



LIFESAVING AWARDS
QUICK REFERENCE
'MUST SEE' GUIDE



BRONZE



ROYAL LIFE SAVING
AUSTRALIA

An initiative of Royal Life Saving

think. act. save.

Version No.2
Issue date: October 2019

LIFESAVING AWARDS

QUICK REFERENCE 'MUST SEE' GUIDE

ASSESSMENT GUIDELINES

This Quick Reference 'Must See' Guide provides guidelines for assessment to ensure that all candidates are submitted to the same test irrespective of when and where the examination takes place. Consistent and fair judgement should be made for all assessments on candidates' performance for lifesaving awards.

Award item

This outlines the skill or skills that a candidate will learn and be assessed against to achieve a particular lifesaving award.

Must see

Criteria for the performance of each award item is outlined in the must see column. Candidates that have exhibited all of the must see criteria are considered to have satisfied the requirements of the award item.

Instructor assessed items

These items may be assessed by the Instructor in advance of the Royal Life Saving Examiner's attendance. If the Examiner has any doubt about the ability of the candidate, these items may be reassessed at the Examiner's discretion.

These are indicated in the award conditions by an (I)

Examiner assessed items

These items must be assessed by the Royal Life Saving Examiner. Examiners are permitted to examine as many test items as they consider necessary to determine the ability of the candidate.

These are indicated in the award conditions by an (E)

DRY RESCUE

ASSESSMENT CRITERIA

STRAND	AWARD ITEM	MUST SEE
THEORY (I)	1. Answer questions on: <ul style="list-style-type: none"> • safe water practices • self-preservation in rescues • recognising an emergency. 	<ul style="list-style-type: none"> • Understanding of basic principles.
REACH RESCUE (I)	2. A person is in difficulty within a short distance of safety. Demonstrate a reach rescue using each of the following: <p>2.1. a length of wood or branch</p> <p>2.2. two articles of clothing tied together.</p> <p>Secure the person rescued to a point of safety following each rescue.</p>	<ul style="list-style-type: none"> • reassurance to the person • clear instructions • consideration of self-preservation • effective use of the aids • effective rescue of person to safety on each occasion • person secured at the point of safety on each occasion.
THROW WEIGHTED ROPE (I)	3. A weak swimmer is in difficulty 8 metres from safety. <ul style="list-style-type: none"> • Perform a throwing rescue using a weighted rope. • Instruct the person on how to leave the water. 	<ul style="list-style-type: none"> • reassurance to the person • clear instructions • consideration of self-preservation • effective use of the weighted rope • steady haul to safety • person has left the water safely.
THROW UNWEIGHTED ROPE (I)	4. A weak swimmer is in difficulty 6 metres from safety. <ul style="list-style-type: none"> • Perform a throwing rescue using an unweighted rope. • Instruct the person on how to leave the water. 	<ul style="list-style-type: none"> • reassurance to the person • clear instructions • consideration of self-preservation • effective use of the unweighted rope • steady haul to safety • person has left the water safely.
THROW BUOYANT AID (I)	5. A weak swimmer is in difficulty 5 metres from safety. <ul style="list-style-type: none"> • Throw three different buoyant aids to that person and, on each occasion, instruct the person on how to use the aid to reach safety. 	<ul style="list-style-type: none"> • reassurance to the person • clear instructions • consideration of self-preservation • accurate throws of buoyant aids • appropriate instructions on how to use the aid to self-rescue.
INITIATIVE (I)	6. Demonstrate initiative in effecting a rescue of a person who is not more than 5 metres from safety. <p>The assessor will specify:</p> <ul style="list-style-type: none"> • whether the person is injured or a weak swimmer • four rescue aids (buoyant and non-buoyant) • the distance the person is from safety • that the rescuer must not enter the water. <p>On completing this test, the candidate may be asked to explain the reasons for the actions taken.</p>	<ul style="list-style-type: none"> • quick and accurate recognition and assessment • reassurance to the person in difficulty • effective instructions • consideration of self-preservation (including not entering the water) • appropriate choice and use of aids • effective rescue of person to safety • safely secured and after care provided • sensible justification of actions.

WADE RESCUE

ASSESSMENT CRITERIA

STRAND	AWARD ITEM	MUST SEE
THEORY (I)	<p>1. Answer questions on:</p> <ul style="list-style-type: none"> • safe water practices • how to survive in the water • self-preservation in rescues • recognising an emergency • DRSABCD. 	<ul style="list-style-type: none"> • Understanding of basic principles.
RESUSCITATION AWARENESS (I)	<p>2. Demonstrate:</p> <p>2.1. checking for dangers</p> <p>2.2. assessing unconsciousness</p> <p>2.3. clearing and opening the airway</p> <p>2.4. checking for breathing</p> <p>2.5. positioning the casualty for CPR</p> <p>2.6. mouth-to-mouth rescue breathing</p> <p>2.7. chest compression.</p> <p>Where possible test item 2.6 should be performed on a manikin.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • check for dangers and take appropriate action – identify, remove or eliminate • squeeze and shout • send for help • check airway, clear and open • check breathing – look, listen and feel • head tilt/chin lift • effective simulated mouth-to-mouth rescue breathing • location of compression point • effective compression technique with appropriate depth.
REACH RESCUE (I)	<p>3. A person is in difficulty 2 metres from safety.</p> <ul style="list-style-type: none"> • Demonstrate a reach rescue using an aid specified by the assessor. • Secure the person at a point of safety. 	<ul style="list-style-type: none"> • reassurance to the person • clear instructions • consideration of self-preservation • effective use of the aid • effective rescue of person to safety • person secured at the point of safety.
THROW UNWEIGHTED ROPE (I)	<p>4. A weak swimmer is in difficulty 8 metres from safety.</p> <ul style="list-style-type: none"> • Perform a throwing rescue using an unweighted rope. • Return the person to safety 	<ul style="list-style-type: none"> • reassurance to the person • clear instructions • consideration of self-preservation • effective use of the unweighted rope • steady haul to safety • person secured at the point of safety.
WADE BUOYANT AID RESCUE (I)	<p>5. A person is in difficulty 10 metres from safety. Using a buoyant aid selected by the assessor:</p> <p>5.1. slide in</p> <p>5.2. wade 5 metres</p> <p>5.3. throw the aid to the person</p> <p>5.4. instruct the person on how to use the aid</p> <p>5.5. accompany the person to safety.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • reassurance to the person • clear instructions • consideration of self-preservation • safe slide in entry and wade out • accurate throw of buoyant aid • appropriate instructions on how to use the aid to self-rescue • safely accompany to person to safety.

