

Irish Water Safety

Sábháilteacht Uisce Na hÉireann



Lifesaving Awards

Syllabus 2015

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Irish Water Safety is the statutory and voluntary body established to promote water safety in Ireland.
Tá Sábháilteacht Uisce na hÉireann ina bhord deonach reachtúil a bunaíodh le sábháilteacht Uisce
a chotú in Éirinn.

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EXPLANATORY NOTES

1. The framework of this Examination Syllabus is set out as follows: -

Group 1 – Swim Awards –	page 04
Group 2 – Challenge Awards –	page 10
Group 3 – Safety Awards –	page 14
Group 4 – Endurance / Survival Awards –	page 20
Group 5 – Rescue Awards –	page 26
Group 6 – Basic Life Support –	page 32

2. The syllabus is designed to test, in progressive phases, theoretical knowledge and practical expertise as set down in Irish Water Safety's Handbooks.

3. While land drill is not a specific test item, it must be regarded as an invaluable teaching technique.

4. Instructors and Examiners should ensure that their names are included in the official register (membership) kept at Irish Water Safety Head Office.

5. Irish Water Safety Head Office should be informed of inactive members.

6. When presenting a class for examination, the Instructors shall ensure that the necessary prerequisites for the tests are in order.

7. Examinations shall be conducted by official examiners only, except in the following where Instructors may examine: -

Swim Awards:	Seal Levels 1-5, Marlin Levels 6-10 Orca Levels 11-15.
Challenge Awards: -	Challenge 1 and 2.
Safety Awards: -	Safety 1, 2 and 3 only.
Endurance/Survival Awards: -	Endurance 1 and 2 only.

Note: -

- (i) An Instructor may not examine his/her own class.
- (ii) An Instructor cannot examine BLS in the Safety Awards.
- (iii) Where an Instructor is examining Safety 2 and 3 Awards the examination must be conducted in the presence of an Examiner. The Examiners role is supervisory only.
- (iv) It is not mandatory for Instructors to examine; they should only examine Safety 2 and 3 Awards, when there are no Examiners available.

8. BLS 1 must be achieved before progressing from the Safety Awards.

9. Examinations of family relatives are not best practice and should be avoided.

FRAMEWORK

Swim Awards	Graded tests for beginners with emphasis on personal safety, swimming, basic rescue and personal survival skills.
Challenge Awards	Graded test to increase stamina and introduce swimming whilst clothed.
Safety Awards	Graded tests to improve the introductory aspect of rescue.
Endurance / Survival Awards	Graded tests with the emphasis on self-rescue and physical fitness.
Rescue Awards	Graded tests of the four components necessary for successful rescues - skill, knowledge, judgement, and fitness.
Basic Life Support Awards	Tests of Basic Life Support knowledge and of vital follow up procedures.

GUIDELINES

The purpose of guidelines are: -

- (a) To aid Instructors/Examiners in understanding more thoroughly the requirements of each award in our syllabus.
- (b) To help standardise examinations throughout the country.
- (c) To clarify test items where appropriate.

The test items must be read in conjunction with the guidelines at all times.

SCENARIO GUIDELINES

1. In all scenarios the rescuer(s) know nothing about the scene unless the Examiner tells them.
2. The subject(s) will give the necessary information only if asked a specific question as outlined by the Examiner beforehand.
3. Face down or submerged subjects are assumed to be unconscious.
4. Examiner should at all stages maintain control over condition of subject(s), situation details and especially safety.
5. Rescuer(s) should be informed of changing condition(s) of subject(s) and situation details.
6. Examiner will indicate the start and end of the scenario.

Rescuer(s) will be required to explain their actions on completion. In all open water scenarios, distance from shore not to exceed 25m.

The Period of Validity

1. Lifesaving Awards

The validity period for these awards shall be as per the syllabus. Where this period of time has elapsed the following conditions will apply:

	Period Elapsed	Requirement
(a)	Greater than 2 years	Repeat highest award taken to date
(b)	Greater than 4 years	Recommence water safety course at Safety 4.

Instructors and trainee instructors may be exempt from the above at the discretion of the Area Committee.

GROUP ONE - SWIM AWARDS

Levels 1-15.

PHASED INTRODUCTION OF SKILLS

SEAL 1

- Answer questions on pool rules.
- Safe entry.
- Movement in water by any means.
- Any movements holding a float with two hands.
- Bobbing up and down.
- Water over face using any means.
- Safe exit.

SEAL 2

- Answer questions on personal safety and pool rules.
- Safe entry.
- Show ability to immerse face in water.
- Demonstrate push and glide in prone position and regain standing position.
- Demonstrate propulsion with the aid of a kick board or other suitable support.
- Safe exit.

SEAL 3

- Answer questions on personal safety in and around water focusing on hygiene and rules of the local pool.
- Entry and exit from the water using steps / ladder.
- Show ability to immerse face in water.
- Blowing bubbles while mouth is in the water.
- Picking up lightweight objects from the bottom of the pool with the eyes open.
- Looking at a partner under water.
- In shallow water, demonstrate confidence by:
 - walking. - walking making patterns.
 - jumping. - side-stepping.
 - turning while standing.
- Playing simple games (such as ring-a-rosy).
- Swim 2 metres with the use of an aid (arm bands).

SEAL 4

- Answer questions on personal safety in and around water focusing on hygiene and rules of the local pool.
- Demonstrate, while standing, front crawl, back crawl and sculling.
- In shallow water, demonstrate confidence by: -
 - walking.
 - walking to a rhythm, changing direction on a signal.
 - going around obstacles.
 - floating and sinking.
 - blowing, nosing and heading floating objects.
 - throwing and catching a ball.
- Playing simple games (such as chasing, relays).
- Swim 2 metres prone without aid.
- Swim 2 metres supine with aid.

SEAL 5

- Answer questions on personal safety focusing on hazards in a swimming pool.
- Jumping, side-stepping, running:
 - jump across pool.
 - side-step across pool.
 - run across pool.
- Demonstrate breaststroke arms while standing.
- Demonstrate mushroom and star float.
- Swim 4 metres prone.
- Swim 3 metres supine.
- Swim 3 metres breaststroke legs with aid.

MARLIN 6

- Answer questions on personal safety focusing on rivers and canals.
- Demonstrate entry for unknown conditions (sit down / slip in).
- Swim 5 metres freestyle / doggy paddle.
- Swim 5 metres supine.
- Swim 5 metres breaststroke.
- Show ability to turn from prone to supine.
- Show ability to turn from supine to prone.
- Demonstrate ability to tread water.
- Hand stand in chest deep water.

MARLIN 7

- Answer questions on personal safety focusing on inland waterways.
- Demonstrate 2 safe entries.
- Swim 8m front crawl.
- Swim 8m back crawl.
- Swim 8m breaststroke.
- Swim 5m dolphin kick.
- Tread water for 15 seconds.
- Push and glide underwater and pick up object from pool floor.
- Demonstrate 2 safe exits.

MARLIN 8

- Answer questions on personal safety focusing on beach and inland waterways.
- Demonstrate entry by means of jumping (feet first).
- Swim 10m front crawl.
- Swim 10m back crawl.
- Swim 10m breaststroke.
- Swim 8m dolphin kick.
- Swim 5m inverted breaststroke.
- Demonstrate butterfly arms while walking.
- Scull 5m feet first.
- Scull 5m head first.
- Tread water (deep water).
- Head first surface dive (1.5 metres).

MARLIN 9

- Answer questions on personal safety in all water situations, including farm safety.
- Entry by jumping into the water (feet first).
- Swim 15m front crawl.
- Swim 15m back crawl.
- Swim 15m breaststroke.
- Swim 10m dolphin kick on your side/back.
- Swim 10m inverted breaststroke.
- Swim 5m side stroke.
- Swim 5m butterfly.
- Play water push-ball.
- Tread water for 30 seconds.
- Feet first surface dive.

MARLIN 10

- Answer questions on personal safety.
- Demonstrate entry for unknown conditions.
- Demonstrate early diving practices.
- Swim 20m front crawl.
- Swim 20m back crawl.
- Swim 20m breaststroke.
- Swim 10m butterfly.
- Swim 15m inverted breaststroke.
- Swim 10m side stroke.
- Show ability to tread water for 1 min.
- Play water polo.
- Head first surface dive and swim 2m underwater.

ORCA 11

- Oral test focusing on how to contact the emergency services.
- Demonstrate reaching and voice rescues.
- Entry by straddle jump.
- Entry by simple dive (e.g. sitting or kneeling).
- Swim 25m front crawl.
- Swim 25m back crawl.
- Swim 25m breaststroke.
- Swim 20m inverted breaststroke.
- Swim 15m butterfly.
- Swim 15m side stroke.
- 20m various sculling.
- Show ability to signal for help while treading water for 1 min.
- Feet first surface dive and swim 2m underwater.

ORCA 12

- Oral test on the principles of simple rescues.
- Entry by standing dive.
- Swim 25m front crawl.
- Swim 25m back crawl.
- Swim 25m breaststroke.
- Swim 25m inverted breaststroke.
- Swim 25m butterfly.
- Swim 25m side stroke.
- Tread water for 1min and signal for help while wearing clothes.
- Surface dive in deep water and pick object from pool floor.
- Demonstrate reaching and throwing rescues.

ORCA 13

- Oral test on actions in an emergency.
- Simple dive.
- Demonstrate a straddle jump.
- Swim 50m front crawl.
- Swim 50m back crawl.
- Swim 25m breaststroke.
- Swim 25m inverted breaststroke without use of arms.
- Swim 25m butterfly.
- Swim 25m side stroke.
- Summersault in water (chest deep).
- Tread water for 1min and signal for help while wearing clothes and disrobe in deep water.

ORCA 14

- Oral test: hypothermia, personal survival.
- Competitive dive.
- Swim 50m front crawl using bilateral breathing.
- Swim 50m back crawl.
- Swim 50m breaststroke.
- Swim 25m butterfly and 25m double arm back crawl with dolphin kick.
- Swim 25m inverted breaststroke.
- Swim 25m side stroke.
- Demonstrate reaching and throwing rescues.
- Competitive turns (all strokes).

ORCA 15

- Oral test on water safety awareness.
- Competitive starts (all strokes).
- Swim 75m front crawl using bilateral breathing.
- Swim 50m back crawl.
- Swim 50m breaststroke.
- Swim 100m individual medley.

ALL OF THE ABOVE MUST HAVE LEGAL TURNS

- Show ability to tread water for 2 minutes.
- Demonstrate reaching and throwing rescues.

Guidance with regard to the delivery of the National Swimming Awards in Open Water

The awards can be taught by any IWS Swimming Teacher or Water Safety Instructor who holds a recognised Assistant Swimming Teachers Award.

Instructors who have only completed the IWS swimming Module can also teach the awards but under the direction of a full Teacher or IWS Examiner.

Holders of Full Swim Teacher qualifications from other organisations can also teach the awards if they have completed the IWS “Teaching at Open Water Venues Module”, which is outlined at the end of this document and which can be delivered by any IWS Examiner.

Class ratios

Recommended Pupil / Teacher Ratios are 10:1 for open water venues.

The ratios are based on those recommended for teaching swim awards at outdoor venues and outlined in the syllabus.

Class Organisation

This progressive series of swim awards offers many different levels, which will ensure that it is possible to recognise all candidates.

The awards do not have to be presented in sequence. Swim Teachers and Instructors are advised to select those which best suit their particular situation and standard of swimmers.

It is suggested that classes are organised in a manner that caters for a variety of abilities eg Group 1 – aim to reach the stated criteria for Seal – Level 3. Those who do not achieve this can be awarded Seal Level 2 or Seal Level 1- whichever is appropriate. Group 2 – aim at the Marlin- Level 6 standard. Those who do not reach the stated standard can be awarded Seal – Levels 4 and 5. ETC

Each venue will differ and teachers can adapt the above suggestion to suit.

Entries and exits can be adapted to suit the venue. Teachers can change references to the pool and pool floor to suit their particular venue.

Safety is paramount when teaching feet first and head first entries. Teachers must make judgements based on their risk assessment of the situation. Any adaptation of award content must be in the interests of participant safety.

The use of dryland practice is encouraged in advance of lessons.

Teaching Butterfly

Elements of this stroke are included from Marlin – Level 7 onwards. To make this relevant in the open water situation this can be taught as dolphin style entries used by lifeguards and open water competitors. The dolphin kick can also be used and taught as part of the skill of body surfing.

“Swim like a dolphin” is a teaching point often associated with this stroke. This is very relevant in coastal open water venues.

IWS Teaching In Open Water Module

Can be delivered by any IWS Examiner who also holds a full Swimming Teachers qualification..

Contents: 1. Risk Assessments at Open Water venues. 2. Safety issues –EAPs, hypothermia. 3. Child protection related issues eg changing, working in pairs. 4. Adapting Lesson Plans.5 Role of the local WSAC contact person.

Insurance

WSACs are reminded that details of all courses being run must be recorded in the WSAC minute book to ensure cover by IWS insurance.

Safety at Open Water Venues.

It is the responsibility of WSACs to ensure a full Risk Assessment is carried out at all venues. This should take account of entries, exits, water clarity, topography, defining the area and access to safety equipment. Issues relating to changing and toilets should also be considered.

A Normal Operational Plans (NOP) should be outlined and in place to ensure all interested parties are aware of drop off and pick up times.

INSTRUCTOR NOTES

GROUP TWO - CHALLENGE AWARDS

PHASED INTRODUCTION OF SKILLS

Challenge 1: Knowledge: - Hazards in open water.
Hypothermia.
Swimming in clothes.
Treading Water.
Holding breath underwater.

Challenge 2: Safe entry.
Removal of clothing.
Inflation of clothing.
Resting strokes.

Challenge 1 - 25 metres.

Challenge 2 - 175 metres.

CHALLENGE 1 AWARD

AIM:

To introduce swimming in clothes, and to improve candidate's stamina.

PREREQUISITES: None.

AWARD: Certificate.

DRESS: Swimsuit, shirt, trousers and shoes,

Ratio – Recommended examination ratio 16:1 (Examiner should ensure that safety is paramount).

Goggles may be used in this award.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. Oral test: - (a) Personal Safety. (b) Hazards in open water situations. (c) Hypothermia.	1. Basic safety rules.
2. Show ability to tread water for 2 minutes.	2. Candidate is permitted to use both arms and legs at all stages. Face should not be submerged under water.
3. Swim 25 metres Freestyle.	3. Freestyle implies any stroke.
4. Show ability to hold breath underwater for 10 seconds.	4. Candidate's head should be underwater.

An Instructor may examine this award.

N.B. Water test items must be done in the order specified.

CHALLENGE 2 AWARD

AIM:

To further improve stamina while swimming in clothes.

PREREQUISITES: None.

AWARD: Certificate.

DRESS: Swimsuit, shirt, trousers and shoes,

Ratio – Recommended examination ratio 16:1 (Examiner should ensure that safety is paramount).

Goggles may be used in this award.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. Oral test: - (a) Personal Safety. (b) Hazards in open water situations. (c) Hypothermia.	1. Basic safety rules.
2. Show safe entry by means of slipping in.	2. Sit down and slip in.
3. Swim 25 metres Freestyle.	3. Freestyle implies any stroke.
4. Show ability to tread water for 1 minute and then discard footwear.	4. Candidate is permitted to use both arms and legs at all stages. Face should not be submerged under water while treading water.
5. Swim 50 metres using any combination of Front crawl and Breaststroke.	5. Both strokes must be attempted.
6. Inflate one item of clothing and use as a buoyancy aid for 1 minute. Then disrobe.	6. One item of clothing must be inflated satisfactorily before progressing to next test item.
7. Swim 100 metres using any combination of resting strokes.	7. Stroke technique important.
8. Climb out of pool unaided.	8. Steps or a ladder cannot be used.

An Instructor may examine this award.

N.B. Water test items must be done in the order specified.

This test must be continuous from entry to finish, i.e. without touching any support (bottom, sides' etc.).

INSTRUCTOR NOTES

GROUP THREE - SAFETY AWARDS

PHASED INTRODUCTION OF SKILLS

Safety 1: Knowledge: - Principles of simple rescue.
Correct follow-up procedures.
Simple Rescue techniques.
Introduction of scenarios.

Safety 2: BLS 1.
Knowledge: - Recognition of emergency situations.
Non-contact swimming rescues.
Treading water and signalling.
Rescue strokes.
Approach.
Visual contact.
Voice contact.
Avoiding personal contact.

Safety 3: Swimming underwater.
Towing with an aid.

Safety 4: Use of clothes as an aid.
Evasive actions.
Turning unconscious subject in shallow water.
Resuscitation in shallow water.
Assists

Safety 1 - Non-Swimming.

Safety 2 - 125 metres.

Safety 3 - 205 metres.

Safety 4 - 305 metres.

Note: - Instructor and Examiner should ensure that the depth of water is suitable and safe for entry.

SAFETY 1 AWARD

AIM:

To test principles of water safety and simple rescue techniques especially for those whose lack of swimming skills precludes them from further lifesaving training.

PREREQUISITES: None.

AWARD: Certificate.

Ratio – Recommended examination ratio 16:1 (Examiner should ensure that safety is paramount).

An Instructor may examine this award.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
<ol style="list-style-type: none">Oral test: -<ol style="list-style-type: none">Personal Safety.Hazards in open water situations.Recognition of emergency situationsPrinciples of simple rescue.Correct follow up procedures.Demonstrate the following simple rescues: -<ol style="list-style-type: none">Voice Contact.Use of Buoyant objects, with no line attached.Un-weighted rope.Ring Buoy.Reaching Rescue.	<ol style="list-style-type: none">As per Rescue Skills Manual.Demonstration of simple rescue techniques, using scenarios. Recognition, Assessment and Action.<ol style="list-style-type: none">Minimum distance 7 metres.Minimum distance 7 metres

N.B. - THE CANDIDATE IS NOT QUALIFIED TO ATTEMPT A SWIMMING RESCUE

SAFETY 2 AWARD

AIM:

To introduce simple rescue techniques involving minimum risk to the rescuer. It is designed to prepare the candidate who has some swimming skills for lifesaving training.

PREREQUISITES: None.

AWARD: Certificate.

DRESS: Swimsuit / wetsuit

Ratio – Recommended examination ratio 16:1 (Examiner should ensure that safety is paramount). Goggles may be used in this award.

NB: BLS1 may be examined if all material has been covered (with the Instructor's prior approval).

An Instructor may examine this award. (Provided BLS is not being examined).

TEST ITEMS	GUIDELINES
<ol style="list-style-type: none"> (BLS 1 may be examined.) Oral test: - <ol style="list-style-type: none"> Personal Safety. Hazards in open water situations. Principles of simple rescue. Correct follow up procedures. Recognition of emergency situations. Non-contact swimming rescues. Demonstrate all the following simple rescues: - <ol style="list-style-type: none"> Voice Contact. Use of Buoyant objects, with no line attached. Un-weighted rope. Ring Buoy. Reaching Rescue on bank and in water. Wading Rescue.(slip in and wade) Demonstrate ability to tread water for 1 minute, lifting arm vertically to signal for help at least 4 times. Demonstrate ability to reverse quickly in water Swim: (a) 25 metres Front crawl. (b) 25 metres Breaststroke. (c) 25 metres any Rescue Stroke. Make an appropriate entry with a buoyant aid and approach 25 metres to a distressed swimmer, maintaining visual contact. While keeping a safe distance and treading water, explain intentions, pass aid to the subject and encourage the subject to propel to safety. Voice contact should be maintained while accompanying subject at a safe distance. Show ability to avoid personal contact throughout the exercise and call for help. 	<ol style="list-style-type: none"> As per CFR Handbook. As per Rescue Skills Manual. Demonstration of simple rescue techniques, using scenarios. Recognition, Assessment and Action. (c) Minimum distance 8 metres. (d) Minimum distance 8 metres. Signal for help must be with a raised arm and clenched fist. Need not be continuous. Legs only in Inverted Breaststroke. Lower arm only pull in Lifesaving Side stroke. Rescuer must stop and reverse before attempting a rescue and must demonstrate proper control during the rescue. Rescuer should demonstrate correct follow up procedure

N.B. - THE CANDIDATE IS NOT QUALIFIED TO ATTEMPT A PERSONAL CONTACT SWIMMING RESCUE

SAFETY 3 AWARD

AIM:

To emphasise rescue techniques involving minimum risk to the rescuer. It is designed to test candidate's judgement and ability to assess accident situations correctly.

PREREQUISITES: None.

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit /wetsuit

Ratio – Recommended examination ratio 16:1 (Examiner should ensure that safety is paramount).

Goggles may be used in this award.

NB: BLS1 may be examined if all material has been covered (with the Instructor's prior approval).

An Instructor may examine this award. (Provided BLS is not being examined).

TEST ITEMS	GUIDELINES
<ol style="list-style-type: none"> (BLS 1 may be examined.) Oral test: - <ol style="list-style-type: none"> Personal Safety. Hazards in open water situations. Principles of simple rescue. Correct follow up procedures. Recognition of emergency situations. Non-contact swimming rescues. Demonstrate any items from the following: - <ol style="list-style-type: none"> Voice Contact. Use of Buoyant objects, with no line attached. Un-weighted rope. Ring Buoy. Reaching Rescue. Wading Rescue. Demonstrate ability to enter the water using a straddle jump. Demonstrate ability to submerge safely and swim 5 metres along the bottom. (min. depth of 1.4 metres.) Demonstrate evasive action. Continuous swim: - <ol style="list-style-type: none"> 50 metres front crawl or breaststroke. 100 metres with a combination of rescue backstroke using legs only, and rescue sidestroke using lower arm only (minimum of 25 metres on either stroke). Make an appropriate entry with a suitable buoyancy aid, approach 25 metres to a distressed swimmer maintaining visual contact. Calm and reassure the subject. Explain intentions and pass the aid to the subject. If the subject co-operates, the rescuer grasps the buoyancy aid, and tows 25 metres to safety. Continue voice contact and show ability to avoid body contact. 	<ol style="list-style-type: none"> As per CFR Handbook. As per Rescue Skills Manual. Demonstration of simple rescue techniques, using scenarios. Recognition, Assessment and Action. <ol style="list-style-type: none"> Minimum distance 9 metres. Minimum distance 9 metres. Rescuer's head must be kept above the water at all times Demonstrate ability to submerge using correct surface dives techniques For this rescue a buoyancy aid with or without a rope attached may be used (as specified by the examiner). Rescuer must stop and reverse before attempting a rescue and must demonstrate proper control during the rescue.

N.B. - THE CANDIDATE IS NOT QUALIFIED TO ATTEMPT A PERSONAL CONTACT SWIMMING RESCUE.

SAFETY 4 AWARD

AIM:

To further emphasise simple rescue techniques involving minimum risk to the rescuer. It is designed to test candidate's progression from skills included in Awards 2 and 3 and as a preparatory step to the Rescue Awards.

PREREQUISITES: None

AWARD: Certificate. **VALIDITY:** 2 years. **DRESS:** Swimsuit /wetsuit, shirt and trousers.

Ratio – Recommended examination ratio 16:1 (Examiner should ensure that safety is paramount).

