



Please complete in block capitals

Group		Group Society Number	1							
Trainer		Trainer Society Number	3							
Date		Assessment venue								
Candidate Name	Date of Birth	Pre-requisites			Pass/Fail					
		BM+	LS+	14+						

Section 1 Theory

Answer 8 – 12 questions on the following topics from the Lifesaving Manual

- Identification of local hazards
- Water safety in and around open water
- The effects and implications of the elements
– moving water, wind on the successful performance of a rescue
- The practical treatment for
– hypothermia, shock and drowning

Candidate	Candidate	Candidate

Section 2 Rescue Test 1 – Rescue close to land

A conscious casualty is in deep water, 2-8m beyond waist depth. A selection of rescue aids are available, as specified by the Assessor.

- Demonstrate a reach, throw or wade rescue
- Assist the casualty to land
- Demonstrate appropriate aftercare

- Casualty recognition
- Aid selection
- Clear Instructions
- Safety of rescuer
- Care of casualty
- Effective rescue
- Assistance to land
- Effective aftercare
- Protection from the elements

Candidate	Candidate	Candidate



Section 2 Rescue Test 2 – Rescue further from land

2 conscious casualties are in difficulty up to 20m beyond waist depth. One of the casualties is between 10-20m beyond waist depth. A selection of rescue aids are available. Bystanders may be used.

- Demonstrate the rescue of both casualties making use of the available aids and bystanders

The Assessor may stop the candidate when a clear impression of the initiative used and actions taken has been obtained. The candidate will explain their actions and any further intentions

	Candidate	Candidate	Candidate
• Situation assessed			
• Plan of action			
• Aid selection			
• Use of bystanders			
• Effective action			
• Safety of rescuer			
• Care of casualties			
• Safe landings			
• Effective aftercare			
• Protection from the elements			
• Rescue principles			
• Clear evaluation			

Section 2 Rescue Test 3 – Resuscitation rescue

A simulated unconscious casualty is floating face down 20m beyond waist depth. No buoyant rescue aids are available.

- Enter the water and swim 20 metres
- Tow the casualty 20m to a point of support
- Shout for help, assess for normal breathing, commence supported rescue breathing

- When appropriate and instructed to do so, land the casualty with assistance
- Re-assess the casualty (casualty is breathing normally)
- Place casualty in the recovery position
- Treat for shock and hypothermia

	Candidate	Candidate	Candidate
• Safe entry			
• Quick approach			
• Effective tow			
• Shout for help			
• Obtain head tilt			
• Assess casualty			
• Effective rescue breathing			
• Clear instructions			
• Safe landing			
• Safety of rescuer			
• Care of casualty			
• Assess casualty			
• Recovery position			
• Aftercare			