

SILVER SPORT

SYLLABUS

CORE SKILLS

- Bronze and Silver Core Element, and Bronze Sport Lifesaving Award

SPORT SKILLS (CHAPTERS 7)

- Tumble turn
- Manikin recovery: depth 1.5m
- Speed line throw: 12m: 45 seconds
- Swimming underwater: 15m
- Manikin carry: 25m carry: 1 minute 30 seconds*
- Manikin tow with fins: 25m swim, 25m tow: 1 minute 40 seconds (half filled manikin)
- Free style swimming: 200m: 4 minutes
- Fin swimming (front, side, dolphin): 2x25m

* Filled manikin for all candidates aged 15 years and over on the day of assessment. Half filled manikin for all candidates aged under 15 years on the day of assessment.

GOLD CORE ELEMENT

SYLLABUS

LIFE SUPPORT

- Review and ongoing practice of CPR Skills (Life Support award pre-requisite)

HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

- Cold Water Immersion
- Eddies
- Cushion waves
- Hydraulics
- Undercut rocks
- Strainers

EMERGENCY MANAGEMENT (CHAPTER 3)

- Emergency Action Model
- Rescue priorities

SELF-RESCUE & SURVIVAL (CHAPTER 4)

- Treading water (eggbeater leg kick)
- Clothing removal in the water
- Ice escape

RESCUE (CHAPTER 5)

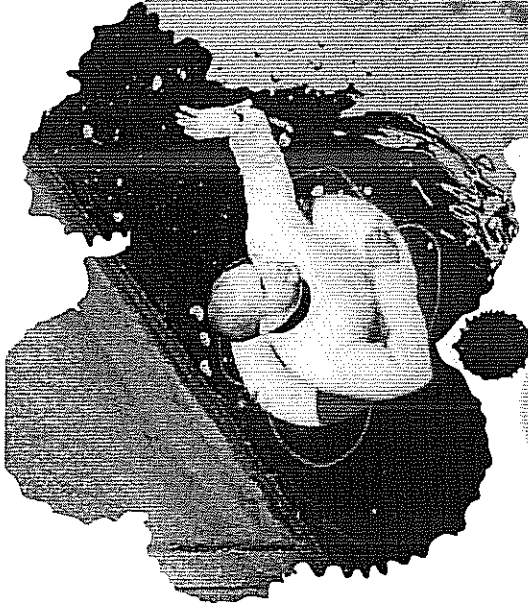
- Contact zone
- Extended arm tow: 50m swim, 20-25m tow
- Head first surface dive
- Turning an unconscious casualty (front to back)
- Spinal turn and support

FIRST AID (CHAPTER 6)

- Fractures

LIFESAVING SPORT & FITNESS (CHAPTER 7)

- Timed swim: 200m in 4 minutes
- Distance Swim: 800m
- Manikin carry: 50m (Half filled manikin for all candidates)



GOLD MEDALLION

SYLLABUS

CORE SKILLS

- Review of Bronze, Silver, and Gold Core Element, and Bronze and Silver Medallion Lifesaving Award

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

- Inland Water Sites
 - Weir hydraulics
 - Canals
 - Locks
- Sea, Coast and Beaches
 - Longshore currents
 - Sandbars, sandbanks and holes
 - Rip currents (identification and self-rescue)

SELF-RESCUE & SURVIVAL (CHAPTER 4)

- Survival Swim: 15 minutes continuous swimming (clothed)

RESCUE (CHAPTER 5)

- Extended arm tow: 50m swim, 20-25m tow
- Chin tow: 50m swim, 20-25m tow
- Cross-chest tow: 50m swim, 20-25m tow
- Support tow: 50m swim, 20-25m tow
- In water rescue breathing
- Initiative rescuer: 4 casualties



GOLD BEACH

SYLLABUS

CORE SKILLS

- Review of Bronze, Silver and Gold Core Element, and Bronze and Silver Beach Lifesaving Award

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS AND SAFETY (CHAPTERS 1 and 2)

- Sea, Coast and Beaches
 - Cliffs
 - Offshore winds
 - Manmade structures
 - Tides (complete)
 - Waves
 - Longshore currents
 - Sandbars, sandbanks and holes
 - Rip currents (complete)
 - Sea lila (and First Aid)

SELF-RESCUE AND SURVIVAL (Chapter 4)

- Survival Swim: 15 minutes continuous swimming (clothed)

RESCUE (Chapter 5)

- Extended arm tow: 50m swim, 20-25m tow
- Chin tow: 50m swim, 20-25m tow
- Cross-chest tow: 50m swim, 20-25m tow
- Support tow: 50m swim, 20-25m tow
- In water rescue breathing
- Initiative rescuer: 4 casualties

GOLD STILLWATER

SYLLABUS

CORE SKILLS

- Review of Bronze, Silver and Gold Core Element, and Bronze and Silver Stillwater Lifesaving Award

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

- Inland Water Sites
 - Rivers and estuaries
 - Quarry pools
 - Canals and locks
 - Floods
- Water speed and water forces
- Weir hydraulics
- Lakes and reservoirs
- Dams

SELF-RESCUE AND SURVIVAL (CHAPTER 4)

- Survival Swim: 15 minutes continuous swimming (clothed)

RESCUE (CHAPTER 5)

- Extended arm tow: 50m swim, 20-25m tow
- Chin tow: 50m swim, 20-25m tow
- Cross-chest tow: 50m swim, 20-25m tow
- Support tow: 50m swim, 20-25m tow
- In water rescue breathing
- Initiative rescuer: 4 casualties

GOLD SPORT

SYLLABUS

CORE SKILLS

- Bronze, Silver and Gold Core Element, and Bronze and Silver Sport Lifesaving Award

SPORTS SKILLS (CHAPTER 7)

- Tumble turn with fins
- Speed line throw: 12m: 30 seconds
- Manikin carry: 25m swim, 25m carry: 1 minute 20 seconds
- Rescue medley (event): 100m: 2 minutes 45 seconds
 - 50m freestyle
 - 17.5m underwater swim
 - Manikin recovery from pool floor
 - 32.5m manikin carry (approx.)*
- Manikin tow with fins (event): 100m: 2 minutes
 - 50m freestyle with fins and rescue tube
 - Clip manikin into the rescue tube
 - 50m manikin tow (approx.)*
- Super lifesaver (event): 200m: 5 minutes
 - 75m freestyle
 - Manikin recovery from pool floor
 - 25m manikin carry (approx.)
 - 50m freestyle with fins and rescue tube (approx.)
 - Clip manikin into the rescue tube
 - 50m manikin tow (approx.)*
- Manikin carry with fins (event): 100m: 2 minutes
 - 50m freestyle
 - Manikin recovery from pool floor
 - 50m carry

*In accordance with the 'short course' rules, when completing the award in a 25m pool, candidates will not be judged on manikin criteria within 5 meters of the turning wall. This means that candidates may turn the manikin using their hands or another appropriate method and the manikins face may submerge