

NAME OF PARTICIPANT	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
	Skills									
Slide-In Entry and Walking Approach										
Slide-In Entry and Swimming Approach										
Stride Jump and Swimming Approach*										
Compact Jump and Swimming Approach										
Reaching Assist from the Deck										
Simple Assist										
Active Victim Front Rescue										
Active Victim Rear Rescue										
Passive Victim Front Rescue										
Passive Victim Rear Rescue										
Multiple Victim Rescue										
Passive Submerged Victim in Shallow Water										
Feet-First Surface Dive in Deep Water*										

NAME OF PARTICIPANT	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
	Skills, continued									
Head-First Surface Dive in Deep Water*										
Successfully Completed eLearning Content										
Submerged Victim in Deep Water*										
Extrication Using a Backboard at the Pool Edge										
Extrication Using a Backboard at the Steps (optional)										
Removing Disposable Gloves										
Performing a Primary Assessment and Recovery Position—Adult										
Using a Resuscitation Mask—Head-Tilt/Chin-Lift Technique										
Using a Resuscitation Mask—Jaw-Thrust (with Head Extension) Maneuver										
Using a Resuscitation Mask—Jaw-Thrust (without Head Extension) Maneuver										
Performing a Primary Assessment and Recovery Position—Infant										
Giving Ventilations—Adult										

NAME OF PARTICIPANT	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
	Skills, continued									
Giving Ventilations—Infant										
Giving Ventilations Using a Bag-Valve-Mask—Two Rescuers										
Conscious Choking—Adult										
Conscious Choking—Infant										
One-Rescuer CPR—Adult										
One-Rescuer CPR—Infant										
Two-Rescuer CPR—Adult										
Two-Rescuer CPR—Infant										
Using an AED and Using an AED—CPR in Progress										
CPR with Airway Obstruction—Adult										
CPR with Airway Obstruction—Infant										
Controlling External Bleeding										
Front Head-Hold Escape										

NAME OF PARTICIPANT	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
	Skills, continued									
Rear Head-Hold Escape										
In-Water Ventilations—Shallow Water										
In-Water Ventilations—Deep Water*										
Over-Arm Head Splint—Face-Up Victim in Shallow Water										
Head Splint—Face-Down Victim at or near the Surface in Shallow Water										
Spinal Backboarding Procedure (Shallow Water)										
Spinal Backboarding Procedure—High Edges										
Head Splint—Face-Down Victim at or near the Surface in Deep Water*										
Head Splint—Submerged Victim in Deep Water*										
Spinal Backboarding Procedure (Deep Water)										
Putting It All Together: Multiple-Rescuer Response Scenarios 1–6										

FINAL WRITTEN EXAMS										
Final Written Exam: Section 1—CPR/AED for Professional Rescuers and First Aid (completed in eLearning conclusion for blended learning)										
Final Written Exam: Section 2—Lifeguarding Skills*										
Final Written Exam: Section 2—Shallow Water Lifeguarding										
FINAL SKILL SCENARIOS										
Submerged Passive Victim—Timed Response										
Multiple-Rescuer Response Scenario 3										

Items noted with an asterisk () are required for the Lifeguarding course only.*