Lifeguard slides off of board away from victim	1	
Lifeguard maintains contact with victim	1	

Critical Criteria

Any of the following will result in a did not pass score

- Does not use ladder to get out of chair**
- Falls off rescue board**
- Stops forward progress prior to getting to victim**
- Hits victim with board**
- Fails to grab victim**

Total

10

***Passing score is 8-10**

Contact Aquatic Supervisor immediately if the lifeguard fails 2nd attempt.

Please Check 1:

- Pass**
- Did not pass-low score**
- Did not pass-critical criteria**

Proctor Name: _____

Date: _____

I certify that the lifeguard above performed the skill check above and all scoring is correct.

Proctor Signature



Name: _____

Facility: _____

**E.B.R.P.D. Lifeguard Service
Returning Lifeguard Skill Review**

Rescue Tube

Instructions: Lifeguard will rescue a conscious drowning victim at least 60 feet from beach in at least 5 feet of water from a LG chair using a rescue tube. Victim should not grab rescue tube or pose resistance.

Skill	Points Possible	Points Given
Lifeguard calls out "Backer"	1	
Lifeguard grabs rescue tube and safely exits the chair using ladder	1	
Lifeguard deploys rescue tube and maintains continuous motion	1	
Lifeguard maintains periodic eye contact with victim	1	
Lifeguard dives safely (hands forward, safe depth)	1	
Lifeguard uses shallow water porpoising as appropriate	1	
Lifeguard swims toward victim in a continuous manner	1	
Lifeguard approaches victim from rear with tube under arms	1	
Lifeguard reaches under victim's armpits and grasps victim's shoulder	1	
Lifeguard leans back and pulls victim onto the rescue tube and returns to shore	1	

Critical Criteria

Any of the following will result in a did not pass score

- Does not use ladder to get out of chair**
- Does not properly deploy rescue tube**
- Stops forward progress prior to getting to victim**
- Rescuer in front of victim within grabbing distance**
- Fails to grab victim**

Total	10
--------------	----

*Passing score is 8-10

Contact Aquatic Supervisor immediately if the lifeguard fails 2nd attempt.

Please Check 1:

- Pass**
- Did not pass-low score**
- Did not pass-critical criteria**

Proctor Name: _____

Date: _____

I certify that the lifeguard above performed the skill check above and all scoring is correct.

Proctor Signature



Name: _____

Facility: _____

**E.B.R.P.D. Lifeguard Service
Returning Lifeguard Skill Review**

Adult CPR/AED

Instructions: Lifeguard will find an adult manikin lying face up, unresponsive, with no breathing and no pulse present (an unwitnessed arrest). Lifeguard will perform CPR (compressions and breaths) for at least 2 minutes, and then attaches an AED and provides care as necessary.

Skill	Points Possible	Points Given
Lifeguard performs scene survey	1	
Lifeguard uses proper personal protective gear	1	
Lifeguard checks victim for consciousness (Victim unresponsive)	1	
Lifeguard calls for help/additional resources	1	
Lifeguard opens airway and checks for breathing for 10 seconds (No breathing)	1	
Lifeguard delivers 2 rescue breaths using pocket mask (Breaths go in)	1	
Lifeguard checks pulse for 10 seconds (No pulse)	1	
Lifeguard locates proper hand position	1	
Lifeguard performs 30 compressions (1.5 –2 inches deep) and 2 rescue breaths	1	
Lifeguard attaches AED after 2 minutes and continues CPR as needed until special circumstances* occur (*Transfer of care to ALS, Obvious signs of life, Too exhausted to continue, or Valid DNR)	1	

Critical Criteria

Any of the following will result in a did not pass score

- Does not use personal protective gear**
- Does not perform steps in proper sequence**
- Uses incorrect hand position**
- Does not deliver proper number of compressions or breaths**
- Does not properly attach AED**

Total	10
--------------	----

*Passing score is 8-10

Contact Aquatic Supervisor immediately if the lifeguard fails 2nd attempt.

