

## Competencies for Royal Life Saving Society of Australia *Swim and Survive, Bronze Star Rescue Awards and Resuscitation Awards*

### COURAGE 1 – Water Confidence

STRAND	CERTIFICATE ITEM
Entry and exit	Enter and exit the water safely. May be assisted. With assistance, holding the pool edge, move along the side towards an exit point and climb out.
Floating & sculling skills	Front float with arms on adult's shoulders. Back float with head resting on adults shoulder.
Breathing	Blow bubbles at water's surface.
Movement and swimming strokes	Swirl, pull and push the water to feel the resistance. With support, attempt to combine leg and arm movements.
Survival skills	With assistance, experience balancing using a range of floatation aids in shallow water.
Underwater skills	Attempt to submerge the face underwater.
Water safety skills	Answer questions on simple rules for personal water safety at home and at the pool.

### COURAGE 2 – Water Confidence

STRAND	CERTIFICATE ITEM
Entry and exit	Enter the water in a seated position with support. Holding the pool edge, move along the side towards an exit point and climb out independently.
Floating & sculling skills	Front float using a buoyant aid with assistance. Back float using a buoyant aid with assistance.
Breathing	Blow bubbles onto the water, mouth and nose submerged.
Movement and swimming strokes	Demonstrate pulling arm action. Kick on front and back using a kickboard with assistance.
Survival skills	Experience balancing using a range of floatation aids in shallow water.
Underwater skills	With assistance, submerge and blow bubbles in waist deep water.
Water safety skills	Answer questions on simple rules for personal water safety at home and at the pool.

### COURAGE 3 – Water Confidence

STRAND	CERTIFICATE ITEM
Entry and exit	Enter and exit the water safely and confidently. With assistance, jump into chest deep water and return to the edge.
Floating & sculling skills	Front float confidently unassisted. Back float confidently unassisted.
Breathing	Blow bubbles in water with face fully submerged.
Movement and swimming strokes	Demonstrate underwater reach and arm pull action. Kick on front and back using a kickboard unassisted.
Survival skills	With assistance, experience balance using a range of flotation aids in deep water.
Underwater skills	With assistance, submerge, open eyes to retrieve an object held by the instructor.
Water safety skills	Answer questions on simple rules for personal water safety at home and at the pool.

### COURAGE 4 - Water Confidence

STRAND	CERTIFICATE ITEM
Entry and exit	Perform a slide in entry and exit the water using the edge. May be assisted. Jump into deep water and return to the edge. May be assisted.
Floating & sculling skills	With assistance, move from a front float to a back float.
Breathing	Blow bubbles with face fully submerged, take a breath and repeat the sequence for a minimum of three times.
Movement and swimming strokes	Swim three metres using an underwater reach and arm pull. Kick 3 metres on back with a hand sculling action.
Survival skills	Float with a flotation aid for 30 seconds.
Underwater skills	Submerge open eyes to retrieve an object and recover to a secure position.
Water safety skills	Answer questions on simple rules for personal water safety at home and at the pool.

### COURAGE 5 - Water Confidence

STRAND	CERTIFICATE ITEM
Entry and exit	Perform a slide in entry and exit the water using the edge. Jump into deep water and return to the edge.
Floating & sculling skills	Move from a back float to a front float and to a back float again.
Breathing	Demonstrate breathing to the side in a horizontal position (kickboard optional).
Movement and swimming strokes	Swim 5 metres freestyle with no coordinated breathing Swim 5 metres backstroke with eyes in the water.
Survival skills	Move through the water for 30 seconds while holding a flotation aid and kick to safety.
Underwater skills	Submerge and swim through an obstacle.
Water safety skills	Answer questions on simple rules for personal water safety at home and at the pool.

### LEVEL D1 - Developing Water Discovery

STRAND	CERTIFICATE ITEM
Entry and exit	Enter and exit the water safely and confidently. May be assisted.
Floating & sculling skills	Front float holding a buoyant aid and recover to a secure position. Back float using a buoyant aid and recover to a secure position
Movement and swimming strokes	Blow bubbles in water with the face fully submerged. Front glide & kick for 3 metres with instructor assistance. Back glide & kick for 3 metres with instructor assistance.
Survival & PFD skills	Experience balancing using a range of flotation aids in waist deep water.
Underwater skills	With assistance submerge in waste deep water, open eyes and blow bubbles.

