

# National Lifeguard: Waterpark

## At-a-glance

The NLS Waterpark certification is designed to develop the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in waterpark environments. It builds on the fundamental values, judgment, knowledge, skills and fitness developed in the NLS Pool certification.

### Test Items

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### Notes

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- Items marked with an asterisk (\*) are instructor-evaluated. In provinces where examination by an Examiner is compulsory, Examiners may evaluate any or all of these items at their discretion.

- 1a. \*Demonstrate anaerobic fitness for a spinal-injured victim recovery: In deep water, roll over a face-down, unconscious victim with a suspected spinal injury; carry the victim 15 metres while maintaining immobilization and victim's mouth and nose above the surface.
- 1b. \*Demonstrate endurance and strength for a distressed victim rescue: Starting in the water, approach 15 metres head-up to contact a distressed victim in deep water; carry the victim 10 metres supporting the victim's head and shoulders above the surface.
2. \*Walk through a waterpark, evaluate the ongoing activities and demonstrate an understanding of:
  - Features unique to waterparks, their increased potential for danger and how analysis of these affect lifeguarding.
  - Environmental hazards of waterparks.
3. \*Demonstrate an understanding of safety considerations and effective lifeguarding for each of the following: moderate slides, high-speed slides, drop-off slides, free-fall slides, "kiddie" slides.
4. \*Demonstrate an understanding of safety considerations and effective lifeguarding for each of the following: continuous rivers, stop-and-go rivers, slow rivers, activity rivers.
5. \*Demonstrate an understanding of safety considerations and effective lifeguarding for wave pools.
6. \*Demonstrate effective communication with patrons, victims, other lifeguards, supervisors and emergency service personnel.
- 7a. \*Demonstrate effective waterpark supervision using observation skills and scanning techniques.
- 7b. \*Demonstrate effective waterpark supervision using lifeguard positioning and rotation.
- 7c. \*Demonstrate an ability to recognize situations in which early lifeguard intervention may prevent a rescue emergency.
8. \*Demonstrate a variety of entries and removals appropriate for a waterpark (e.g., wave pools, slides, catch basins and other waterpark apparatus).
- 9a. \*Demonstrate an understanding of different rescue techniques appropriate for specific waterpark features and special situations.
- 9b. \*Perform a rescue of an injured victim in a water slide flume as a member or a leader of a lifeguard team.
10. \*Demonstrate an effective search of the waterpark for a missing person as both a member and a leader of a lifeguard team.
- 11a. \*Demonstrate effective management of a distressed or drowning victim in deep water.
- 11b. \*Demonstrate effective management of a submerged, non-breathing victim and perform 10 cycles of 30 compressions: 2 ventilations on a CPR manikin.
- 11c. \*Demonstrate effective management of a victim with a suspected spinal injury who is located in a catch basin, wave pool, channel, stairs, or who has fallen from a height. Demonstrate this item as a member or a leader of a lifeguard team.
12. Respond to emergency situations as a single lifeguard and as both a member and a leader of a lifeguard team.