



THE NATIONAL LIFESAVING AWARDS

**survive&save**  
programme



# GOLD CORE ELEMENT

## SYLLABUS

### LIFE SUPPORT

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

### HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

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- Cold Water Immersion
- Eddies
- Cushion waves
- Hydraulics
- Undercut rocks
- Strainers

### EMERGENCY MANAGEMENT (CHAPTER 3)

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- Emergency Action Model
- Rescue priorities

### SELF-RESCUE & SURVIVAL (CHAPTER 4)

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- Treading water (eggbeater leg kick)
- Clothing removal in the water
- Ice escape

### RESCUE (CHAPTER 5)

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- Contact zone
- Extended arm tow: 50m swim, 20-25m tow
- Head first surface dive
- Turning an unconscious casualty (front to back)
- Spinal turn and support

### FIRST AID (CHAPTER 6)

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- Fractures

### LIFESAVING SPORT & FITNESS (CHAPTER 7)

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- Timed swim: 200m in 4 minutes
- Distance Swim: 800m
- Manikin carry: 50m (Half filled manikin for all candidates)