



SILVER CORE ELEMENT

SYLLABUS

LIFE SUPPORT

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

HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

- Beach composition
- Water bed composition
- Water bed shelving
- Water speed and force

DROWNING INFORMATION (CHAPTER 1)

- Relevance of location, age, time of year, activity and gender

EMERGENCY MANAGEMENT (CHAPTER 3)

- Assessing the situation
- Skills Toolbox
- Planning
- Action
- Re-assessment

SELF-RESCUE AND SURVIVAL (CHAPTER 4)

- Vertical float
- Huddle position

RESCUE (CHAPTER 5)

- Straddle entry
- Compact jump
- Lifesaving backstroke
- Feet first surface dive
- Casualty recognition
- Contact zone
- Rope rescue: 10-12m
- Supporting a casualty in the water against a firm support
- Landing the casualty (Stirrup Lift, Horizontal Lift, Assisted Lift)

FIRST AID (CHAPTER 6)

- Hypothermia
- Aftercare

LIFESAVING SPORT & FITNESS (CHAPTER 7)

- Timed Swim: 100m in 2 minutes
- Distance Swim: 400m
- Clearing obstacles