

SWIMMING & LIFESAVING

Award Conditions and Criteria



ROYAL LIFE SAVING
AUSTRALIA

General award conditions

The following pages outline the conditions for each of the awards in the Royal Life Saving awards scheme which are relevant to a person undertaking lifesaving training.

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 a Royal Life Saving examiner.

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

By using this system, it is hoped that the time required to conduct examinations will be minimised without compromising Royal Life Saving's standards.

The award conditions later in this section include an explanatory note, which provides information about the assessment status of each item.

However, examiners are permitted to examine as many test items as they consider necessary to determine the ability of the candidate.

Award fees

Payment of the scheduled award fee entitles successful candidates to receive the appropriate awards. Full details of current fees and awards are available from Branches.

Validity of awards

All Royal Life Saving awards are issued in recognition of the holder's attainment of a specified level of competency at the time of:

- issuing the original award
- subsequent re-qualification (if any) of that award.

When Royal Life Saving awards are a prerequisite to employment, or in other activities where knowledge of lifesaving techniques are relevant, then award holders should successfully complete a competency test within 12 months of the date of issue of the original award and any subsequent competency test.

In the circumstances referred to in the above paragraph, it is thoroughly recommended that ongoing training be carried out to maintain the award holder's performance and competency from the date of issue of the original award and any subsequent competency test.

Evidence of award possession

The only evidence of award possession is the actual award itself, for example, an inscribed certificate. It is not expected that an officer of Royal Life Saving, at any level, should have to issue confirmatory letters or attempt to provide other evidence of an award being held.

Replacement awards

For higher awards (above Bronze Star) examination forms are retained for the award's validity period. During this time awards can be replaced on payment of the appropriate examination fee, providing that the awards can be traced.

Claiming lower awards

For some awards, successful candidates are able to claim lower awards in that strand. For example:

- Bronze Medallion holders are able to claim the Bronze Star and Rescue awards.
- Senior Swim and Survive holders are able to claim all of the lower awards in that strand.

Swimming and water safety

Water Smart

Theory

Answer questions on personal water safety knowledge including the following:

- dangers in, on or near the water
- the Aquacode
- rules of behaviour in, on or near the water
- safe water practices
- how to survive
- recognising an emergency
- self-preservation in a rescue
- assessment before a rescue.

Resuscitation introduction

Show how to:

- check for any dangers
- check if someone is responsive
- send for help
- open and clear the airway
- check for breathing
- place a person in the recovery position.

Rescue

Reach

Show how to reach to rescue someone in difficulty in the water using:

- a branch or pole
- an article of clothing.

Throw

Assume that someone is in difficulty in water 6 metres from safety. Show how to accurately throw:

- a buoyant rescue aid
- a weighted rope.

This award may be taken entirely on land.

Swim and Survive

Little wonders 01-03

- 1 Enter and exit the water safely.
- 2 Float on their front and back.
- 3 Orientate their body using rotation skills.
- 4 Move through the water using kicking and arm actions.
- 5 Glide in a forward direction.
- 6 Breathing preparation skills.
- 7 Submerge underwater.
- 8 Safety rules for participating in lessons.
- 9 Social skills for interacting with peers and the teacher.

Little wonders 04

- 1 Transition to independence without parent/carer.
- 2 Enter and exit the water safely.
- 3 Float on their front and back and recover.
- 4 Orientate their body using rotation skills.
- 5 Glide on front and back.
- 6 Kick on front and back.
- 7 Submerge underwater and breathing skills.
- 8 Safety rules for participating in lessons.
- 9 Social skills for interacting with peers and the teacher.

Level 01

- 1 Identify where water can be found around the home.
- 2 Identify safe areas for entering and exiting water.
- 3 Enter and exit the water.
- 4 Float on front and back using a buoyant aid.
- 5 Orientate the body using rotation with a buoyant aid.
- 6 Kick on front and back using a buoyant aid.
- 7 Glide on front and back.
- 8 Move 3 metres continuously using arms and legs.
- 9 Submerge the body and exhale in the water.
- 10 Identify people who can help in an emergency.

Level 02

- 1 Identify dangers in aquatic environments around the home.
- 2 Slide in entry and exit.
- 3 Float on front and back and recover.
- 4 Tread water using a buoyant aid.
- 5 Fit a lifejacket and float.
- 6 Swim 5 metres basic freestyle.
- 7 Glide on front and back, kick and recover.
- 8 Submerge to recover an object from chest deep water.
- 9 Identify different ways to get help.
- 10 Be pulled to safety with an aid.
- 11 Float with a buoyant aid for 30 seconds and kick to safety.

Level 03

- 1 Identify rules for safe behaviour in and around home aquatic environments.
- 2 Fall in entry and recover.
- 3 Float on back for 30 seconds.
- 4 Tread water for 30 seconds.
- 5 Swim 10 metres freestyle with breathing.
- 6 Swim 5 metres backstroke.
- 7 Swim 5 metres survival backstroke kick.
- 8 Swim through a submerged obstacle.
- 9 Identify people and actions to help in an aquatic emergency.
- 10 Be rescued with a buoyant aid.
- 11 Perform a survival sequence to simulate an accidental entry.

Level 04

- 1 Identify aquatic environments.
- 2 Step in entry.
- 3 Float on front and back in deep water and recover.
- 4 Orientate the body using rotation skills.
- 5 Swim 15 metres freestyle.
- 6 Swim 15 metres backstroke.
- 7 Swim 10 metres survival backstroke.
- 8 Swim 10 metres breaststroke kick.
- 9 Surface dive and recover an object from shoulder deep water.
- 10 Recognise an emergency and call for help.
- 11 Talk rescue.

Level 05

- 1 Compact jump.
- 2 Head-first and feet-first sculling.
- 3 Float, scull or tread water wearing a lifejacket.
- 4 Swim 25 metres freestyle.
- 5 Swim 25 metres backstroke.
- 6 Swim 15 metres survival backstroke.
- 7 Swim 15 metres basic breaststroke.
- 8 Recognise and support an emergency.
- 9 Reach rescue using a rigid and nonrigid aid.
- 10 Perform a survival sequence with a buoyant aid.

