



SKILL COMPETENCY WORKBOOK STUDENT RESOURCE

LIFEGUARD CANDIDATE NAME

TRAINING DATES

TRAINING LOCATION



INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

SKILL COMPETENCY WORKBOOK

Instructions:

ILTP® Instructors use Skill Competency Workbooks as a tool to evaluate each lifeguard candidate's ability to demonstrate each of learning objectives of the ILTP® Curriculum. The Student Resource SCW must be given to lifeguard candidates prior to the start of the course to give the candidate an opportunity to review Student Learning Outcomes (SLOs). All objectives within this document must be properly demonstrated by the lifeguard candidate before being permitted to participate in final practical and written exams. Instructors should laminate each page of this document and attach with rings; use a grease pencil to check off line items as each student successfully completes (wipe away grease marks and start again for next student). During initial skills training, including skills practice sessions, the worksheets can be "on deck" and used frequently by the ILTP® Instructor. The SCW Instructor Sheets - beta version is also available for use in this fashion.

Confirmation of completion of the skill competency objectives is documented in the Roster and Course Completion Management Document (RCCMD). The RCCMD also documents attendance, completion of course prerequisites appropriate for the type of facility training, successful completion of the practical and final written exams, and credential number. The RCCMD is located in Client Services on the E&A Website (CARMP: License tab, transmit course; Course Completion, Courses tab). This RCCMD must be completed at the conclusion of the course and retained on site with lifeguard licenses, available for review by an E&A Auditor (CARMP). Information not collected by the RCCMD process about the successfully licensed lifeguard is then added to the license profile for said lifeguard in Client Services under the assigned license number.

ILTP® Training Centers and CARMP Clients who conduct community course completion courses must maintain a copy of a completed SCW for each successful course completion credentialed lifeguard. This can be a paper copy of a completed SCW Resource or it can be an electronic copy of this SCW Instructor resource. If using the paper document, all course completion objectives must be signed off by the ILTP® Instructor. If The ILTP® Instructor uses this electronic copy, he or she enters his or her name in the appropriate locations to serve as an electronic signature to indicate that each skill competency objective was successfully performed by the lifeguard candidate. To use this SCW Instructor Resource as an electronic document, complete one for each successful student and save as "Lifeguard Name_course date-SCW". If the ILTP® Instructor chooses to retain electronic copies, each must be easily accessible and made available upon request of Jeff Ellis & Associates.

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For additional requirements concerning SCWs, RCCMD completion, and all required ILTP® Administration requirements, please refer to the latest edition of the ILTP® Instructor Resource Document and resources available to ILTP® Instructors the E&A web site, in Client Services (home tab). You are also encouraged to have any specific questions answered by your E&A Client Manager or E&A representative.

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SKILL COMPETENCY OBJECTIVE ONE: CONSCIOUS GUEST IN DISTRESS ON THE SURFACE

Scenario A: The guest in distress is active on the surface and facing you.

Scenario B: The guest in distress is active on the surface and facing away from you.

Scenario C: The guest in distress is extra-active on the surface and presents a potential danger to a single rescuer.

Skill Description



Skill Description		✓
Scenario A	Lifeguard activates the EAP	
	Lifeguard performs compact jump entry safely, followed by the approach stroke	
	Lifeguard extends the tube in front with both hands prior to one body length from GiD	
	Lifeguard pushes tube slightly under water while driving tube into the chest of the GiD	
	Lifeguard locks elbows and keeps arms straight while maintaining tube position	
	Lifeguard drives GiD to point of safety while communicating with and calming the GiD	
	Lifeguard assists the GiD out of the water, followed by supervisor debrief / rescue report	
Scenario B	Lifeguard activates the EAP	
	Lifeguard performs compact jump entry safely, followed by the approach stroke	
	Lifeguard approaches from behind the GiD.	
	Lifeguard assumes a vertical position prior to contact with GiD, maintaining tube position	
	Lifeguard extends arms under the GiD's armpits and wraps arms around the GiD's chest	
	Lifeguard elevates GiD above water level while protecting his or her head	
	Lifeguard swims with GiD to point of safety while communicating with and calming the GiD	
Scenario C	Lifeguard activates the EAP (Primary Rescuer)	
	Lifeguard performs compact jump entry safely, followed by the approach stroke	
	Lifeguard attempts to extend tube, recognizes the inability to rescue alone and raises fist above head	
	Lifeguard blows whistle (Secondary Rescuer)	
	Lifeguard performs compact jump entry safely, followed by the approach stroke	
	Lifeguards (Primary and Secondary) approach GiD from opposite sides (facing and away)	
	Lifeguard signals to move (Primary Rescuer)	
	The lifeguard that ends up behind extends arms under the GiD's armpits and raises hands	
	The lifeguard that ends up in front drives the tube into the hands of the opposite lifeguard	
	The lifeguard behind the GiD pulls front rescue tube against the GiD's chest	
	The rescue team swims with the GiD to point of safety while communicating with and calming GiD	
	The rescue team assists the GiD out of the water, followed by supervisor debrief / rescue report	

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Has Lifeguard Candidate demonstrated Skill Competency for Objective ONE?

☐ FAIL

☐ PASS

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ILTP® Instructor Signature:

Date Completed:



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SKILL COMPETENCY OBJECTIVE TWO: CONSCIOUS GUEST IN DISTRESS BELOW THE SURFACE

Scenario:

The guest in distress is active (appears to be conscious) below the surface of the water, but within hands reach.

Skill Description

Lifeguard activates the EAP

Lifeguard performs compact jump entry safely, followed by the approach stroke

Lifeguard arrives directly in front of and above the GiD

Lifeguard positions the tube and reaches over the tube and grabs the GiD's hand or arm

Lifeguard pivots back and pushes tube under the GiD's armpit/chest while pulling the guest up to the surface

Lifeguard locks the extended arm's elbow in order to maintain arm's length distance from GiD

Lifeguard drives/pulls GiD to point of safety while communicating with and calming the GiD

Lifeguard assists the GiD out of the water, followed by supervisor debrief / rescue report

Has Lifeguard Candidate demonstrated Skill Competency for Objective TWO?

☐ FAIL

☐ PASS

SKILL COMPETENCY OBJECTIVE THREE: CONSCIOUS GUEST IN DISTRESS ON THE BOTTOM

Scenario:

The guest in distress is active (appears to be conscious) on the pool's bottom. The guest is deep, beyond hands reach.

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Skill Description

Lifeguard activates the EAP

Lifeguard performs compact jump entry safely, followed by the approach stroke

Lifeguard arrives directly in front of and above the GiD

Lifeguard releases the tube and executes a feet-first surface dive, arriving directly behind the submerged GiD in vertical position.

Lifeguard reaches across the GiD's chest, grasping the armpit while the other hand feeds the strap, lifting the GiD

Lifeguard brings the GiD to the surface, presenting the rescue tube to the front of the GiD asking the GiD to grab it

Lifeguard swims the GiD to point of safety while communicating with and calming the GiD

Lifeguard assists the GiD out of the water, followed by supervisor debrief / rescue report

Has Lifeguard Candidate demonstrated Skill Competency for Objective THREE?

☐ FAIL

☐ PASS

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Date Completed:



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SKILL COMPETENCY OBJECTIVE FOUR: UNCONSCIOUS GUEST IN DISTRESS ON THE SURFACE

Scenario:

The guest in distress is unconscious and face down at the water's surface.

Skill Description

Lifeguard activates the EAP	
Lifeguard performs compact jump entry safely, followed by the approach stroke	
Lifeguard arrives behind the GiD and in a vertical position, keeping the tube between the lifeguard and GiD	
Lifeguard extends arms under the GiD's armpits and wraps arms around the GiD's chest	
Lifeguard elevates the GiD back, maneuvering the tube under the GiD's back to facilitate an open airway position	
While moving with the GiD toward the extrication point, the lifeguard opens the airway of the GiD using the Jaw Thrust with head tilt and quickly assesses for breathing. Lifeguard calls for additional Lifeguard(s) assistance	
No obvious spontaneous breathing is detected, the lifeguard confirms assistance from other EAP responders	
Lifeguard delivers two ventilations and continues with rescue breathing while moving toward the extrication point	
Lifeguard continues rescue breathing until EAP responders are ready to extricate the GiD	

Has Lifeguard Candidate demonstrated Skill Competency for Objective FOUR?

