



Name of Club / School / Group _____

Date of Assessment _____

Venue _____

Name of Trainer _____ Society No.

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This form may be photocopied or can be downloaded from www.lifesaversdirect.co.uk/documents

SECTION A – THEORY				
<p>2 QUESTIONS ON:</p> <ul style="list-style-type: none"> Risk Assessments & Pool Hazards Pool Safety Operating Procedures Class Management & Safety Emergency Action/Response/First Aid Awareness of Suspected Spinal Cord Injury Management 				
SECTION B – LIFE SUPPORT				
<p>1 CASUALTY ASSESSMENT</p> <ul style="list-style-type: none"> Assessment of casualty Turning from prone to supine Open airway 				
<p>2 ACTION FOR VOMITING</p>				
<p>3 RECOVERY POSITION</p>				
<p>4 ADULT CPR</p> <ul style="list-style-type: none"> Assessment of casualty Obtaining emergency medical aid CPR for 2 minutes 				
<p>5 CHILD CPR</p> <ul style="list-style-type: none"> Assessment of casualty CPR 1 minute Obtaining emergency medical aid CPR 1 minute 				
OPTIONAL SECTION D – LIFE SUPPORT				
<p>BABY CPR</p> <ul style="list-style-type: none"> Assessment of casualty CPR 1 minute Obtaining emergency medical aid CPR 1 minute 				



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SECTION C – WATER RESCUE TEST				
1 SWIMMING ASSESSMENT				
<ul style="list-style-type: none"> • 20 metres on front • 20 metres on back 				
2 POOLSIDE RESCUE				
In deepest part of pool, <ul style="list-style-type: none"> • Select rescue aid • Rescue to point of support 				
3 WATER RESCUE				
A (SHALLOW) OR B (DEEP) (i) 5/10m Wading or 10m swimming <ul style="list-style-type: none"> • Entry and approach • Non-contact rescue to safety or support A (SHALLOW) OR B (DEEP) (ii) 5/10m Wading or 10m Swimming <ul style="list-style-type: none"> • Entry and approach • Contact Rescue • Assist to leave water 				
4 RESCUE BREATHING IN WATER				
<ul style="list-style-type: none"> • Assess casualty • 6 to 10 cycles rescue breathing 				
5. RECOVERY OF SUBMERGED CASUALTY				
<ul style="list-style-type: none"> • Initiate EAP • Enter water & recover rescue manikin (record depth) • Exchange for simulated casualty • Check response, airway, breathing at poolside (breathing present) • Remove casualty with assistance • Turn onto back on poolside • Re-assess • Recovery position • Describe continued casualty care 	depth _____	depth _____	depth _____	depth _____
6 SPINAL CORD INJURY STABILISATION				
<ul style="list-style-type: none"> • Initiate EAP • Enter shallow water and stabilise casualty using a Head Splint 				
7. EMERGENCY ACTION TEST				
<ul style="list-style-type: none"> • Effective rescue of a pupil in difficulties • Ensure safety of the group 				