

Bronze Beach

SYLLABUS

CORE SKILLS

- Review of Bronze Core Element

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS & SAFETY

(CHAPTERS 1 AND 2)

- Sea, Coast and Beaches
 - Tides (cause, frequency, spring and neap)
 - Cliffs
 - Offshore winds
 - Manmade structures
 - Waves
 - Sea life (and first aid)
 - Beach flags

SELF-RESCUE AND SURVIVAL (CHAPTER 4)

- Survival Swim: 5 minutes continuous swimming (clothed)
- Swimming through waves

RESCUE (CHAPTER 5)

- Throwing rescue: 10-15m
- Reaching rescue: 2-4m
- Wading rescue: 8-10m
- Initiative rescue: 2 casualties

ASSESSMENT MATRIX

Assessment of Theory				
Answer 2 questions on each of the following subjects: <ul style="list-style-type: none"> • Tides (cause, frequency, spring and neap) • Cliffs • Offshore winds • Manmade structures • Waves • Sea life (and First Aid) • Beach flags 				

If the candidate fails to answer a question correctly, they should be asked another question from the same section. Candidates must provide 2 correct answers from no more than a total of 4 questions in each subject.

Self Rescue and Survival				
<ul style="list-style-type: none"> • Survival Swim: 5 minutes (continuous front crawl or breaststroke) 				

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 Clothing Candidates should be fully clothed for both of the Self Rescue and Survival assessments.



ASSESSMENT MATRIX

CONTINUED

Rescue				
<ul style="list-style-type: none"> • Candidates must use the elements of the Emergency Action Model that are covered at Bronze level. To ensure that they do this, candidates must say out loud how they have assessed the situation before they perform the rescue. • The Instructor should tell the candidate which type of rescue to use, if any aids are available, and remind them to use the Emergency Action Model. • The casualty will climb out of the water unassisted upon reaching the shore. 				
Assessment 1 Throwing Rescue 10-15m, non-panicking casualty <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue 				
Assessment 2 Reaching Rescue 2-4m, non-panicking casualty <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue 				
Assessment 3 Wading Rescue 8-10m, non-panicking casualty <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue 				
Assessment 4 Initiative Rescue 2 casualties, non-panicking or panicking <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue 				

Silver Beach

SYLLABUS

CORE SKILLS

- Review of Bronze and Silver Core Element, and Bronze Beach Lifesaving Award

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS & SAFETY (CHAPTERS 1, 2 AND 4)

- Sea, Coast and Beaches
 - Tides (Rule of twelfths, Intertidal zone and Beach shelving)
 - Longshore currents
 - Sandbars, sandbanks and holes
 - Rip currents (identification and self-rescue)

SELF-RESCUE AND SURVIVAL (CHAPTER 4)

- Survival Swim: 10 minutes continuous swimming (clothed)

RESCUE (CHAPTER 5)

- Accompanied rescue: 25m swim, 20-25m accompanied
- Tow with an aid: 25m swim, 20-25m tow
- Clothing tow: 25m swim, 20-25m tow
- Support tow: 25m swim, 20-25m tow
- Initiative rescue: 3 casualties

