**📝 H2O HQ – Lifeguard Silhouette Drill Evaluation Form**

*Submerged Shadow Recognition & Response*

**📅 Drill Details**

| **Field** | **Entry** |
| --- | --- |
| Date of Drill | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Time of Drill | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Pool Zone Tested | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Drill Type | ☐ Announced ☐ Surprise |
| Observer/Evaluator Name | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**🛟 Lifeguard Information**

| **Field** | **Entry** |
| --- | --- |
| Lifeguard Name | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Guard Position (Chair #) | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Shift Start Time | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**⏱️ Recognition Metrics**

| **Metric** | **Result** |
| --- | --- |
| Recognition Time (sec) | \_\_\_\_\_\_\_\_\_\_ (Goal ≤10 sec) |
| EAP Activation Initiated? | ☐ Yes ☐ No |
| Activation Method Used | ☐ Whistle ☐ Radio ☐ Other |

**🧑‍⚖️ Performance Grading**

| **Category** | **Excellent** | **Satisfactory** | **Needs Improvement** | **Notes** |
| --- | --- | --- | --- | --- |
| Head Movement / Scanning | ☐ | ☐ | ☐ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Zone Coverage | ☐ | ☐ | ☐ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Recognition Time | ☐ | ☐ | ☐ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| EAP Activation | ☐ | ☐ | ☐ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Communication w/ Staff | ☐ | ☐ | ☐ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**📋 Observer Notes**

✅ Specific observations:

✅ Any issues with scanning pattern?

✅ Equipment retrieval needed (Y/N): \_\_\_\_\_\_\_\_\_\_\_
If yes, was it done promptly? ☐ Yes ☐ No

**📌 Drill Outcome**

| Pass/Needs Improvement | ☐ Pass ☐ Needs Improvement |
| Retraining Required? | ☐ Yes ☐ No |
| Follow-Up Drill Scheduled?| ☐ Yes ☐ No |
| Next Drill Date | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |