

**WATER SAFETY IRELAND**  
**SÁBHÁILTEACHT UISCE NA hÉIREANN**



# Lifesaving Awards Syllabus 2023

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Water Safety Ireland 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.



# Lifesaving Awards Syllabus 2023

**The Syllabus as set out is approved on the date of issue but may be subject to change from time to time.**

WATER SAFETY IRELAND EXAMINATION SYLLABUS 2023  
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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 Water Safety Ireland'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 Water Safety Ireland Head Office.
  
5. Water Safety Ireland 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: -

<b>Swim Awards:</b>	<b>Seal Levels 1-5, Marlin Levels 6-10</b>
<b>Challenge Awards: -</b>	<b>Challenge 1 and 2.</b>
<b>Safety Awards: -</b>	<b>Safety 1, 2 and 3 only.</b>
<b>Endurance/Survival Awards: -</b>	<b>Endurance 1 and 2 only.</b>
  
- 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.
Specialist Awards	Special category awards for those wishing to pursue a particular field of activity.

## **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:

	<b>Period Elapsed</b>	<b>Requirement</b>
(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.

## 2. Pool, Beach and River Lifeguard Awards

The validity period for these awards is 2 years. A Lifeguard cannot work after this validity period has elapsed.

Where this period of time has elapsed the following conditions will apply:

	<b>Period Elapsed</b>	<b>Requirement</b>
(a)	2 years	Complete the Pool, Beach or River Revalidation Exam
(b)	3 years	Complete the full Pool, Beach or River Course and Exam

All revalidating Candidates must provide a copy of their last Lifeguard Certificate to Course Tutor/Examiner prior to assessment. (mandatory)

## 3. The Instructor

- Must be a member of Water Safety Ireland
- Must meet all the requirements as laid down in the WSI Syllabus
- Must instruct a class or attend an approved refresher course at least every two years.

The term "satisfactory work log" is further defined as:

***Instructing on an approved course during the previous two years***

**When an instructor fails to comply with all of the above he shall be considered "inactive". In order to re-validate his status he must:**

- Seek the approval of the Area Committee.
- Attend an approved refresher course.

## 4. The Examiner

- Must be a member of Water Safety Ireland
- Must meet all the requirements laid down as per the WSI Syllabus
- Must examine a class or attend an approved refresher course at least every two years.

When an Examiner does not comply with the above he will be considered "inactive". An "inactive" Examiner may not examine water safety classes or test Candidates for lifeguard vacancies.

In order to re-validate his status, an "inactive" Examiner must:

- Seek the approval of the Area Committee
- Attend an approved refresher course.



# GROUP ONE - SWIM AWARDS

## Levels 1-10.

### PHASED INTRODUCTION OF SKILLS

#### SEAL 1

- 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 2

- Answer questions on personal safety in and around water focusing on hygiene and rules of the local pool.
- Playing simple games (such as chasing, relays).
- Swim 2 metres prone without aid.
- Swim 2 metres supine with aid.

#### SEAL 3

- Answer questions on personal safety.
- Jumping, side-stepping, running (all whilst in the water):
  - jump across pool.
  - side-step across pool.
  - run across pool.
- Demonstrate mushroom and star float.
- Swim 4 metres prone.
- Swim 3 metres supine.
- Swim 3 metres breaststroke legs with aid.

#### SEAL 4

- Answer questions on personal safety focusing on rivers and canals.
- Demonstrate entry for unknown conditions (sit down / slip in).
- Swim 5 metres basic freestyle.
- Swim 5 metres basic back crawl
- Swim 5 metres basic breaststroke.
- Scull 3 metres
- Show ability to turn from prone to supine.
- Show ability to turn from supine to prone.

### **SEAL 5**

- Answer questions on personal safety focusing on inland waterways.
- Swim 8m front crawl.
- Swim 8m back crawl.
- Swim 8m breaststroke.
- Swim 8m Inverted breaststroke
- Swim 5m dolphin kick.
- Show ability to Tread water
- Push and glide underwater and pick up object.

### **MARLIN 6**

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

### **MARLIN 7**

- Answer questions on personal safety in all water situations, including farm safety.
- Entry by jumping into the water (feet first), if conditions allow
- Swim 15m front crawl.
- Swim 15m back crawl.
- Swim 15m breaststroke
- Swim 15m inverted breaststroke.
- Swim 15m side stroke
- Swim 5m butterfly
- Tread water for 15 seconds in deep water.
- Feet first surface dive.

### **MARLIN 8**

- Answer questions on personal safety.
- Demonstrate entry for unknown conditions where safe to do so
- Demonstrate early diving practices.
- Swim 20m front crawl.
- Swim 20m back crawl.
- Swim 20m breaststroke.
- Swim 20m inverted breaststroke.
- Swim 20m side stroke.
- Swim 10m butterfly.
- Show ability to tread water for 30seconds.
- Head first surface dive and swim underwater.

### **MARLIN 9**

- 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 25m inverted breaststroke.
- Swim 25m sidestroke
- Swim 15m butterfly.
- Show ability to signal for help while treading water for 1 min.
- Feet first surface dive and swim underwater.

### **MARLIN 10**

- Oral test: hypothermia, personal survival.
- Swim 50m front crawl using bilateral breathing.
- Swim 50m back crawl.
- Swim 50m breaststroke.
- Swim 25m butterfly
- Swim 25m inverted breaststroke.
- Swim 25m side stroke.
- 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 WSI Swimming Teacher or Water Safety Instructor who holds a recognised Assistant Swimming Teachers Award.

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

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

### **WSI Teaching In Open Water Module**

Can be delivered by any WSI 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**

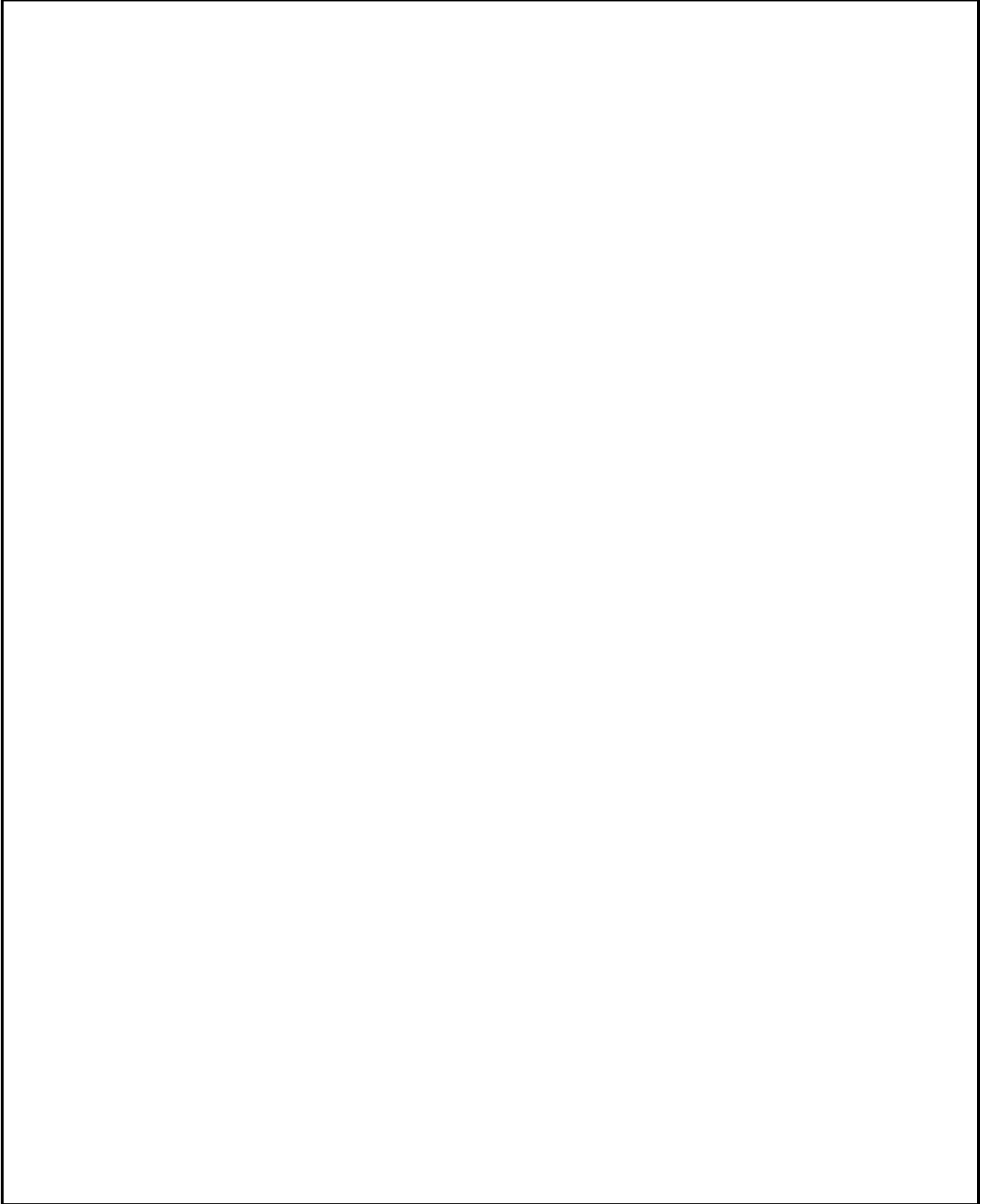
WSACs are reminded that details of all courses being run must be recorded in the WSAC minute book to ensure cover by WSI insurance.

### **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

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# 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 instruction and examination ratio of 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.**

**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 instruction and examination ratio of 16:1  
(Examiner should ensure that safety is paramount)

**Goggles may be used in this award.**

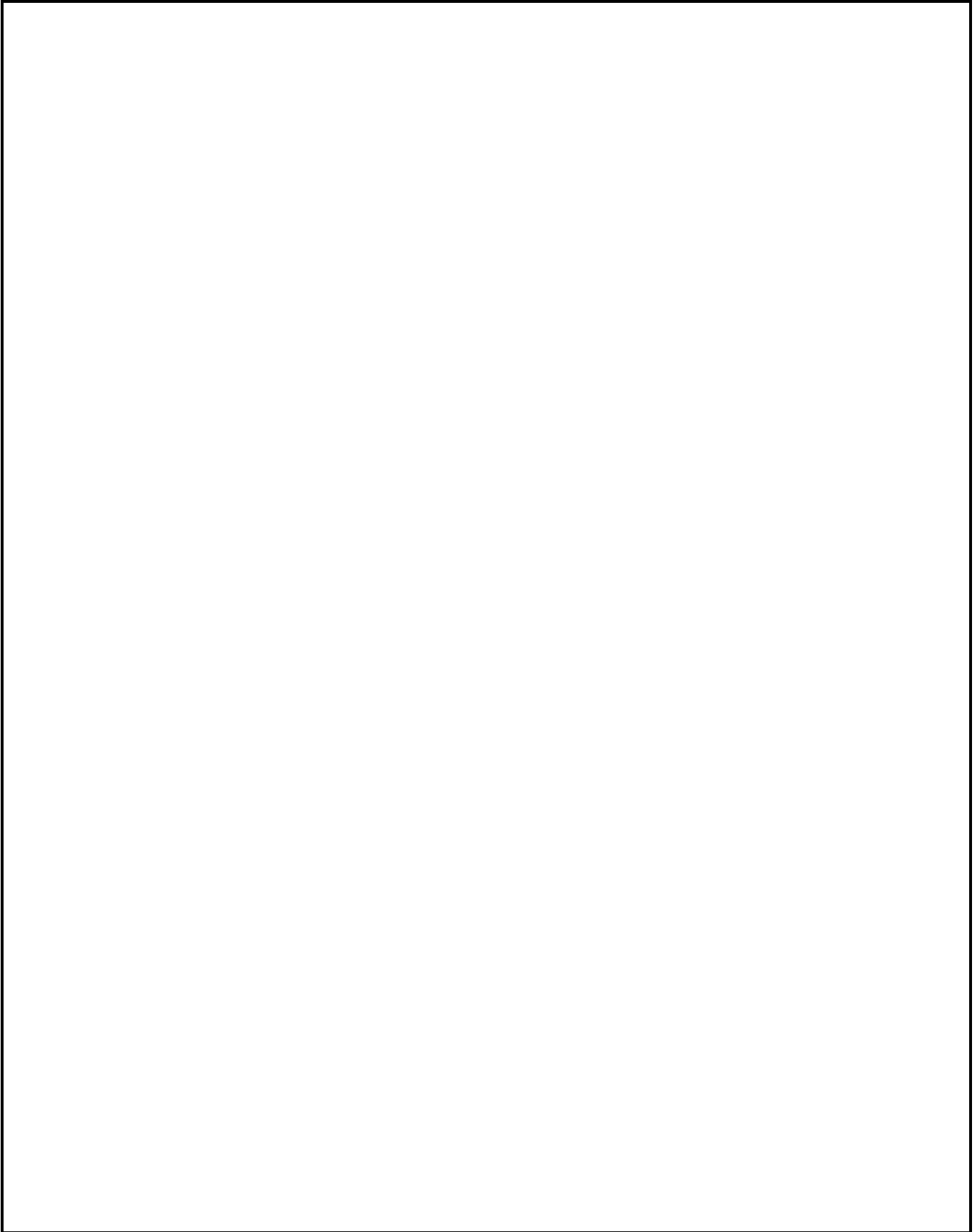
<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. Oral test: - (a) Personal Safety. (b) Hazards in open water situations. (c) Hypothermia.	1. Basic safety rules.
2. Show safe entry by means of slipping in.	2. Sit down and slip in.
3. Swim 25 metres Freestyle.	3. Freestyle implies any stroke.
4. Show ability to 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.**

