**ENFIELD LIFESAVING AWARDS**

All competitors in lifesaving need to complete certain awards for their age level to be able to compete in the lifesaving events.

**Level 4: WATER WISE - AGE UNDER 8**

* **Entry and exit:** safely perform a compact jump, a fall in and then exit from deep water
* **Sculling and body orientation:** feet first sculling on the back, rotation of the tucked body, keeping the face above the surface of the water.
* **Movement and swimming strokes:** 50m of a stroke with an above water arm recovery and 25m of a stroke with an underwater arm recovery
* **Survival and PFD skills:** survival sequence ––– dressed in swimwear, shorts and t-shirt, then complete following: scull, float or tread water for 2 min, swim slowly for 3 min changing survival strokes after each minute, float for 1 min using an open-ended floatation aid
* **Underwater skills:** surface dive, swim underwater, search for and recover an object from water equivalent to the person’s height
* **Rescue skills:** throw a rescue floatation aid to a partner at 5m distance and instruct them to kick to the edge
* **Water safety knowledge:** answer questions about danger in the aquatic environment
* **Extension skills:** introductory butterfly arm action for a distance of 5m

**Level 5: JUNIOR SWIM AND SURVIVE - AGE 8-9**

* **Entry and exit:** demonstrate a dive
* **Sculling and body orientation:** rotate the body about both the vertical and horizontal axes with either arms or leg action. Demonstrates the eggbeater kick. Arms or a kickboard may be used for support
* **Movement and swimming stroke:** swim continuously ––– 25m each of freestyle, survival backstroke, backstroke, breaststroke
* **Survival and PDF skills:** survival skills ––– dressed in swimwear, long pants, and long-sleeved shirt, perform the following as a continuous sequence: survival scull, float or tread water for 4 min, perform a feet first surface dive and swim underwater for a short distance, swim slowly for 6 min by using 3 survival strokes, changing after each min, remove clothing in deep water. Correctly fit a PFD, jump into the water, float for 30 sec and then climb out of deep water.
* **Rescue skills:** perform a reach using a rope, towel, or items of clothing
* **Water safety knowledge:** answer questions about danger in the aquatic environment
* **Extension skills:** swim butterfly for 10m, using correct breathing technique

**Level 6: SWIM AND SURVIVE - AGE 10-11**

* **Entry and exit:** perform a stride entry
* **Sculling and body orientation** demonstrates a backwards and forwards somersault in the water
* **Movement and swimming stroke:** swimming 200m continuously with efficient stroke technique, 50m of each sidestroke, backstroke, breaststroke, and freestyle.
* **Survival and PDF skills:** survival skills ––– dressed in swimwear, long pants, and long-sleeved shirt, perform the following as a continuous sequence: enter deep water using a feet first entry, submerge feet first, swim underwater on the back looking up at the surface, swim 50m quickly as if escaping from a dangerous situation, then swim 50m slowly, float using a buoyant aid for 1min, swim slowly demonstrating survival strokes for 6min, scull, float or tread water for 3min. clothing may be removed. Correctly fit a PFD while treading water and then swim 25m using survival strokes. Climb out of water.
* **Rescue skills:** perform a throw rescue using an unweighted rope over a distance of 6m
* **Water safety knowledge:** answer questions on water safety and personal survival techniques
* **Extension skills:** swim butterfly for 15m, using an efficient stroke and correct breathing technique