WADE RIGID AID RESCUE (I)	<p>6. A person is in difficulty 8 metres from safety. Using a rigid aid selected by the assessor:</p> <p>6.1. enter the water as for unknown conditions</p> <p>6.2. wade and offer the aid to the person</p> <p>6.3. pull the person to a safe position</p> <p>6.4. instruct the person on how to leave the water.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • reassurance to the person • clear instructions • consideration of self-preservation • effective and safe entry for the environment • effective use of the rigid aid • person is pulled using the rigid aid to safety • person has left the water safely.
INITIATIVE (I)	<p>7. Demonstrate initiative in effecting a rescue of a person who is no more than 8 metres from safety.</p> <p>The assessor will specify:</p> <ul style="list-style-type: none"> • whether the person is injured or a weak swimmer • four rescue aids • the distance the person is from safety. <p>The candidate must not come in contact with the person and when the water is entered, only wading rescues will be permitted.</p> <p>On completing this test, the candidate may be asked to explain the reasons for the actions taken.</p>	<ul style="list-style-type: none"> • quick and accurate recognition and assessment • reassurance to the person in difficulty • effective instructions • consideration of self-preservation (including not coming in contact with casualty) • appropriate choice and use of aids • effective rescue of person to safety (wade if water entered) • safely secured and after care provided • sensible justification of actions.
SWIM(I)	<p>8. Swim continuously for 5 minutes covering at least 100 metres.</p>	<ul style="list-style-type: none"> • continuous swim • distance achieved • amount of time achieved.
TREAD WATER (I)	<p>9. Tread water using the arms for 1 minute.</p>	<ul style="list-style-type: none"> • effective treading water using arms • head kept above water surface • amount of time achieved.
SURFACE DIVE (I)	<p>10. In a single surface dive, collect two of six objects placed in a 2-metre by 2-metre area in water 1.2 metres deep.</p>	<ul style="list-style-type: none"> • efficient head-first or feet-first surface dive • recovery of two objects in one surface dive.

ACCOMPANIED RESCUE

ASSESSMENT CRITERIA

STRAND	AWARD ITEM	MUST SEE
THEORY (I)	<p>1. Answer questions on:</p> <ul style="list-style-type: none"> • safe water practices • how to survive in the water • self-preservation in rescues • recognising an emergency • assessment before a rescue • priorities for rescue • DRSABCD. 	An understanding of the principles of water safety.
RESUSCITATION AWARENESS (I)	<p>2. Demonstrate:</p> <p>2.1. checking for dangers</p> <p>2.2. assessing unconsciousness</p> <p>2.3. clearing and opening the airway</p> <p>2.4. checking for breathing</p> <p>2.5. positioning the casualty for CPR</p> <p>2.6. mouth-to-mouth rescue breathing</p> <p>2.7. mouth-to-nose rescue breathing</p> <p>2.8. chest compression</p> <p>2.9. the appropriate action for a casualty who vomits or regurgitates</p> <p>2.10. the recovery position.</p> <p>Where possible test items 2.6 and 2.7 should be performed on a manikin.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • check for dangers and take appropriate action – identify, remove or eliminate • squeeze and shout • send for help • check airway, clear and open • check breathing – look, listen and feel • head tilt/chin lift • effective simulated mouth-to-mouth rescue breathing • effective simulated mouth-to-nose rescue breathing • location of compression point • effective compression technique with appropriate depth • correct recovery position with mouth angled downwards for casualty that vomits or regurgitates • clear casualty's mouth • correct method of placing casualty in recovery position.
GETTING HELP (I)	<p>3. Demonstrate and explain procedures for getting help and contacting emergency services in the local area.</p>	<ul style="list-style-type: none"> • understanding of who, how and where they can get help • explanation of procedures for contacting emergency services • demonstrate (role play) how to phone Triple Zero (000).
THROW BUOYANT AID (I)	<p>4. A person is in difficulty 6 metres from safety. Demonstrate a throwing rescue using a buoyant aid selected by the assessor.</p>	<ul style="list-style-type: none"> • reassurance to the person • clear instructions • consideration of self-preservation • accurate throw of buoyant aid • appropriate instructions on how to use the aid to self-rescue.
THROW WEIGHTED ROPE (I)	<p>5. A weak swimmer is in difficulty 10 metres from safety.</p> <ul style="list-style-type: none"> • Perform a throw rescue using a weighted rope. • Secure the person at a point of safety. 	<ul style="list-style-type: none"> • reassurance to the person • clear instructions • consideration of self-preservation • effective use of the weighted rope • steady haul to safety • person secured at the point of safety.

WADE AND RESUSCITATION (I)	<p>6. An unconscious and non-breathing person (non-spinal) is in water of waist depth 5-8 metres from safety. The candidate should:</p> <p>6.1. slide in 6.2. wade as for unknown conditions 6.3. turn the person over 6.4. check for breathing 6.5. simulate rescue breathing while wading to safety.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • safe slide in entry • feet or an aid feel for unseen obstacles • effective turning of the person to face-up position • assessment of respiratory failure • correct technique for simulated rescue breathing • wading to safety while providing rescue breathing.
WADE RESCUE (I)	<p>7. A person is in difficulty 8 metres from safety. Using a rigid aid selected by the assessor:</p> <p>7.1. enter the water and wade as for unknown conditions 7.2. offer the aid to the person 7.3. pull the person to safety 7.4. assist the person out of the water using a stirrup lift.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • reassurance to the person • clear instructions • consideration of self-preservation • effective and safe entry for the environment • effective use of the rigid aid • person is pulled using the rigid aid to safety • safe stirrup lift.
DEFENSIVE TECHNIQUES (I)	<p>8. Demonstrate:</p> <p>8.1. a defensive position 8.2. a reverse action.</p>	<ul style="list-style-type: none"> • maintaining a safe distance from a person in difficulty • correct adoption of defensive position • rapid reverse with vigorous kicking action.
ACCOMPANIED RESCUE (I)	<p>9. A person is in difficulty 15 metres from safety. With a flotation aid:</p> <p>9.1. enter the water maintaining visual contact with the person 9.2. wade and/or swim and, keeping a safe distance, pass the aid to the person 9.3. accompany the person to safety 9.4. instruct the person on how to leave the water.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • reassurance to the person in difficulty • effective instructions • consideration of self-preservation • effective and safe entry with buoyant aid for the environment • constant observation of person • safe wading and swim approach • accurate pass of flotation aid • person accompanied to safety • person has left the water safely.
UNDERWATER SEARCH (I)	<p>10. Demonstrate an individual search pattern in shallow water.</p>	<ul style="list-style-type: none"> • consideration of self-preservation • wade in lines parallel to shore, moving closer to the shore • methodical coverage of area.
SURFACE DIVE (I)	<p>11. 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.</p>	<ul style="list-style-type: none"> • efficient head-first or feet-first surface dive • recovery of three objects in one surface dive.

