



Royal Life Saving Society, New Zealand

Advanced Lifesaving Strand

Currency of awards

The currency period for awards is twelve months. Studies of skill and knowledge retention of trained people have shown that performance declines significantly if regular practice is not undertaken

Award of Merit

AIM To develop advanced rescue and judgement skills. The candidate must perform with skill, sensitivity and understanding.

MINIMUM AGE 15 years or year in which the candidate turns 15

PREREQUISITE Bronze Cross

1 THEORY

Answer questions requiring a high level of understanding of:

- safe water practices
- survival in the water
- self-preservation in rescues
- recognising an emergency
- assessment before and during a rescue
- priorities for rescue
- acceptance of responsibility
- use of bystanders
- towing principles
- emergency care
- emergency services available
- drownings in New Zealand

2 RESUSCITATION (E)

Complete the test for the Senior Resuscitation Award

WATER TEST

3 TIMED TOW

An injured swimmer who is unable to assist with propulsion is in difficulty 75 meters from safety.

Enter the water, swim a 75 meter approach and tow the person 75 meters to safety.

The candidate will commence the rescue wearing swimwear, trousers and long-sleeved shirt, any of which may be discarded as desired.

A time limit of four minutes and 45 seconds shall apply from the starting signal until completion of the tow.

4 SWIM

Dressed in swimwear, swim continuously 800 meters:

- 4.1 100 meters on side
- 4.2 100 meters on back
- 4.3 100 meters on front
- 4.4 500 meters using any recognised strokes/s

Test items 4.1, 4.2, 4.3 must be performed using an underwater arm recovery and any effective leg action is permissible. The total time limit for the swim is not to exceed 21 minutes.

5 DEFENSIVE and ESCAPE TECHNIQUES

Dressed in swimwear, trousers and long sleeved shirt and assuming circumstances which do not allow the rescuer to exercise usual defensive procedures, demonstrate in deep water release from a grasp. The examiner will nominate a grasp which requires the candidate to demonstrate initiative and sound understanding of self-preservation.

Having escaped, exercise safe defensive procedures.

6 SPINAL INJURY

In shallow water, immobilise a non-breathing person who has a suspected spinal injury.

Recruit and direct at least four untrained bystanders to assist in stabilising and performing simulated rescue breathing on the person in the water.

7 UNDERWATER SEARCH

Organise three bystanders who are competent swimmers to assist in performing a search pattern in water with a maximum of three meters.

8 RESCUE and RESUSCITATION

A non breathing person is in deep water 20 meters from safety:

- 8.1 enter the water with a buoyant aid
- 8.2 swim to the person and assess the persons condition
- 8.3 perform simulated breathing for 30 seconds
- 8.4 continue simulating rescue breathing while towing the person to safety
- 8.5 assuming that the person has recommenced breathing recruit and direct any trained bystander to help lift the person from the water
- 8.6 place the person in a recovery position and demonstrate appropriate after care while instructing the bystander to seek medical help

The examiner will ensure that the potential rescue aids and bystanders are available. On completion of this test, the candidate will explain the reasons for the action taken.

9 INITIATIVE

Demonstrate initiative in effecting a rescue of three people who are in difficulty up to 25 metres from safety and whose conditions are unrevealed.

The examiner will ensure that up to five aids will be available. The examiner will brief the subjects on the roles to be simulated from the following:

- non-swimmer
- weak swimmer
- injured swimmer
- person with suspected spinal injury
- unconscious person

Two bystanders are available . The examiner will brief the bystanders on the roles to be simulated. For example:

- Pool life guard
- Over-helpful teenager
- An adult without any lifesaving knowledge or skills.

On completion of this test, the candidate will explain the reasons for the action taken.

Explanatory notes:

- Candidates are required to have a current Senior Resuscitation Award
- The examiner may supplement the practical tests by asking questions which seek further understanding of rescue, survival and resuscitation.
- The examiner is permitted to examine as many test items as is considered necessary to access the ability of the candidate.
- The examiner must be satisfied that the candidate is capable of rescuing an adult in similar circumstances to those being tested. To assist the assessment, the examiner may change a candidates partner.
- To requalify for the Award of Merit, candidates must perform items 2, 6, 8 and 9 and at least one other test item to the satisfaction of the examiner.