



THE NATIONAL LIFESAVING AWARDS

**survive&save**  
programme

# GOLD MEDALLION



## SYLLABUS

### CORE SKILLS

- Review of Bronze, Silver, and Gold Core Element, and Bronze and Silver Medallion Lifesaving Award

### LIFE SUPPORT

- Review and ongoing practice of CPR skills

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

- Inland Water Sites
  - Weir hydraulics
  - Canals
  - Locks
- Sea, Coast and Beaches
  - Longshore currents
  - Sandbars, sandbanks and holes
  - Rip currents (identification and self-rescue)

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

- Survival Swim: 15 minutes continuous swimming (clothed)

### RESCUE (CHAPTER 5)

- Extended arm tow: 50m swim, 20-25m tow
- Chin tow: 50m swim, 20-25m tow
- Cross-chest tow: 50m swim, 20-25m tow
- Support tow: 50m swim, 20-25m tow
- In water rescue breathing
- Initiative rescue: 4 casualties