

GOLD STAGE 1



ASSESSMENT MATRIX Class:

AWARD CRITERIA																			
1. Demonstrate a rope rescue of a casualty 10m away in less than 35 seconds (coil, throw and rescue)																			
2. Enter shallow water and wade to a casualty in deeper water 8m away, then: <ul style="list-style-type: none"> Reach out to the casualty using a pole Use the pole to tow the casualty to the poolside whilst giving them instructions and reassurance Place the casualty in the support position, then help the casualty to climb out from deep water using the stirrup lift 																			
3. Wearing clothing, demonstrate a tow with an aid in less than 3 minutes: <ul style="list-style-type: none"> Swim head-up front crawl continuously to a non-panicking casualty 50m away Perform the stand-off position Using an item of clothing as an aid, tow the casualty 25m to the poolside Place casualty in the support position, then help the casualty to climb out 																			
4. Swim on your front for 10m then demonstrate a stand-off position																			
5. Swim on your front for 10m then demonstrate a defensive reverse																			
6. Demonstrate an extended arm tow in less than 2 minutes 30 seconds: <ul style="list-style-type: none"> Swim head-up front crawl to a face-down unconscious casualty 20m away Surface dive to recover an object from a depth of 1m At the surface swap the object for the unconscious casualty and turn the casualty from face-down to face-up Perform an extended arm tow for 20m using sidestroke returning to shallow water and shouting for help 																			
7. Demonstrate in-water rescue breathing for 30 seconds whilst waiting for help																			
8. Using initiative rescue 2 non-panicking casualties in difficulty up to 10m away																			
9. Demonstrate a fall-in entry and a compact jump into clear deep water																			
10. Swim continuously for 400m (including a minimum of 50m sidestroke and 50m lifeguarding backstroke)																			

NOTES	<ul style="list-style-type: none"> Task 3 to be completed wearing a long-sleeved top and trousers and the timed element only includes the swim and tow 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
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GOLD STAGE 2



ASSESSMENT MATRIX Class:

AWARD CRITERIA															
1. Demonstrate a rope rescue of a casualty 10m away in less than 30 seconds (coil, throw and rescue)															
2. Using initiative and a selection of rescue aids, rescue 2 non-panicking casualties up to 15m away in shallow water: <ul style="list-style-type: none"> • Demonstrate non-contact or indirect-contact rescues of both casualties (throw, reach, rope or wade) • Communicate clearly with the casualties, help them to climb out using the stirrup lift and treat them for shock 															
3. Following appropriate hand signals from land, swim up to 20m to a point where there is a submerged object, then surface dive to recover the object from a depth of 1m: <ul style="list-style-type: none"> • Understand the signals: attract attention, move to the left, move to the right, go further out, stay where you are, message understood, investigate object in the water and return to shore 															
4. Demonstrate a Chin or Cross Chest Tow : <ul style="list-style-type: none"> • Swim head-up front crawl to a face-down unconscious casualty 20m away • Perform the stand-off position • Turn the casualty from face-down to face-up • Perform a chin or cross chest tow for 20m to the poolside and shout for help (still in deep water) • Assess for normal breathing, then perform in-water rescue breathing for 1 minute whilst waiting for help • When help arrives, place the casualty in the support position in preparation to lift the casualty • STOP before any lifts are attempted and ask the Rookie to explain how they would lift the casualty using the assisted lift 															
5. Swim freestyle continuously for 400m in less than 12 minutes															

NOTES

- Task 4 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

GOLD STAGE 3



ASSESSMENT MATRIX Class:

AWARD CRITERIA																			
Wearing clothing: 1. Swim 400m continuously in less than 15 minutes. During the swim at least 3 of these strokes must be demonstrated over 100m: lifesaving backstroke, sidestroke , breaststroke or front crawl																			
2. Tread water for 2 minutes, then: • Remove additional clothing • Swim sidestroke for 50m • Climb out of deep water unaided																			
3. Demonstrate an extended arm or chin tow : • Swim head-up front crawl to a face-down unconscious casualty 20m away in less than 25 seconds • Perform the stand-off position • Turn the casualty from face-down to face-up • Perform an extended arm or chin tow for 20m to the poolside and shout for help (still in deep water) • Assess for normal breathing, then perform in-water rescue breathing for 1 minute whilst waiting for help • When help arrives, place the casualty in the support position in preparation to lift the casualty • STOP before any lifts are attempted and ask the Rookie to explain how they would lift the casualty using the assisted lift																			
4. Demonstrate a surface dive and cross chest tow in less than 2 minutes: • Swim head-up front crawl towards a face-down unconscious casualty 20m away • 5m from the casualty surface dive and swim at least 5m underwater to recover an object from a depth of 1m • At the surface swap the object for an unconscious casualty and turn the casualty from face-down to face-up • Perform a cross chest tow for 20m to the poolside in shallow water and shout for help																			
5. Using appropriate hand signals from land, direct another Rookie to a point where there is a submerged object: • Understand the signals: attract attention, move to the left, move to the right, go further out, stay where you are, message understood, investigate object in the water and return to shore																			
6. Complete the Rookie Life Support Award																			

NOTES

- Tasks 1 and 2 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