### LEVEL 1 - Water Discovery

STRAND	CERTIFICATE ITEM
Entry and exit	Enter and exit the water safely and confidently.
Floating & sculling skills	Front float and recover to a secure position. Back float and recover to a secure position.
Movement and swimming strokes	Blow bubbles in water, face fully submerged and turn head to side, repeat action. Front glide with kick for 3 metres unassisted (torpedo). Back kick with kickboard for 5 metres. Swim for a distance of 3 metres using underwater arm action while kicking.
Survival and PFD skills	Float with a flotation aid for 30 seconds.
Underwater skills	Submerge in waist depth water, open eyes and blow bubbles.
Safe diving skills	Demonstrate lock hands, lock head and steer up position in water.
Rescue skills	Be pulled to safety by grasping a rescue aid.
Water safety knowledge	Answer questions about water safety in the aquatic environment.

### LEVEL D2 - Discovering Water Awareness

STRAND	CERTIFICATE ITEM
Entry and exit	Perform a slide in entry and exit into the water using the edge. May be assisted.
Floating & sculling skills	Move from a back to a front float and to a back float again. Demonstrate treading water arm sculling action while standing.
Movement and swimming strokes	Demonstrate breathing to the side in a horizontal position, repeat action (kickboard optional). Swim 5 metres freestyle with no coordinated breathing. Swim 5 metres backstroke with ears in the water.
Survival and PFD skills	Move through the water for 30 seconds while holding a flotation aid and kicking to safety.
Underwater skills	Swim through a submerged obstacle.

### LEVEL 2 - Water Awareness

STRAND	CERTIFICATE ITEM
Entry and exit	Perform a slide in entry and exit using the edge.
Floating & sculling skills	Float on the front and back in deep water with instructor assistance. Demonstrate treading water arm sculling action, supporting the body in an upright position. Demonstrate treading water leg action using flotation aid for support.
Movement and swimming strokes	Swim 10 metres freestyle with basic side breathing. Swim 10 metres backstroke with correct body position. Demonstrate 5 metres survival backstroke kick. Demonstrate breaststroke kick on the side of the pool.
Survival and PFD skills	Demonstrate the following continuous sequence: Survival scull for 30 seconds. Floating for 1 minute, holding a flotation aid and then kick to safety.
Safe diving skills	Demonstrate a sitting dive. May be assisted.
Underwater skills	Submerge and recover an object from water at chest depth.
Rescue skills	Be pulled through the water with a rope for 5 metres to safety.
Water safety knowledge	Answer questions about water safety in the aquatic environment.

### LEVEL D3 - Developing Water Sense

STRAND	CERTIFICATE ITEM
Entry and exit	Perform a slide in entry in deep water and exit from deep water.
Floating & sculling skills	Scull head first on the back. Float on the front and back in deep water without instructor assistance.
Movement and swimming strokes	Swim 15 metres freestyle with coordinated side breathing. Swim 15 metres backstroke with continuous arm action. Swim 10 metres survival backstroke with under arm recovery. Demonstrate 5 metres breaststroke kick.
Survival and PFD skills	Tread water in a vertical position keeping head above water for 30 seconds.
Underwater skills	Surface dive and recover an object from water of chest depth.

### LEVEL 3 - Water Sense

STRAND	CERTIFICATE ITEM
Entry and exit	Perform a step in entry.
Sculling and body orientation	Scull headfirst on the back in a streamlined body position.
Movement and swimming strokes	Swim 25 metres freestyle using correct technique. Swim 25 metres backstroke using correct technique. Swim 15 metres survival backstroke using correct technique. Demonstrate 10 metres breaststroke kick (symmetrical action).
Survival and PFD skills	Demonstrate the following continuous sequence: Survival sculling or treading water for 1 minute. Swim for 1 minute, holding a flotation aid.
Underwater skills	Surface dive, swim underwater and recover an object from water of chest depth.
Safe diving skills	Demonstrate a kneeling dive.
Rescue skills	Using a rigid aid pull a partner to safety.
Water safety knowledge	Answer questions about dangers in the aquatic environment.
Extension skills	Demonstrate introductory dolphin kick for a distance of 5 metres.

