

# SILVER STAGE 1



## ASSESSMENT MATRIX Class:

AWARD CRITERIA																			
1. Using a buoyant aid, demonstrate a <b>throwing rescue</b> of a casualty 5m away																			
2. Demonstrate a <b>reaching rescue</b> of a casualty 2m away																			
3. Demonstrate a <b>rope rescue</b> of a casualty 8m away (coil, throw and rescue)																			
4. Enter shallow water and <b>wade</b> to a casualty 5m away, then: <ul style="list-style-type: none"> <li>• Reach out to the casualty using an aid</li> <li>• Walk towards the poolside, towing the casualty and giving them instructions and reassurance</li> </ul>																			
5. Help the casualty to <b>climb out</b> of shallow water using the <b>stirrup lift</b>																			
Wearing clothing:																			
6. Enter deep water safely and confidently																			
7. Swim freestyle continuously for 100m																			
8. <b>Tread water</b> for 1 minute 30 seconds using your arms to <b>signal for help</b> every 30 seconds, then: <ul style="list-style-type: none"> <li>• Move 2m backwards</li> <li>• Move 2m to the right</li> <li>• Move 2m to the left</li> </ul>																			
9. Swim head-up freestyle for 10m to a buoyant aid. Using the buoyant aid hold the <b>HELP position</b> for 2 minutes																			
10. <b>Remove additional clothing</b> whilst in the water																			
11. Perform a <b>feet first surface dive</b> and recover an object from a depth of 1m																			
12. <b>Climb out</b> of deep water without using the steps																			

## NOTES

- Tasks 1-5 to be completed in order before tasks 6-12
- Tasks 6-9 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

# SILVER STAGE 2



## ASSESSMENT MATRIX Class:

AWARD CRITERIA																				
1. Demonstrate a <b>reaching rescue</b> of a casualty 2m away																				
2. Using a buoyant aid, demonstrate a <b>throwing rescue</b> of a casualty 8m away																				
3. Demonstrate a <b>rope rescue</b> of a casualty 10m away in less than 1 minute (coil, throw and rescue)																				
4. Enter shallow water and <b>wade</b> to a casualty 5m away, then: <ul style="list-style-type: none"> <li>• Reach out to the casualty using an aid</li> <li>• Walk towards the poolside, <b>towing</b> the casualty and giving them instructions and reassurance</li> </ul>																				
5. Help the casualty to <b>climb out</b> of shallow water using the <b>stirrup lift</b>																				
6. Swim 50m on your front, during which perform 1 <b>feet first surface dive</b> and 1 <b>head first surface dive</b> to recover an object from a depth of 1m																				
Wearing clothing:																				
7. Enter deep water using a <b>straddle entry</b>																				
8. Swim continuously for 150m (minimum of 25m on front and 25m on back)																				
9. <b>Tread water</b> for 2 minutes using your arms to signal for help every 30 seconds, then: <ul style="list-style-type: none"> <li>• Move 5m backwards</li> <li>• Move 5m to the right</li> <li>• Move 5m to the left</li> </ul>																				
10. Swim head-up and on your front continuously for 20m																				
11. <b>Remove additional clothing</b> whilst in the water																				
12. <b>Climb out</b> of deep water without using the steps																				

### NOTES

- Tasks 1-6 to be completed in order before tasks 7-12
- Tasks 7-10 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

# SILVER STAGE 3



## ASSESSMENT MATRIX Class:

AWARD CRITERIA																			
1. Using a buoyant aid, demonstrate a <b>throwing rescue</b> of a casualty 8m away																			
2. Demonstrate a <b>rope rescue</b> of a casualty 10m away in less than 45 seconds (coil, throw and rescue)																			
3. Enter shallow water and <b>wade</b> to a casualty 10m away, then: <ul style="list-style-type: none"> <li>• Throw a buoyant aid to the casualty</li> <li>• Instruct the casualty to kick their legs to the side and to <b>climb out</b> of the water without using the steps</li> </ul>																			
4. Enter shallow water and <b>wade</b> to a casualty 10m away, then: <ul style="list-style-type: none"> <li>• Reach out to the casualty using a pole</li> <li>• Walk towards the poolside, <b>towing</b> the casualty and giving them instructions and reassurance</li> <li>• Place the casualty in the <b>support position</b></li> </ul>																			
5. Help the casualty to <b>climb out</b> of shallow water using the <b>stirrup lift</b>																			
6. In shallow water <b>turn an unconscious casualty</b> to a face-up position, then: <ul style="list-style-type: none"> <li>• Walk towards the poolside, <b>towing</b> the casualty and shouting for help</li> </ul>																			
7. Using initiative rescue 1 casualty in difficulty up to 5m away																			
Wearing clothing:																			
8. Demonstrate a <b>fall-in entry</b> into clear deep water																			
9. Swim freestyle continuously for 200m in less than 10 minutes (100m on front, 100m on back)																			
10. <b>Tread water</b> for 3 minutes, <b>shouting and signalling for help</b> every 30 seconds																			
11. <b>Remove additional clothing</b> whilst in the water																			
12. Swim 100m on your front, during which perform 2 <b>feet first surface dives</b> and 2 <b>head first surface dives</b> to recover an object from a depth of 1m. <b>Climb out</b> of deep water without using the steps																			

## NOTES

- Tasks 1-7 to be completed in order before tasks 8-12
- Tasks 8-10 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