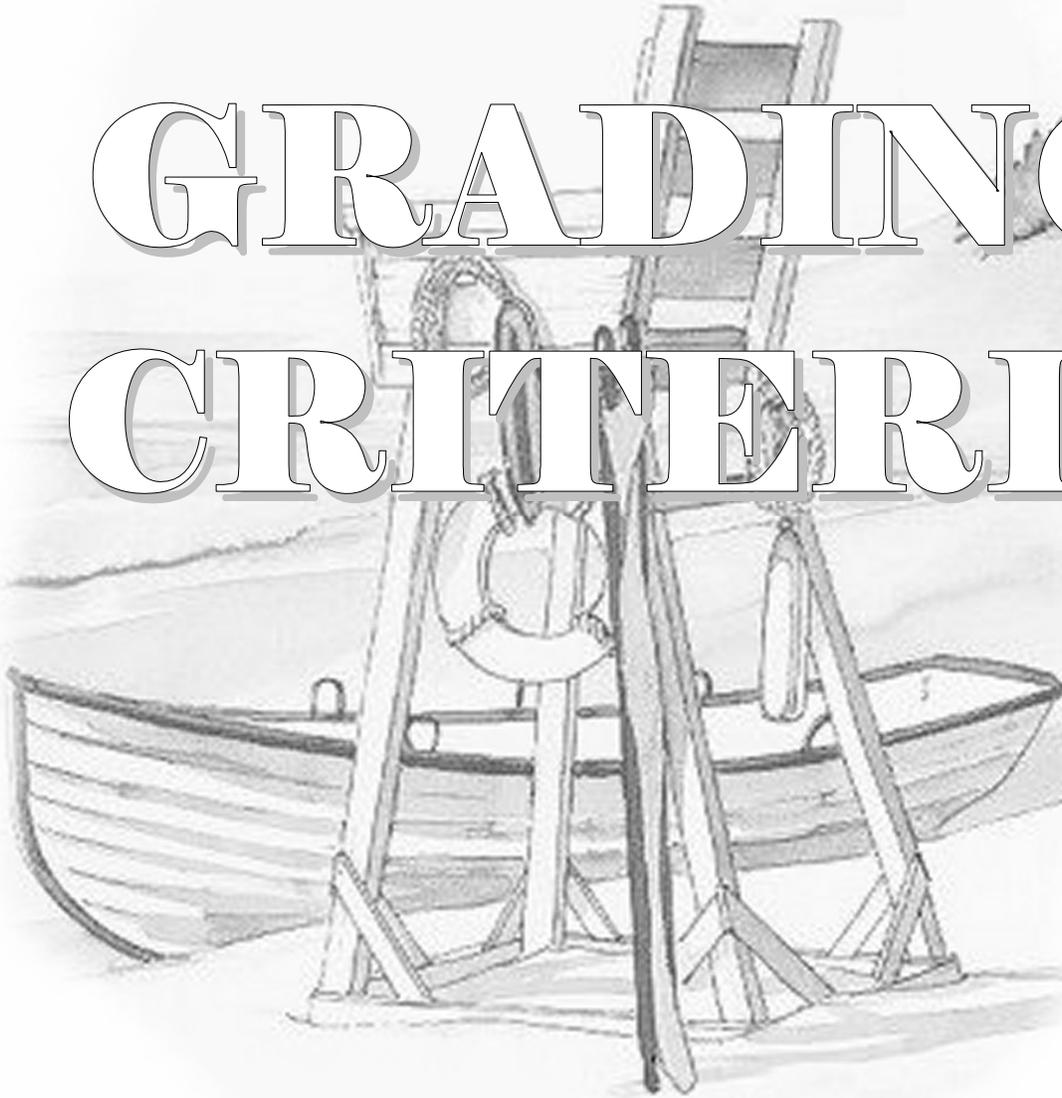


NORTHWEST LIFE GUARD CERTIFICATION TEST

GRADING CRITERIA



SPONSORS:

Seattle/King County Chapter of American Red Cross
In Cooperation with Seattle Parks and Recreation,
King County Parks, City of Federal Way and
City of Covington Pools

Revised: 2012



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GRADING CRITERIA POINT REVIEW

(Minimum points for each section in parentheses)

