



Royal Life Saving Society, New Zealand

Bronze 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

Bronze Cross

AIM To further develop the level of judgement, technique and physical ability required to carry out water rescues.

PREREQUISITE Bronze Medallion

Portions of this award are Instructor assessed and portions require to be undertaken with an Examiner

1 THEORY

Answer questions requiring an 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
- emergency care
- emergency services available

Standard theory papers from RLSSNZ will be issued.

2 RESUSCITATION

Complete the test for the Resuscitation Award.

WATER TEST

3 Timed tow

An unconscious, breathing person is 50 meters from safety.

Enter the water, swim a fifty meter approach and tow the person 50 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 three minutes shall apply from the starting signal until the completion of the rescue.

4 Swim

Dressed in swimwear, swim continuously 600 meters:

- 4.1 100 meters on the side
- 4.2 100 meters on the back
- 4.3 100 meters on the front
- 4.4 300 meters using any recognised stroke(s)

Test items 4.1, 4.2 and 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 seventeen minutes.

5 Defensive and escape techniques

Dressed in swimwear, trousers and long-sleeved shirt, perform in deep water:

- 5.1 a blocking technique
- 5.2 an escape from the front
- 5.3 an escape from the rear

Assume a defensive position and communicate verbally with the person in difficulty after performing each defence or escape technique.

6 Spinal injury

In shallow water, immobilise a breathing person who has a suspected spinal injury. Recruit and direct two untrained bystanders to assist with stabilisation by supporting the person at the hips and ankles.

7 Underwater search

Demonstrate one search pattern using both head first and feet first surface dives in water approximately two metres deep.

8 Rescue and resuscitation

A non-breathing person is in deep water 15 meters from safety:

- 8.1 enter the water with a buoyant aid
- 8.2 swim to the person and assess the person's condition
- 8.3 perform simulated rescue breathing for thirty seconds
- 8.4 tow the person 15 meters to safety
- 8.5 recommence simulated rescue breathing
- 8.6 assuming that the person has recommenced breathing, recruit and direct a trained bystander to help lift the person from the water
- 8.7 place the person in a recovery position and demonstrate appropriate after care while instructing the bystander to seek medical help.

9 Initiative

Demonstrate initiative in effecting a rescue of two people who are in difficulty up to twenty meters from safety and whose conditions are unrevealed.

The examiner will ensure that up to five rescue 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 a suspected spinal injury in shallow water

One bystander with lifesaving ability may also be available. On completion of this test, the candidate will explain the reasons for the actions taken.

Explanatory notes:

- A candidate requires a current Resuscitation Award
- The examiner may supplement the practical tests by asking questions which seek a further understanding of rescue, survival and resuscitation.
- The examiner is permitted to examine as many test items as is considered necessary to assess the ability of a candidate.
- The examiner must be satisfied that the candidate is capable of rescuing an adult in similar circumstances to those being tested. To assist with assessment, the examiner may change a candidate's partner.
- The components of test item 8 must be performed in the sequence listed.
- To requalify for the Bronze Cross, all candidates must perform items 2,6, 8, 9 and one other test to the satisfaction of the examiner.