Goggles may be used in this award.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
<ol style="list-style-type: none"> 1. BLS 1 (Skills and Theory). 2. Oral test: - <ol style="list-style-type: none"> (a) Personal Safety. (b) Hazards in open water situations. (c) Principles of simple rescue. (d) Correct follow up procedures. (e) Recognition of emergency situations. (f) Non-contact swimming rescues. 3. Demonstrate any items from the following: - <ol style="list-style-type: none"> (a) Voice Contact. (b) Use of Buoyant objects, with no line attached. (c) Un-weighted rope. (d) Ring Buoy. (e) Reaching Rescue. (f) Wading Rescue. 4. Continuous swim: - <ol style="list-style-type: none"> (a) 150 metres Front crawl or breaststroke. (b) 50 metres rescue sidestroke using lower arm only. (c) 50 metres rescue backstroke using legs only 5. Appropriate entry and 25 metres head up approach to a distressed swimmer, using item of clothing tow subject 25 metres to safety. Show ability to avoid body contact at any stage of the rescue. 6. Demonstrate the use of assists 7. Show ability to turn a subject simulating unconsciousness from a prone to a supine position in shallow water. Bring to a safe location and call for assistance. Establish if the subject is breathing. Commence resuscitation (if necessary). Show correct follow-up procedures. 	<ol style="list-style-type: none"> 1. As per CFR Handbook. 2. As per Rescue Skills Manual. 3. Demonstration of simple rescue techniques, using scenarios. Recognition, Assessment and Action. <ol style="list-style-type: none"> (c) Minimum distance 10 metres. (d) Minimum distance 10 metres. 4. Rescuer must swim the first 100m in his clothes. Disrobe in water to continue. 5. Eye and voice contact should be maintained throughout. Use one of the items of clothing for this rescue. Subject may be told to be prone or supine. 6. Subject must be cooperative and capable of helping himself to some extent 7. If the distance is too great, establish if the subject is breathing. Commence resuscitation (if necessary) while walking to safe location

N.B. - THE CANDIDATE IS NOT QUALIFIED TO ATTEMPT A PERSONAL CONTACT SWIMMING RESCUE.

INSTRUCTOR NOTES

GROUP FOUR - ENDURANCE/SURVIVAL AWARDS

PHASED INTRODUCTION OF SKILLS

ENDURANCE:	H.E.L.P.	Endurance 1 –	900 metres.
	HUDDLE.		
	Obstacle swim.	Endurance 2 –	1,100 metres.
	Distance swim.		
	Picking up objects.		
SURVIVAL: (Outdoor only)	H.E.L.P.	Survival 1 –	900 metres.
	HUDDLE.		
	Obstacle swim.	Survival 2 –	1,100 metres.
	Distance swim.		
	Surface dives.		

ENDURANCE 1 AWARD

AIM:

To emphasise the importance of training in self rescue skills before attempting body contact rescue and also the need to attain a high standard of physical fitness. It is also aimed at encouraging candidates to maintain and develop this standard by providing graded levels of achievement within the Award.

PREREQUISITES: 11 years on date of assessment

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit, shirt, shoes and trousers.

Ratio – Recommended examination ratio 16:1 (Examiner should ensure that safety is paramount).

TEST ITEMS

1. Oral test on all aspects of personal safety and survival. Demonstrate H.E.L.P. and HUDDLE (land or water).
2. Demonstrate entries as specified by the Examiner.
3. Tread water for a period of 1 minute and show ability to signal for help, by occasionally lifting one arm up in the air.
4. Discard footwear and swim 100 metres Freestyle.
5. Disrobe.
6. 200 metres obstacle swim. A freestyle swim, negotiating eight obstacles, which can be represented by two ropes, 2 metres apart across the swimming lane or as, otherwise indicated. Candidates must clear the ropes underwater without breaking the surface between them. A sense of urgency is required during the obstacle swim.
7. 200 metres swim using combination of rescue strokes.
8. Freestyle swim 400 metres.
9. During the first 200 metres the candidate must demonstrate ability to submerge safely and pick up two objects off the bottom (minimum depth of 1.4 metres).

GUIDELINES

1. Endurance 1 must be continuous swim from entry to finish, i.e. without touching any support (bottom, sides' etc.).
2. P.F.D. must be used for correct demonstration of H.E.L.P. and HUDDLE in water.
3. Items must be examined in order.

This award may be examined by an Instructor.

N.B. Water test items must be done in the order as specified.

ENDURANCE 2 AWARD

AIM:

To emphasise the importance of training in self rescue skills before attempting body contact rescue and also the need to attain a high standard of physical fitness. It is also aimed at encouraging candidates to maintain and develop this standard by providing graded levels of achievement within the Award.

PREREQUISITES: 12 years on the date of assessment

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit, shirt, shoes and trousers.

Ratio – Recommended examination ratio 16:1 (Examiner should ensure that safety is paramount).

TEST ITEMS

1. Oral test on all aspects of personal safety and survival. Demonstrate H.E.L.P. and HUDDLE (land or water).
2. Demonstrate entries as specified by the Examiner.
3. Tread water for a period of 2 minute and show ability to signal for help, by occasionally lifting one arm up in the air.
4. Discard footwear and swim 100 metres freestyle.
5. Disrobe.
6. 200 metres obstacle swim. A freestyle swim, negotiating eight obstacles, which can be represented by two ropes, 2 metres apart across the swimming lane or as, otherwise indicated. Candidates must clear the ropes underwater without breaking the surface between them. Time not more than 7 minutes.
7. 200 metres swim using combination of rescue strokes.
8. Freestyle swim 600 metres.
9. During the first 200 metres the candidate must demonstrate ability to submerge safely and pick up two objects off the bottom in a depth of 1.4 metres.

GUIDELINES

1. Endurance 2 must be continuous swim from entry to finish, i.e. without touching any support (bottom, sides etc.).
2. P.F.D. must be used for correct demonstration of H.E.L.P. and HUDDLE in water.
3. Items must be examined in order.

This award may be examined by an Instructor.

N.B. Water test items must be done in the order as specified.

SURVIVAL 1 AWARD

AIM:

To emphasise the importance of training in self rescue skills before attempting body contact rescue and also the need to attain a high standard of physical fitness. It is also aimed at encouraging candidates to maintain and develop this standard by providing graded levels of achievement within the Award.

PREREQUISITES: Minimum age 11 years on date of assessment

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit, shirt, shoes and trousers. (Wetsuit may be worn under clothing)

CONDITIONS: Open Water.

Ratio – Recommended examination ratio 12:1 (Examiner should ensure that safety is paramount).

TEST ITEMS

1. Oral test on all aspects of personal safety and survival. Demonstrate H.E.L.P. and HUDDLE (land or water).
2. Demonstrate entries as specified by the Examiner.
3. Tread water for a period of 1 minute and show ability to signal for help, by occasionally lifting one arm up in the air.
4. Discard footwear and swim 100 metres freestyle.
5. Disrobe in deep water.
6. 200 metres obstacle swim. A freestyle swim, negotiating eight obstacles, which can be represented by two ropes, 2 metres apart across the swimming path or as, otherwise indicated. Candidates must clear the ropes underwater without breaking the surface between them. A sense of urgency is required during the obstacle swim.
7. 200 metres swim using combination of rescue strokes.
8. Freestyle swim 400 metres.
9. During the first 200 metres the candidate must demonstrate ability to perform a feet and a head first surface dive to a depth of approx. 2 metres.

GUIDELINES

1. Survival 1 must be continuous swim from entry to finish, i.e. without touching any support (bottom, sides etc.).
2. P.F.D. must be used for correct demonstration of H.E.L.P. and HUDDLE in water.
3. Items must be examined in order.

N.B. Water test items must be done in the order as specified.

SURVIVAL 2 AWARD

AIM:

To emphasise the importance of training in self rescue skills before attempting body contact rescue and also the need to attain a high standard of physical fitness. It is also aimed at encouraging candidates to maintain and develop this standard by providing graded levels of achievement within the Award.

PREREQUISITES: Minimum age 12 years on date of assessment

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit, shirt, shoes and trousers. (Wetsuit may be worn under clothing)

CONDITIONS: Open water.

Ratio – Recommended examination ratio 12:1 (Examiner should ensure that safety is paramount).

TEST ITEMS

1. Oral test on all aspects of personal safety and survival. Demonstrate H.E.L.P. and HUDDLE (land or water).
2. Demonstrate entries as specified by the Examiner.
3. Tread water for a period of 2 minute and show ability to signal for help, by occasionally lifting one arm up in the air.
4. Discard footwear and swim 100 metres freestyle.
5. Disrobe in deep water.
6. 200 metres obstacle swim. A freestyle swim, negotiating eight obstacles, which can be represented by two ropes, 2 metres apart across the swimming path or as, otherwise indicated. Candidates must clear the ropes underwater without breaking the surface between them. Time not more than 8 minutes.
7. 200 metres swim using combination of rescue strokes.
8. Freestyle swim 600 metres.
9. During the first 200 metres the candidate must demonstrate ability to perform a feet and a head first surface dive to a depth of approx. 2 metres.

GUIDELINES

1. Survival 2 must be continuous swim from entry to finish, i.e. without touching any support (bottom, sides etc.).
2. P.F.D. must be used for correct demonstration of H.E.L.P. and HUDDLE in water.
3. Items must be examined in order.

N.B. Water test items must be done in the order as specified.

INSTRUCTOR NOTES

GROUP FIVE - RESCUE AWARDS

PHASED INTRODUCTION OF SKILLS

RESCUE 1: BLS 2.
Defensive actions.
Assessment.
Scenarios.
Rear approach.
Front Surface approach.
Underwater approach.
The 'Level'.
Cross-chest carry.
Hair carry.
Head carry.
Underarm cross-chest carry.

RESCUE 3: BLS 3.
Timed swim in clothes
Releases and carries from the following grips: -
▪ Block and Parry.
▪ Front Double neck hold.
▪ Rear Double neck hold.
▪ Wrist hold (either arm).
▪ Variations of above grips.
Spinal injury management.
Scenarios.

RESCUE 2: BLS 2.
Timed swim in clothes
Restraints in cross-chest carry.
Releases and reassessments from the following (mini-scenarios): -
▪ Front double neck/body holds.
▪ Rear double neck/body holds.
▪ Wrist hold on either or both wrists
Separating interlocked subjects.
Recover submerged object and exchange for subject and bring to shallow water.

RESCUE 4: BLS 3.
Any water accident scenarios.
Rescue Equipment.
Any items from any Award.

RESCUE 1 AWARD

AIM:

To introduce candidates to different techniques of personal contact in swimming rescues with various types of subject, while ensuring minimum risk to the rescuer.

PREREQUISITES: Minimum age 12 years on date of assessment. Safety 4 and Endurance 1 or Survival 1.

AWARD: Certificate.

VALIDITY: 2 years.

DRESS: Swimsuit /wetsuit only.

RATIO: Recommended examination ratio of 16:1.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. BLS 2 (Skills and Theory).	1. As per CFR Handbook.
2. Oral test: - <ul style="list-style-type: none"> (a) Personal Safety. (b) Hazards in open water situations. (c) Principles of simple rescue. (d) Correct follow up procedures. (e) Recognition of emergency situations. (f) Non-contact swimming rescues. (g) Personal contact rescues. 	2. As per Rescue Skills Manual. Knowledge of the difference between the drowning non-swimmer and the tired, weak or poor swimmer (Essential).
3. Demonstrate one skill from each of the following: - <ul style="list-style-type: none"> (a) Any item from the Safety Awards. (b) Defensive actions. 	3. (a) Greater confidence and speed than in Safety Awards. (b) Defensive actions – use mini Scenarios.
4. Appropriate entry, 25 metres head-up approach to a distressed subject. Make suitable contact and bring 25 metres to shore using a carry appropriate to the situation	4. Simulated rescue using mini scenarios. Aids may or may not be available at examiner's discretion. Disengagement rather than restraints should be used in the case of struggling subject.
5. Demonstrate ALL the following approaches and carries in any combination as selected by the Examiner. (Distance - 10 metres approach and carry). <ul style="list-style-type: none"> (a) Approaches: Rear, Underwater and Front Surface. (b) Carries: Cross-chest, Hair, Head, and Underarm Cross-chest. 	5. A close look at contact rescue techniques in isolation. Options to include both conscious and unconscious subjects. Levels should be used where appropriate.

RESCUE 2 AWARD

AIM:

To minimize the dangers of body contact rescues by providing candidates with the necessary skills to make effective release from various grips or clutches and to complete rescues safely.

PREREQUISITES: Minimum age 13 yrs on date of assessment. Rescue 1 and Endurance 2 or Survival 2 .

AWARD: Certificate. **VALIDITY:** 2 years. **DRESS:** Swimsuit /wetsuit, shirt and trousers.

RATIO: Recommended examination ratio of 12:1.

Goggles may not be used in full contact rescues

TEST ITEMS	GUIDELINES
<ol style="list-style-type: none"> 1. BLS 2 (Skills and Theory). 2. Oral test: - <ol style="list-style-type: none"> (a) Personal Safety. (b) Hazards in open water situations. (c) Principles of simple rescue. (d) Correct follow up procedures. (e) Recognition of emergency situations. (f) Non-contact swimming rescues. (g) Personal contact rescues. (h) Principles of systematic search patterns 3. Swim:- <ol style="list-style-type: none"> (a) 50m swim in clothes to be completed in under 90 seconds. (b) Carry subject for 50m using cross chest carry. 4. At least 2 items from Rescue 1. <p><u>Disrobe before proceeding to next test item.</u></p> <ol style="list-style-type: none"> 5. Effect Releases from following holds and reassess from safe distance, carry 10 metres. <ol style="list-style-type: none"> (a) Front double arm body/neck hold. (b) Rear double arm body/neck hold. (c) Wrist hold on either or both wrists. 6. Approach 2 interlocked subjects and carry 5 metres to safety in one of three ways: - <ol style="list-style-type: none"> (a) Bring to shore, interlocked - short distance. (b) Break the grip giving a buoyancy aid to one and carry the other to safety. (c) Break the grip and encourage the swimmer to shore and carry the other to safety. 7. Appropriate entry and head up approach 25 metres. Recover an object from the bottom (not more than 2 metres) and exchange at surface for subject simulating unconsciousness and bring to shallow water. Show correct follow up procedures. 8. Demonstrate the following restraints while in a cross-chest carry: - <ol style="list-style-type: none"> (a) One arm. (b) Two arm. (c) An arm & breathing restraint. 	<ol style="list-style-type: none"> 1. As per CFR Handbook. 2. As per Rescue Skills Manual. Knowledge of the difference between the drowning non-swimmer and the tired, weak or poor swimmer. (Ref. Rescue Skills Manual). Understanding of the theory of non-contact rescues. Understanding of theory of contact rescues. 3. <ol style="list-style-type: none"> (b) Show ability to use an effective carry 4. Technique only and minimal distance. 5. Mini incidents to simulate situations using realistic grips. Can submerge subject to break contact. 6. A close look at the technique in isolation. 7. Simulated rescue situation as outlined by the examiner. Carry subject to shallow water before commencing resuscitation. 8. A close look at each restraint in isolation over a short distance. Remember these are not part of a sequence, when a restraint is to be used, choose <u>one</u> that will be effective.

N.B. Water test items must be done in the order as specified.

RESCUE 3 AWARD

AIM:

To emphasise the hazards and increased degree of risk which may be encountered in body contact rescues of rescue skills by retraining.

PREREQUISITES: Minimum age 14 years on date of assessment. Rescue 2.

AWARD: Certificate. **VALIDITY:** 2 years. **DRESS:** Swimsuit /wetsuit, shirt and trousers.

RATIO: Recommended examination ratio of 10:1.

Goggles may not be used in full contact rescues.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
<ol style="list-style-type: none"> BLS 3 (Skills and Theory). Oral test: - <ol style="list-style-type: none"> Personal Safety, hazards in open water situations, principles of simple rescues, correct follow up procedures. Recognition of emergency situations, non-contact swimming rescues. Personal contact rescues, Spinal Injuries and Systematic search patterns. Timed Swim;- 50m swim and 50m carry to be completed in under 4 minutes. Demonstrate at least 2 items from Rescue 2 Mini incident involving a 50 metres continuous head up approach to a subject. Take suitable action to get subject under control and carry to safety 50 metres. Subject may panic on 2 occasions during the carry. <p>Disrobe before proceeding to next test item</p> <ol style="list-style-type: none"> Show ability to effect a release from each of the following grips while maintaining contact and control over subject and carry 10 metres. <ol style="list-style-type: none"> Block and Parry. A front double-arm neck hold. A rear double arm neck hold. A wrist hold on either wrist. Show ability to effect a release from any hold as specified by the examiner. Ability to carry out any of the three techniques for stabilising a spinal injury victim in water. 	<ol style="list-style-type: none"> As per CFR Handbook. <ol style="list-style-type: none"> As per Rescue skills Manual. Understanding of the theory of contact rescues. To include theory and recognition of spinal injury management in water. Should include technique only and minimum distance Options to include varied conditions as outlined by Examiner. Aids may or may not be available. Ability to recognise, assess, appropriate contact and carry. A close look at the releases in isolation excluding any complications. Emphasise that it is a release from a GRIP. Variations/combinations of grips used in test item 6 should only be used. A close look at the techniques in isolation excluding any complications.

N.B. Water test items must be done in the order as specified.

RESCUE 4 AWARD

AIM:

To test the candidates ability to attain the highest standard of Water Safety in terms of knowledge, judgement, skill and fitness.

PREREQUISITES: Minimum age 15 years on date of assessment. Rescue 3.

AWARD: Certificate. **VALIDITY:** 2 years. **DRESS:** Swimsuit /wetsuit, shirt and trousers.

RATIO: Recommended examination ratio of 10:1.

Goggles may not be used in full contact rescues.