**Level 7: SENIOR SWIM AND SURVIVE - AGE 10-11**

* **Entry and exit:** demonstrate an entry technique selected by the examiner
* **Sculling and body orientation:** demonstrates a efficient eggbeater kick without use of arms
* **Movement and swimming stroke:** swimming 300m continuously with efficient stroke technique, 50m of each freestyle, sidestroke, backstroke, breaststroke and freestyle/butterfly and survival backstroke.
* **Survival and PDF skills:** survival skills ––– dressed in swimwear, long pants, and long-sleeved shirt, perform the following as a continuous sequence: dive and swim 10m underwater to stimulate an escape from a sinking boat surrounded by oil. Swim a further 40m freestyle as if escaping from a dangerous situation, remove shoes while treading water then swim slowly 50m breaststroke, float survival scull or tread water for 5min and wave one arm occasionally as if signalling for help, reassure nearby candidates by talking to them, swim slowly for 200m using survival strokes, changing strokes every 50m. remove clothing in deep water. Correctly fit a PFD while treading water and then swim 100m using survival strokes. Demonstrates HELP technique and climb out of the water whilst wearing the PFD
* **Rescue skills:** perform a throw rescue using a weighted rope over a distance of 10m, wade to and pull to safety a partner using a towel or item of clothing as an aid
* **Water safety knowledge:** answer questions on water safety and personal survival techniques indicating a thorough knowledge of basic concepts
* **Extension skills:** swim butterfly for 25m, using an efficient stroke and correct breathing technique

**BRONZE STAR – AGE 12-14**

* **Theory:** Answers questions requiring an understanding of safe water practice, survive in water, self-preservation in rescues, recognising an emergency, priorities for rescue, assessment before and during a rescue, treatment for shock and elementary after care, including getting help and contacting emergency services, DRABCD.
* **Resuscitation awareness:** checking for dangers, the assessment for unconsciousness, clearing and opening the airway, checking for the signs of breathing and a pulse, position the person for CPR, mouth to mouth or mouth to nose rescue breathing, chest compression, recovery position, the appropriate action for the person who vomits or regurgitates or has an airway blockage.
* **Throw: PFD/unweighted rope:** perform a throwing rescue using a PFD as a buoyant aid from 6m, and then perform a throwing rescue using an unweighted rope from 10m, rescue the person at a point of safety.
* **Rescue and resuscitation:** demonstrate how to rescue an unconscious and non-breathing person that is floating face down in deep water, enter the water and swim to person, turn the person over and tow 10m to shallow water, call for help, and commence rescue breathing while wading to safety.
* **Accompanied rescue:** demonstrate how to rescue a person that is 15m away in difficulty with floatation aid
* **Defensive technique:** demonstrate the following: a defensive, reverse and a leg block
* **Tow:** Able to demonstrate how to rescue a weak swimmer 20m away in deep water to safety with a non-rigid towing aid
* **Surface dive:** Demonstrate a head-first and feet first surface dive in deep water collecting an object from the bottom
* **Underwater search:** Demonstrate a search pattern in deep water
* **Initiative:** Demonstrate initiative in effecting a rescue of a person who is no more than 15m from safety (the person may be injured, unconscious or a weak swimmer) (rescue aid will be available)
* **Survival skills:** dressing in swimwear, trousers and long-sleeved shirt: float using hand sculling movement for 1min, then tread water for 1min waving intermittently as if signaling for help, put a PFD in deep water and swim 50m, demonstrate for help position, climb out of water
* **Swim:** swim continuously for 300m: 100m of each stroke, freestyle, on the side, 100m on the front (the target time for the swim is 10min)

**BRONZE MEDALLION – AGE 14 & UP**

* **Theory:** Answers questions requiring an understanding of safe water practice, survive in water, self-preservation in rescues, recognising an emergency, priorities for rescue, assessment before and during a rescue, acceptance of responsibility, use of bystanders, emergency care, emergency services available, DRABCD.
* **Resuscitation:** Completes the resuscitation award test
* **Reach Rescue** demonstrates a reach rescue using an aid to a non-swimmer that is in difficulty 2m away and securing the person at a point of safety
* **Throw-unweighted rope** performs a throwing rescue using an unweighted rope to a person that is in difficulty 10m away, and securing the person at a point of safety. (A time limit of 30s)
* **Timed-tow:** rescuing an unconscious, breathing person who is 50m away, enter the water, swim 50m to the person and then tow the person 50m to safety, the swimmer will start with swimwear, trouser, and long-sleeved shirt, they can be discarded during the rescue. (time limit of 3min & 15sec)
* **Swim:** swim continuously for 400m: 100m of each stroke, freestyle, on the side, 100m on the front and back. (the target time for the swim is 13min)
* **Survival skills:** dressing in swimwear, trousers and long-sleeved shirt: float using hand sculling movements for 1min, then tread water for 1min, put a PFD in deep water and swim 50m, demonstrate the help position, climb out of the water wearing the PFD
* **Accompanied rescue:** demonstrate how to rescue a weak swimmer 12m away in difficulty with floatation aid. Entering the water as for unknown conditions, wade 5-8 m, throwing an aid to the person, and instructing them on how to use the aid, accompany the person to safety, instruct the person on how to leave the water.
* **Contact tow:** Demonstrate how to rescue a weak or injured swimmer that is 25m away in difficulty in deep water. Swim to the person, use precautions, while returning to safety use a non-contact tow, demonstrate a method of coping with a struggling person, land the person using a suitable method. (aids will be provide)
* **Spinal injury:** Apply the vice grip for the immobilization of a spinal injury the neck and then wade with the casualty for 5m, call for help
* **Defensive technique:** dressed in swimwear, trousers and long-sleeved shirt, perform in deep water: a defensive, reverse, a leg block from the bottom.
* **Search and rescue:** Demonstrate a search pattern in approximate 2m water submerging headfirst then feet, recover an object from the bottom
* **Recover and resuscitate:** Recover an unconscious person from a depth of 2m and tow 10m to safety, unable to be removed from the water, assess for breathing and start rescue breathing for 1min in the water, once help comes, land the person and assess DRABCD, signs of life present, therefore, place him in recovery position
* **Initiative:** on completion of this test the candidate will explain the rescue skills to the facilitators

**BRONZE CROSS: The bronze medallion is a prerequisite for this award**

* **Aim:** To further develop the level of judgement, technique and physical ability required to carry out water rescue
* **Theory:** Answer questions requiring an understanding of safe water practices, survival in the water, self-preservation in rescue, recognizing an emergency, assessment before and during rescue, prioritises for rescue, CPR theory, acceptance of responsibility, use of bystanders, emergency care and contacting emergency services
* **Resuscitation:** Demonstrate effective CPR
* **Time-tow:** Swim 50m and then tow an unconscious, breathing person 50m while wearing clothes within 3min
* **Swim:** Swim 600m continuously within 17min. 300m using any recognized stroke, 100m breaststroke, 100m survival stroke, 100m sidestroke.
* **Spinal injury:** immobilize abreathing person with a suspected spinal injury in shallow water
* **Defensive techniques:** perform while wearing clothing, a defensive position, a reverse, a leg block and a block with an aid. Maintaining a safe distance tuck one leg down with the other in a defensive position close to water surface, kicking the leg vigorously and sweep arms in reverses away from the casualty, push against the person’s chest with leg or and aid to block the casualty away or just submerge yourself.
* **Underwater search:** Demonstrate a search pattern using both head-first and feet-first surface dives in water 2m drop.
* **Recover and resuscitate** perform a tow rescue to a non-breathing person in deep water 15m from safety and simulate rescue breathing for 30s. Enter the water with buoyant aid, swim to the casualty and asses their condition, perform a simulated rescue breathing in the water for 30s, tow the casualty 15m to safety, assume that casualty has started to breathe, recruit and direct a bystander to help lift the casualty from the water, place the casualty in the recovery position and demonstrates appropriate aftercare while instructing the bystander to get help
* **Initiative:** demonstrate initiative in effecting a rescue of two people who are in difficulty up to 20m (up to 5 rescue aids are to be made available).

**INITIATIVE ESSENTIAL ELEMENTS:**

**DEFINITION**: an import part of lifesaving competition. The abject is to assess the initiative of the competitors in applying lifesaving skills in simulated emergency situations (SERC).

**ENTERING:**  scan land and pool for equipment and patients before entering the water

**AIDS:** you must take an aid before entering the water

**PRIORITY (of who you rescue first)**

1. Non-swimmer
2. Weak swimmer
3. Injured swimmer
4. Unconscious swimmer

**ASSESSMENT AND EARLY RECOGNITION**

**ACTION:**

* Appropriate handling
* Use of the rescue aids
* Safe landing and care
* Effective treatment and CPR
* Effective communication: are they hurt, how they got hurt, missing anybody, CPR skills
* Effective listening skills: repeat what they are saying, treat them for what they say they have
* Remember to send for an ambulance, but don’t sent the person who knows CPR

**AFTERCARE**

* Remove to safety: out of water, away from the pool edge
* Effective treatment
* Effective reassurance

**PRIORITY OF RESCUE**

1. Talk
2. Reach
3. Throw
4. Wade
5. Row
6. Swim
7. Tow

**REMEMBER TO USE BYSTANDERS**

* Teach/demonstrate CPR if necessary
* Tell them to watch the person and if condition worsen to call you
* Follow you, carry equipment, help people out of the pool
* Ask CPR person to raise hand or follow you around or look after you casualties once out of the pool

**SUMMARY OF RESCUE PRINCIPLES**

* **RECOGNITION** of a problem
* **ASSESSMENT** of the situation
* **PLAN** a course of action to overcome the problem
* **ACTION** to affect the rescue
* **CARE** of the casualty

**DESCRIPTION OF SWIMMING EVENTS**

**Obstacle Swim (200m and 100m)**

* Start with a dive on an acoustic signal\*
* The competitors swim 100m or 200m course passing under 4 or 8 immersed obstacles touch the finish edge of the pool
* Competitors must surface after each dive entry before the first obstacle and after passing under each obstacle and after a turn, may push off the bottom then surface from under each obstacle. (surfacing means the competitor’s head breaks the surface of the water)
* Swimming into or bumping an obstacle is allowed

**Manikin Carry (50m)**

* Starts with a dive on an acoustic signal\*
* The competitor swims 25m freestyle and then dives to recover a submerged manikin\*\* to the surface within 5m of the pickup line, they may push off the bottom when surfacing with the manikin
* The competitor then carries the manikin to touch the finish edge of the pool
* Surfacing with the manikin: the competitor must have the manikin in the correct carrying position before the top of the manikin’s head passes the 5m line, the manikin’s mouth or nose need to be above the surface of water
* Manikin cannot be released until the competitor touches the finish edge

**Rescue Medley (100m)**

* Starts with a dive on an acoustic signal\*
* Competitors swims 50 m freestyle to turn, dive and swim underwater to a submerged manikin\*\* located at 17.5m from the turn wall
* The competitor surfaces the manikin within the 5m pickup line then carries it the remaining distance to touch the finish edge
* Competitor may breathe during the turn, but not after their feet leave the turning edge until they surface with the mannikin, may push off the bottom when surfacing with manikin
* The manikin’s mouth or nose need to be above the surface of water
* Manikin cannot be released until the competitor touches the finish edge

**Manikin Carry With Fins (100m)**

* Starts with a dive on an acoustic signal\*
* Competitor swim 50m freestyle wearing fins and then recovers a submerged manikin\*\* to the surface within 10m of the turning edge, then carries it the remaining distance to touch the finish edge
* Competitors need not touch the turning edge of the pool, and may push off the bottom when surfacing with manikin
* The manikin’s mouth or nose needs to be above the surface of the water
* Manikin cannot be released until the competitor touches the finish edge
* Competitor may retrieve their fins if they lose them after the start and continue without disqualification as long as the rules governing manikins are not violated