☐ FAIL

☐ PASS

SKILL COMPETENCY OBJECTIVE FIVE: UNCONSCIOUS GUEST IN DISTRESS BELOW THE SURFACE

Scenario:

The guest in distress appears to be unconscious below the surface of the water, but within hands reach.

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Skill Description

Lifeguard activates the EAP	
Lifeguard performs compact jump entry safely, followed by the approach stroke	
Lifeguard arrives directly in front of and above the GiD	
Lifeguard positions the tube and reaches over the tube and grabs the GiD's hand or arm	
Lifeguard pivots back and pushes tube under the GiD's armpit/chest while pulling the guest up to the surface	
Lifeguard rolls the GiD back, maneuvering the tube under the GiD's back to facilitate an open airway position	
While moving with the GiD toward the extrication point, the lifeguard opens the airway of the GiD using the Jaw Thrust with head tilt and quickly assesses for breathing and calls for additional Lifeguard(s) assistance.	
No obvious spontaneous breathing is detected, the lifeguard confirms assistance from other EAP responders	
Lifeguard delivers two ventilations and continues with rescue breathing while moving toward the extrication point	
Lifeguard continues rescue breathing until EAP responders are ready to extricate the GiD	

Has Lifeguard Candidate demonstrated Skill Competency for Objective FIVE?

☐ FAIL

☐ PASS

Candidate Name:

ILTP® Instructor Signature:

Date Completed:



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SKILL COMPETENCY OBJECTIVE SIX: UNCONSCIOUS GUEST IN DISTRESS ON THE BOTTOM

Scenario:

The guest in distress appears to be unconscious on the pool's bottom. The guest is deep, beyond hands reach.

Skill Description



Lifeguard activates the EAP	
Lifeguard performs compact jump entry safely, followed by the approach stroke	
Lifeguard arrives directly in front of and above the GiD	
Lifeguard releases the tube and executes a feet-first surface dive, arriving directly behind the submerged GiD in a vertical position.	
Lifeguard reaches across the GiD's chest, grasping the armpit while the other hand feeds the strap, lifting the GiD	
Lifeguard brings the GiD to the surface, placing the guest on the rescue tube in an open airway position and calls for additional Lifeguard(s) assistance.	
While moving with the GiD toward the extrication point, the lifeguard opens the airway of the GiD using the Jaw Thrust with head tilt and quickly assesses for breathing	
No obvious spontaneous breathing is detected, the lifeguard confirms assistance from other EAP responders	
Lifeguard delivers two ventilations and continues with rescue breathing while moving toward the extrication point	
Lifeguard continues rescue breathing until EAP responders are ready to extricate the GiD	

Has Lifeguard Candidate demonstrated Skill Competency for Objective SIX?

☐ FAIL

☐ PASS

SKILL COMPETENCY OBJECTIVE SEVEN: SUSPECTED SPINAL SKILLS AND EXTRICATION (TWO OR MULTIPLE RESCUERS)

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Scenario A: The guest in distress is conscious on the surface holding his/her neck and in pain (shallow water)

Scenario B: The guest in distress is conscious below the surface holding his/her neck and is in pain (deep water)

Skill Description



Scenario A	Lifeguard activates the EAP and calls for additional Lifeguard(s) assistance.	
	Lifeguard performs "ease in" entry safely, approaches the GiD, minimizing wave action	
	Lifeguard uses immobilization technique appropriate for the situation while communicating with the GiD	
	Lifeguard adjusts to overarm vise grip technique (if necessary) for placement on backboard	
	Lifeguard moves the GiD to the extrication point while communicating and maintaining stabilization	
	Lifeguard and other rescuer(s) secure GiD to the backboard, followed by appropriate care on deck	
Scenario B	Lifeguard activates the EAP and calls for additional Lifeguard(s) assistance.	
	Lifeguard performs "ease in" entry safely, approach stroke to a position just above the GiD	
	Lifeguard submerges feet-first to the side of the GiD, applying the vise grip while moving up at an angle	
	Lifeguard breaks the surface rolling the GiD face up while maintaining stabilization. Confirm breathing	
	GiD is breathing. Lifeguard and other rescuers move the GiD to the extrication point following EAP	
	Lifeguard and other rescuer(s) secure GiD to the backboard, followed by appropriate care on deck	

Has Lifeguard Candidate demonstrated Skill Competency for Objective SEVEN?