#### LEVEL 4 - Water Wise

STRAND	CERTIFICATE ITEM
Entry and exit	Safely perform a compact jump and exit from deep water.
Floating and sculling skills	Demonstrate feet first sculling on the back. Demonstrate rotation of the tucked body, keeping the face above the surface of the water.
Movement and swimming strokes	Swim 50 metres freestyle with correct technique. Swim 50 metres backstroke with correct technique. Swim 25 metres survival backstroke with correct technique. Swim 15 metres breaststroke with correct technique. Swim 10 metres sidestroke with scissor kick.
Survival and PFD skills	Dressed in swimwear, shorts and t-shirt complete the following sequence: a. Sculling, floating or treading water for 2 minutes. b. Swim slowly for 3 minutes, changing survival strokes after each minute. c. Float for 1 minute using an open ended flotation aid.
Underwater skills	Surface dive, swim underwater and recover an object from water depth equivalent to the candidate's height.
Safe diving skills	Demonstrate a crouch dive.
Rescue skills	Throw a rescue flotation aid to a partner at 5 metres distance and instruct the partner to kick to the edge.
Water safety knowledge	Answer questions about dangers in the aquatic environment.
Extension skills	Demonstrate introductory butterfly arm action for a distance of 5 metres.

#### LEVEL 5 - Junior Swim and Survive

STRAND	CERTIFICATE ITEM
Entry and exit	Safely perform a fall in entry and exit from deep water.
Floating and sculling skills	Demonstrate a forward somersault in the water. Demonstrate the eggbeater kick. Arms or kickboard to be used for support.
Movement and swimming strokes	Swim 100 metres continuously using the correct stroke techniques: - 25 metres freestyle - 25 metres survival backstroke or sidestroke - 25 metres backstroke - 25 metres breaststroke
Rescue skills	Perform a reach rescue using a rope, towel, or item of clothing.
Survival and PFD skills	Dressed in swimwear, long pants, and long sleeved shirt, perform the following continuous sequence: a. Survival sculling, floating or treading water for 4 minutes. b. Perform a feet first surface dive and swim underwater for a short distance. c. Swim slowly for 6 minutes using three survival strokes changing strokes after each minute. Clothing may be removed. d. Correctly fit a PFD, enter the water using a compact jump, float for 30 seconds and then climb out of deep water.
Safe diving skills	Demonstrate a shallow dive.
Rescue skills	Perform a reach rescue using a rope, towel or item of clothing.
Water safety knowledge	Answer questions about dangers in the aquatic environment.
Extension skills	Swim butterfly for 10 metres demonstrating a recognisable stroke and attempt correct breathing technique.

#### LEVEL 6 - Swim and Survive

STRAND	CERTIFICATE ITEM
Entry and exit	Perform a stride entry.
Floating and sculling skills	Demonstrate a backward somersault in the water. Demonstrate eggbeater kick with sculling.
Movement and swimming strokes	Swim 200 metres continuously using correct stroke techniques: <ul style="list-style-type: none"> <li>- 50 metres survival backstroke or sidestroke</li> <li>- 50 metres backstroke</li> <li>- 50 metres breaststroke</li> <li>- 50 metres freestyle</li> </ul>
Survival and PFD skills	Dressed in swimwear, long pants, long sleeved shirt and jumper perform the following continuous sequence: <ol style="list-style-type: none"> <li>a. Enter deep water using a feet first entry.</li> <li>b. Submerge feet first, swim underwater on the back, looking up at the surface.</li> <li>c. Swim 50 metres quickly as if escaping from a dangerous situation, then swim 50 metres slowly.</li> <li>d. Float using a buoyant aid for 1 minute.</li> <li>e. Swim slowly demonstrating survival strokes for 6 minutes.</li> <li>f. Scull, float or tread water for 3 minutes waving intermittently for help.</li> </ol> Remove clothing in deep water.  Correctly fit a PFD while treading water and then swim 25 metres using survival strokes. Climb out of the water.
Rescue skills	Perform a throw rescue using an unweighted rope over a distance of 6 metres.
Water safety knowledge	Answer questions about water safety in the aquatic environment.
Extension skills	Swim butterfly for 15 metres using an efficient stroke and correct breathing technique.