<p>INITIATIVE (I)</p>	<p>12. 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"> • specify whether the person is injured (non-spinal), unconscious or a weak swimmer • specify the distance the person is from safety • ensure that four rescue aids (buoyant and non-buoyant) are available. <p>The candidate may enter the water but must not come in contact with the person unless the person is unconscious and in shallow water.</p> <p>On completing this test, the candidate may be asked to explain the reasons for the actions taken.</p>	<ul style="list-style-type: none"> • quick and accurate recognition and assessment • reassurance to the person in difficulty if applicable • effective instructions if applicable • consideration of self-preservation preservation (including not coming in contact with casualty unless unconscious) • appropriate choice and use of aids • effective rescue of person to safety • safely secured and after care provided • sensible justification of actions.
<p>SWIM (I)</p>	<p>13. Dressed in swimwear, shorts and t-shirt:</p> <p>13.1. float and tread water for 1 minute, waving intermittently as if signalling for help</p> <p>13.2. swim 200 metres using any recognised strokes(s).</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • efficient floating and treading water • wave and shout for help intermittently • amount of time achieved • distance achieved.

BRONZE STAR

ASSESSMENT CRITERIA

STRAND	AWARD ITEM	MUST SEE
THEORY (I)	<p>1. Answer questions on:</p> <ul style="list-style-type: none"> • safe water practices • how to survive in the water • self-preservation in rescues • recognising an emergency • assessment before and during a rescue • priorities for rescue • treatment for shock • elementary after care • getting help • contacting emergency services • DRSABCD. 	<ul style="list-style-type: none"> • A knowledge and understanding of the principles of water safety.
RESUSCITATION AWARENESS (I)	<p>2. Demonstrate:</p> <p>2.1. checking for dangers</p> <p>2.2. assessing unconsciousness</p> <p>2.3. opening and clearing the airway</p> <p>2.4. checking for breathing</p> <p>2.5. positioning the casualty for CPR</p> <p>2.6. mouth-to-mouth rescue breathing</p> <p>2.7. mouth-to-nose rescue breathing</p> <p>2.8. chest compression</p> <p>2.9. the appropriate action for a casualty who vomits or regurgitates</p> <p>2.10. the appropriate action if an airway blockage is apparent</p> <p>2.11. the recovery position.</p> <p>Where possible test items 2.6, 2.7 and 2.8 should be performed on a manikin.</p>	<ul style="list-style-type: none"> • check for dangers and take appropriate action – identify, remove or eliminate • squeeze and shout • send for help • check airway, clear and open • check breathing – look, listen and feel • head tilt/chin lift • effective simulated mouth-to-mouth rescue breathing • effective simulated mouth-to-nose rescue breathing • location of compression point • effective compression technique with appropriate depth. • correct recovery position with mouth angled downwards for casualty that vomits or regurgitates • clear casualty's mouth • correct method of placing casualty in recovery position.
THROW RESCUE (I)	<p>3. A person is in difficulty 6 metres from safety.</p> <ul style="list-style-type: none"> • Effect a throwing rescue using a lifejacket as a buoyant aid. 	<ul style="list-style-type: none"> • reassurance to the casualty • clear instruction • consideration of self-preservation • effective use of the aid.
THROW UNWEIGHTED ROPE (I)	<p>4. A person is in difficulty 10 metres from safety.</p> <ul style="list-style-type: none"> • Perform a throwing rescue using an unweighted rope. • Secure the person at a point of safety. 	<ul style="list-style-type: none"> • reassurance to the casualty • clear instruction • consideration of self-preservation • effective use of the unweighted rope • steady haul to safety • person secured at the point of safety.

RESCUE AND RESUSCITATION (I)	<p>5. An unconscious and non-breathing person is floating face-down in deep water. The candidate should:</p> <p>5.1. enter the water and swim to the person</p> <p>5.2. turn the person over and tow 10 metres to shallow water</p> <p>5.3. call for assistance</p> <p>5.4. commence rescue breathing while wading to safety.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • check for danger and safe water entry • effective turning of the person to face-up position • use of appropriate tow for unconscious casualty • effective tow for the distance of 10 metres • clear instructions to bystanders for assistance and to call emergency services • assessment of respiratory failure • correct technique for simulated rescue breathing • wading to safety while providing rescue breathing.
ACCOMPANIED RESCUE (I)	<p>6. A person is in difficulty 15 metres from safety. With a flotation aid:</p> <p>6.1. enter the water as for unknown conditions</p> <p>6.2. wade and swim to the person</p> <p>6.3. pass the aid to the person</p> <p>6.4. instruct in the use the aid</p> <p>6.5. accompany the person to safety</p> <p>6.6. secure the person at a point of safety.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • reassurance to the person in difficulty • effective instructions • consideration of self-preservation • effective and safe entry for the environment • safe wading and swim approach • accurate pass/throw of flotation aid • person accompanied to safety • person secured at the point of safety.
DEFENSIVE TECHNIQUES (I)	<p>7. Demonstrate the following:</p> <p>7.1. defensive position</p> <p>7.2. a reverse</p> <p>7.3. a leg block.</p>	<ul style="list-style-type: none"> • maintaining a safe distance from a person in difficulty • correct adoption of defensive position • rapid reverse with vigorous kicking action • an effective leg block.
TOW (I)	<p>8. A weak swimmer is in difficulty in deep water 20 metres from safety. With a non-rigid towing aid selected by the assessor:</p> <p>8.1. enter deep water using a stride entry or compact jump</p> <p>8.2. swim to the person and adopt a defensive position</p> <p>8.3. offer the aid to the person and tow to safety</p> <p>8.4. assist the person out of the water using a stirrup lift.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • reassurance to the person in difficulty • effective instructions • consideration of self-preservation • constant observation of the casualty • stride entry or compact jump • safe swim approach • adoption of defensive position • effective use of a non-rigid aid • efficient tow to safety • safe stirrup lift.
SURFACE DIVE (I)	<p>9. Demonstrate a head-first and a feet-first surface dive in deep water. On each occasion collect an object from the bottom.</p>	<ul style="list-style-type: none"> • effective head-first surface dive with minimal splash • effective feet-first surface dive with minimal splash • searching with hands to find object • recovery of an object with each dive.