Level 06

- 1 Identify and describe hazards in aquatic environments.
- 2 Stride in entry.
- 3 Float, scull or tread water for 1 minute.
- 4 Swim 50 metres freestyle.
- 5 Swim 50 metres backstroke.
- 6 Swim 25 metres survival backstroke.
- 7 Swim 25 metres breaststroke.
- 8 Swim 10 metres dolphin kick.
- 9 Surface dive, swim underwater for at least 1 metre and recover an object from shoulder deep water.
- 10 Throw rescue 5 metres using a buoyant aid.
- 11 Perform a survival sequence without a buoyant aid.

Level 07

- 1 Understand and follow safety rules for aquatic environments.
- 2 Dive in entry.
- 3 Enter and exit the water in a range of environments wearing light clothing.
- 4 Float, scull or tread water for 2 minutes and signal for help.
- 5 Swim 75 metres freestyle.
- 6 Swim 75 metres backstroke.
- 7 Swim 50 metres survival backstroke.
- 8 Swim 50 metres breaststroke.
- 9 Surface dive, swim underwater for up to 3 metres and search to recover an object in deep water.
- 10 Respond to an emergency and perform a primary assessment.
- 11 Throw rescue 10 metres using weighted and unweighted rope.
- 12 Perform a survival sequence wearing light clothing.

Level 08

- 1 Explain water safety signage.
- 2 Fit a lifejacket whilst in the water.
- 3 Swim 100 metres freestyle.
- 4 Swim 100 metres backstroke.
- 5 Swim 75 metres survival backstroke.
- 6 Swim 75 metres breaststroke.
- 7 Swim 15 metres sidestroke.
- 8 Tumble turn.
- 9 Rescue initiative scenario no more than 10 metres.

Level 09

- 1 Explore how to participate safely in a range of aquatic activities.
- 2 Perform the HELP technique for 2 minutes.
- 3 Swim 150 metres freestyle.
- 4 Swim 100 metres survival backstroke.
- 5 Swim 100 metres breaststroke.
- 6 Swim 10 metres basic butterfly.
- 7 Swim 25 metres sidestroke.
- 8 Wade rescue 15 metres.
- 9 Perform a survival sequence wearing a lifejacket.

Level 10

- 1 Understand and assess a range of aquatic risks.
- 2 Perform the huddle technique for 2 minutes.
- 3 Swim 200 metres freestyle.
- 4 Swim 200 metres continuously using 1 swimming stroke and 2 survival strokes.
- 5 Swim 10 metres butterfly.
- 6 Swim 50 metres sidestroke.
- 7 Search in shallow water.
- 8 Accompanied rescue 15 metres.
- 9 Perform a survival sequence in a group.

Level 11

- 1 Understand personal abilities and limitations that affect safety in and around water.
- 2 Float, scull or tread water for 5 minutes and signal for help.
- 3 Be introduced to timed swims.
- 4 Swim 250 metres continuously using swimming strokes and 2 survival strokes.
- 5 Swim 15 - 25 metres butterfly.
- 6 Swim 100 metres sidestroke.
- 7 Search in deep water.
- 8 Rescue initiative scenario no more than 15 metres.
- 9 Perform a survival sequence wearing heavy clothing.

Rescue strand

Dry Rescue

This award is particularly applicable to primary school students.

This award does not train or qualify a candidate to enter the water to perform a rescue.

Aim: To introduce land-based water rescue techniques.

Prerequisite: nil

Theory

- 1 Answer questions on:
 - safe water practices
 - self-preservation in rescues
 - recognising an emergency.

Practical test

Reach

- 2 A person is in difficulty within a short distance of safety. Demonstrate a reach rescue using each of the following:
 - 2.1 a length of wood or branch
 - 2.2 two articles of clothing tied together.

Secure the person rescued to a point of safety following each rescue.

Throw – weighted rope

- 3 A weak swimmer is in difficulty 8 metres from safety.
 - Perform a throwing rescue using a weighted rope.
 - Instruct the person on how to leave the water.

Throw – unweighted rope

- 4 A weak swimmer is in difficulty 6 metres from safety.
 - Perform a throwing rescue using an unweighted rope.
 - Instruct the person on how to leave the water.

Throw – buoyant aid

- 5 A weak swimmer is in difficulty 5 metres from safety.
 - Throw three different buoyant aids to that person and, on each occasion, instruct the person on how to use the aid to reach safety.

Initiative

- 6 Demonstrate initiative in effecting a rescue of a person who is not more than 5 metres from safety. The assessor will specify:
 - 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.

On completing this test, the candidate may be asked to explain the reasons for the actions taken.

Wade Rescue

This award is also a primary school level award.

This award does not train or qualify a candidate to perform a swimming rescue.

Aim: To introduce skills and knowledge of safe water rescue and survival.

Prerequisite: nil

Theory

- 1 Answer questions on:
 - safe water practices
 - how to survive in the water
 - self-preservation in rescues
 - recognising an emergency
 - DRSABCD.

Resuscitation awareness

- 2 Demonstrate:
 - 2.1 checking for dangers
 - 2.2 assessing unconsciousness
 - 2.3 clearing and opening the airway
 - 2.4 checking for breathing
 - 2.5 positioning the casualty for CPR
 - 2.6 mouth-to-mouth rescue breathing
 - 2.7 chest compression.

Water test

Reach

- 3 A person is in difficulty 2 metres from safety.
 - Demonstrate a reach rescue using an aid specified by the assessor.
 - Secure the person at a point of safety.

Throw – unweighted rope

- 4 A weak swimmer is in difficulty 8 metres from safety.
 - Perform a throwing rescue using an unweighted rope.
 - Return the person to safety.

Wade – buoyant aid

- 5 A person is in difficulty 10 metres from safety. Using a buoyant aid selected by the assessor:
 - 5.1 slide in
 - 5.2 wade 5 metres
 - 5.3 throw the aid to the person
 - 5.4 instruct the person on how to use the aid
 - 5.5 accompany the person to safety.

