



| CORE SKILL | BASIC WATER RESCUE | |
|---------------------|---|---|
| | POOL | BEACH |
| RECOMMENDED AGE | 13-14 YEARS | 13-14 YEARS |
| CLASS LENGTH | 1 HOUR | 1 HOUR |
| WATER SAFETY THEORY | | IDENTIFY RIPS, TIDES, WAVES |
| | IDENTIFY AND RESPOND TO SIGNS AND SIGNALS OF A PERSON IN DISTRESS | IDENTIFY AND RESPOND TO SIGNS AND SIGNALS OF A PERSON IN DISTRESS |
| RESCUE | PERFORM THREE NON-SWIMMING RESCUES: REACH/ROPE THROW/THROW FLOATATION AID PERFORM FOUR SWIMMING RESCUES: DEMONSTRATE THE FITNESS AND STRENGTH TO TOW A PERSON IN DIFFICULTY AT LEAST 10 METRES WITH THEIR MOUTH AND NOSE ABOVE WATER TO A POINT OF SAFETY - ACCOMPANIED/WADE/NON-CONTACT TOW/CONTACT TOW | PERFORM THREE NON-SWIMMING RESCUES: REACH/ROPE THROW/THROW FLOATATION AID PERFORM FOUR SWIMMING RESCUES: DEMONSTRATE THE FITNESS AND STRENGTH TO TOW A PERSON IN DIFFICULTY AT LEAST 10 METRES WITH THEIR MOUTH AND NOSE ABOVE WATER TO A POINT OF SAFETY - ACCOMPANIED/WADE/NON-CONTACT TOW/CONTACT TOW |
| | ASSESS PERSON AND IDENTIFY INJURIES | ASSESS PERSON AND IDENTIFY INJURIES |
| | REPORT DETAILS TO EMERGENCY SERVICES | REPORT DETAILS TO EMERGENCY SERVICES |
| | RECOGNISE EMERGENCY SITUATION | RECOGNISE EMERGENCY SITUATION |
| | ASSESS PERSON AND RECOGNISE NEED FOR CPR | ASSESS PERSON AND RECOGNISE NEED FOR CPR |
| | SEEK ASSISTANCE FROM EMERGENCY SERVICES | SEEK ASSISTANCE FROM EMERGENCY SERVICES |
| | PERFORM CPR | PERFORM CPR |
| | OPERATE AED | OPERATE AED |
| | REPORT DETAILS TO EMERGENCY SERVICES | REPORT DETAILS TO EMERGENCY SERVICES |