



THE ISRM AND IQL 2008

LIFEGUARD TRIATHLON

Assessment Information

The 3 elements of the Lifeguard Triathlon are based around key disciplines of the NPLQ and combine to give a total score out of 100.

Assessors should read these rules very carefully before the competition. We also recommend that they be shown to participants prior to the tests to ensure that they are fully aware of the rules and how the scoring system works.

Facility Scores will be calculated by averaging your top 6 individual scores. This coincides with the number of team members required in the ISRM and IQL Pool Lifeguard Championships.

Scoring System

Theory (40 Points)

All participants must complete the Theory paper provided. This should be conducted under exam conditions, completed in pen and within the maximum time of 15 minutes.

The first 30 questions are taken from the current 'Lifeguard' manual and the final 10 marks make up the Unit 2 section. Some questions require multiple answers, there are 40 tick boxes and 40 marks available.

Each facilities Trainer Assessor should mark their test papers in accordance with the answer sheet provided.

Swim (30 Points)

The swim test consists of the 2 time swims from the current NPLQ. Participants must wear the appropriate T-shirt & shorts required under NPLQ examinations. Their times are added together and their total (Rounded to the nearest second) converted into points using the table on the assessment form. ½ point is awarded for every second under the NPLQ required pass times.

To ensure fair comparison, even if your pool permits diving, the tests should start with a slide in entry.

There are penalties for unsafe or incorrect technique, with 1 point to be deducted if the rescuer fails to alert colleagues, enter the water safely or perform a correct tow.

CPR (30 Points)

The CPR test score consists of Adult and Child or Infant CPR using the 2005 protocols and including the use of a face mask. Participants should perform Adult CPR then transfer straight into Child or Infant CPR. The test includes a CPR related question and double points are awarded for alerting colleagues to emphasise the importance of obtaining assistance.

The scoring system for this section is shown on the assessment form.

RESULTS MUST BE RECEIVED NO LATER THAN 31ST MAY 2008



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Competition Rules

This competition is based on the requirements of the RLSS National Pool Lifeguard Qualification (NPLQ). The tests must therefore be completed by a current RLSS NPLQ Trainer Assessor.

1. Trainer Assessors are not allowed to take part in the competition,
2. The competition must be conducted under the requirements of your own Risk Assessments,
3. **Theory Test**
 - Participants should not be shown or informed of the content of the Theory Paper or Assessment Forms prior to completing the tests,
 - Test should be completed under exam conditions and participants not allowed to discuss the questions or answers,
 - Supervision of the tests completion may be delegated to a responsible person not participating, such as a Manager/ Duty Manager under the instruction of the Trainer Assessor. This would allow participants to be split into 2 groups and for the Trainer Assessor to concentrate on conducting the CPR tests,
 - There is a maximum time limit of **15 minutes** in which to complete the test,
 - No ½ marks will be issued for partially correct answers,
 - Theory papers will be marked by the facilities own Trainer Assessor using the answer sheet provided,
4. **CPR Test**
 - The CPR test is based on the CPR tests from the NPLQ exam. The adult casualty will be deemed to have suffered a sudden collapse and participants will not have any assistance,
 - As per the NPLQ Assessment, the assessor may choose from Child or Infant for the second casualty,
 - Participants should not be allowed to watch each other complete the test,
 - The criteria must be completed in the correct order. Where it may be acceptable during normal NPLQ examinations to correct yourself, we are encouraging excellence. To achieve full marks all criteria should be completed in the correct order using correct and effective techniques,
 - **NOTE:** New protocols do not recommend 5 attempts at giving 2 effective breaths. If the 2 are not effective, move on. See Section 6, Page 57 of revised Lifeguard manual.
 - When using the face mask competitors should only be allowed 2 attempts to administer 2 effective breaths. The point should only be awarded for correct and effective technique,
5. **Swim Test**
 - The 2 time swims should be conducted as per the requirements of the NPLQ examination,
 - Competitors must complete the tests wearing shorts & T-shirts as per NPLQ exams,
 - Casualties should be of a similar size/ build to the rescuer and preferably of the same sex,
 - To ensure fair comparison, even if your pool design and NOP allow a dive entry, for the purpose of the competition all competitors should use a slide in entry to start both time swims,
 - The time swims should be completed back-to-back with only enough time in between to reset the casualties and explain what is required for the second rescue,
6. In the event of a tie for the individual winner, places will be awarded in order of fastest combined time for the swim section. TA's will be asked to provide times to 100th second e.g. 49.27. If times are equal placings will be determined by theory test score then CPR score.
7. For assistance and advice contact David Cartlidge: Tel.077299 48104, DFCartlidge@aol.com

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