Wade – rigid aid

- 6 A person is in difficulty 8 metres from safety. Using a rigid aid selected by the assessor:
 - 6.1 enter the water as for unknown conditions
 - 6.2 wade and offer the aid to the person
 - 6.3 pull the person to a safe position
 - 6.4 instruct the person on how to leave the water.

Initiative

- 7 Demonstrate initiative in effecting a rescue of a person who is not more than 8 metres from safety. The assessor will specify:
 - whether the person is injured or a weak swimmer
 - four rescue aids
 - the distance the person is from safety.

On completing this test, the candidate may be asked to explain the reasons for the actions taken.

Swim

- 8 Swim continuously for 5 minutes covering at least 100 metres.

Tread water

- 9 Tread water using the arms for 1 minute.

Surface dive

- 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.

Explanatory note

- 1 A candidate who has passed the Resuscitation Awareness Award within the previous 6 months may receive automatic credit for test item 2.
- 2 Wherever possible, test item 2.6 should be performed on a manikin.
- 3 For test item 7, the candidate must not come into contact with the person and when the water is entered, wading rescues only will be permitted.
- 4 The components of test items 2, 5 and 6 must be performed in the sequence listed for each test item.

Accompanied Rescue

This award is suitable for upper primary and junior secondary school students.

Holders of this award are not trained or qualified to attempt any form of contact rescue in deep water.

Aim: To develop skills and knowledge of safe water rescue and survival.

Prerequisite: nil

Theory

- 1 Answer questions on:
 - safe water practices
 - how to survive in the water
 - self-preservation in rescues
 - recognising an emergency
 - assessment before a rescue
 - priorities for rescue
 - DRSABCD.

Resuscitation awareness

- 2 Demonstrate:
 - 2.1 checking for dangers
 - 2.2 assessing unconsciousness
 - 2.3 clearing and opening the airway
 - 2.4 checking for breathing
 - 2.5 positioning the casualty for CPR
 - 2.6 mouth-to-mouth rescue breathing
 - 2.7 mouth-to-nose rescue breathing
 - 2.8 chest compression
 - 2.9 the appropriate action for a casualty who vomits or regurgitates
 - 2.10 the recovery position.

Getting help

- 3 Demonstrate and explain procedures for getting help and contacting emergency services in the local area.

Water test

Throw – buoyant aid

- 4 A person is in difficulty 6 metres from safety.
 - Demonstrate a throwing rescue using a buoyant aid selected by the assessor.

Throw – weighted rope

- 5 A weak swimmer is in difficulty 10 metres from safety.
 - Perform a throw rescue using a weighted rope.
 - Secure the person at a point of safety.

Wade and resuscitation

- 6 An unconscious and non-breathing person (non-spinal) is in water of waist depth 5–8 metres from safety. The candidate should:
- 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.

Wade rescue

- 7 A person is in difficulty 8 metres from safety. Using a rigid aid selected by the assessor:
- 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.

Defensive techniques

- 8 Demonstrate:
- 8.1 a defensive position
 - 8.2 a reverse action.

Accompanied rescue

- 9 A person is in difficulty 15 metres from safety. With a flotation aid:
- 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.

Underwater search

- 10 Demonstrate an individual search pattern in shallow water.

Surface dive

- 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.

Initiative

- 12 Demonstrate initiative in effecting a rescue of a person who is not more than 10 metres from safety. The assessor will:
- 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.

On completing this test, the candidate may be asked to explain the reasons for the actions taken.

Swim

- 13 Dressed in swimwear, shorts and T-shirt:
- 13.1 float and tread water for 1 minute, waving intermittently as if signalling for help
 - 13.2 swim 200 metres using any recognised stroke(s).

Explanatory note

- 1 Wherever possible, test items 2.6 and 2.7 should be performed on a manikin.
- 2 A candidate who has passed the Resuscitation Awareness Award within the previous 6 months may receive automatic credit for test item 2.
- 3 The components of test items 2, 6, 7, 9 and 13 must be performed in the sequence listed for each test item.
- 4 For test item 12, the candidate may enter the water but must not come into contact with the person unless the person is unconscious and in shallow water.

Bronze strand

Bronze Star

This is a secondary school student award.

Holders of this award are not trained or qualified to attempt any form of contact rescue involving conscious persons in deep water.

Aim: To develop skills and knowledge of safe water rescue and survival.

Prerequisite: nil

Theory (I)

- 1 Answer questions on:
 - 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 and elementary after care including getting help and contacting emergency services in the local area
 - DRSABCD.

Resuscitation awareness (I)

- 2 Demonstrate:
 - 2.1 checking for dangers
 - 2.2 assessing unconsciousness
 - 2.3 opening and clearing the airway
 - 2.4 checking for breathing
 - 2.5 positioning the casualty for CPR
 - 2.6 mouth-to-mouth rescue breathing
 - 2.7 mouth-to-nose rescue breathing
 - 2.8 chest compression
 - 2.9 the appropriate action for a casualty who vomits or regurgitates
 - 2.10 the appropriate action if an airway blockage is apparent
 - 2.11 the recovery position.

Water test (I)

Throw – lifejacket (I)

- 3 A person is in difficulty 6 metres from safety.
 - Effect a throwing rescue using a lifejacket as a buoyant aid.

Throw – unweighted rope (I)

- 4 A person is in difficulty 10 metres from safety.
 - Perform a throwing rescue using an unweighted rope.
 - Secure the person at a point of safety.

Rescue and resuscitation (I)

- 5 An unconscious and non-breathing person is floating face-down in deep water. The candidate should:
 - 5.1 enter the water and swim to the person
 - 5.2 turn the person over and tow 10 metres to shallow water
 - 5.3 call for assistance
 - 5.4 commence rescue breathing while wading to safety.

Accompanied rescue (I)

- 6 A person is in difficulty 15 metres from safety. With a flotation aid:
 - 6.1 enter the water as for unknown conditions
 - 6.2 wade and swim to the person
 - 6.3 pass the aid to the person
 - 6.4 instruct in the use of the aid
 - 6.5 accompany the person to safety
 - 6.6 secure the person at a point of safety.

