



Item	Pass/Fail - Comments
<b>1)Entries</b> – In deep water, demonstrate deep and shallow head and foot first entries from a height (max. 1m)	
<b>2)Inflate clothes and huddle</b> – Backward roll entry wearing shirt and long pants. Swim 10—15 m or yd. remove and inflate pants. Form a huddle for 1 minute with 2 or more others.	
<b>3)Submerged victim recovery</b> – Demonstrate the ability to recover an unconscious victim from deep water (max depth 2m), bring to surface, and carry to nearest point of safety.	
<b>4)Rescue drill 1</b> – Demonstrate a 5 m head-up approach into a head first surface dive to retrieve object from a depth between 2 - 3 m or yd. Surface with object and eggbeater kick 5m or yd. to start point.	
<b>5)Rescue drill 2</b> – Demonstrate a 25m or yd. head-up approach into a foot-first surface dive to retrieve a 4.5kg (10lbs) object (max depth 2m). Carry object to point of entry. Exit water and demonstrate rescue breathing on a manikin.	
<b>6)Object support</b> – In deep water, support self at surface for 3 minutes during which support a 4.5 (10lbs) object at the surface for 1 minute.	
<b>7)Fitness medley</b> – Wearing a shoulder loop and line, swim a 100 m medley in 3 minutes or better (100 yd. in 2:40min.) as follows: 25m or yd. each of lifesaving kick, backstroke, breast stroke, freestyle	
<b>8)Endurance challenge</b> - Swim 400m in 12 minutes or better (400 yd. in 10:45min.) using freestyle or any combination of strokes of the swimmer's choice	
<b>9)Assessing pulse and respiration rates</b> - Demonstrate the ability to find and count pulse and respiration rates on a partner. Demonstrate ability to find and count own pulse.	
<b>10)Adult CPR</b> - Demonstrate single rescuer adult cardiopulmonary resuscitation (CPR) on a manikin.	
<b>11)Land Spinals</b> - Demonstrate the immobilization of a possible spinal injured breathing victim on land.	
<b>12a)Victim recognition</b> – Demonstrate ability to simulate in the water the appearance of a weak swimmer, a non swimmer, an unconscious swimmer and an injured victim	
<b>12b)Victim recognition</b> – Demonstrate ability to recognize the difference between a weak swimmer, a non swimmer, an unconscious swimmer and an injured victim	
<b>13)Hand signal communications</b> – Demonstrate ability to perform and recognize 3 different hand signals	
<b>14)Walk &amp; Spot</b> – Walk the perimeter of the aquatic facility to locate a submerged object within 30 seconds	
<b>15)In-water search</b> – Perform a search of an area with both shallow and deep water (max depth 2m)..	
<b>16)Rescue with a partner</b> - With a partner, perform a low risk rescue of a non-swimmer or a victim with external bleeding. Assist victim to safety showing ability to avoid direct contact. Rescuers perform appropriate follow-up procedures, including treatment for shock.	
<b>17)Rescue non-breathing victim in deep water</b> - Perform a rescue of an unconscious, non-breathing victim in deep water. Return with the victim to the beach, dock or poolside. Rescuer performs appropriate follow-up procedures, including treatment for shock.	