



Item	Pass/Fail - Comments
<p><b><u>1) Lifesaving Knowledge</u></b></p> <ul style="list-style-type: none"> <li>• Demonstrate knowledge of the Lifesaving Society and awareness of its training program opportunities</li> </ul>	
<p><b><u>2) Self-Rescue</u></b></p> <ol style="list-style-type: none"> <li>a. Simulate self-rescue techniques for the following circumstances: ice, swamped or cap-sized boat.</li> <li>b. Wearing a shirt and lightweight pants, enter the water and don a lifejacket or PFD. Demonstrate HELP for 1 minute; form a huddle with two or more others for another minute.</li> </ol>	
<p><b><u>3) Entries</u></b></p> <ul style="list-style-type: none"> <li>• Demonstrate three safe entries appropriate to the environment.</li> </ul>	
<p><b><u>4) Swimming &amp; Lifesaving Strokes</u></b></p> <ol style="list-style-type: none"> <li>a. Swim 25 m or yd. each of: front crawl, back crawl, breaststroke.</li> <li>b. Swim 25 m or yd. of: head-up front crawl, head-up breaststroke.</li> <li>c. Swim 25 m or yd. of: whip kick, eggbeater, scissor kick or inverted scissor kick</li> </ol>	
<p><b><u>5) Sculling</u></b></p> <ol style="list-style-type: none"> <li>a. In ready position, scull in place for 30 seconds.</li> <li>b. In ready position, scull head-first 10 m and scull feet-first 10 m.</li> </ol>	
<p><b><u>6) Victim recognition</u></b></p> <ul style="list-style-type: none"> <li>• Demonstrate ability to recognize the difference between a weak swimmer and a non swimmer.</li> </ul>	
<p><b><u>7) Reaching &amp; Throwing Assists</u></b></p> <ol style="list-style-type: none"> <li>a. Demonstrate two reaching assists.</li> <li>b. Demonstrate accuracy in throwing assists; throw a buoyant aid a distance of 5 m placing the aid within 1 m of the centre of a target three out of four times.</li> <li>c. Throw a buoyant aid with line to a victim 5 m distance and pull the victim to safety.</li> </ol>	
<p><b><u>8) Drowning Resuscitation</u></b></p> <ul style="list-style-type: none"> <li>• On a manikin, demonstrate single-rescuer adult and child drowning resuscitation including ability to deal with complications.</li> </ul>	
<p><b><u>9) Obstacle Swim</u></b></p> <ul style="list-style-type: none"> <li>• On the instructor's signal, swim 50m or yd. submerging under an obstacle twice during the swim.</li> </ul>	
<p><b><u>10) Rescue Drill</u></b></p> <ul style="list-style-type: none"> <li>• On the instructor's signal, don a shoulder loop and line, enter the water and swim head-up to a partner or manikin located at the surface 25m or yd. away. Tow partner or manikin to starting position.</li> </ul>	
<p><b><u>11) Fitness Challenge -</u></b></p> <ul style="list-style-type: none"> <li>• Complete a 400m or yd. fitness training workout: <ol style="list-style-type: none"> <li>a. 100m or yd. warm up,</li> <li>b. 6x25m or yd. one of front crawl, back crawl, breaststroke, or lifesaving kick,</li> <li>c. 2x50m or yd. one of head-up front crawl or head-up breaststroke,</li> <li>d. 50m or yd. of cool down.</li> </ol> </li> </ul>	