

# NATIONAL LIFEGUARD POOL – Final Evaluation



Candidate Name: \_\_\_\_\_

Location: \_\_\_\_\_ Exam Date: \_\_\_\_\_

| <b>Item</b> – Performance criteria are found in the <i>National Lifeguard Award Guide</i> . | <b>Pass</b> | <b>Fail</b> |
|---|-------------|-------------|
| 1. Lifeguarding theory and practice   |             |             |
| 2. Pool facility analysis   |             |             |
| 3. Rescue aid proficiency   |             |             |
| 4. Entries and removals   |             |             |
| 5. Pool skills: rescue drill  |             |             |
| 6a. Physical standard: underwater swim  |             |             |
| 6b. Physical standard: object recovery  |             |             |
| 6c. Physical standard: sprint challenge   |             |             |
| 6d. Physical standard: endurance challenge  |             |             |
| 7. Lifeguard communication  |             |             |
| 8a. Pool supervision: positioning and rotation  |             |             |
| 8b. Pool supervision: scanning and observation  |             |             |
| 8c. Pool supervision: prevention and intervention   |             |             |
| 9. Pool emergencies: specialized techniques   |             |             |
| 10. Facility search: missing person   |             |             |
| 11a. Management of distressed or drowning victim  |             |             |
| 11b. Management of submerged, non-breathing victim  |             |             |
| 11c. Management of spinal-injured victims   |             |             |
| 11d. Management of an injured victim  |             |             |
| 12a. Lifeguard situation: single guard  |             |             |
| 12b. Lifeguard situations: team   |             |             |

**Performance Notes:**

\_\_\_\_\_  
Examiner Signature