



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 Star

Holders of this award are not trained or qualified to attempt any form of contact rescue involving conscious persons in deep water.

AIM To develop skills and knowledge of safe water rescue and survival.

PREREQUISITE Nil

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

1 THEORY

Answer questions on:

- safe water practices
- how to survive in the water
- self-preservation in rescues
- recognising an emergency
- assessment before and during a rescue
- priorities for rescue
- treatment for shock and elementary after-care including getting help and contacting emergency services in the local area

Standard theory papers from RLSSNZ will be issued.

2 RESUSCITATION

Demonstrate:

- 2.1 checking for dangers
- 2.2 the assessment for unconsciousness
- 2.3 opening and clearing the airway
- 2.4 checking for the signs indicating the presence or absence of breathing
- 2.5 positioning of the casualty for rescue breathing
- 2.6 mouth to mouth resuscitation
- 2.7 mouth to nose resuscitation
- 2.8 the appropriate action for a casualty who vomits or regurgitates
- 2.9 the appropriate action if an airway blockage is apparent
- 2.10 a recovery position

WATER TEST

3 Throw – PFD

A person is in difficulty six meters from safety.

Effect a throwing rescue using a PFD as a buoyant aid.

4 Throw - unweighted rope

A person is in difficulty 10 meters from safety.

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

5 Rescue and resuscitation

An unconscious and non-breathing person is floating face down in deep water:

- 5.1 enter the water and swim to the person
- 5.2 turn the person over and tow 10 meters to shallow water
- 5.3 commence rescue breathing while wading to safety
- 5.4 call for assistance

6 Accompanied rescue

A person is in difficulty 15 meters from safety.

With a flotation aid:

- 6.1 enter the water as for unknown conditions
- 6.2 wade and swim to the person
- 6.3 pass the aid to the person
- 6.4 instruct in the use of the aid
- 6.5 accompany the person to safety
- 6.6 secure the person at a point of safety

7 Defensive techniques

Demonstrate the following:

- 7.1 a reverse
- 7.2 a leg block
- 7.3 an escape from a front grasp

8 Tow

A weak swimmer is in difficulty in deep water 20 meters from safety.

With a non-rigid towing aid selected by the assessor:

- 8.1 enter deep water using a stride entry or compact jump
- 8.2 swim to the person and adopt a defensive position
- 8.3 offer the aid to the person and tow to safety
- 8.4 assist the person out of the water

9 Surface dive

Demonstrate a head first and a feet first surface dive in deep water. On each occasion collect an object from the bottom.

10 Underwater search

Demonstrate a search pattern in deep water.

11 Initiative

Demonstrate initiative in effecting a rescue of a person who is no more than fifteen metres from safety.

The assessor will:

- specify whether the person is injured, unconscious
- or a weak swimmer
- specify the distance the person is from safety
- ensure that three to five rescue aids are available

On completion of this test, the candidate may be asked to explain the reasons for the actions taken.

12 Survival skills

Dressed in swimwear, trousers and long-sleeved shirt:

- 12.1 float using a hand sculling movement for one minute and then tread water for one minute signalling for help intermittently
- 12.2 don a PFD and swim 50 meters
- 12.3 demonstrate the HELP position
- 12.4 climb out of the water

13 Swim

Dressed in swimwear, swim continuously 300 meters:

- 13.1 100 meters freestyle
- 13.2 100 meters on the side
- 13.3 100 meters on the front

In test item 13.1 the stroke freestyle should be performed as defined in the swimming and lifesaving strokes chapter. Test items 13.2 and 13.3 must be performed using an under-water arm recovery and any effective leg action is permissible. The target time for the swim is ten minutes.

Explanatory notes:

- A candidate who has passed the Basic Resuscitation Award within the previous six months may receive automatic credit for test item 2.
- The examiner is permitted to examine as many test items as is considered necessary to assess the ability of a candidate.
- For test item 11, the candidate *must not* perform a contact rescue unless the person is unconscious.
- PFD is a personal flotation device. These include devices previously known as life jackets, buoyancy vests and buoyancy garments.