

BRONZE STAGE 1



ASSESSMENT MATRIX Class:

AWARD CRITERIA																				
1. Demonstrate a non-panicking casualty																				
2. Demonstrate a panicking casualty																				
3. Demonstrate an unconscious casualty																				
4. Enter shallow water safely and confidently																				
5. Swim front crawl or breaststroke continuously for 25m																				
6. Tread water for 1 minute, use your arms to occasionally signal for help																				
7. Swim lifesaving backstroke continuously for 25m																				
8. Holding a buoyant aid, use any leg kick to move 15m to the poolside																				
9. Using a buoyant aid, hold the HELP position for 1 minute																				
10. Climb out of deep water without using the steps																				

NOTES

- Tasks can be completed individually or can be linked together for more competent Rookies
- The assessment does not have to be completed in 1 session and may be conducted throughout the course



BRONZE STAGE 3



ASSESSMENT MATRIX Class:

AWARD CRITERIA															
1. Demonstrate a reaching rescue of a casualty 2m away															
2. Demonstrate a rope throw rescue of a casualty 8m away (coil and throw the rope)															
3. Enter shallow water and wade to a casualty 5m away, then: <ul style="list-style-type: none"> • Throw a buoyant aid to the casualty • Instruct the casualty to kick their legs to the side and to climb out of the water without using the steps 															
Wearing clothing:															
4. Enter deep water safely and confidently, then swim freestyle continuously for 50m															
5. Tread water for 1 minute using your arms to signal for help every 30 seconds, then: <ul style="list-style-type: none"> • Move 2m backwards • Move 2m to the right • Move 2m to the left 															
6. Swim head-up lifesaving backstroke continuously for 50m, then use a buoyant aid hold the HELP position for 2 minutes 30 seconds															
7. Remove additional clothing whilst in the water															
8. Whilst floating on your back, scull head first for 15m, then scull feet first for 15m															
9. Perform a feet first surface dive and swim underwater for 5m															
10. Climb out of deep water without using the steps															

NOTES

- Tasks 4-6 to be completed wearing a long-sleeved top and trousers
- Tasks can be completed individually or can be linked together for more competent Rookies
- The assessment does not have to be completed in 1 session and may be conducted throughout the course