☐ FAIL

☐ PASS

Candidate Name:

ILTP® Instructor Signature:

Date Completed:



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SKILL COMPETENCY OBJECTIVE EIGHT: HEALTH CARE PROVIDER LEVEL CPR/AED & OXYGEN ADMINISTRATION / FIRST AID (MULTIPLE RESCUERS RESPOND)

Scenario A: An unresponsive guest is observed in the pool
Scenario B: An unresponsive guest is observed on deck
Scenario C: A responsive guest requiring First Aid care is observed on deck

Skill Description



Skill Description		✓
Scenario A	Lifeguard activates the EAP, enters the water safely and performs an appropriate rescue	
	Responding lifeguards bring all equipment, including AED, Oxygen, BVM, V-vac, O2 port, etc.	
	Responding lifeguards position equipment, put on gloves, make sure pool is clear and confirms EMS	
	In-water Lifeguard places the guest in an open airway position and quickly assesses breathing (None)	
	In-water Lifeguard determines no breathing and begins rescue breathing using a mask	
	Responding Lifeguards and the in-water lifeguard work together to safely extricate the guest to deck	
	Upon extrication, a member of the lifeguard team checks for a pulse for 10 seconds (Pulse Found)	
	The Lifeguard team begins rescue breathing with O2 support (O2 port or BVM) for 2 minutes	
	Pulse is reassessed for up to 10 seconds. NO PULSE. Start CPR, 30 compressions, 2 breaths	
	Chest does not rise and fall, Re-tilt, readjust mask, reattempt results in visible chest rise, return to CPR	
	AED is ready, chest is prepared. AED is attached, follow prompts, resume CPR when appropriate	
	Switch compressors every AED analysis or when a rescuer is fatigued.	
Scenario B	First responding lifeguard surveys the scene (scene is safe) activates the EAP	
	Responding lifeguards bring all equipment, including AED, Oxygen, BVM, V-vac, O2 port, etc.	
	First responding lifeguard (and all subsequent responders) put on exam gloves before performing care	
	First responding lifeguard checks for RESONSIVENESS and NORMAL BREATHING (No Breathing)	
	First responding lifeguard positions for pulse check for 10 seconds	
	PULSE IS PRESENT. Lifeguard(s) begin Rescue Breathing, appropriate for the age of the guest	
	On 10 th ventilation, GiD vomits food and other stomach contents. Roll to recovery position, clear mouth	
	Resume rescue breathing. Chest does not rise and fall, re-tilt, readjust, chest still does not rise and fall	
	Begin mid-sequence FBAO, beginning with 30 chest compressions, look in the mouth, see nothing	
	Provide two ventilations. Chest rises and falls. Resume rescue breathing for remainder of 2 minutes	
	Pulse is reassessed for up to 10 seconds. NO PULSE. Start CPR, 30 compressions, 2 breaths	
	AED is ready, chest is prepared. AED is attached, follow prompts, resume CPR when appropriate	
	Switch compressors every AED analysis or when a rescuer is fatigued.	
Scenario C	First responding lifeguard surveys the scene (scene is safe) activates the EAP. Requests to help	
	Responding lifeguards gather equipment and come to the scene	
	First responding lifeguard checks for responsiveness and breathing (Guest is responsive / breathing)	
	First responding lifeguard performs a secondary check (finds symptoms in selected scenario)	
	Additional lifeguards arrive on the scene; first responding lifeguard updates team regarding symptoms	
	Lifeguard team provides appropriate care for the symptoms found	
	After care is provided, the lifeguard team monitors the guest / places guest in appropriate position	
	Complete documentation, debrief with supervisor	

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Has Lifeguard Candidate demonstrated Skill Competency for Objective EIGHT?

☐ **FAIL**

☐ **PASS**

Candidate Name:

ILTP® Instructor Signature:

Date Completed: