

Assessment criteria for Rookie Gold

Gold 1

1. Coil and throw a rope to a casualty 10m away and pull to the side in less than 35 seconds
2. Enter shallow water and wade to a casualty 8m away using a pole. Demonstrate a non-contact rescue
3. Instruct the casualty what to do. Place in the support position then assist to land from deep water
4. Demonstrate any 2 from the following in clear deep water; fall –in entry, compact jump or shallow dive
5. Swim 50m continuously in clothing (long sleeved top, trouser or a skirt) to a conscious weak swimmer, head up and giving instructions
6. Swim 10m then demonstrate a reverse
7. Swim 10m then demonstrate a standoff
8. Swim 20m to an unconscious casualty. Surface dive and recover an object for an unconscious casualty. Turn the casualty over then perform a swim and tow for 20m using sidestroke returning to shallow water. Timed swim 2minutes and 30 seconds. Shout for help
9. Demonstrate supported rescue breathing whilst waiting for help
10. Swim 400m continuously (including 2 lifesaving strokes of 50m each)
11. Using initiative assist 2 casualties in difficulty up to 10m away from the side

Gold 2

1. Coil and throw a rope to a casualty 12m away and pull to the side in less than 30 seconds
2. Using initiative, assist 2 casualties in difficulty up to 15m away in shallow water. A selection of rescue aids will be available. Demonstrate non-contact rescues of both casualties. Instruct the casualties what to do and assist to land. Treat for shock.
3. Following appropriate hand signals from land, swim up to 20m to a point where an unconscious casualty has disappeared from sight in deep water. The pupils should understand signals; attract attention, move to the left, move to the right, go further out, stay where you are, message understood, investigate object in the water and return to shore.
4. (This can continue from outcome 3) An unconscious casualty is lying face down in the water 20m away. Swim to the casualty. Turn the casualty over then perform and swim and tow for 20m using chin tow or cross chest tow back to deep water or a point beyond standing depth. Shout for help. Assess for normal breathing. Commence supported rescue breathing whilst waiting for help (approximately for 1 minute). With help then on

scene, place the casualty in the supported position ready to land the casualty. STOP before any lifts are attempted. Explain what actions you would take

5. Using any recognised competitive stroke, swim 400m continuously in less than 12 minutes

Gold 3

1. Swim 400m continuously in clothing (long sleeved top, trousers or a skirt) using three different strokes. Each stroke must be performed continuously for a minimum of 100m (lifesaving backstroke, sidestroke, breaststroke or front crawl) in less than 15 minutes. Tread water for 2 minutes before removing additional clothing then continue to swim sidestroke for 50m to a point of support in deep water. Climb out of deep water unaided
2. Swim 20m head up front crawl in less than 25 seconds to an unconscious casualty. Turn the casualty over then perform a swim and tow for 20m using extended arm or chin tow. Shout for help. Assess for normal breathing. Commence supported rescue breathing whilst waiting for help (approximately 1 minute). With help then on the scene, place the casualty in the support position ready to land the casualty. STOP before any lifts are attempted. Explain what actions you would then take
3. Swim 20m to an unconscious casualty. Surface dive and swim at least 5m underwater to recover an object from 1m depth of water. At the surface swap the object for an unconscious casualty. Turn the casualty over then perform a swim and tow for 20m using cross chest to shallow water. Shout for help. A time of 2 minutes will be allowed from the start of the test to the point at which both candidate and casualty are in a position of firm support
4. Using appropriate hand signals from land, direct another swimmer to a point where an unconscious casualty has disappeared from sight in deep water. The pupil should be able to understand signals; attract attention, move to the left, move to the right, go further out, stay where you are, message understood, investigate object in the water and return to shore.
5. Complete the rookie life support award