

Section 4



Candidate Assessment Matrices

National Pool Lifeguard Qualification® UNIT 1

Unit 1 ASSESSMENT MATRIX - Theory

Before you start the assessment, you must confirm that you, as the Assessor, have read the current edition of the guidance. Following the assessment, please ensure the completed Unit 1 Candidate Assessment Matrix is given to the Approved Training Centre to be kept on file by them.

I have read the current edition of the Assessment Guidance _____
SIGNATURE

ATC Name _____ ATC No _____ Assessment date _____

Assessor Name _____ RLSS UK TA No _____

ELEMENT 1 The Principles of Pool Lifeguarding	Candidate	Candidate	Candidate	Candidate
The candidate must demonstrate a sound knowledge of the principles of pool lifeguarding by satisfactorily answering six questions with at least one from each of the following four sections				
Lifeguard role Scanning observation and Supervisory skills				
Water safety Accident prevention Principles of PSOPs				
Bather behaviour Casual recognition Water rescue principles				
Progressive rescue skills Rescue management & use of Poolside equipment				
Questions asked – give brief details of the questions asked of each candidate				
Results for Element 1	Pass / Fail	Pass / Fail	Pass / Fail	Pass / Fail



Unit 1 ASSESSMENT MATRIX

WATER RESCUE SKILLS

ATC Name _____ ATC No _____ Assessment date _____

Assessor Name _____ RLSS UK TA No _____

ELEMENT 2 Water Rescue Skills	Candidate	Candidate	Candidate	Candidate
2.1 Practical rescue – immediate response				
Reach, throw or wade at the discretion of the candidate. Casualty no more than 8 metres away. The lifeguard team can be used to assist with the recovery. Following the rescue the candidate will explain the action taken.				
	Reach/Throw/Wade	Reach/Throw/Wade	Reach/Throw/Wade	Reach/Throw/Wade
Communication				
Appropriate choice of rescue aid				
Safe entry if necessary				
Effective rescue				
Casualty recovered to poolside				
2.2 Contact rescue - deep water				
Rescue over a distance of 5 metres to a point of safety. The Assessor will choose a swim/tow from Hip/Under shoulder/Underarm support.				
	Hip/Shoulder/Arm	Hip/Shoulder/Arm	Hip/Shoulder/Arm	Hip/Shoulder/Arm
Communication				
Safe entry				
Approach				
Effective support				
Effective tow				
Casualty secure at poolside				
2.3 Deep water recovery				
Demonstrate the recovery of a casualty who is lying on the bottom of the deepest part of the pool. Candidates MUST be successful on the first attempt. At the point of support select option: remove casualty from water straight away OR demonstrate supported rescue breathing in the water until assistance arrives and then remove from the water.				
Communication				
Safe entry				
Recover on 1st attempt				
Turn live casualty				
Safe & effective tow				

	Candidate	Candidate	Candidate	Candidate
Point of support				
either Remove the casualty from the water with assistance				
Safe assisted lift				
or Assume delay in arrival of assistance				
Point of support				
Assess for breathing – absent/not normal				
Give simulated rescue breaths until help arrives				
Safe assisted lift				
2.3 Turn casualty into face up position on poolside				
Near arm extended				
Turn face away				
Far arm laid across body				
Roll using hips and shoulders				
Control of head				
2.3 Assess for breathing - absent/not normal, give 5 simulated rescue breaths				
Assess for breathing - absent/not normal				
Ensure an ambulance is called				
Give 5 rescue breaths				
2.3 Manage a casualty who is vomiting				
Support the head				
Rapid turning away				
Clear the mouth				
Check the airway				
Controlled roll back to supine				
Assess for breathing - present				
2.3 Place casualty in the recovery position				
Position of arms				
Maintain hand position on cheek				
Lift knee and roll casualty				

	Candidate	Candidate	Candidate	Candidate
Controlled roll				
Check for stability				
Airway management				

2.4 Timed swim rescue – conscious casualty

20 metres swim & 20 metres tow, casualty in deep water. Torpedo buoy at discretion of Assessor. No more than 65 seconds from GO to touch or secure standing position at the end of the tow.

Communication				
Safe entry				
Swim & approach				
Effective tow				
Time from start to end of the tow - must not exceed 65 seconds	secs	secs	secs	secs

2.5 Timed swim rescue – unconscious casualty

20 metres swim, 10 metres tow, casualty in deep water. No more than 45 seconds from GO to touch or secure standing position at the end of the tow.

Communication				
Safe entry				
Swim & approach				
Safe roll of casualty				
Effective tow				
Time from start to end of the tow - must not exceed 45 seconds	secs	secs	secs	secs

	Candidate	Candidate	Candidate	Candidate
2.6.1 SCIM - Deep water rescue				
Casualty no more than 8 metres out, vice grip roll & trawl 10 metres to support standing in shallow water. If only shallow water is available then either head splint or bear hug as depth permits				
Communication				
Slide in entry				
Careful approach				
Effective roll				
Maintenance of grip during trawl				
2.6.2 Stabilisation and casualty recovery from the water				
At least one candidate will demonstrate the board OR horizontal lift OR stabilisation as appropriate to pool				
Communication				
Head/Hips/Feet				
Release grip				
If Spine Board available				
Placement				
Arms out – feet → back → shoulder				
Chest				
Head				
Complete strapping				
Safe lift onto poolside				
or Horizontal lift				
Shoulders taking control				
Communication				
Safe and effective lift				
Remove hands feet → back → shoulder				
or Maintain stable position				
Description of horizontal lift				
and Action for vomit (on land)				
Keeping alignment of head and controlled roll				

