

NORTHWEST LIFE GUARD CERTIFICATION TEST

GRADING CRITERIA



SPONSORS:

Seattle Parks and Recreation,
King County Parks, City of Federal Way and
City of Covington

Revised: 2017

GRADING CRITERIA POINT REVIEW

SECTION I

Head High Crawl –Timed Swim – 50 Yards 8 points

- A. Timed Swim (*Full Certification Minimum time - 45 seconds*)
- B. Long shallow dive from the deck
- C. Head high crawl stroke must be used
- D. Eye Contact

SECTION II

100 Yard Medley 12 points

- A. Passive Front Rescue (pg. 175)
- B. Passive Rear Rescue (pg.176)
- C. No equipment/Passive victim tow
- D. Underwater Swim for 25 yards (*Full Certification minimum 1 point*)

SECTION III*

Rescue of a Spinal Injury Victim in Shallow Water 9 points

- A. Entry and Approach
- B. Stabilization, Turn and Control using Head Splint (pg.360)
- C. Carry, and Checking for Consciousness and Breathing
- D. Switch to an overarm head splint position (pg. 361)

SECTION IV*

Submerged Victim Recovery and Rescue Breathing pg. 14 points

- A. Stride Jump with tube and Call back up, Approach Stroke and Eye Contact
- B. Surface Dive Recover victim without use of the tube
- C. Tow Victim to shallow end and Set Up for Removal
- D. Primary Assessment including gloving up, assembling mask, opening the airway and giving breaths.

Decision Making Part 1: (*May include at least 1 or more cycles of adult CPR or Rescue Breathing*)

Assessment and decide on skill to provide

Rescue Breathing or CPR needed

Decision Making Part 2: (*May include at least 1 or more cycles of adult CPR or Rescue Breathing*)

Assessment/after 2 min and decide on skill to provide for Part 2

Rescue Breathing or CPR needed

SECTION V*

Rescue a Struggling Victim without equipment 7 points

- A. Compact Jump entry and Call for back-up
- B. Approach Stroke/Eye Contact
- C. Contact and Control
- D. Carry and Control

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

***SECTION CONTAINS CRITICAL PASS FAIL COMPONENTS**

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, City of Covington. Portions of the test include skills to be used if “things do not go as planned” as stated in the American Red Cross Lifeguard Training Manual. An example would be the rescue of a victim without the use of a rescue tube. 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: 45 seconds or less on the Timed Head High Crawl Stroke and a three breath maximum for criteria ‘D’, underwater swim, of the 100 Yard Medley are required to receive the Full certification.

Modified Certification: more than 45 seconds for head high swim and more than 3 breaths on the underwater swim length of the medley. Participants will still receive a NW Test Certification and potential employment at indoor swimming pools or Mounger Pool (City of Seattle).

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.

GRADING CRITERIA

SECTION I

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

A. Timed Swim

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. Crawl stroke arm movements must be done with head out of the water.
8. A candidate with zero points is still eligible for the Modified version.
9. Candidates who do not complete the swim will not receive any certification.

B. Shallow Header

1. The head must break the surface of the water immediately after the long shallow dive.

C. Eye Contact and Head High Crawl Stroke

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 swim 50 yards in 45 seconds or less 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 to advance in the water or tow their victim.
 - The end walls may be used for pushing off to start each length.
 - Rescuers must keep their victims in their assigned lane.
 - An inability to stay in your lane may result in point reductions.

A. Passive Front Rescue pg. 175

1. *Approach a face-down victim from the front with the rescue tube across your chest.*
2. *As you near the victim, reach on arm out toward the victim's opposite arm and grab the victim's wrist/forearm just above the wrist while grabbing the rescue tube with your other hand.*
3. *Pull and twist the arm toward your opposite shoulder to turn the victim over on their back.*
4. *As you pull and twist, thrust the rescue tube under the victim's back as they turn over.*
5. *Place the tube under the victim below the shoulders so that the victim's head naturally falls back to an open airway position.*
6. *Reach one arm over the victim's shoulder and grasp the rescue tube.*
7. *Use the other hand to stroke.*
8. *Victim must be level with face clear of the water.*

