

# Bronze Core Element

## SYLLABUS

### LIFE SUPPORT

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- Review and ongoing practice of CPR Skills (Life Support award pre-requisite)

### HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

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- Safety at swimming pools
- Mudflats and quicksand
- SAFE code
- Water quality (Pollution and Blue Flag)
- Safety at open water sites

### DROWNING INFORMATION (CHAPTER 1)

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- Definition of drowning
- Drowning Prevention Model

### EMERGENCY MANAGEMENT (CHAPTER 3)

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- Assessing the situation
- Skills Toolbox
- Re-assessment
- Emergency calls

### SELF-RESCUE & SURVIVAL (CHAPTER 4)

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- Fall-in entry
- Shallow and deep water exits (banks and freeboards)
- Horizontal float
- Angled float
- Sculling methods
- HELP position
- Signalling for help
- Treading water

### RESCUE (CHAPTER 5)

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- Slide-in entry
- Step-in entry
- Sidestroke
- Shout and signal rescue: 8-10m
- Throwing rescue: 8-10m

### FIRST AID (CHAPTER 6)

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- Bleeding
- Shock

### LIFESAVING SPORT & FITNESS (CHAPTER 7)

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- Timed Swim: 50m in 1 minute
- Distance Swim: 200m
- Speed rope coil

## ASSESSMENT MATRIX

Assessment of Theory				
Candidate has gained the Life Support Award (or equivalent)				
Answer a total of 2 First Aid questions: <ul style="list-style-type: none"> <li>Bleeding</li> <li>Shock</li> </ul>				
Answer a total of 2 Hazard Awareness and Safety questions: <ul style="list-style-type: none"> <li>Safety at swimming pools</li> <li>Mudflats and quicksand</li> <li>SAFE code</li> <li>Water quality (Pollution and Blue Flag)</li> <li>Safety at open water sites</li> </ul>				
Answer a total of 2 Drowning Information questions: <ul style="list-style-type: none"> <li>Definition of drowning</li> <li>Drowning Prevention Model</li> </ul>				
Answer a total of 2 Emergency Management questions: <ul style="list-style-type: none"> <li>Assessing the situation</li> <li>Skills Toolbox</li> <li>Re-assessment</li> <li>Emergency calls</li> </ul>				

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.

Lifesaving Sport and Fitness				
Timed Swim – 50m in 1 minute				
Distance Swim – 200m				
Demonstrate the Speed Rope Coil technique				

Timed Swim	Candidates must start in the water.
Distance Swim	The candidate must not touch the pool floor or stop during the swim. They may use the pool edge to turn at the end of each length. Front crawl or breaststroke may be used.
Speed Rope coil	The candidate should be able to produce 4 coils using the technique. The complete skill is not required at Bronze Core level so, if the rope tangles during the throw/release, the candidate should still pass the assessment.

# ASSESSMENT MATRIX

CONTINUED

Self Rescue and Survival				
<p>Assessment 1</p> <ul style="list-style-type: none"> <li>• Perform a Fall-In entry, then</li> <li>• Perform a Horizontal float for 30 seconds, then</li> <li>• Perform an Angled float for 30 seconds, then</li> <li>• Perform an exit from deep water (approx 1.5m+)</li> </ul>				
<p>Assessment 2</p> <ul style="list-style-type: none"> <li>• Perform a Slide-In entry, then</li> <li>• Scull 50m continuously: 25m feet first, 25m head first, then</li> <li>• Tread water for 2 minutes, then</li> <li>• Signal for help (approx 30 seconds)</li> <li>• Pick up a float (thrown or already in the water), then</li> <li>• Hold the HELP position for 2 minutes, then</li> <li>• Retaining the float, swim to shallow water and perform an exit from shallow water (approx 1m)</li> </ul>				

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

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Floats                              Candidates who naturally struggle to float unsupported may use a small amount of sculling to maintain the floats.

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Rescue				
<ul style="list-style-type: none"> <li>• Candidates must use the elements of the Emergency Action Model that are covered at Bronze Core level. To ensure that they do this, candidates must say out loud how they have assessed the situation before they perform the rescue.</li> <li>• 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.</li> <li>• The casualty will climb out of the water unassisted upon reaching the pool edge.</li> </ul>				
<p>Assessment 1</p> <p>Shout and Signal Rescue</p> <p>8-10m, non-panicking casualty</p> <ul style="list-style-type: none"> <li>• Use of the Emergency Action Model</li> <li>• Rescue</li> </ul>				
<p>Assessment 2</p> <p>Throwing Rescue</p> <p>8-10m, non-panicking casualty</p> <ul style="list-style-type: none"> <li>• Use of the Emergency Action Model</li> <li>• Rescue</li> </ul>				

