

Assessment	Details
Knowledge	Identify and respond to signs and signals of a person in distress.
CPR	Perform a primary assessment, conduct CPR and Apply an AED.
Timed Swim	Complete a 200m continuous swim - 50m freestyle, 50m survival backstroke, 50m side stroke. 50m breaststroke – in any order, in less than 6 minutes.
Non-swimming Rescues	Perform a range of non-swimming rescues to victims in a range of conditions and distances from the edge and successfully secure the victim on the side of the pool.
Swimming Rescues	<p>Perform a range of swimming rescues to conscious and unconscious victims in a range of conditions and distances from the edge.</p> <p>Demonstrate defensive approaches including:</p> <ul style="list-style-type: none"> • Floatation aid block <ul style="list-style-type: none"> • Leg block • Front release method • Rear release method <ul style="list-style-type: none"> • A successful second rescue attempt securing the victim on the side of the pool
Timed Tow	<p>Demonstrate the fitness and strength to tow a person in difficulty at least 10 metres with their mouth and nose above water to a point of safety</p> <ul style="list-style-type: none"> • Accompanied <ul style="list-style-type: none"> • Wade • On-contact tow • Contact tow
Swimmers	Have a victim role play a swimmer and the rescuer perform the appropriate rescue.