Defensive techniques (I)

- 7 Demonstrate the following:
 - 7.1 defensive position
 - 7.2 a reverse
 - 7.3 a leg block.

Tow (I)

- 8 A weak swimmer is in difficulty in deep water 20 metres from safety. With a non-rigid towing aid selected by the assessor:
 - 8.1 enter deep water using a stride entry or compact jump
 - 8.2 swim to the person and adopt a defensive position
 - 8.3 offer the aid to the person and tow to safety
 - 8.4 assist the person out of the water using a stirrup lift.

Surface dive (I)

- 9 Demonstrate a head-first and a feet-first surface dive in deep water. On each occasion collect an object from the bottom.

Underwater search (I)

10 Demonstrate a search pattern in deep water.

Initiative (I)

- 11 Demonstrate initiative in effecting a rescue of a person who is no more than 15 metres from safety. The assessor will:
- 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.

On completing this test, the candidate may be asked to explain the reasons for the actions taken.

Survival skills (I)

- 12 Dressed in swimwear, trousers and a long-sleeved shirt:
- 12.1 float using hand sculling movements for 1 minute and then tread water for 1 minute waving intermittently as if signalling for help
- 12.2 put on a lifejacket in deep water and swim 50 metres
- 12.3 demonstrate the HELP position
- 12.4 climb out of the water.

Swim (I)

- 13 Dressed in swimwear, swim continuously 300 metres:
- 13.1 100 metres freestyle
- 13.2 100 metres sidestroke
- 13.3 100 metres breaststroke.

In test item 13.1 the stroke freestyle should be performed as defined in Chapter 4.

Test items 13.2 and 13.3 must be performed using an underwater arm recovery and any effective leg action is permissible.

The target time for the swim is 10 minutes.

Explanatory note

- 1 Wherever possible, test items 2.6, 2.7 and 2.8 should be performed on a manikin.
- 2 A candidate who has passed the Resuscitation Awareness Award within the previous 6 months may receive automatic credit for test item 2, but resuscitation should still be reviewed by the examiner where it appears in test sequences.
- 3 The components of test items 5, 6, 8, 12 and 13 must be performed in the sequence listed for each test item.
- 4 For test item 11, the candidate must not perform a contact rescue unless the person is unconscious.

Bronze Medallion

Holders of this award are recognised as having gained a minimum standard as a qualified lifesaver.

Aim: To develop the level of knowledge, judgement, technique and physical ability required to carry out safe water rescues.

Minimum age: 14 years or in the year in which the candidate turns 14.

Prerequisite: It is advantageous if candidates hold the Senior Swim and Survive and Bronze Star awards.

Theory (I)

- 1 Answer questions requiring an understanding of:
 - 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.

Resuscitation (E)

- 2 Complete the test for the Resuscitation Award.

Water test

Reach (I)

- 3 A non-swimmer is in difficulty 2 metres from safety.
 - Demonstrate a reach rescue using an aid specified by the assessor.
 - Secure the person at a point of safety.

Throw – unweighted rope (I)

- 4 A person is in difficulty 10 metres from safety.
 - Perform a throwing rescue using an unweighted rope.
 - Secure the person at a point of safety. A time limit of 30 seconds will apply from the start until the person grasps the rope.

Timed tow (I)

- 5 An unconscious, breathing person is 50 metres from safety.
 - Enter the water, swim a 50-metre approach and tow the person 50 metres to safety.

The candidate will commence the rescue wearing swimwear, trousers and a long-sleeved shirt, any of which may be discarded as desired.

The time for this test should not exceed 3 minutes and 15 seconds from the starting signal until the completion of the tow.

Swim (I)

- 6 Dressed in swimwear, swim continuously 400 metres:
 - 6.1 100 metres freestyle
 - 6.2 100 metres survival backstroke
 - 6.3 100 metres sidestroke
 - 6.4 100 metres breaststroke.

In test item 6.1 the stroke freestyle should be performed as defined in Chapter 4.

Test items 6.2, 6.3 and 6.4 must be performed using an underwater arm recovery and any effective leg action is permissible.

The total time for the swim should not exceed 13 minutes.

Survival skills (I)

- 7 Dressed in swimwear, trousers and a long-sleeved shirt:
 - 7.1 float using hand sculling movements for 1 minute and then tread water for 1 minute
 - 7.2 put on a lifejacket in deep water and swim 50 metres
 - 7.3 demonstrate the HELP position
 - 7.4 climb out wearing the lifejacket.

Accompanied rescue (I)

- 8 A weak swimmer is in difficulty 12 metres from safety:
 - 8.1 with a flotation aid, enter the water as for unknown conditions
 - 8.2 wade 5 to 8 metres
 - 8.3 throw the aid to the person
 - 8.4 instruct the person on how to use the aid
 - 8.5 accompany the person to safety
 - 8.6 instruct the person on how to leave the water.

Tow (I)

- 9 A weak or injured swimmer is in difficulty in deep water 25 metres from safety:
 - 9.1 swim to the person, demonstrating appropriate precautions
 - 9.2 while returning to safety using an appropriate non-contact tow, demonstrate a method of coping with a struggling person
 - 9.3 land the person using a suitable method
 - 9.4 the assessor will decide what aids are available.

Spinal injury (E)

- 10 Apply the vice grip to immobilise a spinal injury to the neck and then wade with the casualty for 5 metres. Summon assistance.

Defensive techniques (I)

- 11 Dressed in swimwear, trousers and a long-sleeved shirt, perform two of the following in deep water:
 - 11.1 defensive position
 - 11.2 a reverse
 - 11.3 a leg block
 - 11.4 a block using an aid.

Search and rescue (I)

- 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.

Recover and resuscitate (E)

- 13 Recover a person simulating unconsciousness from approximately 2 metres depth and tow 10 metres to shallow water or to safety:
 - Assume that 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 that breathing is present and then place them in the recovery position.

Initiative (E)

- 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. 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:
 - non-swimmer
 - weak swimmer
 - injured swimmer
 - person with a suspected spinal injury in shallow water
 - unconscious person.

On completing this test, the candidate will explain the reasons for the actions taken.