	Candidate	Candidate	Candidate	Candidate
2.6.3 Shallow water rescue				
The candidate will demonstrate an effective bear hug or head splint technique at the discretion of the Assessor and as dictated by the depth of water				
	bear hug/ head splint	bear hug/ head splint	bear hug/ head splint	bear hug/ head splint
Communication				
Slide in entry				
Care approach				
Effective roll				
<p>Questions asked, if appropriate – give brief details of the questions asked to each candidate</p>				
Results for Element 2	Pass / Fail	Pass / Fail	Pass / Fail	Pass / Fail

Unit 1 ASSESSMENT MATRIX

CPR Skills

ATC Name _____ Soc No _____ Assessment date _____

Assessor Name _____ RLSS UK TA No _____

ELEMENT 3	Candidate	Candidate	Candidate	Candidate
Cardiopulmonary Resuscitation				
3.1.1 Demonstrate adult CPR. The casualty will be deemed to have suffered a sudden collapse				
Check for danger				
Check casualty for a response				
Alert colleagues				
Open airway				
Assess for breathing - absent/not normal				
Ensure an ambulance is called				
Locate correct hand position on chest				
Give 30 chest compressions				
Give 2 rescue breaths				
Repeat sequence of 30 compressions to 2 rescue breaths for 2 minutes				
3.1.2 Demonstrate adult CPR with 2 rescuers and pocket mask. The casualty will be deemed to have suffered a sudden collapse				
Check for danger				
Check casualty for response				
Alert colleagues				
Open airway				
Assess for breathing - absent/not normal				
Ensure an ambulance is called				
Locate correct hand position on chest				
Give 30 chest compressions				
Place pocket mask on face				
Give 2 rescue breaths				
Repeat sequence of 30 compressions to 2 rescue breaths for 2 minutes.				
Effective communication between lifeguards				
After 2 minutes a second rescuer takes over with minimum interruption of CPR				
Effective teamwork throughout the rescue				

3.1.3 Demonstrate child or infant CPR				
	Child/Infant	Child/Infant	Child/Infant	Child/Infant
The TA selects either child or infant CPR				
Check for danger				
Check casualty for a response				
Alert colleagues				
Open airway				
Assess for breathing - absent/not normal				
Ensure an ambulance is called				
Give 5 rescue breaths				
Locate correct hand position on chest				
Give 30 chest compressions				
Give 2 rescue breaths				
Repeat sequence of 30 compressions to 2 rescue breaths for 1 minute				
Confirm assistance has been summoned or go for help				
Repeat sequence of 30 compressions to 2 rescue breaths for further 1 minute				

	Candidate	Candidate	Candidate	Candidate
3.1.4 Adult CPR with suspected upper spinal cord injury				
Check for danger				
Check casualty for a response				
Alert colleagues				
Open airway appropriately				
Ensure an ambulance is called				
Assess for breathing - absent/not normal				
Second rescuer stabilises head				
Locate correct hand position on chest				
Give 30 chest compressions				
Give 2 rescue breaths				
Repeat sequence of 30 compressions to 2 rescue breaths for 2 minutes				

3.2 CPR Theory. Demonstrate knowledge and understanding of a range of conditions associated with casualties who are not breathing normally. Answer six questions with at least one from each of the following four sections.

	Candidate	Candidate	Candidate	Candidate
Principles of resuscitation and airway management				
Drowning and choking				
Suspected spinal cord injury to include loss of consciousness				
Use of pocket mask or other barrier during rescue breathing				
Questions asked – give brief details of the questions asked of each candidate				
Results for Element 3	Pass / Fail	Pass / Fail	Pass / Fail	Pass / Fail

Unit 1 ASSESSMENT MATRIX

First Aid at Work

ATC Name _____ Soc No _____ Assessment date _____

Assessor Name _____ RLSS UK TA No _____

ELEMENT 4 First Aid at Work	Candidate	Candidate	Candidate	Candidate
4.1 Demonstrate the emergency management of an injured casualty				
Full examination of a conscious or unconscious casualty				
EITHER				
Manage wounds and bleeding - treat one from: Wound to upper/lower limb Application of arm/elevation sling Control a nose bleed Application of a dressing to the eye	State type	State type	State type	State type
OR				
Management of fractures - treat one from: Upper/lower limb Ribs or collarbone Head injury	State type	State type	State type	State type
The Assessor will ask general questions to determine that each candidate has appropriate underpinning knowledge relating to the treatment given				
4.2 Demonstrate a knowledge and understanding of a range of first aid conditions. Each candidate will answer six questions, one from each of the following six sections.				
Principles of First Aid application of the regulations and contents of First Aid boxes				
Head injuries fainting and unconsciousness eye, dental and facial injuries				
Heart attacks and shock poisoning, electric shock and the effects of heat and cold				
Treating illness including diabetes, epilepsy and asthma				
Bleeding burns and scalds				

	Candidate	Candidate	Candidate	Candidate
Strains, sprains and dislocations fractures including suspected spinal cord injury				
Assessors MUST record brief details of the questions asked of each candidate on the form at the end of the first aid practical				
Questions asked – give brief details of the questions asked of each candidate				
Results for Element 4	Pass / Fail	Pass / Fail	Pass / Fail	Pass / Fail
Overall assessment results	Pass / Fail	Pass / Fail	Pass / Fail	Pass / Fail

Assessor's signature _____

Trainer's signature _____

Assessment date _____