



Pathfinder Honour: Requirements & Framework

Lifesaving 1

Part of Recreation Category of Honours

Honour Patch



Part of Aquatic
Master Honour



Snapshot of Honour

This honour is the first of two Lifesaving honours. The other is Lifesaving, Advanced.

It is the equivalent of the Bronze Medallion Award of the Royal Life Saving Society of Australia (RLSSA). Please see [Swimming & Lifesaving Honours Snapshot.doc](#) for a summary of all our Swimming & Lifesaving Honours.

Put your swimming skills into excellent use by learning lifesaving techniques. You will learn about the different rescue methods, resuscitation and water survival. To demonstrate swimming skills and stamina, you'll need to be able to swim 100 metres using several strokes for each. Yes, go for it !

Honour History:

Original Honour: 1929, Author not known (known as Community Water Safety)

General Conference: Reviewed 2001

South Pacific Division : Compiled June 2007.

- Damien Ridley, Tasmania Conference

Lifesaving 1 Honour

Honour Framework: [Compulsory items are underlined. Others are for guidance]

| | |
|---|---|
| #Skill Level: | Level 3 |
| <u>Pre-requisites:</u> | Swimming 5 (Swimming Advanced) Honour |
| Preparation Time: | Minimal (1-2hrs) Qualified Instructor |
| Physical Requirements: | Moderate / Exhaustive |
| Equipment/Materials Required: | Qualified Instructor Required |
| Location: | Swimming pool is best, however other water courses could be used. |
| Sabbath Appropriate: | Not likely |
| <u>Safety & Legal Requirements:</u> | Refer to and comply with Local, State and Country Requirements. All duty of care must be complied with. Qualified Instructor Required |
| Links to P/F Curriculum: (Cards, Speciality, Pursuits), or AO Modules | |
| Suggested Teaching / Presentation method(s): | Presentation and Discussion; Excursion; Practical application; |
| Recommended Assessment: | Instructor and Examiner as per Bronze Medallion requirements of the Royal Life Saving Society of Australia (RLSSA). |
| List of Resources: | Swimming & Lifesaving Manual 5th Edition http://www.swimandsurvive.royallifesaving.com.au/ |

#Skill Level. A General Conference term which broadly describes typical physical and mental development. Level 1 (Friends, Companions); Level 2 (Explorers, Rangers); Level 3 (Voyagers, Guides)

Honour Components:

| | |
|---------------------|---|
| Requirements: | See following page |
| Trainer's Notes: | Swimming & Lifesaving Manual 5th Edition http://www.royallifesaving.com.au/products.asp?ID=29 |
| Student's Workbook: | Not required for this honour |
| Assessment Method: | See Recommended Assessment above. |

Lifesaving 1 Honour

Requirements

Source 11 June 2007: http://www.bronzerescue.com.au/uploads/res/21_3676.pdf

Notes:

- a. *Listed on General Conference Website under the title 'Community Water Safety', but is specific to North America.*
- b. *This honour is the equivalent of the **Bronze Medallion** of the Royal Life Saving Society of Australia (RLSSA). In Australia, the RLSSA requirements outlined below must be met in order to earn this honour.*
- c. *A qualified instructor is required for this honour*
- d. Legend: **I = Instructor Assessed, E = Examiner Assessed**

Bronze Medallion (*Included for information. Source RLSSA*)

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 in the year in which the candidate turns 14.

Prerequisite: Nil. It is advantageous if candidates hold the Senior Swim and Survive and Bronze Star Awards.

Theory...I

1. Answer questions requiring an understanding of -
 - safe water practices
 - survival in the water
 - self-preservation
 - recognising an emergency
 - assessment before and during a rescue
 - priorities for rescue
 - acceptance of responsibility
 - use of bystanders
 - emergency care and
 - emergency services available.

Resuscitation...E

2. Complete the test for the Resuscitation Award.

Water Test

Reach...I

3. A non-swimmer is in difficulty 2 metres from safety. Demonstrate a reach rescue using an aid specified by the assessor. Secure the person at a point of safety.

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Throw - Unweighted Rope...I

4. A person is in difficulty 10 metres from safety.

Perform a throwing rescue using an 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.

Timed Tow...I

5. An unconscious, breathing person is 50 metres from safety.

Enter the water, swim a 50 metre approach and tow the person 50 metres 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 3 minutes and 15 seconds from the starting signal until the completion of the tow.

Swim...I

6. Dressed in swimwear, swim continuously 400 metres -

6.1 100 metres front crawl

6.2 100 metres on the back

6.3 100 metres on the side and

6.4 100 metres on the front.

Test items 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.

Survival Skills...I

7. Dressed in swimwear, trousers and long sleeved shirt -

7.1 float using a hand sculling movement for 1 minute and then tread water for 1 minute

7.2 don a PFD and swim 50 metres

7.3 demonstrate the HELP position and

7.4 climb out wearing the PFD.

Accompanied Rescue...I

8. A weak swimmer is in difficulty 12 metres from safety -

8.1 with a flotation aid, enter the water as for unknown conditions

8.2 wade 5-8 metres

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 and

8.6 instruct the person on how to leave the water.

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Tow...I

- 9.** A non-swimmer is in difficulty in deep water 25 metres 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.

Spinal Injury...E

- 10.** Apply the vice grip for the immobilisation of a spinal injury to the neck and then wade with the casualty for 5 metres. Summon assistance.

Defensive and Escape Techniques...I

- 11.** 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 from a grasp from the front
 - 11.5 an escape from a grasp from the rear.

Search and Rescue...E

- 12.** Demonstrate a search pattern in approximately 2 metres 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 10 metres to shallow water or to safety.

Assess for respiratory failure and demonstrate EAR for 1 minute. Assume that recovery has occurred, land the person and then place in the lateral position.

Initiative...E

- 13.** Demonstrate initiative in effecting a rescue of two people who are in difficulty up to 15 metres 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 of this test, the candidate will explain the reasons for the actions taken.

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Explanatory Note

- 1. 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.*
- 2. A candidate who holds a current Resuscitation Award within the previous 6 months may receive automatic credit for test item 2.*
- 3. Test items 1 and 3-7 inclusive are instructor assessed items, that is those which the instructor certifies the candidate has completed.*
- 4. The Examiner must examine test items 2, 10,12 and 13 plus two others selected from test items 8, 9 and 11.*
- 5. The Examiner is permitted to examine as many test items as is considered necessary to assess the ability of a candidate.*
- 6. The components of test items 7, 8, 9 and 12 must be performed in the sequence listed for each test item.*
- 7. 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.*

General Conference Reference No: COMMUNITY WATER SAFETY (LIFE SAVING)
(YOU5900) Similar honour