

# Bronze Stillwater

## SYLLABUS

### CORE SKILLS

- Review of Bronze Core Element

### LIFE SUPPORT

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- Review and ongoing practice of CPR skills

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

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- Inland Water Sites
  - Rivers and Estuaries
  - Quarry Pools
  - Canals and Locks
  - Floods

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

- Survival Swim: 5 minutes continuous swimming (clothed)
- Defensive 'feet up' position

### RESCUE (CHAPTER 5)

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- 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"> <li>• Rivers and estuaries</li> <li>• Quarry pools</li> <li>• Canals and locks</li> <li>• Floods</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 subject.

Self Rescue and Survival				
Assessment 1 <ul style="list-style-type: none"> <li>• Survival Swim: 5 minutes (continuous front crawl or breaststroke)</li> </ul>				
Assessment 2 <ul style="list-style-type: none"> <li>• Demonstrate the defensive 'feet up' position for 10 seconds</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 Bronze 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 bank/shore.</li> </ul>				
<p>Assessment 1</p> <p>Throwing rescue</p> <p>10-15m, 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>Reaching rescue</p> <p>2-4m, non-panicking casualty</p> <ul style="list-style-type: none"> <li>• Use of the Emergency Action Model</li> <li>• Rescue</li> </ul>				
<p>Assessment 3</p> <p>Wading 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 4</p> <p>Initiative rescue</p> <p>2 casualties, non-panicking or panicking</p> <ul style="list-style-type: none"> <li>• Use of the Emergency Action Model</li> <li>• Rescue</li> </ul>				

# Silver Stillwater

## SYLLABUS

### CORE SKILLS

- Review of Bronze and Silver Core Element, and Bronze Stillwater Award

### LIFE SUPPORT

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- Review and ongoing practice of CPR skills

### HAZARD AWARENESS & SAFETY

#### (CHAPTERS 1 AND 2)

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- Inland Water Sites
  - Water speed and water force
    - Weir hydraulics
  - Lakes and reservoirs
    - Dams

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

- Survival Swim: 10 minutes continuous swimming (clothed)

### RESCUE (Chapter 5)

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- 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

# ASSESSMENT MATRIX

Assessment of Theory			
Answer two questions on each of the following subjects: <ul style="list-style-type: none"> <li>• Water speed and water forces</li> <li>• Weir hydraulics</li> <li>• Lakes and reservoirs</li> <li>• Dams</li> </ul>			
Answer two questions from the Bronze Stillwater Award syllabus: <ul style="list-style-type: none"> <li>• Rivers and Estuaries</li> <li>• Quarry Pools</li> <li>• Canals and Locks</li> <li>• Floods</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.

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

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

Rescue			
<ul style="list-style-type: none"> <li>• Candidates must complete two assessments from A-D (selected by the Instructor), and must complete assessments E and F.</li> <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 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>			

# 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"> <li>• Use of the Emergency Action Model</li> <li>• Rescue</li> <li>• Landing the casualty</li> <li>• Aftercare</li> </ul>				
<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"> <li>• Use of the Emergency Action Model</li> <li>• Rescue</li> <li>• Landing the casualty</li> <li>• Aftercare</li> </ul>				
<p>Assessment C</p> <p>Clothing Tow Rescue</p> <p>25m 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>• Landing the casualty</li> <li>• Aftercare</li> </ul>				
<p>Assessment D</p> <p>Support Tow Rescue</p> <p>25m 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>• Landing the casualty</li> <li>• Aftercare</li> </ul>				
<p>Assessment E</p> <p>Initiative Rescue</p> <p>3 casualties, non-panicking or panicking casualties</p> <ul style="list-style-type: none"> <li>• Use of the Emergency Action Model</li> <li>• Rescue</li> <li>• Landing the casualties</li> <li>• Aftercare</li> </ul>				
<p>Assessment F</p> <p>Complete one of the Rescue assessments from the Bronze Stillwater Award syllabus (selected by the Instructor):</p> <ul style="list-style-type: none"> <li>• Throwing rescue: 10-15m</li> <li>• Reaching rescue: 2-4m</li> <li>• Wading rescue: 8-10m</li> </ul>				

# Gold Stillwater

## SYLLABUS

### CORE SKILLS

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

### LIFE SUPPORT

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- Review and ongoing practice of CPR skills

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

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- Inland Water Sites
  - Rivers and estuaries
  - Quarry pools
  - Canals and locks
    - Floods
  - Water speed and water forces
  - Weir hydraulics
  - Lakes and reservoirs
    - Dams

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

- Survival Swim: 15 minutes continuous swimming (clothed)

### RESCUE (CHAPTER 5)

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- 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 three questions on each of the following subjects: <ul style="list-style-type: none"> <li>• Rivers and estuaries</li> <li>• Quarry pools</li> <li>• Canals and locks</li> <li>• Floods</li> <li>• Water speed and water forces</li> <li>• Weir hydraulics</li> <li>• Lakes and reservoirs</li> <li>• Dams</li> </ul>				

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"> <li>• Survival Swim: 15 minutes (continuous front crawl or breaststroke)</li> </ul>				

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"> <li>• Candidates must complete two assessments from A-D (selected by the Instructor), and must complete assessments E and F.</li> <li>• 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.</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 A</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>• In water assessment and simulated rescue breathing for 1 minute (whilst waiting for assistance to land the casualty)</li> <li>• Landing the casualty</li> <li>• Aftercare</li> </ul>				
<p>Assessment B</p> <p>Chin 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>• In water assessment and simulated rescue breathing for 1 minute (whilst waiting for assistance to land the casualty)</li> <li>• Landing the casualty</li> <li>• Aftercare</li> </ul>				
<p>Assessment C</p> <p>Cross-chest 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>• In water assessment and simulated rescue breathing for 1 minute (whilst waiting for assistance to land the casualty)</li> <li>• Landing the casualty</li> <li>• Aftercare</li> </ul>				

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