# Silver Core Element

## SYLLABUS

### LIFE SUPPORT

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- Review and ongoing practice of CPR Skills (Life Support award pre-requisite)

### HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

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- Beach composition
- Water bed composition
- Water bed shelving
- Water speed and force

### DROWNING INFORMATION (CHAPTER 1)

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- Relevance of location, age, time of year, activity and gender

### EMERGENCY MANAGEMENT (CHAPTER 3)

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- Assessing the situation
- Skills Toolbox
- Planning
- Action
- Re-assessment

### SELF-RESCUE AND SURVIVAL (CHAPTER 4)

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- Vertical float
- Huddle position

### RESCUE (CHAPTER 5)

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- Straddle entry
- Compact jump
- Lifesaving backstroke
- Feet first surface dive
- Casualty recognition
- Contact zone
- Rope rescue: 10-12m
- Supporting a casualty in the water against a firm support
- Landing the casualty (Stirrup Lift, Horizontal Lift, Assisted Lift)

### FIRST AID (CHAPTER 6)

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- Hypothermia
- Aftercare

### LIFESAVING SPORT & FITNESS (CHAPTER 7)

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- Timed Swim: 100m in 2 minutes
- Distance Swim: 400m
- Clearing obstacles

# ASSESSMENT MATRIX

Assessment of Theory				
Candidate has gained the Life Support Award (or equivalent)				
Answer a total of 2 First Aid questions: • Hypothermia				
Answer a total of 2 Hazard Awareness and Safety questions: • Beach composition • Water bed composition • Water bed shelving • Water speed and force				
Answer a total of 2 Drowning Information questions: • Relevance of location, age, time of year, activity and gender				
Answer a total of 2 Emergency Management questions: • Assessing the situation • Skills Toolbox • Planning • Action • Re-assessment				
Answer a total of 2 questions from the Bronze Core Element Assessment of Theory (selected by the Instructor)				

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.

# ASSESSMENT MATRIX

CONTINUED

Lifesaving Sport and Fitness			
Timed Swim – 100m in 2 minutes			
Distance Swim – 400m			
Swim 50m clearing 2 Obstacle Gates (or equivalent)			

Timed Swim	Candidates must start in the water.
Distance Swim	The candidate must not touch the pool floor or stop during the swim. They may use the pool edge to turn at the end of each length. Front crawl or breaststroke may be used.
Obstacle Gate	If obstacle gates are not available, a rope or other flexible barrier that will not cause injury should be used.

Self Rescue and Survival			
<p>Assessment 1</p> <p>Perform any 2 Self Rescue and Survival skills from the Bronze Core Element syllabus:</p> <ul style="list-style-type: none"> <li>• Fall-in entry</li> <li>• Shallow and deep water exits</li> <li>• Horizontal float</li> <li>• Angled float</li> <li>• Sculling methods</li> <li>• HELP position</li> <li>• Signalling for help</li> <li>• Treading water</li> </ul>			
<p>Assessment 2</p> <ol style="list-style-type: none"> <li>1. Perform a Fall-in entry, then</li> <li>2. Perform a Vertical float for 30 seconds, then</li> <li>3. Perform a Huddle position (with at least 2 other casualties) for 30 seconds, then</li> <li>4. Swim 50m and perform an exit from deep water (approx 1.5m+)</li> </ol>			

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

CONTINUED

Rescue				
<ul style="list-style-type: none"> <li>• 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 and planned their rescue before they perform the rescue.</li> <li>• 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.</li> </ul>				
<p>Assessment 1</p> <p>Rope Rescue</p> <p>10-12m, non-panicking casualty</p> <ul style="list-style-type: none"> <li>• Use of the Emergency Action Model</li> <li>• Rescue</li> <li>• Assisted lift</li> <li>• Aftercare</li> </ul>				
<p>Assessment 2</p> <ol style="list-style-type: none"> <li>1 Perform a straddle entry, then</li> <li>2 Swim to a sunken brick in deep water (1.5-2.0m), then</li> <li>3 Perform a feet first surface dive, and pick up the brick, then</li> <li>4 Swim sidestroke with the brick for a distance of 20m</li> </ol>				
<p>Assessment 3</p> <p>Complete one of the Rescue assessments from the Bronze Core syllabus (selected by the Instructor):</p> <ul style="list-style-type: none"> <li>• Shout and signal rescue: 8-10m</li> <li>• Throwing Rescue: 8-10m</li> </ul>				

# Gold Core Element

## SYLLABUS

### LIFE SUPPORT

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- Review and ongoing practice of CPR Skills (Life Support award pre-requisite)

### HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

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- Cold Water Immersion
- Eddies
- Cushion waves
- Hydraulics
- Undercut rocks
- Strainers

### EMERGENCY MANAGEMENT (CHAPTER 3)

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- Emergency Action Model
- Rescue priorities

### SELF-RESCUE & SURVIVAL (CHAPTER 4)

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- Treading water (eggbeater leg kick)
- Clothing removal in the water
- Ice escape

### RESCUE (CHAPTER 5)

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- Contact zone
- Extended arm tow: 50m swim, 20-25m tow
- Head first surface dive
- Turning an unconscious casualty (front to back)
- Spinal turn and support

### FIRST AID (CHAPTER 6)

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- Fractures

### LIFESAVING SPORT & FITNESS (CHAPTER 7)

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- Timed swim: 200m in 4 minutes
- Distance Swim: 800m
- Manikin carry: 50m (Half filled manikin for all candidates)



# ASSESSMENT MATRIX

Assessment of Theory				
Candidate has gained the Life Support Award (or equivalent)				
Answer a total of 3 First Aid questions: • Fractures				
Answer a total of 3 Hazard Awareness and Safety questions: • Cold water immersion • Eddies • Cushion waves • Hydraulics • Undercut rocks • Strainers				
Answer a total of 3 Emergency Management questions: • Emergency Action Model • Rescue priorities				
Answer a total of 3 questions from the Bronze or Silver Core Element assessment (selected by the Instructor)				

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.

Lifesaving Sport and Fitness				
Timed Swim – 200m in 4 minute				
Distance Swim – 800m				
Perform a Manikin Carry over 50m				

Timed Swim	Candidates must start in the water.
Distance Swim	The candidate must not touch the pool floor or stop during the swim. They may use the pool edge to turn at the end of each length. Front crawl or breaststroke may be used.
Manikin Carry	The manikins should be half filled for all candidates.

# ASSESSMENT MATRIX

CONTINUED

Self Rescue and Survival				
<p>Assessment 1</p> <p>Perform any 2 Self Rescue and Survival skills from the Bronze or Silver Core Element Assessment matrix:</p> <ul style="list-style-type: none"> <li>• Fall-in entry</li> <li>• Shallow and deep water exits</li> <li>• Horizontal float</li> <li>• Angled float</li> <li>• Sculling methods</li> <li>• HELP position</li> <li>• Signalling for help</li> <li>• Treading water</li> <li>• Vertical float</li> <li>• Huddle position</li> </ul>				
<p>Assessment 2</p> <ul style="list-style-type: none"> <li>• Perform a Fall-in entry, then</li> <li>• Remove outer clothing (trousers and top), then</li> <li>• Tread Water using Egg beater leg kick for 5 minutes, then</li> <li>• Swim 100m to the pool edge or a large pool float, then</li> <li>• Demonstrate the Ice survival position, then</li> <li>• Climb onto the poolside or float using Ice escape skills (body position)</li> </ul>				

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

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# ASSESSMENT MATRIX

## CONTINUED

Rescue				
<ul style="list-style-type: none"> <li>• Candidates must use the elements of the Emergency Action Model that are covered at Gold Core Level. To ensure that they do this, candidates must say out loud how they have assessed the situation before they perform the rescue.</li> <li>• 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.</li> </ul>				
<p>Assessment 1</p> <p>Extended Arm Tow Rescue</p> <p>50m swim, 20-25m tow, unconscious casualty</p> <ul style="list-style-type: none"> <li>• Use of the Emergency Action Model</li> <li>• Rescue</li> <li>• Assisted lift</li> <li>• Aftercare</li> </ul> <ul style="list-style-type: none"> <li>• Following the 50m swim the rescuer must surface dive approximately 1.5m to recover a manikin (or brick), then they must transfer the manikin for a simulated casualty before performing the tow.</li> </ul>				
<p>Assessment 2</p> <ul style="list-style-type: none"> <li>• Perform a Slide-in entry into shallow water (approx less than 1.5m), then</li> <li>• Approach a casualty with a suspected spinal injury who is face down in the water, then</li> <li>• Perform a spinal turn in the water, then</li> <li>• Support the casualty in the water whilst calling for help (approx 1 minute)</li> </ul>				
<p>Assessment 3</p> <p>Complete one of the Rescue assessments from the Bronze or Silver Core Element syllabi:</p> <ul style="list-style-type: none"> <li>• Shout and signal rescue: 8-10m</li> <li>• Throwing rescue: 8-10m</li> <li>• Rope rescue: 10-12m</li> </ul>				