## LEVEL 7 - Senior Swim and Survive

STRAND	CERTIFICATE ITEM
Entry and exit	Demonstrate an entry technique selected by the examiner.
Sculling and body orientation	Demonstrate an efficient eggbeater kick without the use of the arms.
Movement and swimming strokes	Swim 300 metres continuously using correct techniques: <ul style="list-style-type: none"> <li>- 100 metres freestyle</li> <li>- 50 metres backstroke</li> <li>- 50 metres breaststroke</li> <li>- 50 metres survival backstroke</li> <li>- 50 metres sidestroke</li> </ul>
Survival and PFD skills	<p>Dressed in swimwear, trousers and long sleeved shirt, pullover, shoes and socks, perform the following continuous sequence:</p> <ol style="list-style-type: none"> <li>a. Dive and swim underwater to simulate escape from a sinking boat and surrounded by oil.</li> <li>b. Swim a further 40 metres freestyle as if escaping from a dangerous situation.</li> <li>c. Remove shoes while treading water, then swim slowly for 50 metres breaststroke.</li> <li>d. Float, scull or tread water for 5 minutes and wave one arm occasionally as if signaling for help and reassuring other candidates.</li> <li>e. Slowly swim 200 metres using survival strokes changing every 50 metres.</li> <li>f. Remove clothing in deep water.</li> </ol> <p>Fit a PFD correctly while treading water; swim 100 metres using survival strokes; demonstrate the HELP technique and climb out of deep water while wearing the PFD.</p>
Rescue skills	<p>Perform a throw rescue using a weighted rope over a distance of 10 metres with a time limit of 1 minute.</p> <p>Wade to a partner and pull them to safety using a towel or item of clothing as an aid.</p>
Water safety knowledge	Answer questions on water safety and personal survival techniques indicating a thorough knowledge of basic concepts in the aquatic environment.
Extension skills	Swim butterfly 25 metres using an efficient stroke and correct breathing technique.

## DRY RESCUE

STRAND	CERTIFICATE ITEM
Theory	Answer questions on: <ul style="list-style-type: none"><li>- safe water practices</li><li>- self-preservation in rescues</li><li>- recognising an emergency</li></ul>
Reach	A person is in difficulty within a short distance of safety. Demonstrate a reach rescue using each of the following: <ul style="list-style-type: none"><li>- a length of wood or branch</li><li>- two articles of clothing tied together</li><li>- secure the person rescued at a point of safety following each rescue</li></ul>
Throw – weighted rope	A weak swimmer is in difficulty 8 metres from safety: <ul style="list-style-type: none"><li>- perform a throwing rescue using a weighted rope</li><li>- instruct the person on how to leave the water</li></ul>
Throw – unweighted rope	A weak swimmer is in difficulty 6 metres from safety: <ul style="list-style-type: none"><li>- perform a throwing rescue using an unweighted rope</li><li>- instruct the person on how to leave the water</li></ul>
Throw – buoyant aid	A weak swimmer is in difficulty 5 metres from safety: <ul style="list-style-type: none"><li>- throw three different buoyant aids to that person and, on each occasion, instruct the person on how to use the aid to reach safety</li></ul>
Initiative	Demonstrate initiative in effecting a rescue of a person who is not more than 5 metres from safety. The assessor will specify: <ul style="list-style-type: none"><li>- whether the person is injured or a weak swimmer</li><li>- four rescue aids (buoyant and non-buoyant)</li><li>- the distance the person is from safety</li><li>- that the rescuer must not enter the water</li></ul> On completion of this test the assessor may ask questions to candidate explaining reasons for the actions taken.