**Manikin Tow With Fins (100m)**

* Start with a dive on an acoustic signal\*
* Competitor swim 50m freestyle wearing fins and rescue tube, after touching the turning wall and within 5m pickup zone, the competitor fixes the rescue tube correctly around the manikin and tows it to the finish
* The event is finished when the competitor touches the finish line
* **Position of the manikin:**  The manikin is half-filled with water so that it floats with the top of its transverse line at the surface. A member of the team must assist as manikin handlers, they must wear a team cap before the start and during the race. The manikin handler positions the manikin vertically and facing the turn wall. The handler releases the manikin immediately after the competitor touches the turning edge. The handler may not push manikin towards the competitor. The handler may not immediately enter the water during the event.
* **Start with rescue tube:** At the start, the rescue tube and rescue line may be positioned at the competitor’s discretion but within the competitor’s allotted lane
* **Wearing rescue tube:** Rescue tubes must be donned correctly with the loop across or over one shoulder, there is no disqualification if the loop falls down on the competitor’s arm or elbow during the approach to the manikin or during the tow.
* **Securing the manikin:** After touching the turning wall the competitor then secures the manikin correctly with the rescue tube around the body and under both arms of the manikin and clipped to an O-ring within the 5m pick up zone.
* **Towing the manikin:** Competitors must tow the manikin not carry, and maintain the manikin’s mouth or nose above the water, the line of the rescue tube must become fully extended as soon as possible and before the top of the manikin’s head passes the 10m line. The competitor shall not be disqualified if the rescue tube slips during the tow so that the manikin is secured only under one arm, providing the rescue tube was **‘secured correctly’** originally and the mouth and nose is still maintained above the surface. As long as the manikin has not become separated from the rescue tube and the mouth and nose remain above the water the competitor may stop to re-secure the rescue tube correctly without disqualification.
* Competitors may retrieve their fins if they lose them after the start and continue without disqualification as long as the rules governing manikins are not violated.

**Line Throw**

* **Timed Event**: competitors must make a fair throw and tow the victim to the finish edge within 45sec.
* **The competitor** throws an unweighted line to a fellow team member located in the water on the near side of a rigid crossbar located 12m distant. The competitor steps into the ‘throw zone’, and holds onto one end of the throw line and the “victim” holds on the other end. He stands in the throw zone facing the victim motionless with legs together and arms straight down and beside the body.
* Place the throw line straight down and beside the body, holding the end of the throw line in one hand, he must keep at least one foot wholly within the throw zone. If he exits the throw zone while pulling the victim or prior to the 45sec completion signals, they will be disqualified.
* Competitor may retrieve a line dropped outside the throw zone as long as he maintains at least one foot wholly within the throw zone and that there is no interference with another competitor. If the throw falls short or outside the allocated lane, he can recover the line and throw again as often as necessary up to 45sec.
* Any part of his feet may cross over the front of the ‘pool edge’ of the throw line without penalty.
* Competitors who enter or fall into the water shall be disqualified.
* The competitor must remain in the throw zone and the victim must remain in his lane in the water until the referee signals the completion of the race
* **The victims:** takes the line and then enter the water and extends the surplus line over and beyond the crossbar in the allotted line, treads water in the centre of the lane on the near side of the rigid crossbar, has to hold on to the designated mark on the crossbar with one hand and it can’t be released until the other hand grasps the line thrown to them (may use their hand or toes to grasp the line as long as they keep hold of the hold of the crossbar with one hand). There is no penalty for pulling on the rigid crossbar while attempting to reach the throw line. When being pulled to the edge they must be on their front grasping the throw line with both hands. They may not “climb” the throw line (hand-over hand) but they can assist by kicking their leg. For safety reasons they may release the line with one hand for the sole purpose of touching the wall. They can wear swimming goggles
* **Note:** failure to get the victim to finish edge before 45sec completion signal shall be designated “Did not Finish” (DNF)
* Both competitor and victim need to wear the same team cap

**Manikin Relay**

* 4 competitors in turn carry a manikin approx. 25m
* **First competitor:** starts in the water holding a manikin with one hand (its mouth or nose above the surface) and the pool edge with the other hand, on the acoustic signal he carries the manikin and passes it to the second competitor within the 4m changeover zone
* **Second competitor:** carries the manikin to touch the turning edge and passes the manikin to the third competitor who is in contact with the turning edge with at least one hand.
* **Third competitor:** carries the manikin and passes it to the fourth competitor in the changeover zone
* **Fourth competitor:** completes event by carrying the manikin to touch the finish edge with any part of the competitor’s body
* Competitors must remain in the water in their lanes until the referee signals the completion of the event
* Competitors may not release the manikin until the next competitor has grasped it (one hand of each competitor must be in contact with the manikin)
* Competitors may push off the pool bottom in relay changeover zone