

Lifeguard Competition Resources: General Marksheet

Scene Assessment					
Identify self as lifeguard	0	1	2	3	na
Ask patient to remain still	0	1	2	3	na
Check for dangers	0	1	2	3	na
Remove-Control-Identify dangers	0	1	2	3	na
Identify mechanism of injury	0	1	2	3	na

Primary Assessment					
Assesses Level of Consciousness	0	1	2	3	na
Assesses possibility of d-spine	0	1	2	3	na
Effectively opens airway - jaw thrust	0	1	2	3	na
Assesses breathing - LLF, full 10s	0	1	2	3	na
Assesses circulation - pulse & skin	0	1	2	3	na
Rapid Body Survey - DEF, m. alerts	0	1	2	3	na

Shock Management					
Blanket - earliest possible moment	0	1	2	3	na
Oxygen - correct litre flow	0	1	2	3	na
Reassurance	0	1	2	3	na
Patient position	0	1	2	3	na

Treatment - Critical Intervention					
Accurate assessment of condition	0	1	2	3	na
Critical intervention done quickly	0	1	2	3	na
Resuscitation technique	0	1	2	3	na
Oral airway sized and inserted	0	1	2	3	na
Treatment of major injury	0	1	2	3	na
Treatment of minor injuries	0	1	2	3	na
d-spine maintained throughout	0	1	2	3	na
Reassesses ABC's	0	1	2	3	na
Effectively deals with complications	0	1	2	3	na
Personal protection	0	1	2	3	na

Vitals					
Time noted	0	1	2	3	na
LOC	0	1	2	3	na
Pulse - RRQ	0	1	2	3	na
Respirations - RRQ	0	1	2	3	na
Eyes - SER	0	1	2	3	na
Skin - CTT	0	1	2	3	na
Vitals written down	0	1	2	3	na
Number of vitals sets taken	0	1	2	3	na

History					
Chief Complaint	0	1	2	3	na
History of Chief Complaint	0	1	2	3	na
Allergies	0	1	2	3	na
Medications	0	1	2	3	na
Medical History	0	1	2	3	na
Identifying Data	0	1	2	3	na
Pain Assessment - PQRST	0	1	2	3	na

Head to Toe					
Head & Neck	0	1	2	3	na
Chest & Back	0	1	2	3	na
Abdomen & Hips	0	1	2	3	na
Legs & Feet	0	1	2	3	na
Arms & Hands	0	1	2	3	na