

# Award Content and Guidelines

## Section A: Theory

### TEST CONDITIONS

The candidate will correctly answer three questions in total from the topics:

- Principles of accident prevention
- Casualty identification
- Principles and methods of rescue
- Use and maintenance of rescue equipment
- Water types and the effects of weather conditions
- Sudden cold water immersion, hypothermia and survival

The candidate will correctly answer three questions in total from the topics:

- Principles of risk assessments
- Normal Operating Procedures (NOP) and Emergency Action Plan (EAP), (this may include the application of principles at the training/assessment site)
- In addition the candidate should be aware of essential components in preparing a NOP/EAP following basic risk assessment, site specific. The questions will include the organisation and management of the group and specified activity at the training venue including incident response.

### GUIDELINES REFERENCE

## Section B: Life Support

### TEST CONDITIONS

#### 1. Initial Assessment

On a live simulated casualty demonstrate the technique for turning a face down casualty to the face up position.

Casualty found to be breathing.

#### 2. Action for Vomiting

Demonstrate the technique to manage a casualty who vomits during resuscitation.

#### 3. Recovery Position

Demonstrate the technique used to place a casualty in the recovery position.

#### 4. Adult CPR

Demonstrate on an approved adult manikin the correct assessment and sequence of action for a casualty who is not breathing normally following a sudden collapse. This test will conclude after 2 minutes of CPR being demonstrated by a single operator when a trained member of staff will take over adult CPR with a pocket mask for at least another 2 minutes.

The Assessor can request a change from 'mouth to mouth' to 'mouth to nose' technique.

---

**TEST CONDITIONS****GUIDELINES REFERENCE****5. Child CPR**

Demonstrate on an approved child manikin, the correct assessment and sequence of action for a casualty who is not breathing normally. This test will conclude after 2 minutes of CPR being demonstrated.

**6. Spinal Cord Injury Management**

Demonstrate on an approved adult manikin or a live simulated casualty the technique for airway management of a casualty with suspected spinal cord injury.

---

## Section C: Practical Emergency First Aid

**TEST CONDITIONS****GUIDELINES REFERENCE**

The Assessor will ask the candidate questions to

**Answer six questions covering the areas listed below**

- Choking (adult and child)
- Shock
- Drowning
- Bleeding
- Fractures
- Medical Conditions (asthma, epilepsy, diabetes, heart attack)
- Cold shock, hypothermia
- Bites and stings

The Assessor will ask the candidate to

**Demonstrate technical competence in managing basic injuries of one of the following:**

- Apply a dressing to manage bleeding from the arm or leg
  - The effective control of a nose bleed
  - The application of an elevation or arm sling
  - The techniques used to manage choking where an adult casualty is conscious
  - The techniques used to manage choking where a child casualty is conscious.
-

# Section D: Open Water Practical Test

## Dress

Candidates (and 'casualties') shall wear clothing appropriate to the activities of the specific site (including wetsuits or drysuits where applicable) or a minimum of T-shirt and shorts and footwear.

## Assessment Venue

The open water venue should be approved for use and include appropriate rescue facilities, changing facilities and availability of hot showers and drinks should be nearby.

### TEST CONDITIONS

### GUIDELINES REFERENCE

#### 1. Swim and Tow Rescue

The candidate will enter the water and swim 30m to a simulated, conscious 'casualty'. The candidate will then tow the 'casualty' 30m to safety using appropriate rescue equipment normally available to the supervisor; land the 'casualty' (with assistance from at least one other person) and provide appropriate aftercare.

#### 2. Resuscitation Rescue

The candidate will enter the water and swim 15m (or at least out of their standing depth) to a simulated, unconscious 'casualty' face down in the water. The candidate will turn the 'casualty' to a face up position and will return over a distance of 15m with the 'casualty' to a point where they can demonstrate supported Rescue Breathing. The 'candidate' should perform supported Rescue Breathing until assistance is available to land the 'casualty'. Reassess the 'casualty' then place the 'casualty' in the recovery position and treat for hypothermia.

If the candidate normally wears a lifejacket or other Personal Flotation Device (PFD) during the activities they supervise they should wear it for the duration of this test.

#### 3. Initiative Rescue

Applying the training site's written Emergency Action Plan, the candidate will rescue two simulated 'casualties' from a simulated emergency situation of a type that could develop from the activities normally supervised by the candidate. The emergency situation should permit the candidate to effect a land based or wading rescue of one 'casualty'. Following the conclusion of this test the candidate will be required to explain the actions taken and complete and accident report form.