



THE NATIONAL LIFESAVING AWARDS

survive&save
programme

SILVER MEDALLION



SYLLABUS

CORE SKILLS

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

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

- Inland Water Sites
 - Lakes and Reservoirs
 - Dams
 - Floods
- Sea, Coast and Beaches
 - Manmade structures
 - Tides (Rule of twelfths, Intertidal zone and Beach shelving)

SELF-RESCUE & SURVIVAL (CHAPTER 4)

- Survival Swim-10 minutes continuous swimming (clothed)

RESCUE (CHAPTER 5)

- Accompanied rescue: 25m swim, 20-25m accompanied
- Tow with an aid: 25m swim, 20-25m tow
- Clothing tow: 25m swim, 20-25m tow
- Support tow: 25m swim, 20-25m tow
- Initiative rescue: 3 casualties