UNDERWATER SEARCH (I)	10. Demonstrate a search pattern in deep water.	<ul style="list-style-type: none"> • effective head-first or feet-first surface dive • demonstrate a series of surface dives using backing up technique • searching with hands at the bottom surface • methodical coverage of area.
INITIATIVE (I)	<p>11. Demonstrate initiative in effecting a rescue of a person in difficulty who is no more than 15 metres from safety.</p> <p>The assessor will:</p> <ul style="list-style-type: none"> • specify whether the person is injured, unconscious or a weak swimmer • specify the distance the person is from safety • ensure that three to five rescue aids are available. <p>On completing this test, the candidate may be asked to explain the reasons for the actions taken.</p>	<ul style="list-style-type: none"> • quick and accurate recognition and assessment • reassurance to the person in difficulty if applicable • effective instructions if applicable • consideration of self-preservation • appropriate choice and use of aids • actions do not further endanger the casualty • effective rescue of person to safety • safely secured and after care provided • sensible justification of actions.
SURVIVAL SKILLS (I)	<p>12. Dressed in swimwear, trousers and a long-sleeved shirt:</p> <p>12.1. float using hand sculling movements for 1 minute and then tread water for 1 minute waving intermittently as if signalling for help</p> <p>12.2. put on a lifejacket in deep water and swim 50 metres</p> <p>12.3. demonstrate the HELP position</p> <p>12.4. climb out of the water.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • effective floating for 1 minute using hand sculling movement • effective treading water for 1 minute • arm extended above head and waving to signal for help • correct fitting of lifejacket • distance of 50 metres achieved • demonstration of correct HELP technique • climb out of the water safely.
SWIM (I)	<p>13. Dressed in swimwear, swim continuously 300 metres:</p> <p>13.1. 100 metres freestyle</p> <p>13.2. 100 metres sidestroke</p> <p>13.3. 100 metres breaststroke</p> <p>The target time for the swim is 10 minutes.</p>	<ul style="list-style-type: none"> • continuous swim • distance achieved • recognised freestyle • survival strokes must be performed with underwater arm recovery and any effective leg action is permissible.

BRONZE MEDALLION

ASSESSMENT CRITERIA

STRAND	AWARD ITEM	MUST SEE
THEORY (I)	<p>1. Answer questions requiring an understanding of:</p> <ul style="list-style-type: none"> • safe water practices • survival in the water • self-preservation • recognising an emergency • assessment before and during a rescue • priorities for rescue • acceptance of responsibility • use of bystanders • emergency care • emergency services available • DRSABCD. 	<ul style="list-style-type: none"> • A sound knowledge and understanding of the principles of water safety.
RESUSCITATION (E)	<p>2. Answer questions on:</p> <ul style="list-style-type: none"> • DRSABCD • the techniques of CPR, including modifications for infants • emergency care of people suffering from shock, choking and bleeding • the use of bystanders and how to contact emergency services. <p>Demonstrate initiative in dealing with a non-breathing person.</p> <ul style="list-style-type: none"> • checking for dangers and taking appropriate action • assessing unconsciousness • opening and clearing the airway • checking for breathing • positioning the casualty for CPR • performing simulated rescue breathing • locating the compression point for chest compressions • demonstrating the appropriate action for a casualty who vomits or regurgitates • placing the casualty in the recovery position. <p>Demonstrate one of the following on a manikin, as selected by the examiner:</p> <ul style="list-style-type: none"> • mouth-to-mouth rescue breathing • mouth-to-nose rescue breathing. <p>Demonstrate on a manikin:</p> <ul style="list-style-type: none"> • one-operator CPR • two-operator CPR. 	<ul style="list-style-type: none"> • A sound knowledge and understanding of the principles of resuscitation and emergency care. • check for dangers and take appropriate action – identify, remove or eliminate • squeeze and shout • send for help • check airway, clear and open • check breathing – look, listen and feel • head tilt/chin lift • effective simulated rescue breathing • location of compression point • correct recovery position with mouth angled downwards for casualty that vomits or regurgitates • clear casualty's mouth • correct method of placing casualty in recovery position. • head tilt /chin lift • effective rescue breathing. • effective CPR using one-operator and two-operators. <p>Practical skills must be performed on a manikin.</p>

