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### Skills Assessment Form (SAF)

**STUDENT NAME:** \_\_\_\_\_

Please place a mark next to the Certification Course in which the student was enrolled:

Pool Lifeguarding (P)     Shallow Pool Lifeguarding (SP)     Waterfront (WF)     Waterpark (WP)

Section/Chapter	Skill	Met Standard	Did Not Meet Standard	Required for:	Notes:		
<b>I.Pre-Reqs</b>	<b>Course Pre-Requisites</b>						
A.	Age Verification – 15 years of age			P, SP, WF, WP			
B.	10lb Brick Retrieval			P, SP, WF, WP			
C.	100 Yard Front Crawl Swim 300 Yard Front Crawl Swim 500 Yard Front Crawl Swim			SP P, WP WF			
D.	2 Minutes Treading Water with only Legs			P, SP, WF, WP			
<b>II.Chapter 10</b>	<b>Water Rescues:</b>						
A.	<b>Entries:</b>						

1.	Walking Entry			P, SP, WF, WP			
2.	Dash Entry (zero depth)			WF			
3.	Slip Entry			P, SP, WP			
4.	Cannonball Entry			P, SP, WP			
5.	Scissor Entry			P, SP, WP			
6.	Feet First Dive Entry			P, SP, WF, WP			
7.	Shallow Dive Entry/Head First Surface Dive			P, WF, WP			
<b>B.</b>	<b>Approaches to Victim:</b>						
1.	While wearing rescue tube high across chest, swim front stroke to victim			P, SP, WF, WP			
2.	While wearing rescue tube & allowing it to trail, swim front stroke to victim			P, SP, WF, WP			
3.	While wearing rescue tube & allowing it to trail, walk in shallow water to victim			P, SP, WF, WP			
<b>C.</b>	<b>Escapes From a Victim:</b>						
1.	Frontal Hold Escape Method			P, SP, WF, WP			
2.	Rear Hold Escape Method			P, SP, WF, WP			
<b>D.</b>	<b>Water Assist for Victim:</b>						
1.	Walk Assist			P, SP, WF, WP			
2.	Reaching Assist			P, SP, WF, WP			
3.	Tossing Assist			P, SP, WF, WP			
<b>D.</b>	<b>Water Rescue for Victim:</b>						
1.	Active Victim Frontal Rescue			P, SP, WF, WP			
2.	Active Victim Rear Rescue			P, SP, WF, WP			

3.	Active Multiple Victim Rescue			P, SP, WF, WP				
4.	Passive Victim			P, SP, WF, WP				
5.	Submerged Active Victim Shallow Water			P, SP, WF, WP				
6.	Submerged Victim Deep Water			P, WF, WP				
<b>E.</b>	<b>Removing Victim from Water</b>							
1.	Drag Assist			P, SP, WF, WP				
2.	Carry Assist			P, SP, WF, WP				
3.	Stabilized Removal (see Spinal Trauma)							
<b>III.Chapter 11</b>	<b>Spinal Trauma</b>							
<b>A.</b>	<b>In-Line Stabilization</b>							
1.	Arm Splints – Face Up Victim			P, SP, WF, WP				
2.	Arm Splints & Roll - Face Down Victim			P, SP, WF, WP				
3.	Arm Splints – Submerged Victim			P, SP, WF, WP				
4.	Head-Chin-Chest Grip – Face Up Victim			P, SP, WF, WP				
5.	Head-Chin-Chest Grip & Roll – Face Down Victim			P, SP, WF, WP				
6.	Head-Chin-Chest Grip – Submerged Victim			P, SP, WF, WP				
<b>B.</b>	<b>Spineboard</b>							
1.	Vertical Spineboarding – On Land			P, SP, WF, WP				
2.	Spineboarding – Shallow Water			P, SP, WF, WP				
3.	Spineboarding – Deep Water			P, WF, WP				
4.	Spineboarding – Zero Depth			P, SP, WF, WP				

5.	Spineboarded Victim Removal from Pool			P, SP, WP				
<b>IV.Chapter12</b>	<b>CPR/AED –ASHI (an HSI company) Basic Life Support (BLS) Course</b>			REQUIRED FOR ALL WASH COURSES				
<b>V.Chapter 13</b>	<b>First Aid – ASHI (an HSI company) First Course</b>			REQUIRED FOR ALL WASH COURSES				
<b>VI.Final Skills</b>	<b>Final Skills Assessments</b>							
A.	Active Victim Rescue			P, SP, WF, WP				
B.	Passive Victim Rescue			P, SP, WF, WP				
C.	Spineboarding In Water with Removal			P, SP, WF, WP				
<b>VII.Exam</b>	<b>Written Exam</b>			P, SP, WF, WP				

Instructor Name: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Instructor Certification ID: \_\_\_\_\_

Instructor Training Center Affiliation: \_\_\_\_\_

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_

**WATERFRONT SUPPLEMENTAL SKILLS**

<b>I. Chapter 16</b>	<b>Waterfront Entries</b>			
1.	Surf Dash Entry			
2.	Rescue Board Entry			
3.	Feet First Dive with Mask & Fins			
4.	Head First Dive with Mask & Fins			
<b>J.</b>	<b>Victim Searches</b>			
1.	Landmark Victim			
2.	Line Search - Shallow Water			
3.	Line Search – Deep Water			
<b>K.</b>	<b>Rescue Board</b>			
1.	Rescue Board Approach to Victim			
2.	Rescue Board Rescue - Active Victim			
3.	Rescue Board Rescue – Passive Victim			
<b>L.</b>	<b>Waterfront Written Exam Supplement</b>			

Instructor Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor Signature: \_\_\_\_\_

Instructor Certification ID: \_\_\_\_\_

Instructor Training Center Affiliation: \_\_\_\_\_

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_