## WADE RESCUE

STRAND	CERTIFICATE ITEM
Theory	Answer questions on: <ul style="list-style-type: none"> <li>- safe water practices</li> <li>- how to survive in the water</li> <li>- self-preservation in rescues</li> <li>- recognising and emergency</li> <li>- DRSABCD</li> </ul>
Resuscitation	Demonstrate: <ul style="list-style-type: none"> <li>- checking for danger</li> <li>- the assessment for unconscious</li> <li>- send for help</li> <li>- clearing and opening the airway</li> <li>- checking for the presence or absence of breathing</li> <li>- positioning the casualty for rescue breathing</li> <li>- mouth to mouth rescue breathing</li> <li>- chest compression</li> </ul>
Reach	A person is in difficulty 2 metres from safety: <ul style="list-style-type: none"> <li>- demonstrate a reach rescue using an aid specified by the assessor</li> <li>- secure the person at a point of safety</li> </ul>
Throw – unweighted rope	A weak swimmer is in difficulty 8 metres from safety: <ul style="list-style-type: none"> <li>- perform a throwing rescue using an unweighted rope</li> <li>- return the person to safety</li> </ul>
Wade – buoyant aid	A person is in difficulty 10 metres from safety, using a buoyant aid selected by the assessor: <ul style="list-style-type: none"> <li>- slide in</li> <li>- wade 5 metres</li> <li>- throw the aid to the person</li> <li>- instruct the person on how to use the aid</li> <li>- accompany the person to safety</li> </ul>
Wade – rigid aid	A person is in difficulty 8 metres from safety, using a rigid aid selected by the assessor: <ul style="list-style-type: none"> <li>- enter the water as for unknown conditions</li> <li>- wade and offer the aid to the person</li> <li>- pull the person to a safe position</li> <li>- instruct the person on how to leave the water</li> </ul>
Initiative	Demonstrate initiative in effecting a rescue of a person who is not more than 8 metres from safety. The assessor will specify: <ul style="list-style-type: none"> <li>- whether the person is injured or a weak swimmer</li> <li>- four rescue aids</li> <li>- the distance the person is from safety</li> </ul> (on completion of this test, the candidate may be asked to explain the reasons of the actions taken)
Swim	Swim continuously for 5 minutes covering at least 100 metres.
Tread water	Tread water with the use of arms for 1 minute.
Surface dive	In a single surface dive, collect two objects placed in a 2 metre by 2 metre area in water 1.2 metres deep.

## ACCOMPANIED RESCUE

STRAND	CERTIFICATE ITEM
Theory	Answer question on: <ul style="list-style-type: none"> <li>- safe water practices</li> <li>- how to survive in the water</li> <li>- self-preservation in rescues</li> <li>- recognising an emergency</li> <li>- assessment before a rescue</li> <li>- priorities for rescue</li> <li>- DRSABCD</li> </ul>
Resuscitation awareness	DRSABCD demonstrate: <ul style="list-style-type: none"> <li>- checking for danger</li> <li>- the assessment for unconscious</li> <li>- send for help</li> <li>- clearing and opening the airway</li> <li>- checking for the presence or absence of breathing</li> <li>- positioning the casualty for CPR</li> <li>- mouth to mouth rescue breathing</li> <li>- mouth to nose rescue breathing</li> <li>- chest compression</li> <li>- the appropriate action for a causality who vomits or regurgitates</li> <li>- the recovery position</li> </ul>
Getting help	Demonstrate and explain procedures for getting help and contacting emergency services in the local area.
Throw – buoyant aid	A person is in difficulty 6 metres from safety: <ul style="list-style-type: none"> <li>- demonstrate a throwing rescue using a buoyant aid selected by the assessor</li> </ul>
Throw – weighted rope	A weak swimmer is in difficulty 10 metres from safety: <ul style="list-style-type: none"> <li>- perform a throwing rescue a weighted rope</li> <li>- secure the person at a point of safety</li> </ul>
Wade and resuscitation	An unconscious and non-breathing person (non-spinal) is in water of waist depth 5 to 8 metres from safety: The candidate should: <ul style="list-style-type: none"> <li>- slide in</li> <li>- wade as for unknown conditions</li> <li>- turn the person over</li> <li>- check for the 'signs of life'</li> <li>- simulate rescue breathing while wading to safety</li> </ul>
Wade rescue	A person is in difficulty 8 metres from safety, using a rigid aid selected by the assessor: <ul style="list-style-type: none"> <li>- enter the water and wade as for unknown conditions</li> <li>- offer the aid to the person</li> <li>- pull the person to safety</li> <li>- assist the person out of the water using a stirrup lift</li> </ul>
Defensive techniques	Demonstrate: <ul style="list-style-type: none"> <li>- a defensive position</li> <li>- a reverse action</li> </ul>
Accompanied rescue	A person is in difficulty 15 metres from safety, with a flotation aid: <ul style="list-style-type: none"> <li>- enter the water maintaining visual contact with the person</li> <li>- wade and/or swim and, keeping a safe distance, pass the aid to the person</li> </ul>

