Reference. No.														

To be filled up by the Processing Officer

SELF-ASSESSMENT GUIDE

Qualification	**LIFEGUARD SERVICES NC II**
Unit of Competency:	Perform water-based skills in a pool environment Perform non-contact rescue Demonstrate contact water rescue Perform Lifeguarding Scanning Monitor water quality for swimming

Instruction:
- Read each of the questions in the left-hand column of the chart.
- Place a check in the appropriate box opposite each question to indicate your answer.

Can I	YES	NO
PERFORM WATER-BASED SKILLS IN A POOL ENVIRONMENT		
• Enter and exit water safely and demonstrates water treading with either arms, legs or both then float for 1 minute *		
• Swim 400 meters Individual medley using free style, breast stroke, survival back stroke and side stroke in less than 10 minutes without fins		
• Swim 25 meters underwater, retrieve three (3) objects placed 5 meters apart in the deepest end of the pool.		
• Swim underwater with wears (clothes and shoes) on and removed them while immersed		
PERFORM NON-CONTACT WATER RESCUE		
• Assess victim condition through visual scanning to determine appropriate non-contact rescue technique *		
• Approach victim to enable a talk rescue then pacifies or advises victim to relax and move to safe area *		
• Conduct rescue by reaching victim with appropriate lifesaving implements ensuring repeated attempts to pull rescued victim to safety *		
• Approach victim by wading and reach or throw using rescue tube, rope, towel, PFD etc. to pull victim to safety *		
• Approach victim at deep water by swimming and extends reach to rescue aid while avoiding physical contact		
• Position small craft appropriately at best contact point or where applicable, victim to come aboard at the stern to ensure stability of water craft and tow victim to safety *		

DEMONSTRATE CONTACT WATER RESCUE		
• Assess condition of victim and approach victim by swimming with proper defensive positions either reverse or blocking both for conscious and unconscious victim.*		
• Perform contact rescue with conscious victim while encouraging victim to stroke the free arm and kick the legs.*		
• Assist victims in their exits using pool ladder, designated exit point or supported lifting if designated exit is not available *		
• Perform prescribe contact rescue with unconscious victim *		
• Use immobilization technique to stabilize removing of victim who is suspected of spine injury from water with assistance of other lifeguards. *		
• Perform resuscitation or CPR in suitably hard and flat surface immediately after the removal of victim from the water and places victim in a recovery position after signs of life are present		
• Locate underwater casualty through observed bubbles and reaches submerged person by getting into a position close to the head of person, grasp the person under the armpits, bend knees and push off the bottom with the feet to assist in raising the person to the surface.		
• Perform individual and team search at shallow water areas and organize parallel pattern search for deep waters *		
• Remove casualty from water using spine board and straps		
• Perform three (3) kinds of Gentle Slope landing in pool, beach or shore or shallow pool *		
• Perform two (2) steep slope landing in river, dam or swimming pool *		
PERFORM LIFEGUARDING SCANNING		
• Observe happenings around an aquatic environment while attending to danger points of an aquatic venue *		
• Sort aquatic venue utilization and detects potential trouble or distressed behaviors and physical appearance of bathers		
• Record important medical history of regular patrons, communicates with venue patrons and screens patrons for child supervision		
• Assess situation quickly and responds immediately to distress incident *		
MONITOR WATER QUALITY FOR SWIMMING		
• Retrieve appropriate amount of water sample in respective test tubes using the test kit for chlorine and acidity / alkalinity testing. *		
• Drop appropriate test solution to corresponding test tube, shakes and reads out respective chlorine and acidity /alkalinity test marks after identifying identical colors match in the test kit *		

• Maintain records of chlorine and acidity / alkalinity level of water tested and notifies immediate superior of test results. *		
• Mount 15 cm (6inches) black disc at the bottom of pool deepest point.		
• Observe clear swimming pool water after black disc is sufficiently visible in all designated distances around the pool deck		
• Retrieve water sample of at least 1 Liter bottle from swimming pool and submits to an accredited DOH laboratory for bacteriological and fecal coliform analysis. in accordance with the Code on sanitation of the Philippines 1998 (PD 856) for Public Swimming and Bathing Places.		

I agree to undertake assessment in the knowledge that information gathered will only be used for professional development purposes and can only be accessed by concerned assessment personnel and my manager/supervisor.

Candidate's name and signature:	
	Date: