



# 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 Medallion

**The Bronze Medallion is an internationally recognised award and is in many instances the prerequisite for entry into aquatic or associated employment.**

**Holders of this award are recognised as having gained a minimum standard as a qualified lifesaver.**

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

**MINIMUM AGE** 14 years or year in which the candidate turns 14

**PREREQUISITE** It is advantageous if candidates hold the Bronze Star Award.

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 Reach**

**A non-swimmer is in difficulty two meters from safety.**

Demonstrate a reach rescue using an aid specified by the assessor. Secure the person at a point of safety.

### **4 Throw - unweighted rope**

**A person is in difficulty 10 meters from safety.**

Perform a throwing rescue using an uncoiled, unweighted rope. Secure the person at a point of safety.

A time limit of 30 seconds will apply from the start until the person grasps the rope.

### **5 Timed tow**

**An unconscious, breathing person is 50 meters from safety.**

Enter the water, swim a 50 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.

The time for this test should not exceed three minutes and 15 seconds from the starting signal until the completion of the tow.

### **6 Swim**

**Dressed in swimwear, swim continuously 400 meters:**

- 6.1 100 meters freestyle
- 6.2 100 meters on the back
- 6.3 100 meters on the side
- 6.4 100 meters on the front

In test item 6.1 the stroke freestyle should be performed as defined in the swimming and lifesaving strokes chapter. Test item 6.2, 6.3 and 6.4 must be performed using an underwater arm recovery and any effective leg action is permissible. The total time for the swim should not exceed 13 minutes.

### **7 Survival skills**

**Dressed in swimwear, trousers and long-sleeved shirt:**

- 7.1 float using a hand sculling movement for one minute and then tread water for one minute
- 7.2 don a PFD and swim 50 meters
- 7.3 demonstrate the HELP position
- 7.4 climb out wearing the PFD

### **8 Accompanied rescue**

**A weak swimmer is in difficulty 12 meters from safety:**

- 8.1 with a flotation aid, enter the water as for unknown conditions
- 8.2 wade five to eight meters
- 8.3 throw the aid to the person
- 8.4 instruct the person on how to use the aid
- 8.5 accompany the person to safety
- 8.6 instruct the person on how to leave the water

## **9 Tow**

### **A non-swimmer is in difficulty in deep water 25 meters from safety:**

- 9.1 swim to the person, demonstrating appropriate precautions
- 9.2 while returning to safety using an appropriate contact tow, demonstrate a method of coping with a struggling person
- 9.3 land the person using a suitable method
- 9.4 the assessor will decide what aids are available

## **10 Spinal injury**

Apply the vice grip for the immobilisation of a spinal injury to the neck and then wade with the casualty for five meters. Summon assistance.

## **11 Defensive and escape techniques**

Dressed in swimwear, trousers and long-sleeved shirt, perform in deep water two of the following selected by the assessor:

- 11.1 a leg block
- 11.2 a block using an aid
- 11.3 a reverse
- 11.4 an escape for a grasp from the front
- 11.5 an escape from a grasp from the rear

## **12 Search and rescue**

Demonstrate a search pattern in approximately two meters of water, submerging head first or feet first as specified by the examiner.

Recover an object from the bottom.

Substitute the object for a person simulating unconsciousness and tow ten metres to shallow water or to safety.

Assess for respiratory failure and demonstrate rescue breathing for one minute. Assume that recovery has occurred, land the person and then place in a recovery position.

## **13 Initiative**

Demonstrate initiative in effecting a rescue of two people who are in difficulty up to 15 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
- unconscious person

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

## **Explanatory notes:**

- 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.
- A candidate who holds a current Resuscitation Award within the previous six months may receive automatic credit for test item 2.
- Test items 1 and 3-9 and 11 inclusive are instructor-assessed items, that is those which the instructor certifies the candidate has completed.
- The examiner is permitted to examine as many test items as is considered necessary to assess the ability of a candidate.
- The components of test items 7, 8, 9 and 12 must be performed in the sequence listed for each test item.
- To requalify for the Bronze Medallion all candidates must perform items 2, 10, 12 and 13, and a minimum of one other test to the satisfaction of the examiner.