

Bronze Sport

SYLLABUS

CORE SKILLS

- Review of Bronze Core Element

SPORTS SKILLS (CHAPTER 7)

- Headfirst surface dive
- Basic swimming turns
- Demonstrate the skill of clearing obstacles (both techniques)
- Rope throw rescue
- Speed line throw: 10m: 45 seconds
- Swimming underwater: 10m
- Backstroke manikin carry: 25m swim, 25m carry
- Sidestroke manikin carry: 25m swim, 25m carry
- Manikin tow: 25m tow: 1 minute*
- Free style swimming: 100m: 2 minutes

*Half filled manikin all skills and candidates

ASSESSMENT MATRIX

Assessment				
<p>Assessment 1</p> <p>Speed line throw: 10m: 45 seconds</p> <ul style="list-style-type: none"> • Start position • Coil technique • Throw technique • Pull in technique <ul style="list-style-type: none"> • Candidates may use the standard or sports coil, and either the underarm or overarm throw. Casualties may kick and streamline (head down) 				
<p>Assessment 2</p> <p>Freestyle swim with basic turns: 100m: 2 minutes</p> <ul style="list-style-type: none"> • Distance/time completed • Basic turn technique (grab turn) 				
<p>Assessment 3</p> <p>Underwater swimming: 25m+10m</p> <ul style="list-style-type: none"> • 25m freestyle • Basic turn (not returning to the surface) • 10m underwater 				
<p>Assessment 4</p> <p>Demonstrate clearing an obstacle</p> <ul style="list-style-type: none"> • Candidates must use both obstacle clearing techniques. 				
<p>Assessment 5</p> <p>Backstroke manikin carry: 2x25m</p> <ul style="list-style-type: none"> • 25m swim • Receive manikin from a handler* • 25m carry (manikin's face clear of the water) <p>* Half filled manikin for all candidates.</p>				

ASSESSMENT MATRIX

CONTINUED

Assessment				
<p>Assessment 6</p> <p>Sidestroke manikin carry: 2x25m</p> <ul style="list-style-type: none"> • 25m swim • Receive manikin from a handler* • 25m carry (manikin's face clear of the water) <p>* Half filled manikin for all candidates.</p>				
<p>Assessment 7</p> <p>Recover a brick from the pool floor</p> <ul style="list-style-type: none"> • 10m freestyle • Head first surface dive • Retrieve a brick from the pool floor (approx. 1.5m-2m) 				
<p>Assessment 8</p> <p>Manikin tow: 25m: 1 minute*</p> <ul style="list-style-type: none"> • Manikin remains secured • Manikin's face clear of the water • Distance completed <p>* Half filled manikin for all candidates.</p>				
<p>Assessment 9</p> <p>Front crawl manikin carry: 2x25m</p> <ul style="list-style-type: none"> • 25m swim • Receive manikin from handler • 25m carry (manikin's face clear of water) 				

Dive starts should not be used in the Bronze Sport Lifesaving Award Assessment.

Silver Sport

SYLLABUS

CORE SKILLS

- Bronze and Silver Core Element, and Bronze Sport Lifesaving Award

SPORT SKILLS (CHAPTERS 7)

- Tumble turn
- Manikin recovery: depth 1.5m
- Speed line throw: 12m: 45 seconds
- Swimming underwater: 15m
- Manikin carry: 25m carry: 1 minute 30 seconds*
- Manikin tow with fins: 25m swim, 25m tow: 1 minute 40 seconds (half filled manikin)
- Free style swimming: 200m: 4 minutes
- Fin swimming (front, side, dolphin): 2x25m

* Filled manikin for all candidates aged 15 years and over on the day of assessment. Half filled manikin for all candidates aged under 15 years on the day of assessment.

ASSESSMENT MATRIX

Assessment			
<p>Assessment 1</p> <p>Speed line throw: 12m: 45 seconds</p> <ul style="list-style-type: none"> - Start position - Coil technique - Throw technique - Pull in technique <p>• Candidates may use the standard or sports coil, and either the underarm or overarm throw. Casualties may kick and streamline (head down)</p>			
<p>Assessment 2</p> <p>Freestyle swim with tumble turns: 200m: 4 minutes</p> <ul style="list-style-type: none"> - Start in the water - Distance/time completed - Tumble turn technique 			
<p>Assessment 3</p> <p>Manikin carry: 25m: 1 minute 30 seconds*</p> <ul style="list-style-type: none"> - Start in the water (with the manikin) - 25m carry (manikin's face clear of water) <p>• Any of the recognised manikin carry techniques may be used</p>			
<p>Assessment 4</p> <p>Manikin tow with fins: 2x25m: 1 minute 40 seconds</p> <ul style="list-style-type: none"> - 25m freestyle - Receive manikin from a handler - 25m tow (manikin's face clear of the water) <p>• Half filled manikin for all candidates</p>			
<p>Assessment 5</p> <p>Recover a manikin from the pool floor</p> <ul style="list-style-type: none"> - 10m freestyle - Head first surface dive - Recover a manikin from the pool floor (approx. 1.5m but no more than 2.0m) 			

* Filled manikin for all candidates aged 15 years and over on the day of assessment. Half filled manikin for all candidates aged under 15 years on the day of assessment.

