

HESA 223 - Lifeguard Training Skills Tests

Skills testing involves a subjective evaluation of three skills scenario's that are required by the American Red Cross. Evaluation of skills is used in determining a portion of the student's grade and also in determining lifeguard certification. Evaluation is based on the student's ability to meet the objective of each skill. If the student does not perform the skill successfully on the first attempt he/she is given one more opportunity at testing.

Scenario #1 Active victim rescue:

- Reacts appropriately (activates EAP)
- Proper entry and approach stroke
- Proper rescue technique (active victim rear rescue)
- Controls and reassures victim during return to safety

Scenario #2 Submerged victim:

- Reacts appropriately (activates EAP)
 - Proper entry and approach stroke
 - Proper rescue technique (submerged victim rescue)
 - Controls victim during return to safety
 - Proper removal from deep water
 - Checks for signs of life
 - Begins CPR for 2 minutes

Scenario #3 Head, Neck or Back injury in Shallow Water

- Reacts appropriately (activates EAP)
- Proper entry and approach to victim
- Proper in-line stabilization procedure
- Directs secondary rescuer with back board
 - Secures victim to backboard
- Properly removes victim from the water.

Check off skills: Student must satisfactorily perform 10 rescue skills:

- Demonstrate a proper feet first entry into deep water
- Demonstrate a proper approach stroke
- Demonstrate a proper passive victim rear rescue
- Demonstrate a proper front head hold escape
- Demonstrate a proper rear head hold escape
- Demonstrate a proper multiple victim rescue
- Demonstrate a proper head splint technique for a face down victim in shallow water
- Demonstrate a proper head and chin support technique for a face down victim in shallow water
- Demonstrate a proper head splint technique for a face down victim in deep water
- Demonstrate backboarding technique in deep water