B. Passive Victim Rear Rescue pg.176

1. *Approach victim from behind with the rescue tube across your chest.*
2. *Reach under the victim's arm pits and grasp the shoulders firmly.*
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 face-up on top of the rescue tube. Keep the victim's nose and mouth out of the water.*
6. *Move the victim to the other end of the pool.*

C: No Equipment/Passive Victim Tow

1. *Victim must be level with face clear of the water.*
2. *Forward momentum must be maintained without advancing on the bottom.*

D: Underwater Swim

1. *The rescuer has 5 seconds after placing the victim on the wall to begin the underwater swim. After that pause every 3 seconds of a delay will count the same as 1 breath.*
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 the same 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.*

IN ORDER TO RECEIVE FULL CERTIFICATION CANDIDATES MAY TAKE NO MORE THAN 3 BREATHS ON SECTION D.

SECTION III (SECTION CONTAINS CRITICAL PASS FAIL COMPONENTS)

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

Improper technique that could result in serious injury or death to the victim is a zero score and fails the NW Test.

A. Entry and approach

1. Call for Help, communicate "Possible Spinal Injury", and activate the 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

1. Forward momentum must be started before turn.
2. Turn should be horizontal to water; head stable.
3. Protect head and neck from unnecessary movement.
4. No pressure on point of injury at cervical spine area.
5. Victim's face kept out of the water.
6. Once the turn is initiated there should be no readjusting of hands or arms

C. Check for signs of life (Pg. 360)

1. Body must be moved smoothly.
2. If the victim is not responsive, quickly *look, listen and feel* to check for breathing.
3. Hold the victim's head in line with the body and move forward to maintain momentum.

D. Switch to an over arm head splint (pg.361)

1. Apply firm pressure with your outside hand to pull the victim toward your chest. Hug them to your chest.
2. Release your hand that is holding the arm against your chest and reach over the victim and grab the victim's outside arm, placing it next to your other hand.
3. Release your hand that is under the victim and move it to the victim's arm that is against your chest and continue to apply pressure.
4. Continue to check for responsiveness or breathing.

Please maintain contact until tester instructs you to let go.

SECTION IV (SECTION CONTAINS CRITICAL PASS FAIL COMPONENTS)

Submerged Victim Recovery and Rescue Breathing - 14 points possible

(Starting with *your* required pocket mask in a hip pack that we will provide.)

A. Stride Jump, Approach Stroke and Eye Contact

1. Call help and activate the EMS System.
2. Face cannot go below the surface of the water.
3. A slow stroke is unacceptable

B. Surface Dive and Recover Victim

At this point the rescuer will take the tube off and complete the skill as if they were caught in a “worse case” scenario.

1. Rescuer may only dive once.
2. They may use a Feet First or Head First surface dive to reach the victim.
3. Dive must be straight down or at a very slight angle.
4. Rescuer may use the bottom of the pool to push off.
5. 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.

C. Tow Victim to Shallow End

1. Firm contact and control must be maintained at all times with an appropriate carry to shallow water.
2. Contact and control must be maintained while preparing for removal from pool.
3. Rescuer may walk on the bottom of the pool once firm footing can be maintained

D. Assessment/Decision Making/Quality of Skills

1. Be prepared to demonstrate skills learned in LGT course in Obstructed Airway, Rescue Breathing, and/or CPR

Rescuers will be rated on technique in their skills. Some of which include: (Chapters 7-9)

- a. Open airway and checking for signs of life.
- b. Correct skill and ratio for rescue breathing and/or compressions if CPR is needed.
- c. Hand placement during CPR, not leaving the chest and elbows locked
- d. 100-120 bpm compressions and depth of at least 2” - no more than 2.4”
- e. Decision making and/or 2 min. check involving next steps to providing care.

Review your Red Cross Manual

SECTION V (SECTION CONTAINS CRITICAL PASS FAIL COMPONENTS)

Active-Struggling Victim - 7 points possible

The candidate fails this section if any contact and control technique causes the victim's face and mouth to go under the water repeatedly or for an extended period of time. All contact should support the victim and keep their face and mouth above the water.

A. Water Entry

1. Call for assistance or back-up
2. No diving in less than 6 feet of water.
3. Jump to bottom is permitted, correct entry for situation (no stride jump in less than 4 feet of water).

Approach Stroke/Eye Contact

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

B. Contact and Control

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.

C. Carry and Control

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 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.

