

SUMMARY OF THE AWARDS - LIFESAVING

| | Lifesaving 1, 2 & 3 | Bronze Medallion | Award of Merit | Distinction |
|----------------------------|-------------------------------------|--|---|---|
| Award | Certificate | Medallion and Certificate | Medallion and badge | Certificate and woven badge |
| Validity | 24 months | 24 months | 24 months | 24 months |
| Prerequisites | None | 13 years. If you already hold Lifesaving 3, Rookie Star Grade 4 level 4 or Assistant Beach Lifesaver Award you can take your Bronze Medallion assessment when you are 12 years of age. | To hold or have held a Bronze Medallion or higher Current Life Support Award or higher | To hold or have held an Award of Merit or higher To hold or to have held a Silver Cross Current Life Support Award or higher |
| | | | 14 years on day of assessment | 14 years on day of assessment |
| Completion Period | 1 month | 3 months | 3 months | 3 months |
| Reference | Life Saving 1,2 & 3 Candidate Pack | Bronze Medallion Candidates Pack & Trainers Guide | Life Saving & Life Support Manuals | Life Saving & Life Support Manuals |
| Assessor | Teacher Assessed | Lifesaving TA | Lifesaving TA | Lifesaving TA |
| | | *Pool TA with Bronze Medallion endorsement | | |
| | | * Beach TA with Bronze Medallion endorsement | | |
| Candidates | 4 per Assessor | 4 per Assessor | 3 per Assessor | 2 per Assessor |
| Casualties | 1 per candidate | 2 per candidate | 2 per candidate | 3 per candidate |
| Sections | Life Support Life Support Theory | Life Support Life Support Theory | Life Support Life Support Theory | Life Support Life Support Theory |
| Water Safety Theory | 4-8 questions | 4-8 questions | 4-8 questions | 4-8 questions |
| Practical | Casualty simulation | Land based rescue | Land based rescue | Land based rescue |
| | Land based rescue | Water based rescue | Water based rescue | Water based rescue |
| | Water based rescues | Non contact rescue | Non contact rescue | Non contact rescue |
| | Initiative | Contact rescue | Contact rescue | Contact rescue |
| | | Resuscitation rescue | Resuscitation rescue | Resuscitation rescue |
| | | Initiative rescue | Initiative rescue | Initiative rescue |

*Pool or Beach TA with Bronze Medallion endorsement

TAs can obtain endorsement to deliver this award upon ordering, receiving and completing the Bronze Medallion conversion pack.

SUMMARY OF THE AWARDS - OPEN WATER LIFESAVING

| | Bronze Cross | Silver Cross |
|------------------------------|--|---|
| Award | Cross and Certificate | Cross and Certificate |
| Validity | 24 months | 24 months |
| Prerequisites | 14 years | 14 years |
| | To hold or to have held a Bronze Medallion or higher Current Life Support or higher | To hold or to have held a Bronze Cross and a Bronze Medallion or higher Current Life Support or higher |
| Suggested preparation | Current seasonal open water experience on a number of occasions | Current seasonal open water experience on a number of occasions |
| Completion Period | 1 day | 1 day |
| Reference | Life Support book, Life Saving Manual and other approved literature | Life Support book, Life Saving Manual and other approved literature |
| Assessor | Any RLSS UK TA with Open Water endorsement | Any RLSS UK TA with Open Water endorsement |
| Candidates | 3 per Assessor | 2 per Assessor |
| Casualties | 2 per candidate | 2 per candidate |
| Sections | | |
| Theory | 8 - 12 questions | 8 - 12 questions |
| Rescue | Rescue close to land | Rescue close to land |
| | Rescue further from land | Rescue further from land |
| | Resuscitation rescue | Resuscitation rescue |
| | | Contact rescue |

LIFE SUPPORT - Training and Assessing Notes

It is important to recognise that possession of such an award is only an indication of satisfactory performance at the date of the assessment.

RLSS UK (Lifesavers) reserves the right to withdraw any of its awards from the current programme or to make amendments as deemed necessary or appropriate.

Safety and Hygiene

It is the responsibility of the Life Support Trainer to ensure the safety of all participants in the assessment. The current policy statement identifying approved manikins and cleaning procedure should be followed both during training and assessment.

It is the responsibility of the Trainer to ensure the safety of all participants in the tests. The Society's Code of Practice highlights the safety measures for Manikins and Cleaning Procedures and this should be followed during training and assessing. When a second operator takes over CPR they must utilise a pocket mask, without interrupting the sequence of resuscitation. Direct contact between person to person must not be allowed during the performance of rescue breathing.

Collusion

Where simulated casualties are used there should be no collusion or assistance given to the candidate in any way during the test. The casualty should simulate unconsciousness as far as possible. Any help given to the candidate during assessment by the casualty, unless specifically requested by the Assessor, will be considered as collusion and may result in the candidate failing to demonstrate competency.

Manikins

For practical assessments the relevant manikin must be used i.e. where Adult CPR is required an approved adult manikin must be used.

In each case the techniques of life support appropriate to the age of the manikin should be demonstrated. Manikins approved for use in assessment are listed in RLSS UK Code of Practice Policy Statements.

Lifting and landing

The Society's Policy will apply at all times. When undertaking manual handling tasks, an assisted lift shall always be demonstrated. A warning must be read out and candidates must be aware of the implications.

Organisation

- Read the assessment instructions to the candidate
- Any text that is in bold italics must be stated to the candidate as an instruction
- A manikin must be provided when it is established that breathing is absent
- Where appropriate, ask the candidate to explain how to get help using 999/112 telephone procedure
- No simulations of chest compressions shall take place on a live casualty
- All manikins must be placed on their back
- Candidates must have sufficient knowledge in the areas indicated within the syllabus and must not be expected to have any additional knowledge

Jewellery and clothing

Life Support activities involve manual handling of simulated casualties. Candidates and casualties must remove any jewellery that may cause damage. If anyone refuses to remove such items even if covered by clothing they must accept full responsibility for damage incurred.