

# Sandwell Leisure Trust

## Basic (Pre-entry) Swim test for Lifeguards

This assessment is renewable every 12 months and or after a period of sickness or injury.

**This does not replace the requirement to hold a Valid and Recognised Pool Lifeguard award.**

Normal swimwear only required for this assessment.

TASK
A shallow dive in or straddle jump into the Deep end of the pool.
Tread water for a minute.
Swim 50m in 1 minute or <b>2 lengths</b> of SSC or LSC in 1min - 12 Secs using any stroke.
Swim 100m or <b>3 lengths</b> of SSC to include one length front crawl and one length breaststroke continuously.
Swim 100m or <b>3 lengths of SSC</b> to include one length side stroke, one length lifesaving back continuously.
Recover a manikin off bottom of the pool and tow manikin for a minimum of ½ a length by means of a recognized tow

### Functional sight and hearing test

#### **Sight Test**

1. Place an object or ask a Lifeguard to hold a rescue baby or junior at the furthest point away from the candidate on the poolside

#### **Hearing**

1. Whistle: Duty Manager stands at the furthest point away from the candidate who has their back to the Duty Manager. The Duty Manager will then blow their whistle the Candidate will raise their arm if they hear the whistle blown.
2. Pool alarm: At an agreed location within the building Duty Manager will observe the candidate to see if they raise their arm if they hear the pool alarm.
3. Fire alarm: At an agreed location within the building Duty Manager will observe the candidate to see if they raise their arm if they hear the pool alarm.