Participant Progress Log

NAME OF PARTICIPANT	 2	ĸ	4.	5.	ġ	7.	ö	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*									
Head-First Surface Dive in Deep Water*									

NAME OF PARTICIPANT	-	2.	ë	.4	ů.	.9	7.	8.	9.	10.
Skills				-			_			
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— Adult										
Recovery Position										
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—Infant										
Giving Ventilations—Adult										
Giving Ventilations—Infant										
Giving Ventilations Using a Bag-Valve-Mask— Two Rescuers										
Conscious Choking—Adult										

NAME OF PARTICIPANT	-	2.	ૡં	4.	5.	.9	7.	8.	9.	10.
Skills, continued				1						
Conscious Choking—Infant										
One-Rescuer CPR—Adult										
Two-Rescuer CPR—Infant										
Using an AED										
CPR with Airway Obstruction—Adult										
CPR with Airway Obstruction—Infant										
Controlling External Bleeding										
Front Head-Hold Escape										
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)										

NAME OF PARTICIPANT	2.	ň	4.	5.	6.	7.	8.	9.	10.
Skills, continued									
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									
Final Written Exam: Section 2—Lifeguarding Skills*									
Final Written Exam: Section 2—Shallow Water Lifeguarding									
FINAL SKILL SCENARIOS									
Submerged Passive Victim—Timed Response Lifeguarding—Deep Water Lifeguarding—Shallow Water									
Multiple-Rescuer Response Scenario 3									

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