

LIFEGUARD TRAINING SETS REPORT

NAME OF BASE _____

THE FOLLOWING SKILLS WERE TRAINED AND TESTED (LETTER OF SKILLS BLOCK AND DATE) _____

SIGNATURE OF LIFEGUARD TRAINER OR FLIGHT _____

A- CPR SKILL SCENARIO # 1 - ADULT

CHECK FOR CONSCIOUSNESS	
CALL 911	
CHECK FOR BREATHING	
GIVE 2 FULL BREATHS	
CHECK FOR PULSE (10 SECONDS)	
FIND HAND POSITION (EVERY TIME)	
GIVE 15 CHEST COMPRESSIONS	
GIVE 2 BREATHS	
REPEAT CYCLE 4 TIMES	
RECHECK PULSE/BREATHING (5 SECONDS)	
MONITOR VICTIM UNTIL EMS ARRIVES	
PERFORM 2 RESCUER WITH BVM	

B- CPR SKILL SCENARIO # 2- CHILD

CHECK FOR CONSCIOUSNESS	
CALL 911	
CHECK FOR BREATHING	
GIVE 2 SHALLOW BREATHS	
CHECK FOR PULSE (10 SECONDS)	
FIND HAND POSITION/ONE HAND (EVERY TIME)	
GIVE 5 CHEST COMPRESSIONS (1-1 & 1/2)	
GIVE 1 FULL BREATH	
REPEAT CYCLE 12 TIMES (APPROXIMATELY 1 MINUTE)	
RECHECK PULSE/BREATHING (5 SECONDS)	
MONITOR VICTIM UNTIL EMS ARRIVES	
PERFORM 2 RESCUER WITH BVM	

C- CPR SKILL SCENARIO # 3 - INFANT

CHECK FOR CONSCIOUSNESS	
CALL 911	
CHECK FOR BREATHING	
GIVE 2 FULL PUFFS	
CHECK FOR PULSE/BRACHIAL (10 SECONDS)	
FIND HAND POSITION/2 FINGERS (EVERY TIME)	
GIVE 5 CHEST COMPRESSIONS (1/2-2")	
GIVE 1 PUFF	
REPEAT CYCLE 15 TIMES (APPROXIMATELY 1 MINUTE)	
RECHECK PULSE/BREATHING (5 SECONDS)	
MONITOR VICTIM UNTIL EMS ARRIVES	

D- CPR SKILL SCENARIO # 4 - ADULT (Obstructed Airway)

CHECK FOR CONSCIOUSNESS	
CALL 911	
CHECK FOR BREATHING	
GIVE 2 FULL BREATHS	
REILT HEAD AND GIVE 2 FULL BREATHS	
FIND HAND POSITION (EVERY TIME)	
GIVE 5 ABDOMINAL THRUSTS	
CHECK AIRWAY/FINGER SWEEP	
GIVE 2 FULL BREATHS/REILT & REPEAT TILL CLEAR	
CHECK FOR PULSE (10 SECONDS)	
GIVE ONE BREATH EVERY 5 SECONDS	
RECHECK PULSE/BREATHING EVERY 3-5 MINUTES	
MONITOR VICTIM UNTIL EMS ARRIVES	

E- GUARDING

SCANNING	
HEAD MOVES THRU ENTIRE AREA OF RESPONSIBILITY	
GUARD MAINTAINS COVERAGE WHILE ADDRESSING PATRONS	
GUARD HAS KNOWLEDGE OF SCANNING TECHNIQUES	
WHILE GUARD IS ROVING	
GUARD IS CONSTANTLY WATCHING ZONE	
GUARD APPEARS ALERT	
HAS NO NON-ESSENTIAL COMMUNICATION	
GUARD ENFORCES POOL RULES EFFECTIVELY	
ROTATIONS	
ROTATION LASTS NO LONGER THAN 2 MINUTES	
AT LEAST 1 GUARD MAINTAINS ZONE COVERAGE	
COMMUNICATION OCCURS WHILE CONTINUING TO SCAN	