REACH RESCUE (I)	<p>3. A non-swimmer is in difficulty 2 metres from safety.</p> <ul style="list-style-type: none"> • Demonstrate a reach rescue using an aid specified by the assessor. • Secure the person at a point of safety. 	<ul style="list-style-type: none"> • reassurance to the casualty • clear instruction • consideration of self-preservation (secure position, lying on the ground) • effective use of the aid • non-swimmer is brought to safety • non-swimmer secured at the point of safety.
THROW UNWEIGHTED ROPE (I)	<p>4. A person is in difficulty 10 metres from safety.</p> <ul style="list-style-type: none"> • Perform a throwing rescue using an unweighted rope. • Secure the person at a point of safety. <p>A time limit of 30 seconds will apply from the start until the person grasps the rope.</p>	<ul style="list-style-type: none"> • reassurance to the casualty • clear instruction • consideration of self-preservation • effective use of the unweighted rope • steady haul to safety • person secured at the point of safety • time limit achieved.
TIMED TOW (I)	<p>5. An unconscious, breathing person is 50 metres from safety.</p> <ul style="list-style-type: none"> • Enter the water, swim a 50 metre approach and tow the person 50 metres to safety. <p>The candidate will commence the rescue wearing swimwear, trousers and a long-sleeved shirt, any of which may be discarded as desired.</p> <p>The time for this test should not exceed 3 minutes and 15 seconds from the starting signal until the completion of the tow.</p>	<ul style="list-style-type: none"> • safe and appropriate entry for the environment • constant observation of the unconscious person • 50 metre swim approach • effective 50 metre tow to safety • time limit achieved.
SWIM (I)	<p>6. Dressed in swimwear, swim continuously 400 metres:</p> <p>6.1. 100 metres freestyle</p> <p>6.2. 100 metres survival backstroke</p> <p>6.3. 100 metres sidestroke</p> <p>6.4. 100 metres breaststroke</p> <p>The total time for the swim should not exceed 13 minutes.</p>	<ul style="list-style-type: none"> • continuous swim • distance achieved • time limit achieved • recognised freestyle • survival strokes must be performed with underwater arm recovery and any effective leg action is permissible.
SURVIVAL SKILLS (I)	<p>7. Dressed in swimwear, trousers and a long-sleeved shirt:</p> <p>7.1. float using hand sculling movements for 1 minute and then tread water for 1 minute</p> <p>7.2. put on a lifejacket (PFD) in deep water and swim 50 metres</p> <p>7.3. demonstrate the HELP position</p> <p>7.4. climb out wearing the lifejacket (PFD).</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • effective floating for 1 minute using hand sculling movement • effective treading water for 1 minute • correct fitting of lifejacket (PFD) • distance of 50 metres achieved • demonstration of correct HELP technique • climb out of the water safely.

ACCOMPANIED RESCUE (I)	<p>8. A weak swimmer is in difficulty 12 metres from safety:</p> <p>8.1. with a flotation aid, enter the water as for unknown conditions</p> <p>8.2. wade 5 to 8 metres</p> <p>8.3. throw the aid to the person</p> <p>8.4. instruct the person on how to use the aid</p> <p>8.5. accompany the person to safety</p> <p>8.6. instruct the person on how to leave the water safely.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • reassurance to the person in difficulty • effective instructions • consideration of self-preservation • effective and safe entry for the environment • safe wading for a distance of 5 to 8 metres • accurate throw of flotation aid • person accompanied to safety • safe exit out of the water.
TOW (I)	<p>9. A weak or injured swimmer is in difficulty in deep water 25 metres from safety:</p> <p>9.1. swim to the person, demonstrating appropriate precautions</p> <p>9.2. while returning to safety using an appropriate non-contact tow, demonstrate a method of coping with a struggling person</p> <p>9.3. land the person using a suitable method</p> <p>9.4. the assessor will decide what aids are available.</p> <p>The components for the award item must be performed in the sequence listed.</p>	<ul style="list-style-type: none"> • reassurance to the person in difficulty • effective instructions • consideration of self-preservation • constant observation of the casualty • adoption of defensive position • effective non-contact tow • effective handling of the struggling casualty during the tow • safe and suitable method of landing.
SPINAL INJURY (E)	<p>10. Apply the vice grip to immobilise a spinal injury to the neck and then wade with the casualty for 5 metres. Summon assistance.</p>	<ul style="list-style-type: none"> • demonstration of correct technique for vice grip • effective immobilisation of head and neck • smooth turnover and minimal unnecessary motion • safe wading for a distance of 5 metres • clear instructions to bystanders for assistance and to call emergency services.
DEFENSIVE TECHNIQUES (I)	<p>11. Dressed in swimwear, trousers and a long-sleeved shirt, perform two of the following in deep water:</p> <p>11.1. defensive position</p> <p>11.2. a reverse</p> <p>11.3. a leg block</p> <p>11.4. a block using an aid.</p>	<ul style="list-style-type: none"> • maintaining a safe distance from a person in difficulty • correct adoption of defensive position • rapid reverse with vigorous kicking action • an effective leg block • an effective use of an aid to block.
SEARCH AND RESCUE (I)	<p>12. Demonstrate a search pattern in approximately 2 metres of water, submerging head-first or feet-first as specified by the instructor. Recover an object from the bottom.</p>	<ul style="list-style-type: none"> • effective head-first or feet-first surface dive • demonstrate a series of surface dives using backing-up technique • searching with hands at required depth • methodical coverage of area • recovery of object.

<p>RECOVER AND RESUSCITATE (E)</p>	<p>13. Recover a person simulating unconsciousness from approximately 2 metres depth and tow 10 metres to shallow water or to safety.</p> <p>Assume it is not possible to remove the person from the water until assistance arrives. Assess for respiratory failure and demonstrate rescue breathing for 1 minute. Once assistance has arrived, land the person and assess DRSABCD. Assume breathing is now present and then place them in the recovery position.</p>	<ul style="list-style-type: none"> • check for danger and safe water entry • recovery of the person from 2 metres • use of appropriate tow for unconscious casualty • effective tow for the distance of 10 metres • assessment of respiratory failure • correct technique for simulated rescue breathing for a period of 1 minute • clear instructions to bystanders for assistance and to call emergency services • safe landing of the person • assessment of DRSABCD • correct placement in recovery position and continued monitoring.
<p>INITIATIVE (E)</p>	<p>14. Demonstrate initiative in effecting a rescue of two people who are in difficulty up to 15 metres from safety and whose conditions are not revealed.</p> <p>The examiner will ensure that up to five rescue aids will be available.</p> <p>The examiner will brief the subjects on the roles to be simulated from the following:</p> <ul style="list-style-type: none"> • non-swimmer • weak swimmer • injured swimmer • person with a suspected spinal injury in shallow water • unconscious person. <p>On completing this test, the candidate will explain the reasons for the actions taken.</p>	<ul style="list-style-type: none"> • quick and accurate recognition and assessment • reassurance to the persons in difficulty if applicable • effective instructions if applicable • consideration of self-preservation • appropriate choice and use of aids • actions do not further endanger the casualties • effective rescue of persons to safety • safely secured and after care provided • sensible justification of actions.

