



# Royal Life Saving Society, New Zealand

## Advanced Lifesaving Strand

### Distinction

**AIM** To provide an opportunity for continuous striving for excellence and maturity of response to emergency situations. The candidate must achieve a high level of rescue knowledge and skill. Each test item must be performed with distinction.

Parts of the award will be assessed with the Instructor and parts will be undertaken with an examiner present.

**MINIMUM AGE** 16 years or year in which the candidate turns 16

**PREREQUISITE** Award of Merit

#### 1 THEORY

Answer questions requiring a thorough understanding of the contents of the *Swimming and Lifesaving* manual and the purpose of the practical test items included in this award.

While this test will be in written form, examiners may also supplement the practical water and resuscitation tests by asking questions which will seek a further understanding. This will also provide an opportunity for candidates who are more comfortable with oral questioning to display their knowledge and understanding.

#### 2 RESUSCITATION

Complete the test for the Senior Resuscitation Award.

#### WATER TEST

#### 3 SWIM

- 3.1 Dressed in swimwear, swim continuously 800 meters:
- 3.2 100 meters on the side
- 3.3 100 meters on the back
- 3.4 100 meters on the front
- 3.5 500 meters using any recognised stroke(s)

Test items 3.2, 3.3 and 3.4 must be performed underwater arm recovery and any effective leg permissible. The total time limit for the swim exceed 19 minutes.

#### 4 TWO SWIMMERS LOCKED TOGETHER (1)

- 4.1 Two swimmers in difficulty are locked together in deep water up to 20 meters from safety.
- 4.2 Take appropriate action when rescuing the swimmers.

A number of aids and bystanders may be made available.

## **5 RESCUE and EMERGENCY CARE**

Demonstrate initiative in the rescue of a person who requires aquatic emergency care.

The examiner will set the scene and ensure that any aids which may be used in the test are available. The examiner will brief the subject on the role to be simulated.

## **6 INITIATIVE - RESCUE of TWO PEOPLE**

Demonstrate initiative in effecting a rescue of two people who are in difficulty up to 25 meters from safety and whose conditions are unrevealed. The examiner will ensure that a number of aids will be available. The examiner will brief subjects on the roles to be simulated from the following:

- non-swimmer
- weak swimmer
- injured swimmer
- person with a suspected spinal injury
- unconscious person
- heart attack casualty
- marine bite or sting casualty

Bystanders will not be available. The candidate will commence this rescue wearing swimwear, trousers, long-sleeved shirt, long-sleeved pullover, shoes and socks.

## **7 SPINAL INJURY**

Immobilize a non-breathing person who has a suspected spinal injury and who is in deep water 10 meters from shallow water.

Tow the person to shallow water while maintaining the vice grip. Recruit and direct at least four untrained bystanders to assist in stabilising and performing simulated rescue breathing on the person in the water.

## **8 RESCUE and RESUSCITATION**

A non-breathing and pulse less 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 person's condition
- 8.3 simulate two full breaths of rescue breathing, and check for signs of life.
- 8.4 tow to safety and lift the person from the water
- 8.5 simulate CPR for at least one minute
- 8.6 assuming that the person's breathing and pulse have recommenced, turn the person into a recovery position and demonstrate appropriate after care while instructing a bystander to seek medical help.

## **9 INITIATIVE - RESCUE of FOUR PEOPLE (E)**

Demonstrate initiative and leadership in effecting a rescue of four people who are in difficulty up to 25 meters from safety and whose conditions are unrevealed,

The candidate will be accompanied by a person who holds a Bronze Medallion or higher award. Additional bystanders may be available. The examiner will ensure that a number of rescue aids will be available. The examiner will brief the subjects on the roles to be simulated.

NOTE: If candidates hold a current Senior Resuscitation Award they may be granted exemption from the Rescue and Resuscitation components of item 8.