Annual retests protocols for 2026/2027 as from 1 July 2026

The retest protocol laid out below, is the minimum required by Lifesaving South Africa.

Should Regional Chief Examiners wish to add to this, they may do so upon notification to the Director of Lifesaving.

Clubs shall provide proof of candidates attending a Refresher Course prior to attempting the Retest, as per the attached attendance Register this and the attendance register on the day of the assessment must be forwarded to the Regional Chief Examiner

Activity	discipline	Lifeguard Award	RCE Decision	Junior Lifeguard Award
Signals	Surf and Open Water	All signals Including Pool, helicopter and craft	P15 - 25	All signals excluding Helicopter
	Pool	All signals excluding helicopter and craft		All signals excluding helicopter and craft
Fitness	Pool	Pool Swim 100m in under 2 minutes. Dual Rescue in Under 2 Minutes 25m Underwater		Pool Swim 100m in under 2 minutes 25m Underwater
	Surf and Open Water	Pool Swim 400m in under 8 minutes 200m Run, 300m Swim, 200m Run in under 10 minutes		Pool Swim 400m in under 9 minutes 200m Run, 200m Swim, 200m Run in under 10 minutes
First Aid	All disciplines	Practical Demonstration of a minimum of 2 emergency care issues. Each candidate to receive different cases.	Ch 9, 10 11	Practical Demonstration of a minimum of 2 emergency care issues. Each candidate to receive different cases.
CPR	All disciplines	Adult CPR with pocket mask. Two Man CPR with Bag Valve Mask. Infant CPR Oxygen, the setup and pack-up. Airway Management	As per Resus Council Guidelines for Drowning	Adult CPR with pocket mask Oxygen, the setup and pack-up. Airway Management
Theory (oral or written)	All disciplines	Portfolio of Evidence to be submitted: 30 Mark Question Paper based on All Chapters in Handbook 9th Amendment 2020 - 70% pass mark		

** Page references are from "LSA Instruction Manual – 9th Amendment edition 2020 **

NOTE: Candidates are required to attend a minimum of 1 update training session the register of which needs to be submitted to LSA with retest work card.
Candidates answer sheets or portfolios of evidence must be returned to LSA.
Airway Management – Choking, recovery position, vomit drill
Timed pool swims for retests must be witnessed and certified by a LSA Lifeguard Award Examiner within 28 days prior to the final retest evaluation session if not taken on the day of the retest.

Director Lifesaving Committee
Melvyn Shaw
Lifesaving South Africa
20th May 2026

ATTENDANCE REGISTER FOR RETEST REFRESHER

DATE: _____ TIME: _____

VENUE: _____

Lifesaving South Africa collects this information for the administration of the educational update and fitness compliance of all Lifeguards, information collected will be administered as per the LSA Information and Administration Policy https://drive.google.com/file/d/10TLbzEAJnWNiUnYgPvidoV-kQVa4qTag/view?usp=sharing. In signing this form, you agree to the terms and references of the LSA Information and Administration Policy.

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In signing this the instructor validates that all identity documents and indemnity forms have been checked against the lifeline data base and are correct and uploaded.

INSTRUCTOR NAME: _____ SIGNATURE: _____

ORIGINAL TO BE SUBMITTED TO LSA WITH RETEST FORMS.

ATTENDANCE REGISTER AT RETEST

DATE: _____ TIME: _____

VENUE: _____

Lifesaving South Africa collects this information for the administration of the educational update and fitness compliance of all Lifeguards, information collected will be administered as per the LSA Information and Administration Policy https://drive.google.com/file/d/10TLbzEAJnWNiUnYgPvidoV-kQVa4qTag/view?usp=sharing.
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INSTRUCTOR NAME: _____ **SIGNATURE: _____**

EXAMINER 1 NAME: _____ **SIGNATURE: _____**

EXAMINER 2 NAME: _____ **SIGNATURE: _____**

TO BE SUBMITTED TO LSA WITH RETEST FORMS