



<b>Section 1 Theory</b> Answer 8 – 12 questions on the following topics from the Lifesaving Manual	<b>Candidate</b>	<b>Candidate</b>
• 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		

<b>Section 2 Rescue Test 1 – Rescue close to land</b> 2 conscious casualties are in deep water up to 8m beyond waist depth. A selection of rescue aids are available, as specified by the Assessor. Bystanders may be used. • Demonstrate the rescue and appropriate aftercare of both casualties, making use of 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	<b>Candidate</b>	<b>Candidate</b>
• Situation assessed		
• Plan of action		
• Aid selection		
• Use of bystanders		
• Effective action		
• Safety of rescuer		
• Care of the casualties		
• Safe landings		
• Effective aftercare		
• Protection from the elements		
• Rescue principles		
• Clear evaluation		

<b>Section 2 Rescue Test 2 – Rescue further from land</b> 2 conscious casualties are in difficulty 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	<b>Candidate</b>	<b>Candidate</b>
• 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 30 metres
- Tow the casualty 30m 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
• 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		

**Section 2 Rescue Test 4 – Contact rescue**

A conscious casualty is in difficulty 30m beyond waist depth. No rescue aids are available.

- Enter the water and swim 30 metres to the casualty
- Demonstrate a defensive action / block
- Demonstrate a contact tow over 30m
- Demonstrate an escape and take defensive action when necessary
- Assist the casualty to land

The casualty will attempt to grasp the candidate before the tow starts and will struggle once during the rescue

	Candidate	Candidate
• Safe entry		
• Quick approach		
• Safe defence		
• Quick escape		
• Clear instructions		
• Effective tow		
• Safety of the rescuer		
• Clear instructions		
• Care of the casualty		
• Assistance to land		
• Safe landing		