



| Item   | Pass/Fail - Comments |
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| <p><b>1)Knowledge</b> - Demonstrate an understanding of :</p> <ul style="list-style-type: none"> <li>• how to evaluate and improve strength and endurance fitness for lifesaving;</li> <li>• the implications of the unsuccessful rescue;</li> <li>• types spinal injuries and implications;</li> <li>• drowning patterns or trends and common aquatic accidents;</li> <li>• factors affecting the choice of water rescue emergency procedures;</li> <li>• effects of panic and stress on rescuer, victim and bystanders in aquatic emergencies and the implications for the rescuer's decisions;</li> <li>• components of physical fitness and basic principles of training.</li> </ul> |                      |
| <p><b>2a)Deep water rescue breathing</b> - Demonstrate the recovery of a non-breathing victim (clothed in shirt, pants &amp; shoes) submerged in deep water.</p> <p>1) Initiate rescue breathing using a buoyant aid for support while traveling 25m; and<br/>2) with no aid for support, travel 25m to point of safety where rescue breathing is initiated.</p>   |                      |
| <p><b>2b)Movement of 2 victims</b> - Demonstrate a technique for the movement of 2 victims to nearest point of safety.</p>   |                      |
| <p><b>2c)Carry 2 victims at once - 25m</b> - Demonstrate a carry (25M) for 2 victims at once</p>   |                      |
| <p><b>2d)Search pattern</b> - Organize and demonstrate a search procedure/pattern for one trained lifesaver appropriate for circumstances.</p>   |                      |
| <p><b>2e)Recover spinal injured victim</b> - Recover and immobilize in deep water a breathing, spinal injured victim and return to nearest point of safety.</p>  |                      |
| <p><b>3)Clothed victim</b> - Demonstrate a head up approach 100 m or yd. to contact a passive victim (clothed in shirt, pants &amp; shoes) at the surface. Carry the victim 100m or yd. to safety in the following time limit: 200m in 8min. Or 200 yd. in 7:30min.</p>  |                      |
| <p><b>4)Aquatic activity</b> - Demonstrate one aquatic activity selected by the candidate for each of the following:</p> <p>a) To place the candidate's heart rate within personal Target zone<br/>b) To improve muscular strength, power or endurance.</p>  |                      |
| <p><b>5)Spinal injured victim rescue</b> - Perform a rescue of a breathing or non-breathing spinal injured victim. Recruit trained bystanders and prepare victim for transport. Situation is designed to emphasize immobilization, stabilization and shallow water removal.</p>  |                      |
| <p><b>6)Two rescues - various victims</b> - Perform 2 rescues where the victim is suffering from any one of the following conditions, or a combination of them:</p> <ul style="list-style-type: none"> <li>• Pulselessness;</li> <li>• Asphyxia;</li> <li>• Injury;</li> <li>• Other medical emergency: hyperventilation, major bleeding, heart attack, stroke, heat related problem, or long bone fracture.</li> </ul>  |                      |
| <p><b>7a)Stroke evaluation - 50m legs only, front crawl, back crawl, breast stroke</b> - Swim 50 m or yd. of each of the following:</p> <ul style="list-style-type: none"> <li>• legs only (lifesaving kick)</li> <li>• front crawl</li> <li>• back crawl</li> <li>• breast stroke</li> </ul>  |                      |
| <p><b>7b)700m or 750 yd. - 14 min. swim</b> - Swim continuously 700m or 750 yd. in 14 min. or better using any combinations of strokes of the candidate's choice.</p>  |                      |