Pool Lifeguard Name …………………………………………………… Assessment Date ……………………………………………..…………..

This assessment is for use as an operational document to capture and report the health and fitness standards of Pool Lifeguards. The checklist has been developed in line with the health and fitness requirements prescribed in the GSPO. The health assessment should be undertaken yearly and the fitness assessment twice yearly for each Pool Lifeguard.

**Part 1**: Self-Declaration / Professional Medical Assessment (once per year)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Health Component | Self-Declaration (please tick one) | | | |
| Fit unrestricted | Fit with restrictions | Unfit pending further assessment | Permanently unfit |
| Vision |  |  |  |  |
| Hearing |  |  |  |  |
| Epilepsy |  |  |  |  |
| Diabetes |  |  |  |  |
| Asthma |  |  |  |  |
| Pregnancy |  |  |  |  |
| Immunizations |  |  |  |  |

*Or* Professional Medical Assessment provided Date of Assessment ……………………………………………… Practitioner Name ……………………………………………………..

**Part 2**: Swim 200m in less than 6 minutes without using equipment (twice per year).

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Fitness Component | Attempt (incl. date for attempts two, three and four if different) | | | | Signatures | |
| One | Two | Three | Four | Pool Lifeguard | Supervisor / Manager |
| Time |  |  |  |  |  |  |

**Part 3**: Final Assessment Category (please circle): 1. Fit unrestricted. 2. Fit with restrictions. 3. Unfit pending further assessment. 4. Permanently unfit.

Pool Lifeguard Signature ………………………………………… Supervisor / Manger Signature ………………………………………………..…

**Royal Life Saving Society Australia - Guidelines for Safe Pool Operations 2018. SV11. Pool Lifeguard Health Assessment.**

**Vision**: Pool Lifeguards rely greatly on vision when supervising. As a result, it is vital that lifeguards have normal 20/20 vision. If a Pool Lifeguard has or becomes aware that he/she does not have 20/20 vision, then the lifeguard must take measures to facilitate his/her vision, such as the wearing of the appropriate corrective lenses. This also extended to ensuring that corrective lenses are not affected by water entries when performing a rescue.

**Hearing**: Hearing plays a vital role in lifeguarding, particularly in communication. Pool Lifeguards who have impaired hearing should take measures to facilitate their hearing such as the appropriate hearing aid. Pool Lifeguards who are hearing impaired should ensure, in consultation with their management, which the appropriate procedures are in place to ensure adequate supervision of pool users and communication with staff, particularly in an emergency situation.

**Epilepsy**: Epilepsy is a common condition affecting about 1 in every 200 of the population. It is characterized by recurring muscular seizures with a loss of consciousness. A seizure occurring in, or even near the water, may result in drowning unless rescue is affected very promptly. Epilepsy does not preclude a person from being a lifeguard, however there must be guidelines to ensure safety. Persons suffering from epilepsy are eligible to participate in lifeguard activity provided they have the approval of their medical practitioner who is fully aware of the nature and duties of pool lifeguarding. The responsibility for a person’s management of their epilepsy at all times rests with that person and the medical practitioner concerned.

**Diabetes**: Diabetes Mellitus is a common disorder of body metabolism that can occur at any age. It is controlled by a combination of diet, exercise and perhaps medication. In general, Diabetes should not preclude a person from any of the activities of a pool lifeguard. Diabetics, who require insulin treatment, should seek advice from their medical practitioner regarding their ability to perform the duties of a pool lifeguard. The responsibility for a person’s management of their diabetes at all times rests with that person and the medical practitioner concerned.

**Asthma**: Bronchial asthma is a common condition within the community and may affect any age group. Asthma is a variable condition and it is recognised that a lifeguard with asthma may be fully fit at sometimes and not fit for duty at other times. Persons with acute asthma are eligible to participate in pool lifeguard activity provided they have the approval of their medical practitioner who is fully aware of the nature of pool lifeguarding. The responsibility for a person’s management of their asthma at all times rests with that person and the medical practitioner concerned.

**Pregnancy**: It is recognised that a pregnant lifeguard may be fully fit for duty at sometimes and not fit for duty at other times. On becoming aware of a pregnancy, pregnant lifeguards should consult with, and make their medical practitioner fully aware of the nature of pool lifeguarding before continuing to work as a lifeguard. It is recognised that pregnancy may preclude a lifeguard from fulfilling certain part of their duties for periods of time. In cases such as this, the lifeguard should consult with facility management about being able to alter the duties they are expected to carry out.

**Immunizations**: A lifeguard may come into contact with blood and other body fluids during the course of their duties. These body fluids may transmit infectious diseases such as Hepatitis and Influenza, amongst others. It is recommended that lifeguards keep their immunizations up to date as recommended by their medical practitioner to minimize the chance of becoming infected. The responsibility for a person’s management of their immunization levels at all times rests with that person and the medical practitioner concerned.

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