



Pathfinder Honour: Requirements & Framework

Lifesaving 2, (ie Advanced)

Part of Recreation Category of Honours

Honour Patch
(Advanced star not shown)



Part of Aquatic
Master Honour



Snapshot of Honour

This honour is the highest of our two Lifesaving honours.

It is the equivalent of the Bronze Cross 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.

The honour requires a high level of competence in both swimming skills and lifesaving techniques. You will know about the different rescue methods, resuscitation and water survival. You will be a strong swimmer (600meters in less than 17 minutes). So, having accomplished all that, congratulations. You are an asset to the community!

Honour History:

Original Honour: 1963, Author not known. (known as Community Water Safety, Advanced)

General Conference: Reviewed 2001

South Pacific Division : Compiled June 2007

- Damien Ridley, Tasmania Conference

Life Saving 2 (Advanced) Honour

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

#Skill Level:	Level 3
<u>Pre-requisites:</u>	Lifesaving 1 Honour
Preparation Time:	Minimal (1-2hrs); Qualified Instructor Required
Physical Requirements:	Exhaustive
Equipment/Materials Required:	Qualified Instructor
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 Cross 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.

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Requirements

Source 11 June 2007: http://www.bronzerescue.com.au/uploads/res/21_3683.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 Cross** 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 Cross (Included for information. Source RLSSA)

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

Prerequisite: Bronze Medallion.

Theory...I

1. 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 and
 - emergency services available.

Resuscitation...E

2. Complete the test for the Resuscitation Award.

Water Test

Timed Tow...I

3. 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.

A time limit of 3 minutes shall apply from the starting signal until the completion of the rescue.

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Swim...I

4. Dressed in swimwear, swim continuously 600 metres -

- 4.1 100 metres on the side
- 4.2 100 metres on the back
- 4.3 100 metres on the front and
- 4.4 300 metres 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 17 minutes.

Defensive and Escape Techniques...I

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

- 5.1 a blocking technique
- 5.2 an escape from the front and
- 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.

Spinal Injury...E

6. 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.

Underwater Search...I

7. Demonstrate one search pattern using both head first and feet first surface dives in water approximately 2 metres deep.

Rescue and Resuscitation...E

8. A non-breathing person is in deep water 15 metres 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 EAR for 30 seconds
- 8.4 tow the person 15 metres to safety
- 8.5 recommence simulated EAR
- 8.6 assuming that the person has recommenced breathing, recruit and direct a trained bystander to help lift the person from the water and
- 8.7 place the person in the recovery (lateral) position and demonstrate appropriate after-care while instructing the bystander to seek medical help.

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Initiative...E

9. Demonstrate initiative in effecting a rescue of two people who are in difficulty up to 20 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.

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 Note

1. *A candidate requires a current Resuscitation Award.*

2. *The Examiner may supplement the practical tests by asking questions which seek a further understanding of rescue, survival and resuscitation.*

3. *Test items 1, 3 and 4 are instructor assessed items, that is those which the instructor certifies the candidate has completed.*

4. *The Examiner must examine test items 2, 6,8 and 9 plus two others selected from test items 5-7 inclusive.*

5. *The Examiner is permitted to examine as many test items as is considered necessary to assess the ability of a candidate.*

6. *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.*

7. *The components of test item 8 must be performed in the sequence listed.*

8. *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.*

General Conference Reference No: Number not listed at General Conference Website)