Explanatory note

- 1 The examiner must be satisfied that the candidate is capable of rescuing an adult in similar circumstances to those being tested. To assist with assessment, the examiner may change a candidate's partner.
- 2 A candidate who holds a current Resuscitation Award within the previous 6 months may receive automatic credit for test item 2 but resuscitation should still be reviewed by the examiner where it appears in test sequences.
- 3 Test items 1, 3–9, 11 and 12 inclusive are instructor-assessed items, that is, those that the instructor certifies the candidate has completed.
- 4 The examiner must examine test items 2, 10, 13 and 14 plus two others selected from test items 8, 9, 11 and 12.
- 5 The examiner is permitted to examine as many test items as is considered necessary to assess the ability of a candidate.
- 6 The components of test items 7, 8, 9 and 12 must be performed in the sequence listed for each test item.
- 7 To requalify for the Bronze Medallion all candidates must perform items 2, 10, 13 and 14, and a minimum of one other test to the satisfaction of the examiner.

Bronze Cross

Aim: To further develop the level of judgement, technique and physical ability required to carry out water rescues.

Prerequisite: Bronze Medallion

Theory (E)

- 1 Answer questions requiring an understanding of:
 - 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.

Resuscitation (E)

- 2 Complete the test for the Resuscitation Award.

Water test

Timed tow (I)

- 3 An unconscious, breathing person is 50 metres from safety.
 - Enter the water, swim a 50-metre approach and tow the person 50 metres to safety.

The candidate will commence the rescue wearing swimwear, trousers and a long-sleeved shirt, any of which may be discarded as desired.

A time limit of 3 minutes shall apply from the starting signal until the completion of the rescue.

Swim (I)

- 4 Dressed in swimwear, swim continuously for 600 metres:
 - 4.1 100 metres sidestroke
 - 4.2 100 metres survival backstroke
 - 4.3 100 metres breaststroke
 - 4.4 300 metres using any recognised stroke(s).

Test items 4.1, 4.2 and 4.3 must be performed using an underwater arm recovery and any effective leg action is permissible.

The total time limit for the swim is not to exceed 17 minutes.

Defensive techniques (I)

- 5 Dressed in swimwear, trousers and a long-sleeved shirt, perform in deep water:
 - 5.1 a defensive position
 - 5.2 a reverse
 - 5.3 a leg block
 - 5.4 a block with an aid.

Assume a defensive position and communicate verbally with the person in difficulty after performing each defensive technique.

Spinal injury (E)

- 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.

Underwater search (I)

- 7 Demonstrate one search pattern using both head-first and feet-first surface dives in water approximately 2 metres deep.

Rescue and resuscitation (E)

- 8 A non-breathing person is in deep water 15 metres from safety:
 - 8.1 enter the water with a buoyant aid
 - 8.2 swim to the person and assess the person's condition
 - 8.3 perform simulated rescue breathing in water for 30 seconds
 - 8.4 tow the person 15 metres to safety
 - 8.5 assuming that the person has recommenced breathing, recruit and direct a trained bystander to help lift the person from the water
 - 8.6 place the person in the recovery position and demonstrate appropriate after care while instructing the bystander to seek medical help.

Initiative (E)

- 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. 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:
 - non-swimmer
 - weak swimmer
 - injured swimmer
 - person with a suspected spinal injury in shallow water
 - unconscious person.

One bystander with lifesaving ability may also be available.

On completing this test, the candidate will explain the reasons for the actions taken.

Explanatory note

- 1 A candidate requires a current Resuscitation Award.
- 2 The examiner may supplement the practical tests by asking questions which seek a further understanding of rescue, survival and resuscitation.
- 3 Test items 1, 3–5 and 7 are instructor-assessed items, that is, those that the instructor certifies the candidate has completed.
- 4 The examiner must examine test items 2, 6, 8 and 9 and either item 5 or 7.
- 5 The examiner is permitted to examine as many test items as is considered necessary to assess the ability of a candidate.
- 6 The examiner must be satisfied that the candidate is capable of rescuing an adult in similar circumstances to those being tested. To assist with assessment, the examiner may change a candidate's partner.
- 7 The components of test item 8 must be performed in the sequence listed.
- 8 To requalify for the Bronze Cross, all candidates must perform items 2, 6, 8, 9 and one other test to the satisfaction of the examiner.

Advanced lifesaving strand

Award of Merit

Aim: To develop advanced rescue and judgement skills.

The candidate must perform with skill, sensitivity and understanding.

Minimum age: 15 years

Prerequisite: Bronze Cross

Theory (I)

- 1 Answer questions requiring a high level of understanding of:
 - safe water practices
 - survival in 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.

Resuscitation (E)

- 2 Complete the test for the Oxygen Resuscitation Award:
 - demonstrate use of a bystander.

Water test

Timed tow (I)

- 3 An injured swimmer who is unable to assist with propulsion is in difficulty 75 metres from safety.
 - Enter the water, swim a 70-metre approach and tow the person 75 metres to safety.

The candidate will commence the rescue wearing swimwear, trousers and a long-sleeved shirt, any of which may be discarded as desired.

A time limit of 4 minutes and 45 seconds applies from the starting signal until the completion of the tow.

Swim (I)

- 4 Dressed in swimwear, swim continuously 800 metres:
 - 4.1 100 metres sidestroke
 - 4.2 100 metres survival backstroke
 - 4.3 100 metres breaststroke
 - 4.4 500 metres using any recognised stroke(s).

Test items 4.1, 4.2 and 4.3 must be performed using an underwater arm recovery; any effective leg action is permissible.

The total time limit for the swim is not to exceed 21 minutes.

Defensive techniques (I)

- 5 Dressed in swimwear, trousers and a long-sleeved shirt, perform in deep water:
 - 5.1 a defensive position
 - 5.2 a reverse
 - 5.3 a leg block
 - 5.4 a block with an aid.

Assume a defensive position and communicate verbally with the person in difficulty after performing each defensive technique.

Spinal injury (E)

- 6 In shallow water, immobilise a non-breathing person who has a suspected spinal injury.
 - Recruit and direct at least four untrained bystanders to assist in stabilising and performing simulated rescue breathing on the person in the water.

