



2020 LIFEGUARD QUALIFICATION INFORMATION for OPRHP sites except Long Island

- The Qualifying Process consists of two (2) sections; a practical demonstration of Cardiopulmonary Resuscitation (CPR) skills and a practical demonstration of lifesaving skills. Each event will be evaluated on a PASS or FAIL basis and all events in each section must be completed on the same day for that section to qualify as a pass.
- Candidates must pass both sections to be eligible for employment.
- Candidates have unlimited attempts to pass each section; however, each candidate will have only two attempts per day for the CPR section and one attempt per session for the water section at OPRHP scheduled sites.
- Candidates may participate at any scheduled site for OPRHP or DEC and have the results forwarded to the desired region or area. Standards for employment with OPRHP are outlined for each event.
- All skills are evaluated using current standards of the American Red Cross.
- Sideline coaching and/or lap counting is not allowed. The qualifying procedure is designed to evaluate individual skills, endurance, and reasoning ability. Please listen closely and follow directions.
- Goggles will be allowed for the 200 and 50-yard swim events only.
- To prevent injury, all jewelry, including earrings, necklaces, body piercings, etc. MUST be removed or taped BEFORE starting the rescue portion.
- If you do not understand any part of the directions or specifics of an event, please ask for clarification.

CARDIOPULMONARY RESUSCITATION (CPR) TEST

Candidates will be evaluated based on the current standards of the American Red Cross CPR/AED for the Professional Rescuer and Healthcare Providers. Exam standards are consistent with the recently released “New First Aid, CPR and Emergency Cardiovascular Care (ECC) Guidelines”. USE OF A POCKET MASK IS REQUIRED. Candidates must bring their own personal pocket mask.

- Candidates will have at least one minute to practice on the manikin on which they will be evaluated. If there is a problem with the manikin please notify the Technician before the evaluation begins.
- Each candidate must demonstrate CPR competency by performing "professional level" one rescuer adult CPR for a suspected drowning victim.
- Once you begin, **DO NOT STOP** until told to do so by the examiner.
- The candidate must:
 - 1) Establish unresponsiveness.
 - 2) Establish an adequate airway and check for breathing and pulse for 5 to 10 seconds.
 - 3) Provide proper ventilations with the mask.
 - 4) Perform the correct ratio for one rescuer CPR. Each set of 30 compressions must be done between 14 - 19 seconds with the proper hand position. Compressions must be of the correct depth.

Candidates will be permitted to continue the CPR event into a compression cycle even when they have received a “Fail” for a previous step. This will allow the Technician to provide additional feedback to the candidate on items such as, but not limited to, the pulse check and compression cycle. Items past the initial point of failure will not be evaluated as a Pass or Fail on the candidate form.

CLEANING PROCEDURES: We ask that candidates clean the manikins after performing CPR, by wetting or spraying the manikin's mouth and face using the supplied materials and solution. Leave the manikins face wet for at least 1 minute before wiping it dry with a clean pad. Each candidate may repeat the process, if so desired, when they arrive at the manikin.

WATER TEST

Candidates will be permitted 5 minutes to warm up and familiarize themselves with the pool/facility.

(Explain to candidates the starting procedure that will be used for the 200 and 50 yard timed events.)

1. 200 YARD SWIM

- Candidates will dive from the deep end pool deck and swim 200 yards in four (4) minutes or less. Extra lengths or laps will be considered a failure.
- The only strokes allowed are the front crawl or breaststroke.
- Any type of turn is acceptable.
- Continuous swimming is required. Do not stand or push off the pool bottom.

2. 20 YARD UNDERWATER SWIM - SEARCH AND RECOVERY

- Stand or tread water at *the location indicated by the examiner*. The brick will be thrown when you are in position looking at the deep-water end wall.
- Candidates must start, using any form of plunge, upon hearing a whistle blown by an examiner. Begin moving IMMEDIATELY BUT ONLY when you hear the single whistle blast.
- Candidates will swim 20 yards underwater following the bottom contour of the pool, simulating an underwater search for a victim. You must touch the deep end wall before surfacing. Breaking the surface of the water before the end-wall is touched will be considered an immediate failure.
- After touching the deep end wall, surface, take a breath and immediately swim away from the wall and perform a surface dive to recover a 10-pound brick.
- **--DO NOT PUSH OFF THE WALL - AND DO NOT HANG ONTO THE WALL.**
- Two surface dive attempts are allowed for the brick recovery.
- Pushing off the bottom after recovering the brick is acceptable.
- Upon surfacing the candidate will swim back to the shallow end-wall of the pool without walking. Candidate must swim either on their side with the brick on their hip or swim on their back with the brick on their torso *simulating a victim carry*. The brick must be secured by at least one hand at all times. Underwater swimming while carrying the brick is not permitted. If the brick is dropped once during the swim, immediately recover the brick and continue the carry. Dropping the brick a second time will be considered a failure.
- Candidates must swim to and touch the shallow end-wall before standing up. The event will conclude when the candidate places the brick on the deck at the point where the swim concluded.
- Candidates will fail for not immediately following verbal instructions from an examiner.
- Reminder: Do not take deep breaths before underwater swimming – take no more than 3 or 4 short breaths prior to swimming underwater to avoid shallow water blackout.

3. 50 YARD SPRINT –

- Candidates will dive from the pool deck and swim 50 yards in 45 seconds or less.
- The only strokes allowed are the front crawl or breaststroke.
- Any type of turn is acceptable.
- Continuous swimming is required. Do not stand or push off the pool bottom.

4. REAR CARRY WITH RESCUE TUBE -

- Candidates will start from the shallow end of the pool with their backs against the wall (or other designated starting point), holding a rescue tube and looking down the pool at the examiner. The examiner, who will be in deep water, will signal that the event is to begin and then begin struggling *as an active victim in need of rescue*. Candidates should immediately react to the struggling “victim”.
- Candidates will **swim quickly** to the examiner and make a REAR APPROACH, making contact by using the Active Victim Rear Rescue technique.
- The candidate must use only the double armpit towing technique for an active drowning victim. Using ONE arm to stroke will not be accepted.
- Once the examiner is correctly placed upon the rescue tube the candidate will tow the examiner back to the starting point until the examiner taps out.
- The examiner will end the event if forward progress ceases. The candidate may not stand or walk at any time while "towing" the examiner
- The examiner's face must be maintained above the water at all times. **The examiner may begin struggling if their face goes underwater or if the carry is ineffective.**
- If the examiner slips off the tube, the candidate must immediately position the examiner back onto the tube and continue the tow. The candidate will fail if the examiner slips off the tube a SECOND TIME.
- Deviation from published procedures resulting in abuse or injury to the examiner will result in FAILURE.

TAP OUT

A candidate may end the attempt for any reason by “tapping out”. If tapped, the Technician will stop the rescue and provide any assistance as needed. This will be considered a failure.

In the event a Technician needs to “tap out”, the candidate will release the Technician and back away. If the Technician “taps out”, through no fault of the candidate, the candidate will be permitted to either restart or continue the event based on the discretion of the Technician. Note: This does not affect a candidate who has failed to meet the standards of the event.