Reference. No.															

To be filled up by the Processing Officer

SELF-ASSESSMENT GUIDE

Qualification	**LIFEGUARD SERVICES NC III**
Unit of Competency:	

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
DEMONSTRATE LEVEL OF FITNESS APPROPRIATE FOR LEISURE POOL, BEACH, RIVER AND SURF LIFEGUARD		
• Perform proper warm-up procedure before the actual swim *		
• Swim 800 meters in 16 minutes without fins using freestyle, breast stroke, survival backstroke and side stroke at swimming pool environment *		
• Run 200 meters, swim 200 meters and run 200 meters in 6 minutes in prescribed environment *		
• Surface dives and swims underwater at a distance of 25 meters. *		
• Surface dives and retrieve three (3) objects placed 5 meters apart in the deepest end of a pool *		
PROVIDE LIFEGUARD SUPERVISION IN OUTDOOR AND INDOOR LEISURE FACILITIES		
• Use senses to sweep repeatedly all 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 *		
• Plot established supervision zones on aquatic facilities and Intensifies degree of supervision for physically able and pregnant women*		

• Apply knowledge on operation and potential difficulties associated with various leisure pool accessories and perform on-site lifeguard surveillance procedures *		
• Perform chlorine, acidity/ alkalinity and turbidity test at leisure pools and natural bathing place		
• Retrieve water sample for submission to laboratory bacteriological quality test *		
PERFORM EMERGENCY RESPONSE PRACTICES		
• Detect passive or active drowning person and signs of escalating distress and assisted people in distress to safety *		
• Respond to minor and major emergency, establishes crowd control and used of bystanders for assistance and facilitates evacuation (when necessary) with a team of lifeguards or qualified staff members *.		
• Prepare aquatic venue Emergency Action Plans (EAP) and Rehearses established emergency procedures *		
• Communicate with Emergency services by telephone and records emergency incident *.		
• Perform cross chest tow contact water rescues in the proper priority order *.		
• Perform carries and supports in open water and commence resuscitation (CPR) immediately if necessary. *		
• Manage spinal injury in open water		
• Use rescue tube and rescue board for reaching or towing victims in open water.*		
• Perform open water maneuvers using motorized and non-motorized rescue crafts such as jet ski, inflatable rescue boats (IRB) and motor pump boats *		
PERFORM DEFIBRILLATION AND OXYGEN THERAPY		
• Prepare advanced external defibrillation (AED) and accessories for immediate defibrillation in emergency *		
• Confirm need of defibrillation after verifying that victim is unresponsive, not breathing and has no signs of life *		
• Follow defibrillation safety procedure *		
• Operate AED, connects electrode pads to the chest of victim and delivers shocks when prompted *		
• Maintain basic life support protocols to victim and affirms if victim is in need of oxygen therapy *.	**YES**	**NO**
• Prepare equipment and necessary materials and performs oxygen therapy*		

COMMUNICATE USING RADIO TRANSCEIVER		
• Identify basic parts of radio equipment *		
• Set up radio channel band to be used and identifies each radio station network through call sign *		
• Perform regular radio checks for readability and uses procedural words (prowords) during radio communication.*		
• Manage radio interruptions and communicates properly the "Rescue, Rescue, Rescue" emergency call *.		
• Fills out radio log book clearly.*		
• Perform routine maintenance of radio equipment to include regular charging of batteries *		
ESTABLISH PUBLIC SAFETY CONSCIOUSNESS AND MEASURES IN AQUATIC-RELATED EVENTS		
• Coordinate with clients or aquatic event organizer and discusses measures to minimize sources of risk and hazards to event organizers and clients *		
• Identify, analyze, rate and prioritize risk and hazards associated with aquatic event *		
• Control hazard by putting signage or advises event organizer /client to a safer activity venue, where necessary *		
• Define specific patrol zones, swim or activity area buffer zones and establishes parameters for lifeguard operation and standard operating procedures *		
• Prepare lifesaving equipment and hoist patrol flags		
• Enforce strictly the closing of aquatic venue should prevailing situation endanger public safety *		
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:**	