Underwater search (I)

- 7 Organise three bystanders who are competent swimmers to assist in performing a search pattern in water with a maximum depth of 3 metres.

Rescue and resuscitation (E)

- 8 A non-breathing person is in deep water 20 metres from safety:
 - 8.1 enter the water with a buoyant aid
 - 8.2 swim to the person and assess the person's condition
 - 8.3 perform simulated rescue breathing for 30 seconds
 - 8.4 assuming that the person has recommenced breathing, recruit and direct an untrained bystander to help lift the person from the water
 - 8.5 place the person in the recovery position and demonstrate appropriate after care while instructing the bystander to seek medical help.

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.

Initiative (E)

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. 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:

- non-swimmer
- weak swimmer
- injured swimmer
- person with a suspected spinal injury
- unconscious person.

Two bystanders are available. The examiner will brief the bystanders on the roles to be simulated. For example:

- pool lifeguard
- over-helpful teenager
- an adult without any lifesaving knowledge or skills.

On completing this test, the candidate will explain the reasons for the actions taken.

Explanatory note

- 1 Candidates are required to have a current Oxygen Resuscitation Award.
- 2 The examiner may supplement the practical tests by asking questions that seek a further understanding of rescue, survival and resuscitation.
- 3 Test items 1, 3–5 and 7 are instructor- assessed items, that is, those that the instructor certifies the candidate has completed.
- 4 The examiner must examine test items 2, 6, 8 and 9 and either item 5 or 7.
- 5 The examiner is permitted to examine as many test items as is considered necessary to assess the ability of a candidate.
- 6 The examiner must be satisfied that the candidate is capable of rescuing an adult in similar circumstances to those being tested. To assist with assessment, the examiner may change a candidate's partner.
- 7 The components of test item 8 must be performed in the sequence listed.
- 8 To requalify for the Award of Merit, candidates must perform items 2, 6, 8 and 9, and at least one other test item to the satisfaction of the examiner.

Award of Distinction

Aim: To provide an opportunity for continuous striving for excellence and maturity of response to emergency situations.

The candidate must achieve a high level of rescue knowledge and skill.

Each test item must be performed with distinction.

Minimum age: 16 years

Prerequisite: Award of Merit

Theory (E)

- 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.

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.

Resuscitation (E)

- 2 Complete the test for the Oxygen Resuscitation Award.

Water test

Swim (I)

- 3 Dressed in swimwear, swim continuously 800 metres:
 - 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).

Test items 3.1, 3.2 and 3.3 must be performed using an underwater arm recovery; any effective leg action is permissible.

The total time limit for the swim is not to exceed 19 minutes.

Two swimmers locked together (I)

- 4 Two swimmers in difficulty are locked together in deep water up to 20 metres from safety.
 - Take appropriate action when rescuing the swimmers.
 - A number of aids and bystanders may be made available.

Rescue and emergency care (I)

- 5 Demonstrate initiative in rescuing a person who requires aquatic emergency care.

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.

Initiative – rescue of two people (I)

- 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.
- non-swimmer
 - weak swimmer
 - injured swimmer
 - person with a suspected spinal injury
 - unconscious person
 - heart attack casualty
 - marine bite or sting casualty.

The examiner will ensure that a number of aids will be available. The examiner will brief subjects on the roles to be simulated. Bystanders will not be available.

The candidate will commence this rescue wearing swimwear, trousers, a long-sleeved shirt, long-sleeved pullover, shoes and socks.

Spinal injury (E)

- 7 Immobilise a non-breathing person who has a suspected spinal injury and who is in deep water 10 metres from shallow water.
- 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.

Rescue and resuscitation (E)

- 8 A non-breathing person is in deep water 20 metres from safety:
- 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.

Initiative – rescue of four people (E)

- 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.

The candidate will be accompanied by a person who holds a Bronze Medallion or higher award. Additional bystanders may be available.

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.

Explanatory note

- 1 Test items 3–6 are instructor-assessed items, that is, those that the instructor certifies the candidate has completed.
- 2 Examiners must examine test items 1, 2 and 7–9 and two others from test items 4–6.
- 3 Examiners are permitted to examine as many test items as they consider necessary to assess the ability of a candidate.
- 4 Examiners must be satisfied that the candidate is capable of rescuing an adult in similar circumstances to those being tested. To assist with assessment, the examiners may change a candidate's partner.
- 5 For test items 4–9, the candidate will explain the reasons for the actions taken.
- 6 For test item 8.5, the candidate is required to demonstrate a method of locating the compression point and to simulate the timing for CPR without compressing the chest.

Note: If candidates hold a current Oxygen Resuscitation Award they may be granted exemption from the Rescue and Resuscitation components of item 8.

Diploma

The diploma is Royal Life Saving's highest public award, available to candidates who have completed a major research project into lifesaving.

Aim: To add to the body of knowledge about lifesaving.

Purpose: To encourage candidates to research a topic of interest in lifesaving and hence increase the Royal Life Saving's knowledge of lifesaving.

Prerequisites

The candidate must:

- be a member of Royal Life Saving Society – Australia
- have held a 'senior award' of Royal Life Saving.

Requirements

The candidate is to complete a research project that:

- is approved by Royal Life Saving
- adds to the body of knowledge about lifesaving
- is of a university standard in methodology, review of literature, referencing, conclusions and discussion. This refers to a written report, practical project, computer project or verbal presentation.

Project

Each project must contribute to the body of knowledge on lifesaving and be approved by the National Branch through which the diploma is being awarded.

Projects may relate to, although are not exclusive to, the following areas:

- medical, such as consideration of resuscitation techniques or the physiology of resuscitation
- technical, such as how a rescue skill is implemented and how it could be improved
- historical, such as the history of lifesaving in the world, or country, or the history of resuscitation
- social, such as the social impact of lifesaving clubs in a community
- legal, such as the legal implications of performing resuscitation on a member of the public, or the risk management requirements to ensure that Royal Life Saving's activities are within the law
- equipment, such as the development of specific rescue apparatus, for example, CPR aids, powered craft, rescue sleds for personal water craft (PWC).

