



BRONZE CORE ELEMENT

SYLLABUS

LIFE SUPPORT

- Review and ongoing practice of CPR Skills (Life Support award pre-requisite)

HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

- Safety at swimming pools
- Mudflats and quicksand
- SAFE code
- Water quality (Pollution and Blue Flag)
- Safety at open water sites

DROWNING INFORMATION (CHAPTER 1)

- Definition of drowning
- Drowning Prevention Model

EMERGENCY MANAGEMENT (CHAPTER 3)

- Assessing the situation
- Skills Toolbox
- Re-assessment
- Emergency calls

SELF-RESCUE & SURVIVAL (CHAPTER 4)

- Fall-in entry
- Shallow and deep water exits (banks and freeboards)
- Horizontal float
- Angled float
- Sculling methods
- HELP position
- Signalling for help
- Treading water

RESCUE (CHAPTER 5)

- Slide-in entry
- Step-in entry
- Sidestroke
- Shout and signal rescue: 8-10m
- Throwing rescue: 8-10m

FIRST AID (CHAPTER 6)

- Bleeding
- Shock

LIFESAVING SPORT & FITNESS (CHAPTER 7)

- Timed Swim: 50m in 1 minute
- Distance Swim: 200m
- Speed rope coil