BRONZE CROSS

ASSESSMENT CRITERIA

STRAND	AWARD ITEM	MUST SEE
THEORY (I)	<p>1. Answer questions requiring an understanding of:</p> <ul style="list-style-type: none"> • safe water practices • survival in the water • self-preservation in rescues • recognising an emergency • assessment before and during a rescue • priorities for rescue • acceptance of responsibility • use of bystanders • emergency care • emergency services available • DRSABCD. 	<ul style="list-style-type: none"> • a thorough understanding of the principles of water safety • application of knowledge in performance of skills.
RESUSCITATION (E)	<p>2. Answer questions on:</p> <ul style="list-style-type: none"> • DRSABCD • the techniques of CPR, including modifications for infants • emergency care of people suffering from shock, choking and bleeding • the use of bystanders and how to contact emergency services. <p>Demonstrate initiative in dealing with a non-breathing person.</p> <ul style="list-style-type: none"> • checking for dangers and taking appropriate action • assessing unconsciousness • opening and clearing the airway • checking for breathing • positioning the casualty for CPR • performing simulated rescue breathing • locating the compression point for chest compressions • demonstrating the appropriate action for a casualty who vomits or regurgitates • placing the casualty in the recovery position. <p>Demonstrate one of the following on a manikin, as selected by the examiner:</p> <ul style="list-style-type: none"> • mouth-to-mouth rescue breathing • mouth-to-nose rescue breathing. <p>Demonstrate on a manikin:</p> <ul style="list-style-type: none"> • one-operator CPR • two-operator CPR. 	<ul style="list-style-type: none"> • A sound knowledge and understanding of the principles of resuscitation and emergency care. • check for dangers and take appropriate action – identify, remove or eliminate • squeeze and shout • send for help • check airway, clear and open • check breathing – look, listen and feel • head tilt/chin lift • effective simulated rescue breathing • location of compression point • correct recovery position with mouth angled downwards for casualty that vomits or regurgitates • clear casualty’s mouth • correct method of placing casualty in recovery position. • head tilt /chin lift • effective rescue breathing. • effective CPR using one-operator and two-operators. <p>Practical skills must be performed on a manikin.</p>

<p>TIMED TOW (I)</p>	<p>3. An unconscious, breathing person is 50 metres from safety.</p> <ul style="list-style-type: none"> • Enter the water, swim a 50 metre approach and tow the person 50 metres to safety. <p>The candidate will commence the rescue wearing swimwear, trousers and a long-sleeved shirt, any of which may be discarded as desired.</p> <p>A time limit of 3 minutes shall apply from the starting signal until the completion of the rescue.</p>	<ul style="list-style-type: none"> • safe and appropriate entry for the environment • constant observation of the unconscious person • 50 metre swim approach • effective 50 metre tow to safety • time limit achieved.
<p>SWIM (I)</p>	<p>4. Dressed in swimwear, swim continuously 600 metres:</p> <p>4.1. 100 metres sidestroke</p> <p>4.2. 100 metres survival backstroke</p> <p>4.3. 100 metres breaststroke</p> <p>4.4. 300 metres using any recognised stroke(s).</p> <p>The total time limit for the swim is not to exceed 17 minutes.</p>	<ul style="list-style-type: none"> • continuous swim • distance achieved • time limit achieved • 300 metres using any recognisable stroke or strokes • survival strokes must be performed with underwater arm recovery and any effective leg action is permissible.
<p>DEFENSIVE TECHNIQUES (I)</p>	<p>5. Dressed in swimwear, trousers and a long-sleeved shirt, perform in deep water:</p> <p>5.1. a defensive position</p> <p>5.2. a reverse</p> <p>5.3. a leg block</p> <p>5.4. a block with an aid.</p> <p>Assume a defensive position and communicate verbally with the person in difficulty after performing each defensive technique.</p>	<ul style="list-style-type: none"> • maintaining a safe distance from a person in difficulty • correct adoption of defensive position • rapid reverse with vigorous kicking action • an effective leg block • an effective use of an aid to block • clear and confident verbal communication after each defensive technique.
<p>SPINAL INJURY (E)</p>	<p>6. In shallow water, immobilise a breathing person who has a suspected spinal injury. Recruit and direct two untrained bystanders to assist with stabilisation by supporting the person at the hips and ankles.</p>	<ul style="list-style-type: none"> • effective immobilisation of head and neck • smooth turnover if required and minimal unnecessary motion • confident and correct instructions to recruit and use bystanders to support the hips and ankles.
<p>UNDERWATER SEARCH (I)</p>	<p>7. Demonstrate one search pattern using both head-first and feet-first surface dives in water approximately 2 metres deep.</p>	<ul style="list-style-type: none"> • effective head-first surface dive • effective feet-first surface dive • demonstrate a series of surface dives using backing-up technique • searching with hands at required depth • methodical coverage of area.

<p>RESCUE AND RESUSCITATION (E)</p>	<p>8. A non-breathing person is in deep water 15 metres from safety:</p> <p>8.1. enter the water with a buoyant aid</p> <p>8.2. swim to the person and assess the person's condition</p> <p>8.3. perform simulated rescue breathing in the water for 30 seconds</p> <p>8.4. tow the person 15 metres to safety</p> <p>8.5. assuming the person has recommenced breathing, recruit and direct a trained bystander to help lift the person from the water</p> <p>8.6. place the person in the recovery position and demonstrated appropriate after care while instructing the bystander to seek medical help.</p>	<ul style="list-style-type: none"> • check for danger and safe water entry with buoyant aid • appropriate observation of non-breathing person • efficient swim approach • appropriate assessment of the person's condition • correct technique for simulated rescue breathing for a period of 30 seconds • effective 15 metre tow to safety keeping airway open • confident and correct instructions to recruit and use trained bystander • safe landing of the person • clear instruction to bystander to call emergency services • correct placement in recovery position and continued monitoring.
<p>INITIATIVE (E)</p>	<p>9. Demonstrate initiative in effecting a rescue of two people who are in difficulty up to 20 metres from safety and whose conditions are not revealed.</p> <p>The examiner will ensure that up to five rescue aids will be available.</p> <p>The examiner will brief the subjects on the roles to be simulated from the following:</p> <ul style="list-style-type: none"> • non-swimmer • weak swimmer • injured swimmer • person with a suspected spinal injury in shallow water • unconscious person. <p>One bystander with lifesaving ability may also be available.</p> <p>On completing this test, the candidate will explain the reasons for the actions taken.</p>	<ul style="list-style-type: none"> • quick and accurate recognition and assessment • reassurance to the persons in difficulty if applicable • effective instructions to casualty if applicable • consideration of self-preservation • appropriate choice and use of aids • effective use of bystander if applicable • actions do not further endanger the casualties • effective rescue of casualties to safety • safely secured and after care provided • sensible justification of actions.