TEACHING PROGRAMME

Week	Dry	Wet	
1	<p>Life Support</p> <ul style="list-style-type: none"> Review Life Support skills to ensure that they have been maintained at a competent level 	<p>Review of previous skills and knowledge: Bronze Core Element and Bronze Beach Lifesaving Award</p> <ul style="list-style-type: none"> Self-Rescue and Survival Rescue Lifesaving Sport 	
2	<p>Hazard Awareness and Safety</p> <ul style="list-style-type: none"> Tides (Rule of twelfths, Intertidal zone and beach shelving) Longshore currents 	<p>Rescue</p> <ul style="list-style-type: none"> Accompanied rescue Tow with an aid rescue <p>Game or Activity</p>	
3	<p>Hazard Awareness and Safety</p> <ul style="list-style-type: none"> Sandbars, sandbanks and holes Rip currents (types and identification) 	<p>Self-Rescue and Survival</p> <ul style="list-style-type: none"> Survival Swim: 10 minutes continuous swimming (clothed) <p>Game or Activity</p>	
4	<p>Review of previous skills and knowledge: Bronze/Silver Core Element and Bronze Beach Lifesaving Award</p> <ul style="list-style-type: none"> Hazard Awareness and Safety 	<p>Rescue</p> <ul style="list-style-type: none"> Clothing tow Support tow <p>Game or Activity</p>	
5 R	<p>Life Support</p> <ul style="list-style-type: none"> CPR ongoing competency training 	<p>Rescue</p> <ul style="list-style-type: none"> Initiative rescue (3 casualties) <p>Game or Activity</p>	
6 R	<p>Hazard Awareness and Safety</p> <ul style="list-style-type: none"> Tides (Rule of twelfths, Intertidal zone and beach shelving) Longshore currents 	<p>Rescue</p> <ul style="list-style-type: none"> Accompanied rescue Tow with an aid Clothing tow <p>Game or Activity</p>	
7 R	<p>Hazard Awareness and Safety</p> <ul style="list-style-type: none"> Sandbars, sandbanks and holes Rip currents (types and identification) 	<p>Rescue</p> <ul style="list-style-type: none"> Support tow <p>Self-Rescue and Survival</p> <ul style="list-style-type: none"> Survival Swim: 10 minutes continuous swimming (clothed) 	
8 R	<p>Review of previous skills and knowledge: Bronze/Silver Core Element and Bronze Beach Lifesaving Award</p> <ul style="list-style-type: none"> Hazard Awareness and Safety 	<p>Rescue</p> <ul style="list-style-type: none"> Initiative rescue (3 casualties) <p>Game or Activity</p>	
9	Revision/Assessment Week	Revision/Assessment Week	
10	Revision/Assessment Week	Revision/Assessment Week	R Review and practice

ASSESSMENT MATRIX

Assessment of Theory			
Answer 2 questions on each of the following subjects: <ul style="list-style-type: none"> • Tides (Rule of twelfths, Intertidal zone and Beach shelving) • Longshore currents • Sandbars, sandbanks and holes • Rip currents (types and identification) 			
Answer 2 questions from the Bronze Beach Award syllabus: <ul style="list-style-type: none"> • Tides (cause, frequency, spring and neap) • Cliffs • Offshore winds • Manmade structures • Waves • Sea life (and first aid) 			

If the candidate fails to answer a question correctly, they should be asked another question from the same section. Candidates must provide 2 correct answers from no more than a total of 4 questions in each section.

Self Rescue and Survival			
<ul style="list-style-type: none"> • Survival Swim: 10 minutes (continuous front crawl or breaststroke) 			

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Clothing Candidates should be fully clothed for the Self Rescue and Survival assessment.

Rescue			
<ul style="list-style-type: none"> • Candidates must complete two assessments from A-D (selected by the Instructor), and must complete assessments E and F. • Candidates must use the elements of the Emergency Action Model that are covered at Silver Level. To ensure that they do this, candidates must say out loud how they have assessed the situation before they perform the rescue. • The Instructor should tell the candidate which type of rescue to use, if any aids are available, and remind them to use the Emergency Action Model. 			

ASSESSMENT MATRIX

CONTINUED

Rescue				
<p>Assessment A</p> <p>Accompanied Rescue</p> <p>25m swim, 20-25m rescue, non-panicking casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • Landing the casualty • Aftercare 				
<p>Assessment B</p> <p>Tow with an Aid Rescue</p> <p>25m swim, 20-25m tow, non-panicking casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • Landing the casualty • Aftercare 				
<p>Assessment C</p> <p>Clothing Tow Rescue</p> <p>25m swim, 20-25m tow, unconscious casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • Landing the casualty • Aftercare 				
<p>Assessment D</p> <p>Support Tow Rescue</p> <p>25m swim, 20-25m tow, unconscious casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • Landing the casualty • Aftercare 				
<p>Assessment E</p> <p>Initiative Rescue</p> <p>3 casualties, non-panicking or panicking casualties</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • Landing the casualties • Aftercare 				
<p>Assessment F</p> <p>Complete 1 of the Rescue assessments from the Bronze Beach Award syllabus (selected by the Instructor):</p> <ul style="list-style-type: none"> • Throwing rescue: 10-15m • Reaching rescue: 2-4m • Wading rescue: 8-10m 				