F- PROFESSIONALISM

GUARD ON STAND	
GUARD HAS BOTH FEET SHOULDER WIDTH APART & PLANTED	
GUARD IS SITTING UPRIGHT	
ESTABLISHES & KEEPS IN LINE STABILIZATION	
GUARD IS ROVING	
GUARD HAS FEET SHOULDER WIDTH APART	
GUARD IS COVERING APPROPRIATE DISTANCE	
GUARD IS WEARING RESCUE TUBE & LANYARD	
APPEARANCE	
GUARD HAS APPROPRIATE EQUIPMENT ON STAND	
NO OTHER CLOTHING IS VISIBLE UNDER UNIFORM	
GUARD IS WEARING APPROVED UNIFORM	

**Download any U.S. FedForm (free, fillable, savable in Adobe Reader)!
Start with the "Flash Demo" at the top of the following page:
www.usa-federal-forms.com**

**Convert any fillable PDF form to savable (locally, in Adobe Reader):
www.savePDF.com**

**Convert any document (in any format) to PDF fillable and savable:
www.FillinDocs.com**

**All (10's of 1,000's) U.S. Federal Forms already fillable, savable:
www.usa-federal-forms.com**

About the ITAOP/savePDF Method

The traditional Field-by-Field creation process is extremely ineffective and slow.

The only realistic option to create high-quality forms is the Insert-Text-Anywhere-on-Page (ITAOP) method.

The field creation process is about 10,000 times faster than the traditional method; the list of ITAOP features is not even available for the traditional method.

ITAOP savePDF method proved to be very simple and completely reliable for millions of users all over the world (incl. individuals, companies, organizations, government employees).

LIFEGUARD TRAINING SETS REPORT (Continued)

G- WATER SKILLS SCENARIO #1 - ACTIVE VICTIM

USES WHISTLE ALERT	
ENTERS THE WATER	
USES APPROACH STROKE TO REACH VICTIM	
APPROACHES VICTIM FROM REAR	
COMMUNICATES WITH THE VICTIM	
USES APPROPRIATE RESCUE TUBE PLACEMENT (HOLD)	
SWIMS VICTIM TO SIDE OF POOL SAFELY	
KEEPS VICTIM'S AIRWAY ABOVE WATER	
REMOVES VICTIM EFFECTIVELY	
INITIATES PROPER AIRWAY MANAGEMENT/CPR	

I- WATER SKILLS SCENARIO # 3 - PASSIVE VICTIM

USES WHISTLE ALERT	
ENTERS THE WATER	
USES APPROACH STROKE TO REACH VICTIM	
APPROACHES VICTIM FROM REAR	
COMMUNICATES WITH THE VICTIM	
USES APPROPRIATE RESCUE TUBE PLACEMENT (Hold)	
SWIMS VICTIM TO SIDE OF POOL SAFELY	
KEEPS VICTIM'S AIRWAY ABOVE WATER	
REMOVES VICTIM EFFECTIVELY	
INITIATES PROPER AIRWAY MANAGEMENT/CPR	

H- WATER SKILLS SCENARIO #2 - SURFACE SPINAL

USES WHISTLE ALERT	
ENTERS THE WATER APPROPRIATELY	
ESTABLISHES AND KEEPS IN LINE STABILIZATION	
POSITIONS VICTIM FACE UP	
KEEPS VICTIM'S AIRWAY ABOVE WATER	
POSITIONS VICTIM CORRECTLY ON BACKBOARD	
SECURES VICTIM TO BOARD & IMMOBILIZES HEAD WITH EQUIPMENT	
SAFELY REMOVES VICTIM FROM WATER	
INITIATES PROPER AIRWAY MANAGEMENT/CPR	
EFFECTIVELY COMMUNICATES AND LEADS RESCUE	

J- WATER SKILLS SCENARIO # 4 - SUBMERGED SPINAL

USES WHISTLE ALERT	
ENTERS THE WATER APPROPRIATELY	
USES FEET FIRST SURFACE DIVE	
BRINGS VICTIM TO SURFACE AT AN ANGLE	
ESTABLISHES AND KEEPS IN LINE STABILIZATION	
KEEPS VICTIM'S AIRWAY ABOVE WATER	
POSITIONS VICTIM CORRECTLY ON BACKBOARD	
SECURES VICTIM TO BOARD & IMMOBILIZES HEAD WITH EQUIPMENT	
SAFELY REMOVES VICTIM FROM WATER	
INITIATES PROPER AIRWAY MANAGEMENT/CPR	
EFFECTIVELY COMMUNICATES AND LEADS RESCUE	