AWARD OF MERIT

ASSESSMENT CRITERIA

STRAND	AWARD ITEM	MUST SEE
THEORY (I)	<p>1. Answer questions requiring a high level of understanding of:</p> <ul style="list-style-type: none"> • safe water practices • survival in the water • self-preservation in rescues • recognising an emergency • assessment before and during a rescue • priorities for rescue • acceptance of responsibility • use of bystanders • towing principles • emergency care • emergency services available • drownings in Australia. 	<ul style="list-style-type: none"> • a thorough and high level of understanding of the principles of water safety • application of knowledge in performance of skills.
RESUSCITATION (E)	<p>2. Complete the test for the Oxygen Resuscitation Award</p>	<ul style="list-style-type: none"> • See the Oxygen Resuscitation Award in the Swimming and Lifesaving Manual.
TIMED TOW (I)	<p>3. An injured swimmer who is unable to assist with propulsion is in difficulty 75 metres from safety.</p> <ul style="list-style-type: none"> • Enter the water, swim a 70-metre approach and tow the person 75 metres to safety. <p>The candidate will commence the rescue wearing swimwear, trousers and a long-sleeved shirt, any of which may be discarded as desired.</p> <p>A time limit of 4 minutes and 45 seconds shall apply from the starting signal until the completion of the rescue.</p>	<ul style="list-style-type: none"> • reassurance to the person in difficulty • effective instructions • consideration of self-preservation • safe and appropriate entry for the environment • constant observation of the injured swimmer • 70 metre swim approach • adoption of defensive position • effective 75metre tow to safety • time limit achieved.
SWIM (I)	<p>4. Dressed in swimwear, swim continuously for 800 metres:</p> <p>4.1. 100 metres sidestroke</p> <p>4.2. 100 metres survival backstroke</p> <p>4.3. 100 metres breaststroke</p> <p>4.4. 500 metres using any recognised stroke(s).</p> <p>The total time limit for the swim is not to exceed 21 minutes.</p>	<ul style="list-style-type: none"> • continuous swim • distance achieved • time limit achieved • 500 metres using any recognisable stroke or strokes • survival strokes must be performed with underwater arm recovery and any effective leg action is permissible.
DEFENSIVE TECHNIQUES (I)	<p>5. Dressed in swimwear, trousers and a long-sleeved shirt, perform in deep water:</p> <p>5.1. a defensive position</p> <p>5.2. a reverse</p> <p>5.3. a leg block</p> <p>5.4. a block with an aid.</p> <p>Assume a defensive position and communicate verbally with the person in difficulty after performing each defensive technique.</p>	<ul style="list-style-type: none"> • maintaining a safe distance from a person in difficulty • correct adoption of defensive position • rapid reverse with vigorous kicking action • an effective leg block • an effective use of an aid to block • clear and confident verbal communication after each defensive technique.

SPINAL INJURY (E)	<p>6. In shallow water, immobilise a non-breathing person who has a suspected spinal injury.</p> <ul style="list-style-type: none"> Recruit and direct at least four untrained bystanders to assist with stabilising and performing simulated rescue breathing on the person in the water. 	<ul style="list-style-type: none"> effective immobilisation of head and neck smooth turnover if required and minimal unnecessary motion confident and correct instructions to recruit and use bystanders to support the hips and ankles correct technique for simulated rescue breathing in the water.
UNDERWATER SEARCH (I)	<p>7. Organise three bystanders who are competent swimmers to assist in performing a search pattern in water with a maximum depth of 3 metres.</p>	<ul style="list-style-type: none"> effective leadership and organisation of three bystanders effective surface diving and searching techniques methodical coverage of area.
RESCUE AND RESUSCITATION (E)	<p>8. A non-breathing person is in deep water 20 metres from safety:</p> <p>8.1. enter the water with a buoyant aid</p> <p>8.2. swim to the person and assess the person's condition</p> <p>8.3. perform simulated rescue breathing for 30 seconds</p> <p>8.4. assuming that the person has recommenced breathing, recruit and direct an untrained bystander to help lift the person from the water</p> <p>8.5. place the person in the recovery position and demonstrate appropriate after care while instructing the bystander to seek medical help.</p> <p>The examiner will ensure potential rescue aids and bystanders are available. On completing this test, the candidate will explain the reasons for the actions taken.</p>	<ul style="list-style-type: none"> check for danger and safe water entry with buoyant aid appropriate observation of non-breathing person efficient swim approach appropriate assessment of the person's condition correct technique for simulated rescue breathing for a period of 30 seconds effective 20 metre tow to safety confident and correct instructions to recruit and use untrained bystander safe landing of the person clear instruction to bystander to call emergency services correct placement in recovery position and continued monitoring.
INITIATIVE (E)	<p>9. Demonstrate initiative in effecting a rescue of three people who are in difficulty up to 25 metres from safety and whose conditions are not revealed.</p> <p>The examiner will ensure that up to five rescue aids will be available. The examiner will brief the subjects on the roles to be simulated from the following:</p> <ul style="list-style-type: none"> non-swimmer weak swimmer injured swimmer person with suspected spinal injury unconscious person. <p>Two bystanders are available. The examiner will brief the bystanders on the roles to be simulated. For example:</p> <ul style="list-style-type: none"> pool lifeguard over-helpful teenager an adult without any lifesaving knowledge or skills. <p>On completing this test, the candidate will explain the reasons for the actions taken.</p>	<ul style="list-style-type: none"> quick and accurate recognition and assessment reassurance to the persons in difficulty if applicable effective instructions to casualties if applicable consideration of self-preservation appropriate choice and use of aids effective use of bystanders actions do not further endanger the casualties effective rescue of casualties to safety safely secured and after care provided sensible justification of actions.