**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

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## 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  
Use of canbuoy and rescue tube

Safety 1 - Non-Swimming.

Safety 2 - 125 metres.

Safety 3 - 205 metres.

Safety 4 - 355 metres.

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



# 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 instruction and examination ratio of 16:1 (Instructor and Examiner should ensure that safety is paramount) Goggles may be used in this award.

**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).

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
<ol style="list-style-type: none"> <li>1. (BLS 1 may be examined.)</li> <li>2. Oral test: -               <ol style="list-style-type: none"> <li>(a) Personal Safety.</li> <li>(b) Hazards in open water situations.</li> <li>(c) Principles of simple rescue.</li> <li>(d) Correct follow up procedures.</li> <li>(e) Recognition of emergency situations.</li> <li>(f) Non-contact swimming rescues.</li> </ol> </li> <li>3. Demonstrate all the following simple rescues: -               <ol style="list-style-type: none"> <li>(a) Voice Contact.</li> <li>(b) Use of Buoyant objects, with no line attached.</li> <li>(c) Un-weighted rope and/or throw bag</li> <li>(d) Ring Buoy.</li> <li>(e) Reaching Rescue on bank and in water.</li> <li>(f) Wading Rescue.(slip in and wade)</li> </ol> </li> <li>4. Demonstrate ability to tread water for 1 minute, lifting arm vertically to signal for help at least 4 times.</li> <li>5. Demonstrate ability to reverse quickly in water</li> <li>6. Swim:               <ol style="list-style-type: none"> <li>(a) 25 metres Front crawl.</li> <li>(b) 25 metres Breaststroke.</li> <li>(c) 25 metres any Rescue Stroke.</li> </ol> </li> <li>7. 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.</li> </ol>	<ol style="list-style-type: none"> <li>1. As per CFR Handbook.</li> <li>2. As per Rescue Skills Manual.</li> <li>3. Demonstration of simple rescue techniques, using scenarios. Recognition, Assessment and Action.               <ol style="list-style-type: none"> <li>(c) Minimum distance 8 metres.</li> <li>(d) Minimum distance 8 metres.</li> </ol> </li> <li>4. Signal for help must be with a raised arm and clenched fist.</li> <li>6. Need not be continuous. Legs only in Inverted Breaststroke. Lower arm only pull in Lifesaving Side stroke.</li> <li>7. Rescuer must stop and reverse before attempting a rescue and must demonstrate proper control during the rescue. Rescuer should demonstrate correct follow up procedure</li> </ol>

**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 instruction and examination ratio of 16:1 (Instructor and Examiner should ensure that safety is paramount) Goggles may be used in this award.