Gold Beach

SYLLABUS

CORE SKILLS

- Review of Bronze, Silver and Gold Core Element, and Bronze and Silver Beach Lifesaving Award

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS AND SAFETY (Chapters 1 and 2)

- Sea, Coast and Beaches
 - Cliffs
 - Offshore winds
 - Manmade structures
 - Tides (complete)
 - Waves
 - Longshore currents
 - Sandbars, sandbanks and holes
 - Rip currents (complete)
 - Sea life (and First Aid)

SELF-RESCUE AND SURVIVAL (Chapter 4)

- Survival Swim: 15 minutes continuous swimming (clothed)

RESCUE (Chapter 5)

- Extended arm tow: 50m swim, 20-25m tow
- Chin tow: 50m swim, 20-25m tow
- Cross-chest tow: 50m swim, 20-25m tow
- Support tow: 50m swim, 20-25m tow
- In water rescue breathing
- Initiative rescue: 4 casualties

ASSESSMENT MATRIX

Assessment of Theory				
Answer 2 questions on each of the following subjects: <ul style="list-style-type: none"> • Cliffs • Offshore winds • Manmade structures • Tides (complete) • Waves • Longshore currents • Sandbars, sandbanks and holes • Rip currents (complete) • Sea life (and first aid) 				

If the candidate fails to answer a question correctly, they should be asked another question from the same section. Candidates must provide 3 correct answers from no more than a total of 4 questions in each section.

Self Rescue and Survival				
<ul style="list-style-type: none"> • Survival Swim: 15 minutes (continuous) 				

Clothing Candidates should be fully clothed for both of the Self Rescue and Survival assessment.

ASSESSMENT MATRIX

CONTINUED

Rescue

- Candidates must complete two assessments from A-D (selected by the Instructor), and must complete assessments E and F.
- Candidates must use the elements of the Emergency Action Model that are covered at Gold Level. To ensure that they do this, candidates must say out loud how they have assessed the situation before they perform the rescue.
- The Instructor should tell the candidate which type of rescue to use, if any aids are available, and remind them to use the Emergency Action Model.

Assessment A

Extended Arm Tow Rescue

50m swim, 20-25m tow, unconscious casualty

- Use of the Emergency Action Model
- Rescue
- In water assessment and simulated rescue breathing for 1 minute (whilst waiting for assistance to land the casualty)
- Landing the casualty
- Aftercare

Assessment B

Chin Tow Rescue

50m swim, 20-25m tow, unconscious casualty

- Use of the Emergency Action Model
- Rescue
- In water assessment and simulated rescue breathing for 1 minute (whilst waiting for assistance to land the casualty)
- Landing the casualty
- Aftercare

Assessment C

Cross-chest Tow Rescue

50m swim, 20-25m tow, unconscious casualty

- Use of the Emergency Action Model
- Rescue
- In water assessment and simulated rescue breathing for 1 minute (whilst waiting for assistance to land the casualty)
- Landing the casualty
- Aftercare

ASSESSMENT MATRIX

CONTINUED

Rescue				
<p>Assessment D</p> <p>Support Tow Rescue</p> <p>50m swim, 20-25m tow, unconscious casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • In water assessment and simulated rescue breathing for 1 minute (whilst waiting for assistance to land the casualty) • Landing the casualty • Aftercare 				
<p>Assessment E</p> <p>Initiative Rescue</p> <p>4 casualties, non-panicking, panicking, or unconscious casualties</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • Landing the casualties • Aftercare 				
<p>Assessment F</p> <p>Complete one of the Rescue assessments from the Bronze or Silver Medallion Award syllabus (selected by the Instructor):</p> <ul style="list-style-type: none"> • Throwing rescue: 10-15m • Reaching rescue: 2-4m • Wading rescue: 8-10m • Accompanied rescue: 25m swim, 20-25m rescue • Tow with an aid rescue: 25m swim, 20-25m tow • Clothing tow: 25m swim, 20-25m tow • Support tow: 25m swim, 20-25m tow 				