AWARD OF DISTINCTION

ASSESSMENT CRITERIA

STRAND	AWARD ITEM	MUST SEE
THEORY (I)	<p>1. Answer questions requiring a thorough understanding of the contents of Swimming and Lifesaving and the purpose of the practical test items included in this award.</p> <p>While this test will be in written form, examiners may also supplement the practical water and resuscitation tests by asking questions that will seek a further understanding. This will also provide an opportunity for candidates who are more comfortable with oral questioning to display their knowledge and understanding.</p>	<ul style="list-style-type: none"> • a thorough and high level of understanding of the contents of Swimming and Lifesaving • application of knowledge in performance of skills.
RESUSCITATION (E)	<p>2. Complete the test for the Oxygen Resuscitation Award</p>	<ul style="list-style-type: none"> • See the Oxygen Resuscitation Award in the Swimming and Lifesaving Manual.
SWIM (I)	<p>3. Dressed in swimwear, swim continuously 800 metres:</p> <p>3.1. 100 metres sidestroke 3.2. 100 metres survival backstroke 3.3. 100 metres breaststroke 3.4. 500 metres using any recognised stroke(s).</p> <p>The total time limit for the swim is not to exceed 19 minutes.</p>	<ul style="list-style-type: none"> • continuous swim • distance achieved • time limit achieved • 500 metres using any recognisable stroke or strokes • survival strokes must be performed with underwater arm recovery and any effective leg action is permissible.
TWO SWIMMERS LOCKED TOGETHER (I)	<p>4. Two swimmers in difficulty are locked together in deep water up to 20 metres from safety.</p> <p>Take appropriate action when rescuing the swimmers.</p> <p>A number of aids and bystanders may be made available.</p>	<ul style="list-style-type: none"> • appropriate choice of aids if available • effective use of bystanders if applicable • safe water entry with aids if available • efficient swim approach • adoption of defensive position • clear instructions to swimmers • effective use of aids (e.g. placing a buoyant aid in between swimmers) • effective rescue of persons to safety.
RESCUE AND EMERGENCY CARE (I)	<p>5. Demonstrate initiative in rescuing a person who requires aquatic emergency care.</p> <p>The examiner will set the scene and ensure any aids that may be used in the test are available. The examiner will brief the subject on the role to be simulated from injuries described in Chapters 7 and 8.</p>	<ul style="list-style-type: none"> • quick and accurate recognition and assessment • reassurance to the person if applicable • consideration of self-preservation • appropriate use of aids • actions do not further endanger or injure the person • appropriate actions for scene and injury • sensible justification of actions.

<p>INITIATIVE – RESCUE OF TWO PEOPLE (I)</p>	<p>6. Demonstrate initiative in effecting a rescue of two people who are in difficulty up to 25 metres from safety and whose conditions are not revealed.</p> <p>The examiner will ensure that a number of aids will be available. The examiner will brief the subjects on the roles to be simulated from the following:</p> <ul style="list-style-type: none"> • non-swimmer • weak swimmer • injured swimmer • person with a suspected spinal injury • unconscious person • heart attack casualty • marine bite or sting casualty. <p>Bystanders will not be available.</p> <p>The candidate will commence this rescue wearing swimwear, trousers, a long-sleeved shirt, long-sleeved pullover, shoes and socks.</p>	<ul style="list-style-type: none"> • quick and accurate recognition and assessment • reassurance to the persons in difficulty if applicable • effective instructions to casualties if applicable • consideration of self-preservation • appropriate choice and use of aids • actions do not further endanger the casualties • effective rescue of casualties to safety • safely secured and after care provided • appropriate management of medical emergencies if applicable • sensible justification of actions.
<p>SPINAL INJURY (E)</p>	<p>7. Immobilise a non-breathing person who has a suspected spinal injury and who is in deep water 10 metres from shallow water.</p> <ul style="list-style-type: none"> • Tow the person to shallow water while maintaining the vice grip. • Recruit and direct at least four untrained bystanders to assist in stabilising and performing simulated rescue breathing on the person in the water. 	<ul style="list-style-type: none"> • effective immobilisation of head and neck • smooth turnover if required and minimal unnecessary motion • effective vice-grip tow to shallow water • confident and correct instructions to recruit and use bystanders to support the hips and ankles • correct technique for simulated rescue breathing in the water.
<p>RESCUE AND RESUSCITATION (E)</p>	<p>8. A non-breathing person is in deep water 20 metres from safety:</p> <ol style="list-style-type: none"> 8.1. enter the water with a buoyant aid 8.2. swim to the person and assess the person's condition 8.3. simulate rescue breathing 8.4. tow to safety and lift the person from the water 8.5. simulate CPR for at least 1 minute 8.6. assuming that the person's breathing has recommenced, turn the person into the recovery position and demonstrate appropriate after care while instructing a bystander to seek medical help. 	<ul style="list-style-type: none"> • check for danger and safe water entry with buoyant aid • appropriate observation of non-breathing person • efficient swim approach • appropriate assessment of the person's condition • correct technique for simulated rescue breathing • effective 20 metre tow to safety • safe landing of the person • correct technique for simulated CPR for at least 1 minute • clear instruction to bystander to call emergency services • correct placement in recovery position and continued monitoring.

<p>INITIATIVE – RESCUE OF FOUR PEOPLE (E)</p>	<p>9. Demonstrate initiative and leadership in effecting a rescue of four people who are in difficulty up to 25 metres from safety and whose conditions are not revealed.</p> <p>The candidate will be accompanied by a person who holds a Bronze Medallion or higher award. Additional bystanders may be available.</p> <p>The examiner will ensure that a number of rescue aids will be available. The examiner will brief the subjects on the roles to be simulated.</p> <p>On completing this test, the candidate will explain the reasons for the actions taken.</p>	<ul style="list-style-type: none"> • quick and accurate recognition and assessment • reassurance to the persons in difficulty if applicable • demonstration of leadership qualities • effective instructions to casualties if applicable • consideration of self-preservation • appropriate choice and use of aids • effective use of the lifesaving award holder and bystanders if applicable • actions do not further endanger the casualties • effective rescue of casualties to safety • safely secured and after care provided • appropriate management of medical emergencies if applicable • sensible justification of actions.
--	---	--

-  facebook.com/RoyalLifeSaving
-  twitter.com/royallifesaving
-  youtube.com/RoyalLifeSavingAust
-  royallifesaving.com.au



ROYAL LIFE SAVING
AUSTRALIA

FOR MORE INFORMATION

Call **02 8217 3111**


Email **info@rlssa.org.au**

CONNECT WITH US

 facebook.com/RoyalLifeSaving

 twitter.com/royallifesaving

 youtube.com/RoyalLifeSavingAust

 royallifesaving.com.au