

Lifeguard Skills Verification

Date _____																				
Staff Names:																				
Basic Swimming Skills/ Physical Endurance	Basic Swimming Skills/ Physical Endurance																			
500 yard swim total without stopping																				
Retrieve a 10lb brick from 8-10 feet of water																				
25 yard sprint using front crawl head high																				
25 yard spring using breast stroke head high																				
Rescue Skills	Rescue Skills																			
Entry into water																				
Extension assist from deck																				
Swimming extension rescue																				
Active drowning victim rear rescue																				
Multiple victim rescue																				
Passive drowning victim rear rescue																				
Submerged victim rescue																				
In water CPR/ Rescue Breathing																				
Removing a victim from water																				
Spinal Management Techniques	Spinal Management Techniques																			
Head Splint Technique																				
Head and Chin support																				
Backboard Use																				
• Shallow Water																				
• Deep Water																				
Mock Rescues (site specific)	Mock Rescues																			