STRAND	CERTIFICATE ITEM
	<ul style="list-style-type: none"> <li>- accompany the person to safety</li> <li>- instruct the person on how to leave the water</li> </ul>
Underwater search	Demonstrate an individual search pattern in shallow water.
Surface dive	In a single surface dive, recover three of six objects placed in a 2 metre by 2 metre area in water 1.5 metres deep.
Initiative	<p>Demonstrate initiative in effecting a rescue of a person who is not more than 10 metres from safety:</p> <p>The assessor will:</p> <ul style="list-style-type: none"> <li>- specify whether the person is injured (non-spinal), unconscious or a weak swimmer</li> <li>- specify the distance the person is from safety</li> <li>- ensure that four rescue aids (buoyant and non-buoyant) are available</li> </ul> <p>On completion of this test, the candidate may be asked to explain the reasons for the actions taken.</p>
Swim	<p>Dressed in swimwear, shorts and T-shirt:</p> <ul style="list-style-type: none"> <li>- float and tread water for a total of one minute, waving intermittently as if signalling for help</li> <li>- swim 200 metres using any recognised strokes</li> </ul>

### BRONZE STAR

STRAND	CERTIFICATE ITEM
Theory	<p>Answer questions on:</p> <ul style="list-style-type: none"> <li>- safe water practices</li> <li>- how to survive in the water</li> <li>- self-preservation in rescues</li> <li>- recognising an emergency</li> <li>- assessment before and during a rescue</li> <li>- priorities for rescue</li> <li>- treatment for shock and elementary after care including getting help and contacting emergency services in the local area</li> <li>- DRSABCD</li> </ul>
Resuscitation	<p>Demonstrate:</p> <ul style="list-style-type: none"> <li>- checking for dangers</li> <li>- the assessment for unconscious</li> <li>- send for help</li> <li>- clearing and opening the airway</li> <li>- checking for the presence or absence of breathing</li> <li>- positioning of the casualty for CPR</li> <li>- mouth to mouth rescue breathing</li> <li>- mouth to nose rescue breathing</li> <li>- chest compressions</li> <li>- the appropriate action for a casualty who vomits or regurgitates</li> <li>- the appropriate action if an airway blockage is apparent</li> <li>- the recovery position</li> </ul>
Throw – PFD	<p>A person is in difficulty 6 metres from safety:</p> <ul style="list-style-type: none"> <li>- effect a throwing rescue using a PFD as a buoyant aid</li> </ul>
Throw – unweighted rope	<p>A person is in difficulty 10 metres from safety:</p> <ul style="list-style-type: none"> <li>- perform a throwing rescue using an unweighted rope</li> <li>- secure the person at a point of safety</li> </ul>

STRAND	CERTIFICATE ITEM
Rescue and resuscitation	An unconscious and non-breathing person is floating face down in deep water. The candidate should: <ul style="list-style-type: none"> <li>- enter the water and swim to the person</li> <li>- turn the person over and tow 10 metres to shallow water</li> <li>- call for assistance</li> <li>- commence rescue breathing while wading to safety</li> </ul>
Accompanied rescue	A person is in difficulty 15 metres from safety. With a flotation aid: <ul style="list-style-type: none"> <li>- enter the water as for unknown conditions</li> <li>- wade and swim to the person</li> <li>- pass the aid to the person</li> <li>- instruct in the use of the aid</li> <li>- accompany the person to safety</li> <li>- secure the person at a point of safety</li> </ul>
Defensive techniques	Demonstrate the following: <ul style="list-style-type: none"> <li>- defensive position</li> <li>- a reverse</li> <li>- a leg block</li> </ul>
Non-contact tow	A weak swimmer is in difficulty in deep water 20 metres from safety. With a non-rigid towing aid selected by the assessor: <ul style="list-style-type: none"> <li>- enter deep water using a stride entry or compact jump</li> <li>- swim to the person and adopt a defensive position</li> <li>- offer the aid to the person and tow to safety</li> <li>- assist the person out of the water using a stirrup lift</li> </ul>
Surface dive	Demonstrate a head-first and feet-first surface dive in deep water. On each occasion collect an object from the bottom.
Underwater search	Demonstrate a search pattern in deep water.
Initiative	Demonstrate initiative in effecting a rescue of a person who is no more than 15 metres from safety. The assessor will: <ul style="list-style-type: none"> <li>- specify whether the person is injured, unconscious or a weak swimmer</li> <li>- specify the distance the person is from safety</li> <li>- ensure that 3 to 5 aids are available</li> </ul> <i>(on completion of this test the candidate may be asked to explain the reasons for the actions taken)</i>
Survival skills	Dressed in swimwear, trousers and long-sleeved shirt: <ul style="list-style-type: none"> <li>- float using hand sculling movements for 1 minute and tread water for 1 minute waving intermittently as if signalling for help</li> <li>- put on a PFD in deep water and swim 50 metres</li> <li>- demonstrate the help position</li> <li>- climb out of the water</li> </ul>
Swim	Dressed in swimwear, swim <i>continuously</i> 300m: <ul style="list-style-type: none"> <li>- 100 metres freestyle</li> <li>- 100 metres on the side</li> <li>- 100 metres on the front</li> </ul> The target time for this swim is 10 minutes.