ASSESSMENT MATRIX

CONTINUED

Assessment				
Assessment 6 Underwater swimming: 25m swim + 15m underwater <ul style="list-style-type: none"> - 25m freestyle - Tumble turn (not returning to the surface) - 15m underwater 				
Assessment 7 Manikin tow with fins: 2x25m: 1 minute 40 seconds <ul style="list-style-type: none"> • 25m freestyle (with tube) • Receive manikin from a handler • 25m tow (manikin's face clear of the water) 				
Assessment 8 Fin Swimming: 2x25m Two different leg kicks demonstrated over 25m (selected by the Instructor) <ul style="list-style-type: none"> - Front crawl - Side - Dolphin kick 				

Dive starts may be used in the assessments if the candidate has completed the relevant sections of the RLSS UK Diving Competency Check List (unless otherwise indicated). Download a copy of the RLSS UK Diving Competency Check List and teaching guidance at www.rlss.org.uk.

Gold Sport

SYLLABUS

CORE SKILLS

- Bronze, Silver and Gold Core Element, and Bronze and Silver Sport Lifesaving Award

SPORTS SKILLS (CHAPTER 7)

- Tumble turn with fins
- Speed line throw: 12m: 30 seconds
- Manikin carry: 25m swim, 25m carry: 1 minute 20 seconds
- Rescue medley (event): 100m: 2 minutes 45 seconds
 - 50m freestyle
 - 17.5m underwater swim
 - Manikin recovery from pool floor
 - 32.5m manikin carry (approx.)*
- Manikin tow with fins (event): 100m: 2 minutes
 - 50m freestyle with fins and rescue tube
 - Clip manikin into the rescue tube
 - 50m manikin tow (approx.)*
- Super lifesaver (event): 200m: 5 minutes
 - 75m freestyle
 - Manikin recovery from pool floor
 - 25m manikin carry (approx.)
 - 50m freestyle with fins and rescue tube (approx.)
 - Clip manikin into the rescue tube
 - 50m manikin tow (approx.)*
- Manikin carry with fins (event): 100m: 2 minutes
 - 50m freestyle
 - Manikin recovery from pool floor
 - 50m carry*

* In accordance with the 'short course' rules, when completing the award in a 25m pool, candidates will not be judged on manikin criteria within 5 meters of the turning wall. This means that candidates may turn the manikin using their hands or another appropriate method and the manikins face may submerge.

ASSESSMENT MATRIX

Assessment				
<p>Assessment 1 Speed line throw: 12m: 30 seconds</p> <ul style="list-style-type: none"> • Start position • Coil technique • Throw technique • Pull in technique <p>• Candidates may use the standard or sports coil, and either the underarm or overarm throw. Casualties may kick and streamline (head down)</p>				
<p>Assessment 2 Manikin carry with fins: 2 minutes</p> <ul style="list-style-type: none"> • 50m freestyle swim with fins • Manikin recovery from pool floor • 50m carry <p>• Any carry method may be used • Candidates should fail if the manikin's face submerges*</p>				
<p>Assessment 3 Manikin carry: 25m swim, 25m carry: 1 minute 20 seconds</p> <ul style="list-style-type: none"> • 25m freestyle • Manikin recovery from pool floor • 25m manikin carry (front crawl) <p>• Filled manikin for all candidates • Candidates should fail if the manikin's face submerges*</p>				
<p>Assessment 4 Super lifesaver (event): 200m: 5 minutes</p> <ul style="list-style-type: none"> • 75m freestyle • Manikin recovery from pool floor (approx. 1.5m-2m) • 25m manikin carry (approx.) • 50m freestyle with fins and rescue tube (approx.) • Clip manikin into the rescue tube • 50m manikin tow (approx.)* <p>• Filled manikins from pool floor • Half filled manikins taken from handler for all candidates • Candidates should fail if the manikin's face occasionally submerges*</p>				

* In accordance with the 'short course' rules, candidates will not be judged on manikin criteria within 5 meters of the turning wall.

ASSESSMENT MATRIX

CONTINUED

Assessment				
<p>Assessment 5 Rescue medley (event): 100m: 2 minutes 45 seconds</p> <ul style="list-style-type: none"> • 50m freestyle • 17.5m underwater swim • Manikin recovery from pool floor • 32.5m manikin carry (approx.) <p>• Candidates should fail if the manikin's face occasionally submerges*</p>				
<p>Assessment 6 Manikin tow with fins (event): 100m: 2 minutes</p> <ul style="list-style-type: none"> • 50m freestyle with fins and rescue tube • Clip manikin into the rescue tube • Manikin's face clear of the water <p>• Candidates receive a half filled manikin from a handler before completing the full distance</p> <p>• Candidates should fail if manikin's face submerges*</p>				
<p>Assessment 7 Tumble turn with fins</p> <ul style="list-style-type: none"> • Two tumble turns with fins 				

* In accordance with the 'short course' rules, when completing the award in a 25m pool, candidates will not be judged on manikin criteria within 5 meters of the turning wall. This means that candidates may turn the manikin using their hands or another appropriate method and the manikin's face may submerge.

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SAFETY NOTICE – RLSS UK is committed to supporting activity in line with the principles of Long Term Athletic Development. Some of the competencies within the Gold Sport Award are restricted, in competition, to athletes of 15 years and over.

The Gold Sport Award is a development tool to mature and improve sporting activity. Instructions should only allow candidates under the age of 15 years to attempt the Gold Award when they are physically mature and carefully trained in the skills required.