**Lifeguard Water Rescue and Physical Fitness Assessment Template**

**Objective:** To evaluate a lifeguard's ability to safely and effectively perform water rescue procedures in accordance with standard protocols and assess physical fitness. The whole process should take 15 minutes.

**Criteria:**

1. **Safely entering the water from a lifeguard station/elevated stand:**
	* The lifeguard demonstrates proper technique for entering the water from a lifeguard station or elevated stand without endangering themselves or others.
2. **Performing a rapid approach to the victim:**
	* The lifeguard swiftly and confidently approaches the victim, utilizing efficient swimming strokes and maintaining awareness of surrounding hazards.
3. **Descending to the deepest part of the venue (not to exceed 20 feet):**
	* The lifeguard descends to the designated depth while maintaining control and awareness of their surroundings, adjusting techniques as necessary for depth and conditions.
4. **Retrieving the victim (an adult submersible manikin or equivalent):**
	* The lifeguard demonstrates proper retrieval techniques, securely grasping the victim and maintaining control throughout the process.
5. **Returning the victim to safety:**
	* The lifeguard safely transports the victim to a position of safety, avoiding further harm or injury during the return process.
6. **Safely removing the victim (with the help of other staff if based on the specific venue emergency action plan) to a position of safe access for emergency medical services:**
	* The lifeguard coordinates with other staff members (if applicable) to safely remove the victim from the water and position them for prompt medical attention, following established emergency action plans.
7. **Performing CPR for a period of 9 minutes (average US response time) or the documented response time of the venue, whichever is less:**
	* The lifeguard administers effective CPR for the required duration, maintaining proper technique and rhythm to maximize the victim's chances of survival.

**Assessment Procedure:**

* The assessment will be conducted in a controlled water environment under the supervision of qualified evaluators.
* Each criterion will be assessed individually, with evaluators providing feedback and scores based on observed performance.
* Lifeguards must demonstrate competency in all criteria to successfully pass the assessment.

**Scoring:**

* Each criterion will be scored on a scale of 1 to 5, with 5 indicating exemplary performance, 3 indicating satisfactory performance, and 1 indicating unsatisfactory performance.
* An overall passing score will require a minimum average score across all criteria.

**Feedback and Review:**

* Lifeguards will receive detailed feedback on their performance following the assessment, including areas for improvement and recommendations for further training if necessary.
* Lifeguards may request a review of their assessment results and seek clarification or additional feedback from evaluators.

**Additional Notes:**

The lifeguard is required to execute all required components of the assessment in a seamless, uninterrupted sequence, demonstrating proficiency and adherence to established protocols.

**Scoring Criteria**

1. **Safely entering the water from a lifeguard station/elevated stand:**
	* + 5: Exemplary - Lifeguard demonstrates perfect technique with no safety concerns.
		+ 4: Proficient - Lifeguard enters water safely with minor room for improvement.
		+ 3: Satisfactory - Lifeguard enters water safely but with some minor safety concerns.
		+ 2: Needs Improvement - Lifeguard enters water with noticeable safety concerns.
		+ 1: Unsatisfactory - Lifeguard enters water with significant safety concerns or risks.
2. **Performing a rapid approach to the victim:**
	* + 5: Exemplary - Lifeguard rapidly approaches the victim with perfect technique.
		+ 4: Proficient - Lifeguard approaches the victim swiftly and confidently.
		+ 3: Satisfactory - Lifeguard approaches the victim at an acceptable pace but with minor delays.
		+ 2: Needs Improvement - Lifeguard's approach to the victim is slow or hesitant.
		+ 1: Unsatisfactory - Lifeguard fails to approach the victim in a timely manner.
3. **Descending to the deepest part of the venue (not to exceed 20 feet):**
* 5: Exemplary - Lifeguard descends smoothly and efficiently to the required depth.
* 4: Proficient - Lifeguard descends to the required depth with minor adjustments.
* 3: Satisfactory - Lifeguard reaches the required depth but with noticeable difficulty or hesitation.
* 2: Needs Improvement - Lifeguard struggles to reach the required depth or deviates significantly from the target depth.
* 1: Unsatisfactory - Lifeguard fails to reach the required depth.
1. **Retrieving the victim (an adult submersible manikin or equivalent):**
* 5: Exemplary - Lifeguard retrieves the victim with perfect technique and control.
* 4: Proficient - Lifeguard retrieves the victim securely with minor adjustments.
* 3: Satisfactory - Lifeguard retrieves the victim but with some difficulty or minor mishandling.
* 2: Needs Improvement - Lifeguard struggles to retrieve the victim or demonstrates poor handling.
* 1: Unsatisfactory - Lifeguard fails to retrieve the victim.
1. **Returning the victim to safety:**
* 5: Exemplary - Lifeguard safely transports the victim to safety with perfect technique.
* 4: Proficient - Lifeguard returns the victim to safety without endangering them further.
* 3: Satisfactory - Lifeguard returns the victim to safety but with some minor safety concerns.
* 2: Needs Improvement - Lifeguard's return of the victim poses some risk or difficulty.
* 1: Unsatisfactory - Lifeguard fails to return the victim safely.
1. **Safely removing the victim (with the help of other staff if based on the specific venue emergency action plan) to a position of safe access for emergency medical services:**
* 5: Exemplary - Lifeguard coordinates safe removal of the victim with perfect execution.
* 4: Proficient - Lifeguard removes the victim safely with effective coordination.
* 3: Satisfactory - Lifeguard removes the victim but with some minor coordination issues.
* 2: Needs Improvement - Lifeguard encounters difficulties in removing the victim or coordinating with other staff.
* 1: Unsatisfactory - Lifeguard fails to remove the victim safely or coordinate effectively.
1. **Performing CPR for a period of 9 minutes (average US response time) or the documented response time of the venue, whichever is less:**
* 5: Exemplary - Lifeguard administers CPR flawlessly with perfect technique and rhythm.
* 4: Proficient - Lifeguard performs CPR effectively with minor deviations from perfect technique.
* 3: Satisfactory - Lifeguard performs CPR adequately but with noticeable errors or inconsistencies.
* 2: Needs Improvement - Lifeguard struggles to maintain proper CPR technique or rhythm.
* 1: Unsatisfactory - Lifeguard fails to perform CPR effectively.
1. **Performing the components of the assessment in a continuous non-interrupted sequence:**
* 5: Exemplary - Lifeguard executes all components flawlessly in a seamless sequence.
* 4: Proficient - Lifeguard completes all components in a continuous sequence with minor adjustments.
* 0: Unsatisfactory - Lifeguard completes all components but with noticeable breaks or interruptions or fails to complete the components in a continuous sequence.

**Overall Performance:**

* Total Score: \_\_\_\_\_\_\_\_ out of 40 (Average score across all criteria)
* Passing Score: \_\_\_\_\_\_\_\_ (Minimum passing score required)

**Notes:**

Lifeguards must complete section 1-7 with a score of 3 or higher and section 8 with a score of 4 or higher to pass the assessment.