## RESUSCITATION AWARENESS

**Overview:** This award aims to provide practical experience in the lifesaving technique of CPR. The skills tested in this award are easy to learn and can be taught to children at primary school.

**Aim:** to provide awareness of the lifesaving technique of CPR.

**Prerequisite:** nil.

STRAND	CERTIFICATE ITEM
Practical activity Airway management	Demonstrate on a partner: <ul style="list-style-type: none"><li>- checking for dangers and taking appropriate action</li><li>- the assessment for unconsciousness</li><li>- send for help</li><li>- clearing and opening the airway</li><li>- checking for the presence or absence of breathing</li><li>- positioning of the casualty for CPR</li><li>- the appropriate action for a casualty who vomits or regurgitates</li><li>- the recovery position</li></ul>
Rescue breathing	Demonstrate: <ul style="list-style-type: none"><li>- mouth-to-mouth rescue breathing</li><li>- mouth-to-nose rescue breathing</li></ul>
Chest compression	Demonstrate: <ul style="list-style-type: none"><li>- chest compression</li></ul>
Emergency care	Demonstrate on a partner emergency care of a person in shock and appropriate follow-up procedures, including getting help and contacting emergency services in the local area.
Explanatory note	The examiner may ask questions regarding the techniques being demonstrated. Whenever possible rescue breathing and chest compressions should be performed on a manikin. This award has an emphasis on awareness of DRSABCD.

## RESUSCITATION

**Overview:** The aim of this award is to provide practical experience in the lifesaving techniques of CPR. These skills can be taught to groups, in controlled circumstances, from the age of 12 years.

**Aim:** to provide practical experience in the lifesaving techniques of rescue breathing and CPR.

**Prerequisite:** nil.

**Minimum age:** 12 years or in the year which the candidate turns 12.

STRAND	CERTIFICATE ITEM
Theory test	Answer questions on: <ul style="list-style-type: none"><li>- DRSABCD</li><li>- the techniques of CPR, including modifications for infants</li><li>- emergency care of people suffering from shock, choking or bleeding</li><li>- the use of bystanders and how to contact emergency services</li></ul>
Practical test Initiative	Demonstrate initiative in dealing with a non-breathing person. The examiner will set the scene and indicate changes in the condition of the casualty to which the candidate is to respond. The test will include some, or all, of the following components: <ul style="list-style-type: none"><li>- checking for dangers and taking appropriate action</li><li>- the assessment for the unconsciousness</li><li>- send for help</li><li>- clearing and opening the airway</li><li>- checking for the presence or absence of breathing</li><li>- positioning the casualty for CPR</li><li>- performing simulated rescue breathing</li><li>- locating the compression point for chest compressions</li><li>- demonstrate chest compressions</li><li>- demonstrating the appropriate action for a casualty who vomits or regurgitates</li><li>- placing the casualty in the recovery position</li></ul>
Rescue breathing	Demonstrate on a manikin one of the following, as selected by the examiner: <ul style="list-style-type: none"><li>- mouth-to-mouth rescue breathing</li><li>- mouth-to-nose rescue breathing</li></ul>
CPR	Demonstrate on a manikin: <ul style="list-style-type: none"><li>- one operator CPR</li><li>- two operator CPR</li></ul>
Explanatory note	If there is a doubt regarding the candidate's ability, a demonstration of the alternative technique may be requested.