

# Candidate Personal Performance Record

Candidate's Name \_\_\_\_\_

## Personal Performance Record - Theory

Trainer's Copy

Topic	Completed on	Competency
<b>The Swimming Pool</b>		
Explanation of the principles of risk assessment		
Identification of main hazard categories		
Principles of swimming pool supervision		
Zoning		
Lifeguard positions		
Small pool supervision		
Communication systems		
Use of technology in assisting in bather supervision		
<b>Supervision of specialist equipment and activities</b>		
Principles of supervision of specialist equipment		
Diving boards and platforms		
Water slides and flumes		
Wave making equipment		
Moving water features		
Inflatables and play equipment		
Supervising specialist activities		
Diving and jumping		
Sub-aqua		
Canoeing		
Teaching and coaching		
Lane swimming		
Water polo		
Programmed and other regulated activities		

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# Personal Performance Record - Theory

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Topic	Completed on	Competency
<b>Pool Safety Operating Procedures - NOP</b>		
Structure of PSOPs		
Structure and content of NOP		
Link between NOP and EAP		
<b>The Lifeguard</b>		
Understand the attributes of a lifeguard		
Explain the role of the lifeguard		
Describe the key elements that may indicate PTSD - Post Traumatic Stress Disorder		
Describe the principles of scanning		
Explain the 10:20 system		
Demonstrate an understanding of the RLSS UK policy on disability		
Explain special provisions needed for some bathers		
Explain the management issues for the rowdy		
Explain the management issues for the very young		
Explain the management issues for children		
Demonstrate an understanding of child protection procedures		
Demonstrate an understanding of an admissions policy		
In and out of water emergencies		
Major and minor emergencies		
<b>Pool Safety Operating Procedures - EAP</b>		
Principles involved in EAPs		
Structure and content of EAPs		
Teamwork during emergency response		
Post-incident follow-up activities		

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## Personal Performance Record - Practical Trainer's Copy

Topic	Completed on	Competency
<b>Rescue - First Aid</b>		
Principles of first aid		
Contents of first aid box		
Explain importance of hygiene procedures		
Primary survey		
Secondary survey		
Moving and handling		
Management of fractures		
Dislocations		
Crush injuries		
Cramp		
Management of ligament and muscle injuries		
Dressings and bandages		
Elevation sling		
Arm sling		
Management of unconsciousness		
Management of heart attacks		
Management of choking		
Management of shock		
Management of poisoning, bites and stings		
Identification and management of anaphylactic shock		
Management of heat and cold injuries		
Burns and scalds		
Electric shock		
Management of bleeding		
Management of medical conditions		
Management of eye and dental injuries		

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# Personal Performance Record - Practical

Trainer's Copy

Topic	Completed on	Competency
<b>Rescue – Casualty Rescue and Recovery</b>		
Explain the sequence of actions during a rescue		
Characteristic actions of a drowning non-swimmer		
Characteristic actions of a distressed/weak swimmer		
Characteristics of an unconscious casualty		
Characteristic actions of an injured bather		
Demonstrate effective land based rescues		
Explain the advantages of different rescue methods		
Demonstrate effective reaching rescues		
Demonstrate effective throwing rescues		
Demonstrate effective wading rescues		
Demonstrate effective hip support tow		
Demonstrate effective underarm support tow		
Demonstrate effective under shoulder support tow		
Demonstrate effective extended arm tow		
<b>Entries into and casualty recovery from the water</b>		
Demonstrate effective slide in, step in, straddle and dive entries where appropriate		
Demonstrate effective assisted lift		
Feet first surface dive		
Head first surface dive		
Shallow dive entry where appropriate		
Demonstrate an understanding of safe diving principles		

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## Personal Performance Record - Practical

Trainer's Copy

Topic	Completed on	Competency
<b>Entries into and casualty recovery from the water (continued)</b>		
Demonstrate an understanding of moving and handling safety		
Assisted walk out		
Pull ashore [where applicable]		
Assisted carry		
Stirrup lift		
Assisted lift [2/3 L/Gs] conscious casualty		
Assisted lift [2/3 L/Gs] unconscious casualty		
Land based rescue using torpedo buoy		
Entry into water with torpedo buoy		
Towing casualty with torpedo buoy		
Rescue of unconscious casualty with torpedo buoy		
Multiple rescue/casualties		
<b>Personal safety during rescue</b>		
Demonstrate understanding of principles of safe approach		
Escape from front grasp		
Escape from rear grasp		
<b>Rescue – Respiratory and cardiac arrest</b>		
Suffocation and its causes		
Drowning		
Recognise and prevent hyperventilation		
Definition of cardiac arrest		

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## Personal Performance Record - Practical

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Topic	Completed on	Competency
<b>Basic Life Support</b>		
Priorities of casualty management		
Effective adult BLS		
Effective child BLS		
Effective infant BLS		
Effective adult BLS with 2 rescuers		
Recovery position		
Managing vomiting		
Air in stomach		
Understand implications of casualty with tracheostomy		
Identification of problems with BLS		
Application of barrier BLS		
In-water supported rescue breathing		
<b>Aquatic Spinal Cord Injury Management – casualty rescue</b>		
Injury recognition		
Describe signs and symptoms		
Safe approach to casualty out of standing depth		
Vice grip and turn		
Trawl to shallow water		
Stabilise the casualty		
Communication with team members		

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## Personal Performance Record - Practical

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Topic	Completed on	Competency
<b>Aquatic Spinal Cord Injury Management – casualty rescue</b> (continued)		
Safe approach to casualty within standing depth		
Demonstrate head splint		
Stabilise the casualty		
Communication with team members		
Safe approach to casualty in very shallow water		
Demonstrate bear hug where appropriate		
Effective support as a team member		
Stabilise casualty		
<b>Aquatic Spinal Cord Injury Management – casualty recovery from water</b>		
Explain preparation of approved spineboard		
Explain positioning of board, straps and head restraint		
Demonstrate application of approved spineboard		
Direct team members to assist		
Secure casualty on board		
Explain principles of horizontal lift out		
Lead team during lift out whenever conditions permit		
Explain when/why casualty may be stabilised in the water		
Explain principles of casualty aftercare		

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## Personal Performance Record - Practical

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Topic	Completed on	Competency
<b>Aquatic Spinal Cord Injury Management – BLS</b>		
Explanation of care during resuscitation		
Obtaining a clear airway		
Head stabilisation by second lifeguard		
Action for vomit with casualty on spineboard		
Log roll [casualty not on spineboard]		

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