

Assessment	Details
Knowledge	<p>An understanding of the following:</p> <ul style="list-style-type: none"> • Legal requirements • Manual Handling • Rescue Equipment • First aid Equipment • Hazards and Risks • Communication <ul style="list-style-type: none"> • Swimmers • Emergencies • Post Incident support <ul style="list-style-type: none"> • CPR
CPR	Perform a primary assessment, conduct CPR and Apply an AED
Timed Swim*	Complete a 400m continuous swim (100m freestyle, 100m survival backstroke, 100m side stroke. 100m breaststroke – in any order, in less than 13 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 <p>• A successful second rescue attempt securing the victim on the side of the pool</p>
Timed Tow*	Start out of the water, enter while still wearing long pants and a long sleeve shirt and with a flotation aid, swims to the victim who is 50 metres away, instructs them to hold the flotation device and returns them 50 metres to the side of the pool and secures. This is to be completed in 3 minutes 15 seconds or less.
Swimmers	Have a victim role play a swimmer and the rescuer perform the appropriate rescue.
Spinal Management	<p>Demonstrate a range of immobilisation techniques:</p> <ul style="list-style-type: none"> • Extended arm rollover (shallow water) • Trapezium grip (victim on their back – floating or supported) • Vice grip
Searches and Rescues*	<p>Demonstrate a search pattern in deep water, locate an object and demonstrate a surface dive to retrieve the object.</p> <p>Work as a team to complete a rescue.</p> <p>Dressed in long pants and a long sleeve shirt perform the following:</p> <ul style="list-style-type: none"> • Float using hand sculling movement for 1 minute <ul style="list-style-type: none"> • Tread water for 1 minute • Put on a PFD (deep water) then swim 50 meters wearing the PFD <ul style="list-style-type: none"> • Demonstrate the HELP position • Climb out wearing the PFD <p>Demonstrate rescuing 2 people in difficulty. The victims will be in an unknown condition and at least 15 metres away.</p>

*The learning outcomes are those that will be assessed at the training hub for participants. In the first instance, participants will be assessed for the Pool Rescue Certificate (equivalent to the Royal Bronze Medallion). If the learning outcomes are not achieved, participants have the option to complete the modified assessment as part of the Community Pool Rescue Certificate