<p>Please Check 1:</p> <p><input type="checkbox"/> Pass</p> <p><input type="checkbox"/> Did not pass-low score</p> <p><input type="checkbox"/> Did not pass-critical criteria</p>	<p>Proctor Name: _____</p> <p>Date: _____</p>
---	---

I certify that the lifeguard above performed the skill check above and all scoring is correct.

Proctor Signature



Name: _____

Facility: _____

**E.B.R.P.D. Lifeguard Service
Returning Lifeguard Skill Review**

Child Obstructed Airway and Rescue Breathing

Instructions: Lifeguard will find a child manikin lying face up and unresponsive with no breathing and pulse present. Lifeguard will perform obstructed airway and rescue breathing skills for at least 2 minutes.

Skill	Points Possible	Points Given
Lifeguard performs scene survey	1	
Lifeguard uses proper personal protective gear	1	
Lifeguard checks victim for consciousness (victim unresponsive)	1	
Lifeguard calls for help/additional resources	1	
Lifeguard opens airway and checks for breathing no more than 10 seconds (No breathing)	1	
Lifeguard delivers 2 rescue breaths using pocket mask (breaths <u>do not</u> go in), retilts, delivers 2 rescue breaths (breaths still <u>do not</u> go in)	1	
Lifeguard locates proper hand position and delivers 5 chest thrusts	1	
Lifeguard visualizes airway for foreign object (does not sweep unless object seen)	1	
Lifeguard delivers two rescue breaths (breaths go in)	1	
Lifeguard checks for breathing and a pulse for no more than 10 seconds (has a pulse and no breathing)	1	
Lifeguard performs rescue breathing for 2 minutes (1 breath every 3 seconds)	1	
Lifeguard rechecks breathing and pulse (pulse present) and continues rescue breathing for 2 minutes	1	

Critical Criteria

Any of the following will result in a did not pass score

- Does not use personal protective gear**
- Does not perform steps in proper sequence**
- Uses incorrect hand position**
- Does not deliver proper number of chest thrusts or breaths**

Total

12

***Passing score is 9-12**

Contact Aquatic Supervisor immediately if the lifeguard fails 2nd attempt.

Please Check 1:

- Pass**
- Did not pass-low score**
- Did not pass-critical criteria**

Proctor Name: _____

Date: _____

I certify that the lifeguard above performed the skill check above and all scoring is correct.

Proctor Signature



Name: _____

Facility: _____

**E.B.R.P.D. Lifeguard Service
Returning Lifeguard Skill Review**

Infant Rescue Breathing and CPR

Instructions: Lifeguard will find an infant manikin lying face up, unresponsive, with no breathing and pulse present. Lifeguard will perform Rescue Breathing and CPR (compressions and breaths) for at least 1 minute each.

Skill	Points Possible	Points Given
Lifeguard performs scene survey	1	
Lifeguard uses proper personal protective gear	1	
Lifeguard checks victim for consciousness (victim unresponsive)	1	
Lifeguard calls for help/additional resources	1	
Lifeguard opens airway and checks for breathing for no more than 10 seconds (no breathing)	1	
Lifeguard delivers 2 rescue breaths using pocket mask (breaths go in)	1	
Lifeguard checks pulse for no more than 10 seconds (pulse present)	1	
Lifeguard delivers rescue breaths at a rate of 1 breath every 3 seconds	1	
Lifeguard rechecks pulse after 2 minutes (no pulse)	1	
Lifeguard locates proper finger position and delivers 30 compressions (.5 – 1 inch deep) and 2 breaths	1	
Lifeguard continues CPR until special circumstances occur	1	
Total	11	

Critical Criteria

Any of the following will result in a did not pass score

- Does not use personal protective gear**
- Does not perform steps in proper sequence**
- Uses incorrect finger position**
- Does not deliver proper number of compressions or breaths**

***Passing score is 9-11**

Contact Aquatic Supervisor immediately if the lifeguard fails 2nd attempt.

<p>Please Check 1:</p> <p><input type="checkbox"/> Pass</p> <p><input type="checkbox"/> Did not pass-low score</p> <p><input type="checkbox"/> Did not pass-critical criteria</p>	<p>Proctor Name: _____</p> <p>Date: _____</p>
---	---

I certify that the lifeguard above performed the skill check above and all scoring is correct.

Proctor Signature