SECTION I

Head High Crawl –Timed - 50Yards

- A. Timed Swim (*Full Certification Minimum time 45 seconds to pass test*) 5
- B. Shallow Header 1
- C. Eye Contact 2
- (*Full Certification Minimum 4*) **8**

SECTION II

100 Yard Medley

- A. Passive Rear Rescue with a tube 4
- B. Cross Chest Carry for 25 yards 3
- C. Single Armpit Assist on Back for 25 yards 2
- D. Underwater Swim for 25 yards (*Full Certification minimum 1*) 3
- 12**

SECTION III

Rescue of a Spinal Injury Victim in Shallow Water

- A. Entry and Approach 2
- B. Stabilization, Turn and Control 4
- C. Carry and Respiration Check 3
- (*4 Points Combined minimum for Sections B & C*) **9**

SECTION IV

Submerged Victim Recovery and Rescue Breathing

- A. Stride Jump and Call back-up 1
- B. Approach Stroke and Eye Contact 1
- C. Tuck/Pike Surface Dive 1
- D. Recover Victim and Set Up for Removal 4
- E. Rescue Breathing with Pocket Mask 3
- F. Assessment/Decision making after 2 minute 1 Pass/ Fail
- (*Min. 4 Points Combined minimum for Sections D & E*) **11**

SECTION V

Rescue a Struggling Victim

- A. Water entry and Call back-up 1
- B. Approach Stroke/Eye Contact 2
- C. Contact and Control 3
- D. Carry and Control 4
- (*4 Points Combined for Sections C & D*) **10**

TOTAL(*Minimum score 38 points to pass test*) **50**

NORTHWEST LIFEGUARD CERTIFICATION TEST

Purpose

The purpose of this test is to examine your ability to perform a series of lifeguard, rescue, and physical skills required by many northwest aquatic agencies, including King County Parks and the Seattle Department of Parks and Recreation, the City of Federal Way and the City of Covington. Any candidate that does not pass a section is strongly encouraged to complete the rest of the test for practice and experience.

Levels

Separate certification endorsements are given for 'Full' and 'Modified' standards to more accurately represent the demands of different types of aquatic facilities. Please check with your hiring agency for which level of certification they require.

Full Certification: The 45 second maximum and four point minimum on the Timed Head High Crawl Stroke and the one point minimum for criteria 'D' of the 100 Yard Medley are required to receive the Full certification. A total of 38 points is required to receive Full Certification

Modified Certification: The minimum point requirement for Modified certification has been changed for some sections. The 45 second maximum requirement for the Timed Head High Crawl Stroke has been removed. The minimum point requirement has been removed for the underwater swim portion of the 100 Yard Medley. A total of 38 points is required to receive a Modified Certification

Safety

The safety of test candidates and testers is crucial. For this reason we ask that candidates taking the test, immediately release any grasp if you are pinched. When acting as a victim for a skill being tested, you may use pinching as a signal that you are being held in a grasp that makes you feel unsafe in anyway.

Equipment & Jewelry

Specialized equipment (i.e. goggles, nose plugs, swim caps, fins, etc.) are not allowed during any portion of the test. No jewelry, watches, earrings or bracelets or body piercing jewelry are allowed. Please bring a towel out on deck with you.

Additional Information

Candidates will be expected to conduct themselves in a professional manner throughout the test. While you are waiting please keep your conversations low and be ready when your name is called. The test results and scores are non-negotiable and tester's decisions are final.

Cards are good for 2 years – \$5.00 for replacement cards.

GRADING CRITERIA

SECTION I

Head High Crawl Stroke-Timed for 50 Yards - 8 points possible

A. Timed Swim, 0, 1, 2, 3, 4, or 5 points

1. 29 seconds or less - 5 points
2. 30-33 seconds - 4 points
3. 34-37 seconds - 3 points
4. 38-41 seconds - 2 points
5. 42-45 seconds - 1 point
6. 46 seconds or higher - zero points
7. Must be done with head out of the water.
8. A candidate with zero points on this portion cannot receive a Full Certification but is still eligible for the Modified version.
9. Candidates who do not complete the swim will not receive any certification.