Projects should not be a repeat of what has already been completed. If, however, it is similar to a previous paper, it must add to the body of knowledge or debate previous findings.

Topics for research/projects can be provided by Royal Life Saving; however, this does not preclude a candidate from nominating a topic that they may deem to be suitable.

A candidate is permitted to complete a project of a practical nature if that is desired. Such projects may include computer initiatives, development of equipment or teaching aids, or review of awards and techniques. Practical topics should be accompanied by the necessary background information and documentation to support the initiative.

Format

The report prepared from the research should contain the following components:

- title page
- acknowledgments
- contents
- executive summary
- introduction/background
- review of literature
- methodology
- findings
- discussion
- conclusions
- references/bibliography
- appendices.

Process

To complete the diploma, the candidate must apply to their local Royal Life Saving Branch.

The application should include a synopsis of the research project seeking approval to complete the diploma.

Intellectual property

The intellectual property of the project remains with the candidate.

Royal Life Saving reserves the right to seek permission from the candidate to publish the findings of each project. This may be in the form of journal articles, monographs on diploma projects, or on websites promoting Royal Life Saving. In each instance, due recognition will be given to the author.

Teaching and instructional strand

Junior Instructor

Aim: To develop a level of lifesaving knowledge and teaching ability that is suitable for instructing a class in general lifesaving techniques (under the supervision of an experienced teacher or instructor).

Minimum age: 14 years

Prerequisite: nil

Requirements: The award is divided into four modules, all of which must be completed within 12 months.

Module 1 – safety

The candidate must gain the Bronze Star or higher award.

Module 2 – coursework

The candidate must satisfactorily complete coursework organised by the supervising teacher or instructor and approved by the Branch.

The course will be equivalent to a minimum of 4 hours and must cover:

- the theory of teaching and learning
- application of the theory of teaching and learning
- Royal Life Saving Society – Australia.

Module 3 – teaching experience

The candidate must teach, under the guidance of an experienced teacher or instructor, water safety, swimming or lifesaving for a minimum of 4 hours.

Module 4 – practical assignment

The candidate must complete, to a satisfactory standard, a practical assignment set and assessed by the supervising teacher or instructor.

Explanatory note

- 1 Module 2 need not be taken as a formal course but could be part of a school program or club activity.
- 2 Guidelines for supervising teachers or instructors for modules 2 and 4 are available from Branches.

Instructor

Aim: To develop a level of lifesaving knowledge and teaching ability which is suitable for instruction of classes in general lifesaving techniques.

Minimum age: 16 years

Prerequisite: nil

Requirements: The award is divided into four modules, all of which must be completed within 12 months.

Module 1 – safety

The candidate must complete the following:

- Royal Life Saving Resuscitation Award
- Bronze Medallion, higher award or Swimming Teachers Rescue Award.

Module 2 – coursework

The candidate must achieve the objectives of a nationally approved course. The course will be the equivalent of 6 hours in duration.

Module 3 – teaching experience

The candidate must provide evidence of having taught water safety, swimming or lifesaving regularly over a period of 6 months.

Module 4 – practical assignment

The candidate must complete, to a satisfactory standard, a practical assignment that will be set and assessed by a Branch.

Explanatory note

Module 2 need not follow the traditional style but may be completed by using a correspondence course, at a weekend camp or as a part of the school curriculum.

Instructor - Resuscitation

Aim: To develop a level of resuscitation and first aid knowledge and teaching ability that is suitable for instructing classes in basic resuscitation.

Minimum age: 18 years

Prerequisite: Resuscitation Award

Requirements: The award is divided into four modules, all of which must be completed within 12 months.

Module 1 – resuscitation

The candidate must achieve the following:

- Royal Life Saving Oxygen Resuscitation Award.

Module 2 – coursework

The candidate must achieve the objectives of a nationally approved course. The course will be the equivalent of 6 hours in duration.

Module 3 – teaching assignment

The candidate must satisfactorily complete a practical assignment that will be set and assessed by a Branch.

Explanatory note

Module 2 need not follow the traditional style but may be completed by correspondence, at a weekend camp or as a part of the school curriculum.

Swimming Teachers Rescue Award

Aim: To develop acceptable standards of knowledge, judgement, skills and physical abilities for supervising students undertaking lessons in swimming pools or other controlled aquatic environments.

Minimum age: 16 years or in the year in which the candidate turns 16

Prerequisite: current Royal Life Saving Resuscitation Award or recognised equivalent

Reach rescue

- 1 Demonstrate methods of reach rescue that can be used at a pool.

Non-contact rescue (or accompanied)

- 2 A weak swimmer is in difficulty 10–15 metres from the point of entry.
 - An aid (rigid or flotation) is available.
 - Perform a 10–15-metre non-contact rescue.
 - Assist the swimmer to climb out.

Recover and resuscitate

- 3 A drowning person is on the pool floor. The candidate must:
 - 3.1 enter the water from the poolside
 - 3.2 recover the person simulating unconsciousness from the floor
 - 3.3 take the person to the nearest point of support
 - 3.4 commence rescue breathing
 - 3.5 land the person
 - 3.6 place the person in the recovery position
 - 3.7 indicate follow-up emergency procedures.

This test item should be conducted at the deepest part of the pool in which the test is taken or at a depth equivalent to the deepest part of the pool where the participant will be using this accreditation.

Spinal injury

- 4 Apply the vice grip to immobilise a spinal injury to the neck of a person in shallow water. Consider airway and breathing and then wade with the casualty for 5 metres. Summon assistance.

Initiative

- 5 Demonstrate initiative in effecting the rescue of a person, whose condition is unknown, and who is no more than 15 metres from safety.

Explanatory note

- 1 Candidates and subjects will be dressed in swimwear for all water test items.
- 2 The components of test item 3 must be performed in the sequence listed.
- 3 The Swimming Teacher's Rescue Award certificate will be endorsed for the maximum depth used in test item 3.
- 4 The examination of this award must be based on the conditions existing at the swimming pool in which the water test is taken.
- 5 For those candidates employed as swimming teachers the test should, if possible, be taken in the pool in which they normally work.

