

# ROOKIE

# LIFEGUARD

RUSS UK

## SUMMARY OF GOLD SKILLS

Upon completion of Gold Stages 1, 2 and 3 Rookies should be able to:

- Coil and throw a rope to a casualty 12m away and pull to the side, in less than 30 seconds
- Swim 400m continuously in clothing (long sleeved top and trousers) using three different strokes. Each stroke must be performed continuously for 100m (Lifesaving Backstroke, Sidestroke, Breaststroke or Front Crawl) in less than 15 minutes
- Tread water for 2 minutes before removing clothing then swim 50m to a point of support in deep water. Climb out of deep water unaided
- Demonstrate any 2 from the following in clear deep water; fall-in, compact jump or shallow dive
- Swim 10m then demonstrate a Reverse
- Swim 10m then demonstrate a Standoff
- Swim 20m to an unconscious casualty. Surface dive and recover an object from 1m depth of water. At the surface swop the object for and unconscious casualty. Turn the casualty over then perform a swim and tow for 20m using sidestroke. This is a timed swim and must be completed in less than 2 minutes 30 seconds. Shout for help
- Demonstrate supported rescue breathing whilst waiting for help
- Demonstrate the support position
- Using initiative, assist 2 casualties in difficulty up to 15m away in shallow water. Demonstrate non-contact rescues of both casualties, instruct casualties what to do and assist to land. Treat for shock
- Using appropriate hand signals from land direct another swimmer to a point where an unconscious casualty has disappeared from sight in deep water
- Using any recognised competitive stroke, swim 400m continuously, in less than 12 minutes
- Complete the Rookie Life Support Award