B. Shallow “Header” (Dive), 0 or 1 point

1. The head must break the surface immediately after entering the water in a shallow dive.

C. Eye Contact 1 or 2 points

1. Head must be held with a minimum of side to side movement.
2. Eye contact must be straight forward.
3. Turn must be open and head high.

CANDIDATE MUST HAVE **4 POINTS MINIMUM** FOR SECTION I TO RECEIVE THE FULL CERTIFICATION

SECTION II

100 Yard Medley - 12 points possible

Please Note: A person may not use the bottom or sides of the pool. In other words: Candidates may not advance their position by using the bottom of the pool or the side walls. The end walls may be used for pushing off to start each length.

Also, rescuers must keep their victims in their assigned lane. An inability to stay in your lane may result in point reductions.

A. Passive Rear Rescue with a rescue tube 25 yards, 0, 1, 2 or 3 points

1. Approach victim from behind with the rescue tube.
2. Reach under the victim's arm pits and grasp his/hers shoulders.
3. Squeeze the rescue tube between your chest and victim's back.
4. Keep your head to one side of victim's head to avoid being hit.
5. Roll victim over so that they are on top of the rescue tube.
6. Move the victim to the other end of the pool.

B. Cross Chest Carry for 25 yards, 0, 1, 2, 3 or 4 points

1. If the rescuer chooses to use the scissors kick, the hip must be in the victim's back; doing the whip kick, the rescuer must be on their back.
2. Rescuers forearm must be positioned firmly on the victim's chest with the hand reaching as far across the chest as possible without putting pressure on the victim's neck.
3. Victim must be secure and controlled.
4. Victim must be level with face clear of the water.

C. Single Arm Pit Assist on Back for 25 yards, 0, 1, or 2 points

1. Thumb must be up on the inside of the armpit.
2. Eye contact with the victim must be maintained (except for quick glances forward for direction).
3. Rescuer must be PUSHING the victim with a smooth motion, no jerking.

D. Underwater Swim for 25 yards, 0, 1, 2, or 3 points

1. The rescuer has 3 seconds after placing the victim on the wall to begin the underwater swim. After the first 3 seconds, each 3 seconds after that will count as 1 breath (see D-3).
2. Rescuer may use the wall to push off underwater, but not over the top of the water. The rescuer must submerge vertically down and push off underwater from the wall.
3. Rescuer may come up once for air without losing points. More than once, a point is deducted for each time.
4. When the rescuer comes up for air, 3 seconds are allowed to get a breath and submerge again.
5. Any part of the body breaking the surface is counted as coming up for air.
6. A person may not advance their position in the water (stroke at surface), when coming up for air or push off the bottom of the pool after submerging.

CANDIDATE MUST HAVE 1 POINT MINIMUM FOR SECTION D TO BE ELIGIBLE TO RECEIVE THE FULL CERTIFICATION.

SECTION III

Rescue of a spinal injury victim in shallow water - 9 points possible

A. Entry and approach, 0, 1, or 2 points

1. Call for Help, communicate "possible Spinal Injury", and "activate EMS".
2. Rescuer enters the pool by sliding in with a minimum of water disturbance.
3. Rescuer may use any one or combinations of the following approaches.
 - a) Underwater approach.
 - b) Head high breaststroke.
 - c) Walking

NOTE: Rescuer reaches and stabilizes victim before waves reach the victim.

B. Stabilization Turn and Control, 0, 1, 2, 3, or 4 points

1. Elbows must be in line with the victim's spine and sternum (if short arms, the rescuer must be under the victim's arm and as close to the mid-line as possible).
2. Hand Placement:
 - a) **During the turn: mouth and nose must be covered to keep water from entering the airway.**
 - b) For carry: fingers must be on cheekbone, but not over eyes.
 - c) Hand placement on back of head is between base and crown.
3. There should be no pushing or pressure on jaw or base of neck.
4. Forward momentum must be started before turn.
5. Turn should be horizontal to water; head stable.
6. Protect head and neck from movement.
7. No pressure on point of injury at cervical spine area.
8. The hand should not contact the back of the neck.
9. Once the turn is initiated there should be no readjusting of hands or arms
10. **Improper technique that could result in serious injury or death to the victim is a zero score and fails this section.**

C. Respiration check, 0, 1, 2, or 3 points

1. Body must be moved smoothly and continuously while making the assessment.
2. Hand placement should not change
3. Breathing should be checked for no more than 10 seconds with finger over nose and mouth.
4. Respiration condition should be called out.

