

SILVER CORE ELEMENT

SYLLABUS

LIFE SUPPORT

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

HAZARD AWARENESS & SAFETY

- Beach composition
- Water bed composition
- Water bed shelving
- Water speed and force

DROWNING INFORMATION

- Relevance of location, age, time of year, activity and gender

EMERGENCY MANAGEMENT

- Assessing the situation
- Skills toolbox
- Planning
- Action
- Re-assessment

SELF-RESCUE AND SURVIVAL

- Vertical float
- Huddle position

RESCUE

- Straddle entry
- Compact jump
- Lifesaving backstroke
- Feet first surface dive
- Casualty recognition
- Contact zone
- Rope rescue: 10-12m
- Supporting a casualty in the water against a firm support
- Landing the casualty (Stirrup Lift, Horizontal Lift, Assisted Lift)

FIRST AID

- Hypothermia
- Aftercare

LIFESAVING SPORT & FITNESS

- Timed Swim: 100m in 2 minutes
- Distance Swim: 400m
- Clearing obstacles



SILVER MEDALLION

SYLLABUS

CORE SKILLS

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

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS & SAFETY

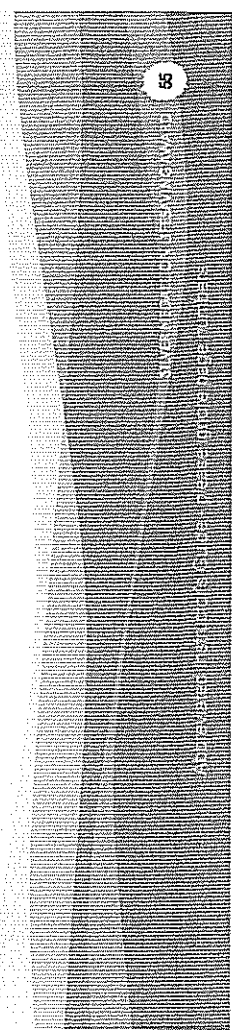
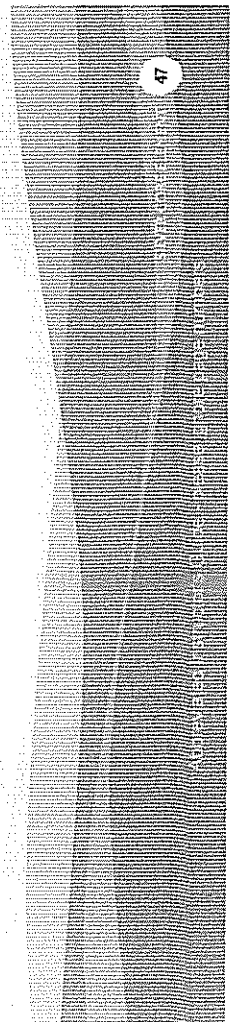
- Inland Water Sites
 - Lakes and Reservoirs
 - Dams
 - Floods
- Sea, Coast and Beaches
 - Manmade structures
 - Tides (Rule of twelfths, Intertidal zone and Beach shelving)

SELF-RESCUE & SURVIVAL

- Survival Swim-10 minutes continuous swimming (clothed)

RESCUE

- Accompanied rescue: 25m swim, 20-25m accompanied
- Tow with an aid: 25m swim, 20-25m tow
- Clothing tow: 25m swim, 20-25m tow
- Support tow: 25m swim, 20-25m tow
- Initiative rescue: 3 casualties





SYLLABUS

CORE SKILLS

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

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS & SAFETY (CHAPTERS 1, 2 AND 4)

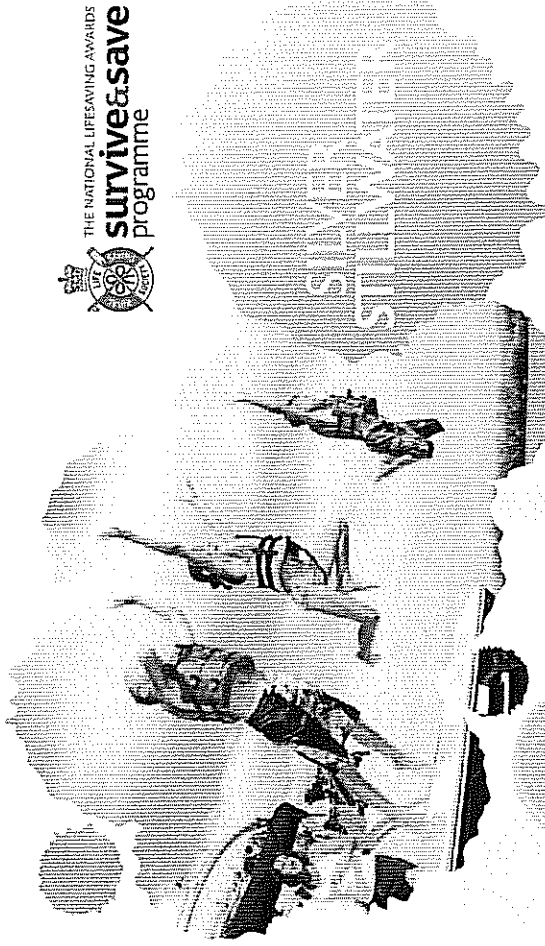
- Sea, Coast and Beaches
 - Tides (Rule of twelfths, intertidal zone and Beach shelving)
 - Longshore currents
 - Sandbars, sandbanks and holes
 - Rip currents (identification and self-rescue)

SELF-RESCUE AND SURVIVAL (CHAPTER 4)

- Survival Swim: 10 minutes continuous swimming (clothed)

RESCUE (CHAPTER 5)

- Accompanied rescue: 25m swim, 20-25m accompanied
- Tow with an aid: 25m swim, 20-25m tow
- Clothing tow: 25m swim, 20-25m tow
- Support tow: 25m swim, 20-25m tow
- Initiative rescue: 3 casualties



SYLLABUS

CORE SKILLS

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

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

- Inland Water Sites
 - Water speed and water force
 - Weir hydraulics
 - Lakes and reservoirs
 - Dams

SELF-RESCUE AND SURVIVAL (CHAPTER 4)

- Survival Swim: 10 minutes continuous swimming (clothed)

RESCUE (CHAPTER 5)

- Accompanied rescue: 25m swim, 20-25m accompanied
- Tow with an aid: 25m swim, 20-25m tow
- Clothing tow: 25m swim, 20-25m tow
- Support tow: 25m swim, 20-25m tow
- Initiative rescue: 3 casualties