



THE NATIONAL LIFESAVING AWARDS

survive&save
programme



**GOLD
CORE
ELEMENT**

SYLLABUS

LIFE SUPPORT

- Review and ongoing practice of CPR Skills (Life Support award pre-requisite)

HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

- Cold Water Immersion
- Eddies
- Cushion waves
- Hydraulics
- Undercut rocks
- Strainers

EMERGENCY MANAGEMENT (CHAPTER 3)

- Emergency Action Model
- Rescue priorities

SELF-RESCUE & SURVIVAL (CHAPTER 4)

- Treading water (eggbeater leg kick)
- Clothing removal in the water
- Ice escape

RESCUE (CHAPTER 5)

- Contact zone
- Extended arm tow: 50m swim, 20-25m tow
- Head first surface dive
- Turning an unconscious casualty (front to back)
- Spinal turn and support

FIRST AID (CHAPTER 6)

- Fractures

LIFESAVING SPORT & FITNESS (CHAPTER 7)

- Timed swim: 200m in 4 minutes
- Distance Swim: 800m
- Manikin carry: 50m (Half filled manikin for all candidates)

TEACHING PROGRAMME

Week	Dry	Wet
1	<p>Life Support</p> <ul style="list-style-type: none"> • Review Life Support skills to ensure that they have been maintained at a competent level 	<p>Review of Bronze and Silver Core Element</p> <ul style="list-style-type: none"> • Self-Rescue and Survival • Rescue • Lifesaving Sport
2	<p>First Aid</p> <ul style="list-style-type: none"> • Fractures <p>Hazard Awareness and Safety</p> <ul style="list-style-type: none"> • Cold water Immersion 	<p>Self Rescue and Survival</p> <ul style="list-style-type: none"> • Treading water (with eggbeater) • Clothing removal • Ice escape <p>Lifesaving Sport and Fitness</p> <ul style="list-style-type: none"> • Distance Swim: 200m (practice) <p>Game or Activity</p>
3	<p>Hazard Awareness and Safety</p> <ul style="list-style-type: none"> • Eddies • Cushion waves • Hydraulics • Undercut rocks • Strainers 	<p>Rescue</p> <ul style="list-style-type: none"> • Contact zone • Extended arm tow <p>Lifesaving Sport and Fitness</p> <ul style="list-style-type: none"> • Distance Swim: 800m (practice) <p>Game or Activity</p>
4	<p>Emergency Management</p> <ul style="list-style-type: none"> • Emergency Action Model • Rescue priorities 	<p>Rescue</p> <ul style="list-style-type: none"> • Head first surface dive • Turning an unconscious casualty (front to back) • Spinal turn and support <p>Lifesaving Sport and Fitness</p> <ul style="list-style-type: none"> • Manikin carry: 50m <p>Game or Activity</p>

TEACHING PROGRAMME

CONTINUED

Week	Dry	Wet
5	Review Bronze and Silver Core Element <ul style="list-style-type: none"> • Hazard Awareness and Safety • Drowning information • First Aid 	Review of Bronze and Silver Core Element <ul style="list-style-type: none"> • Self-Rescue and Survival • Rescue • Lifesaving Sport
6	First Aid <ul style="list-style-type: none"> • Fractures Hazard Awareness and Safety <ul style="list-style-type: none"> • Cold water immersion 	Self Rescue and Survival <ul style="list-style-type: none"> • Treading water (with eggbeater) • Clothing Removal • Ice escape Lifesaving Sport and Fitness <ul style="list-style-type: none"> • Distance Swim: 200m (practice) Game or Activity
7	Hazard Awareness and Safety <ul style="list-style-type: none"> • Eddies • Cushion waves • Hydraulics • Undercut rocks • Strainers 	Rescue <ul style="list-style-type: none"> • Contact zone • Extended arm tow Lifesaving Sport and Fitness <ul style="list-style-type: none"> • Distance Swim: 800m (practice) Game or Activity
8	Emergency Management <ul style="list-style-type: none"> • Emergency Action Model • Rescue priorities 	Rescue <ul style="list-style-type: none"> • Head first surface dive • Turning an unconscious casualty (front to back) • Spinal turn and support Lifesaving Sport and Fitness <ul style="list-style-type: none"> • Manikin carry: 50m Game or Activity
9	Revision/Assessment Week	Revision/Assessment Week
10	Revision/Assessment Week	Revision/Assessment Week

 Review and practice