



Lifeguard Skills Placement Assessment

2025-2026 School Year

Name: _____ Date: _____ Final Score: _____

Section 1: Lifeguarding & First Aid Knowledge		Points	Score
1. Lifeguarding and First Aid Multiple Choice Assessment		Subtotal	/15
Section 2: Lifeguarding Skills <i>(add comments on Rubric)</i>			
1. Distressed victim rescue from pool deck		5 rescue	
2. Active victim rescue w/ stride jump entry		10 rescue	
3. Face down head immobilization, deep water, through first strap on backboard		9 spinal rescue 9 boarding process	
4. Submerged victim rescue, removal, and initial assessment, and 2 min of CPR		5 rescue	
		5 removal	
		10 CPR skills	
<i>*Must earn at least 35 points</i>		Subtotal	/53
Section 3: Swimming Skills & Endurance			
1. 150 yards continuous swim – Front Crawl or Breaststroke, no flip turns, Tread Water for 3 Minutes, then swim another 50 yards 7:00 or less= 9 points, 7:01-7:10= 8points, 7:11-7:20= 7 points, 7:21-7:30= 6 points 7:31-7:45= 5 point, 7:45-7:55= 4 point more than 7:55= 1 point.		9	
2. 25 yd approach stroke w/tube (wearing your tube strap) <i>25yd point breakdown – <:24= 4, :25-:28= 3, :29-:31= 2, >:31= 1</i>		4	
3. 25 m/yd swim, get 10# brick in 13', return, climb out* <i>25yd point breakdown – <1:00= 7; 1:01-1:06= 6 ; 1:07-1:15.00= 5; 1:16-1:20= 4; 1:21-1:25 = 3, 1:26-1:30 =2; 1:31-1:35= 1; 1:36 and greater = 1 point</i>		7	
<i>*Must earn at least 13 points</i>		Subtotal	/20
Section 4: First Aid Scenarios			
1. Recovery position (understands rationale and demonstrates skill)		2	
2. Secondary assessment - S.A.M.P.L.E. (candidate is able to explain)		6	
3. Musculoskeletal injury care – R.I.C.E. (candidate is able to explain)		4	
<i>*Must earn at least 7 points</i>		Subtotal	/12
Section 6: General Composure and Professionalism			
General composure & Professionalism demonstrated throughout process bonus points		Subtotal	/
Final Score			/100

Notes:

1. You must have a minimum **Final Score** of 80% in order to pass and be considered for employment.
2. Applicants scoring between 75% and 79% are eligible for a re-test.
3. Applicants scoring below 74% should sign up for a Lifeguard Review course at UB and try the assessment again.