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
<ol style="list-style-type: none"> 1. BLS 3 (Skills and Theory). 2. Oral test: - <ol style="list-style-type: none"> (a) Personal Safety, hazards in open water situations, principles of simple rescue, correct follow up procedures. (b) Recognition of emergency situations, non-contact swimming rescues. (c) Personal contact rescues, Spinal Injuries and Systematic search patterns. 3. Demonstrate the following: - <ol style="list-style-type: none"> (a) At least 2 items from Safety Awards. (b) At least 2 items from Rescue 1 Award. (c) At least 2 items from Rescue 2 Award. (d) At least 2 items from Rescue 3 Award. (e) Deep-water resuscitation while using a buoyancy aid. 4. Mini incident involving a continuous 100 metres head up approach to a struggling subject. Take suitable action to get subject under control and carry to safety 100 metres away using a cross-chest carry. 5. Show ability to use the following rescue equipment in carrying out a rescue, causality approx 10 metres from safety. <ol style="list-style-type: none"> (a) Can buoy or Rescue tube. (b) Ring buoy. (c) Un-weighted rope. (d) Reaching pole. Maximum of 2 minutes per scenario. 6. Ability to carry out any of the three techniques for stabilising a spinal injury victim in water. 	<ol style="list-style-type: none"> 1. As per CFR Handbook. 2. <ol style="list-style-type: none"> (a) As per Rescue skills Manual. (b) Understanding of the theory of contact rescues. (c) To include theory and recognition of spinal injury management in water. (d) 3. Should include technique only and minimum distance (approach and carry not more than 10m for each item). Total of 90 metres for this test item. 4. Options to include varied conditions as outlined by Examiner. Ability to recognise, assess, appropriate contact and carry. No aids available. (Rescuers clothing not to be used). 5. This is a scenario based test item, where the candidate's ability to use aids while carrying out a rescue is judged. This can be incorporated in one scenario or over several scenarios. 6. A close look at the techniques in isolation excluding any complications.

N.B. Water test items must be done in the order specified

INSTRUCTOR NOTES

GROUP SIX – BASIC LIFE SUPPORT AWARDS

BASIC LIFE SUPPORT 1

AIM:

To ensure that candidates have the necessary skills to administer Cardio Pulmonary Resuscitation (CPR) efficiently in order to sustain life.

THEORY LEVEL: Low

SKILL LEVEL: High

PREREQUISITES: None

AWARD: Certificate

VALIDITY: 2 years

TEST ITEMS

1. Answer questions on the respiratory system, including the function of the airways, lungs, and muscles involved in respiration.
2. Have knowledge of composition of inhaled and exhaled air, blood and circulation.
3. Administer mouth to mouth **and** mouth to nose resuscitation.
4. Be able to demonstrate effective skills to administer one operator, cardio-pulmonary resuscitation.
5. Demonstrate turning of victim from prone to supine.
6. Demonstrate effective skills to treat for victim vomiting.
7. Aftercare including recovery position.
8. Answer questions on any aspect of Basic Life Support theory.

NOTE: Training MANIKINs should be used

BASIC LIFE SUPPORT 2

AIM:

To insure that the candidate has the necessary skills to successfully operate an Automated External Defibrillator (AED) & improve their BLS skills with an understanding of the logic behind it.

THEORY LEVEL: Moderate

SKILL LEVEL: High

PREREQUISITES: BLS 1

AWARD: Certificate.

VALIDITY: 2 years.

TEST ITEMS

1. All skills and knowledge in BLS1.
2. Demonstrate safe and appropriate practice when using an AED in line with PHECC CFR DVD & Manual
3. Basic understanding of ventricular fibrillation
4. Principles of defibrillation
5. What makes a victim suitable/unsuitable for defibrillation?
6. Maintenance requirements of AEDs
7. Appropriate record keeping relating to the use of AEDs
8. Patient report form filling

NOTE: Training MANIKINS & AEDs should be used

BASIC LIFE SUPPORT 3

AIM:

To provide comprehensive BLS skills and complement the knowledge in BLS 1 & 2. To provide the necessary BLS skills to deal with choking situations related to conscious and unconscious victims.

THEORY LEVEL: Moderate

SKILL LEVEL: High

PREREQUISITES: BLS 2

AWARD: Certificate.

VALIDITY: 2 years.

TEST ITEMS

1. All skills and knowledge in BLS1 and BLS2.
2. Answer questions on knowledge of the circulatory system, the composition of the blood and the functions of the particles.
3. Candidates must satisfy the examiner on their ability to recognise a cardiac arrest.
4. Demonstrate effective skills to administer one operator, Cardio-Pulmonary Resuscitation (Child and Infant)
5. Demonstrate effective skills to relieve Airway Obstruction for conscious victims. (Adult, child and Infant)
6. Demonstrate effective skills to relieve Airway Obstruction for unconscious victims. (Adult, child and Infant)
7. Demonstrate effective skills to relieve Airway Obstruction when dealing with either pregnant or obese victims.
8. Answer questions on any aspect of Basic Life Support theory.

Candidates who pass the IWS BLS 3 Exam may also complete Test Items 2 – 6 of the CFR Community Award (Next Page) to be eligible for CFR Community Certification.

NOTE: Training MANIKINs & AEDs should be used

CARDIAC FIRST RESPONSE COMMUNITY

AIM:

To bring IWS Personal to a higher level of professionalism in the area of Basic Life Support, Cardiopulmonary Resuscitation, Automated External Defibrillation, Choking Response Solutions, Aspirin Administration, Chain of Survival, Critical Incident Stress Management, CFR Report Writing, Cardiac Arrest & Heart Attack, Stroke (FAST) Assessment & Definitions of Death.

THEORY LEVEL: High

SKILL LEVEL: High

PREREQUISITES: BLS 1 - 3

AWARD: Certificate.

VALIDITY: 2 years.

TEST ITEMS

1. All skills and knowledge in BLS 1, BLS 2 and BLS 3 (Skill Test Stations) (Skill Sheet)
2. Stroke (FAST) Assessment
3. Critical Incident Stress Management
4. CFR Report Writing
5. Definitions of Death
6. Aspirin Administration

Course Registration Form to IWS HQ 14 Days in Advance

Fee Payable to IWS HQ

Course Material from www.phecc.ie

NOTE: Training MANIKINS & AEDs should be used

INSTRUCTOR NOTES