Currency of award

The currency period for this personal performance award is 12 months. Studies of skill and knowledge retention of trained people have shown that performance declines significantly if regular practice is not undertaken.

It is important to note that an award is only an indication of the competence of a person at the date of attainment of the award. Regular training is required to ensure an adequate standard is maintained. Employers using awards as a standard of lifesaving ability must ensure employees are capable of performing to the standard whenever they are on duty.

Resuscitation strand

Resuscitation Awareness

This award aims to provide practical experience in the lifesaving technique of CPR. The skills tested in this award are easy to learn and can be taught to children at primary school.

Aim: To provide awareness of the lifesaving technique of CPR.

Prerequisite: nil

Practical test

Airway management

- 1 Demonstrate:
 - 1.1 checking for dangers and taking appropriate action
 - 1.2 assessing unconsciousness
 - 1.3 clearing and opening the airway
 - 1.4 checking for breathing
 - 1.5 positioning the casualty for CPR
 - 1.6 the appropriate action for a casualty who vomits or regurgitates
 - 1.7 the recovery position.

Rescue breathing

- 2 Demonstrate:
 - 2.1 mouth-to-mouth rescue breathing
 - 2.2 mouth-to-nose rescue breathing.

Chest compression

- 3 Demonstrate:
 - 3.1 chest compression.

Emergency care

- 4 Demonstrate emergency care of a person in shock and appropriate follow-up procedures, including getting help and contacting emergency services in the local area.

Explanatory note

- 1 The examiner may ask questions regarding the techniques being demonstrated.
- 2 Whenever possible items 2.1, 2.2 and 3.1 should be performed on a manikin.
- 3 This award has an emphasis on resuscitation awareness, rather than competency.

Resuscitation

The aim of this award is to provide practical experience in CPR. These skills can be taught to groups in controlled circumstances, from the age of 12 years.

Aim: To provide practical experience in the lifesaving techniques of rescue breathing and CPR.

Prerequisite: nil

Minimum age: 12 years or in the year in which the candidate turns 12.

Theory test

- 1 Answer questions on:
 - 1.1 DRSABCD
 - 1.2 the techniques of CPR, including modifications for infants
 - 1.3 emergency care of people suffering from shock, choking or bleeding
 - 1.4 the use of bystanders and how to contact emergency services.

Practical test

Initiative

- 2 Demonstrate initiative in dealing with a non-breathing person.
 - 2.1 checking for dangers and taking appropriate action
 - 2.2 assessing unconsciousness
 - 2.3 opening and clearing the airway
 - 2.4 checking for breathing
 - 2.5 positioning the casualty for CPR
 - 2.6 performing simulated rescue breathing
 - 2.7 locating the compression point for chest compressions
 - 2.8 demonstrating the appropriate action for a casualty who vomits or regurgitates
 - 2.9 placing the casualty in the recovery position.

The examiner will set the scene and indicate changes in the condition of the casualty to which the candidate is to respond. The test will include some, or all, of the components.

The examiner may also ask candidates to demonstrate any of the above components not covered in the initiative test.

Rescue breathing

- 3 Demonstrate one of the following on a manikin, as selected by the examiner:
 - 3.1 mouth-to-mouth rescue breathing
 - 3.2 mouth-to-nose rescue breathing.

CPR

- 4 Demonstrate on a manikin:
 - 4.1 one-operator CPR
 - 4.2 two-operator CPR.

Explanatory note

In test item 3, if there is a doubt regarding the candidate's ability, a demonstration of the alternative technique may be requested.

Oxygen Resuscitation

Aim: To provide further practical experience in CPR and develop a thorough knowledge of the procedures required in the emergency care of an injured person.

Prerequisite: nil

Minimum age: 14 years or in the school term in which the candidate turns 14.

Theory test

- 1 Answer questions that will require an understanding of the information contained in Chapters 7 and 8.

Practical test

Initiative

- 2 Demonstrate initiative in dealing with a non-breathing person.
 - 2.1 checking for dangers and taking appropriate action
 - 2.2 assessing unconsciousness
 - 2.3 clearing and opening the airway
 - 2.4 checking for breathing
 - 2.5 positioning the casualty for CPR
 - 2.6 performing simulated rescue breathing
 - 2.7 locating the compression point for chest compressions
 - 2.8 demonstrating the appropriate action for a casualty who vomits or regurgitates
 - 2.9 placing the casualty in the recovery position.

The examiner will set the scene and indicate changes in the condition of the casualty to which the candidate is to respond. The test will include some, or all, of the components.

The examiner may also ask candidates to demonstrate any of the above components not covered in the initiative test.

Rescue breathing

- 3 Demonstrate on a manikin:
 - 3.1 rescue breathing
 - 3.2 mouth-to-mask rescue breathing.

CPR

- 4 Demonstrate on a manikin:
 - 4.1 one-person CPR
 - 4.2 two-operator CPR, performing the chest compressions component
 - 4.3 two-operator CPR, performing the rescue breathing component.

Oxygen – theory

- 5 Answer questions on oxygen equipment relating to the following:
 - 5.1 general principles and functions
 - 5.2 advantages and disadvantages
 - 5.3 problems that may be encountered when using oxygen equipment
 - 5.4 areas of safety in using oxygen equipment.

Oxygen – practical

- 6 Demonstrate on a manikin the use of oxygen-supplemented mouth-to-mask rescue breathing using oxygen equipment available at the venue.

Use of a bystander

- 7 While performing one-operator CPR, demonstrate the ability to instruct an untrained bystander to take the chest compressions role, and coordinate effective two-operator CPR using that person.

Oxygen equipment

Some groups of people – for example, lifeguards or safety officers – need to know how to use specialist oxygen equipment.

The award is discouraged for those who are not likely to use it as this takes emphasis away from the great value of the Oxygen Resuscitation Award. It is further emphasised that those holding the Advanced Oxygen Award be in a position to practise frequently with the equipment.

While not included in the manual, an Oxygen Equipment Resuscitation Award is offered by some Royal Life Saving offices for these groups.



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