

Item	Pass/Fail - Comments
<u>1) The Lifesaving Society</u> <ul style="list-style-type: none"> Demonstrate knowledge for the Lifesaving Society as Canada's lifeguarding experts. 	
<u>2) Non-Fatal Drowning</u> <ul style="list-style-type: none"> Demonstrate knowledge of follow-up care and treatment of a conscious drowning victim. 	
<u>3) Shallow Water Blackout</u> <ul style="list-style-type: none"> Demonstrate knowledge of the cause and prevention of shallow water blackout. 	
<u>4) Assistant Lifeguard Roles & Responsibilities</u> <ul style="list-style-type: none"> Demonstrate knowledge of the roles and responsibilities of an assistant lifeguard. 	
<u>5) Communication</u> <ul style="list-style-type: none"> Demonstrate effective communication with patrons, victims, co-workers, supervisors and emergency service personnel. 	
<u>6) Two-Rescuer Removals</u> <ul style="list-style-type: none"> With a trained partner, demonstrate ability to remove victims from various aquatic environments including removal with a spineboard. 	
<u>7) Surface Dives & Underwater Swims</u> <ul style="list-style-type: none"> a. Demonstrate a head-first surface dive (maximum depth 2m) and swim underwater 10m. b. Demonstrate a foot-first surface dive (maximum depth 2m) and swim underwater 10m. 	
<u>8) Team Search</u> <ul style="list-style-type: none"> With bystanders, organize and participate in a logical underwater search of both a shallow and a deep-water area. 	
<u>9) Two-Rescuer Drowning Resuscitation</u> <ul style="list-style-type: none"> On a manikin, demonstrate two-rescuer adult, child and infant drowning resuscitation including ability to deal with complications. 	
<u>10) Spinal injury management</u> <ul style="list-style-type: none"> Respond to a breathing or non-breathing suspected spinal-injured victim located in shallow water or on land. 	
<u>11) Object Recovery & Transport</u> <ul style="list-style-type: none"> Demonstrate anaerobic fitness and strength for an object recovery: starting in the water, swim 15m and surface dive to recover a 4.5 kg (10 lb.); surface and carry the object 5m – all within 60 seconds. 	
<u>12) Rescue Drill</u> <ul style="list-style-type: none"> Starting in the water, swim head-up to recover a submerged manikin or victim located 20m away; surface and carry the manikin or victim 20m to starting point – all within 120 seconds. 	
<u>13) Endurance Challenge</u> <ul style="list-style-type: none"> Swim 400m within 11 minutes (400 yd. in 9:40 minutes). 	
<u>14) Safety Supervision Scanning</u> <ul style="list-style-type: none"> While patrolling and scanning a supervised aquatic environment, identify deficiencies, hazards, and inappropriate patron behaviours or victim types. Intervene and verbally report as appropriate. 	
<u>15) Two-Person Rescue 1 – Multiple Victims</u> <ul style="list-style-type: none"> Respond to an aquatic emergency in open water involving three or four victims and provide care until relieved of responsibility. 	
<u>16) Two-Person Rescue 2 – Submerged Victim</u> <ul style="list-style-type: none"> Perform a rescue of a non-breathing victim submerged in deep water; remove victim and provide care until relieved of responsibility by a lifeguard. Perform CPR on a manikin. 	
<u>15) Assistant Lifeguard Situations</u> <ul style="list-style-type: none"> As a member of an assistant lifeguard team, respond to an emergency in a supervised aquatic setting. 	