

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 • Waves, Currents, Rips <ul style="list-style-type: none"> • Beaches • Creatures • 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 100m continuous run/swim/run (100m run, 100m swim, 100m run) in less than 5 minutes.
Non-swimming Rescues	Perform a range of non-swimming rescues to victims in a range of conditions and circumstances
Swimming Rescues	<p>Perform a range of swimming rescues to victims in a range of conditions and circumstances</p> <p>A rescuer is to approach a panicky conscious victim using defensive approaches. The rescuer will demonstrate the following:</p> <ul style="list-style-type: none"> • Floatation aid block • Leg block • Front release method • Rear release method <p>• A successful second rescue attempt securing the victim in a safe location</p>
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) • Trapezius grip (victim on their back – floating or supported) <ul style="list-style-type: none"> • Vice grip
Rescues	<p>Perform a range of tube rescues to victims in a range of conditions and circumstances</p> <p>Demonstrate rescuing 2 people in difficulty. The victims will be in an unknown condition (i.e. tired, injured, unconscious etc) and at least 15 metres away.</p>