Please maintain contact until tester instructs you to let go.

CANDIDATE MUST SCORE A MINIMUM OF 4 POINTS TOTAL COMBINED SCORE FOR SECTIONS B AND C TO RECEIVE EITHER CERTIFICATION.

SECTION IV

Submerged Victim Recovery and Rescue Breathing - 11 points possible

A. Stride Jump, 0 or 1 point

1. Call for help and activate the EMS System.
2. Face cannot go below the surface of the water.

B. Approach stroke and eye contact, 0 or 1 point

1. A slow stroke is unacceptable.

C. Surface Dive (Head first or feet first may be used), 0 or 1 point

1. Rescuer may only dive once.
2. Dive must be straight down or at a very slight angle.
3. Rescuer may use the bottom of the pool to push off.

D. Recover Victim, 0, 1, 2 or 3 points

1. Firm contact must be maintained on the way up with the victim's face/mouth breaking the surface immediately and it should not be allowed to go under again.
2. Firm contact and control must be maintained at all times with an appropriate carry to shallow water.
3. Contact and control must be maintained while preparing for removal from pool.
4. Rescuer may walk on the bottom of the pool once firm footing can be maintained.

E. Rescue Breathing with pocket mask, 0, 1, 2, 3 or 4 points

1. Rescuer should begin victim assessment and rescue breathing with pocket mask as quickly as possible on the pool deck.
 - a) Open the Airway.
 - b) Check breathing and pulse for 5 – 10 seconds
 - c) Report and call out victim's condition
 - d) If “no breathing” is determined give 2 full, slow breaths, enough to make the chest clearly rise.
2. Proper ventilation for mouth to mouth is 1 breath every 5 seconds until tester indicates “2 min. check”.

F. Assessment/Decision making after 2 minutes, 1 point (automatic Fail if incorrect response given)

1. Re-assessment (5 seconds) at the 2 minute check is:
 - a) Maintain open airway.
 - b) Look, listen and feel for breathing/check for pulse.
 - c) Call out condition and what will be your course of action:
 - If breathing - monitor closely.
 - Has a pulse but no breathing - continue rescue breathing.
 - No breathing/No pulse - begin CPR.

CANDIDATE MUST SCORE A MIN. OF 4 POINTS FOR A COMBINED SCORE IN SECTIONS D & E AND

CANDIDATE MUST PASS SECTION “F” IN ORDER TO RECEIVE EITHER CERTIFICATION.

SECTION V

Active-Struggling Victim - 10 points possible

A. Water Entry, 0 or 1 point.

1. Call for assistance or back-up
2. No diving in less than 6 feet of water.
3. Compact jump is permitted and the correct entry for a situation in water that is less than 5 feet.

B. Approach Stroke/Eye Contact, 0, 1, or 2 points.

1. Head shall be held with a minimum of side to side movement.
2. Eye contact must be straight forward, focus on the victim at all times.
3. Points will be deducted for an excessively slow approach.

C. Contact and Control, 0, 1, 2, or 3 points.

1. If victim gets out of hold more than once, points will be deducted.
2. Surface dive to the rear or swim to the rear of the victim is acceptable.

Points will be deducted if any contact and control technique causes the victim's face or mouth to go under the water. All contact should support the victim and keep their head above the water.

D. Carry and Control, 0, 1, 2, 3, or 4 points.

1. Any carry may be used that meets all the principles of an effective carry:
 - a) Victim's head above the water.
 - b) Victim secure.
 - c) Rescuer in safe position for personal safety.
 - d) Rescuer is able to maintain an adequate forward progress.
2. Rescuer should not over compensate hold to the point of hurting the victim (i.e. rescuers biceps pressing too hard on the victim's throat, carotid artery or digging fingernails, etc.).
3. Struggling will continue until victim feels secure. The rescuers grip will be continually tested.
4. If the victim's face is underwater, the victim will continue to struggle.

CANDIDATE MUST SCORE A MINIMUM OF 4 POINTS TOTAL FOR THE COMBINED SCORE FOR SECTIONS C AND D TO PASS TEST.