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

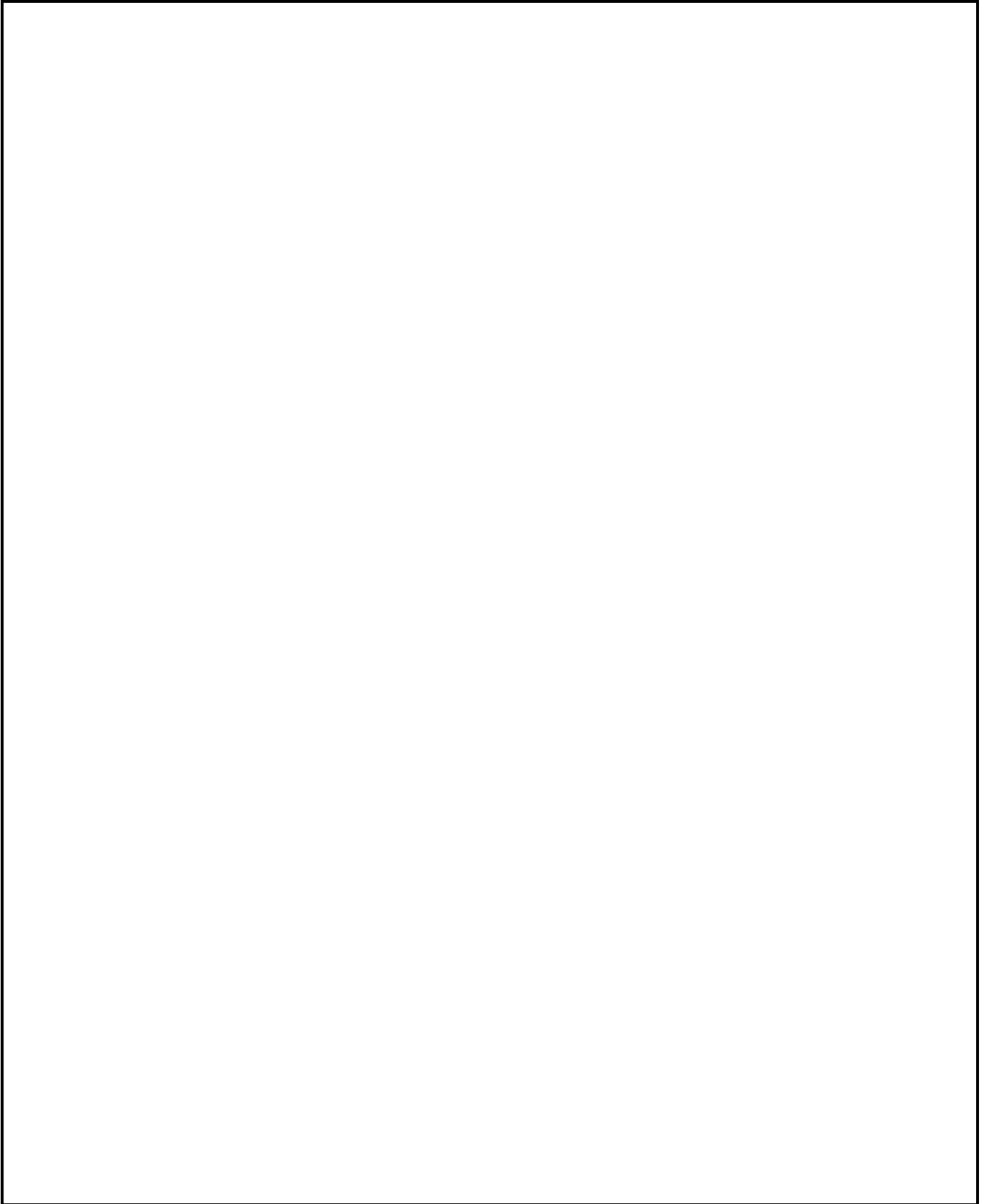
An Instructor may examine this award. (Provided BLS is not being examined).

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
<ol style="list-style-type: none"> <li>1. (BLS 1 may be examined.)</li> <li>2. Oral test: -               <ol style="list-style-type: none"> <li>(a) Personal Safety.</li> <li>(b) Hazards in open water situations.</li> <li>(c) Principles of simple rescue.</li> <li>(d) Correct follow up procedures.</li> <li>(e) Recognition of emergency situations.</li> <li>(f) Non-contact swimming rescues.</li> </ol> </li> <li>3. Demonstrate any items from the following: -               <ol style="list-style-type: none"> <li>(a) Voice Contact.</li> <li>(b) Use of Buoyant objects, with no line attached.</li> <li>(c) Un-weighted rope and/or throw bag</li> <li>(d) Ring Buoy.</li> <li>(e) Reaching Rescue.</li> <li>(f) Wading Rescue.</li> </ol> </li> <li>4. Demonstrate ability to enter the water using a straddle jump.</li> <li>5. Demonstrate ability to submerge safely and swim 5 metres along the bottom. <b>(min. depth of 1.4 metres.)</b></li> <li>6. Demonstrate evasive action.</li> <li>7. Continuous swim: -               <ol style="list-style-type: none"> <li>(a) 50 metres front crawl or breaststroke.</li> <li>(b) 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).</li> </ol> </li> <li>8. 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.</li> </ol>	<ol style="list-style-type: none"> <li>1. As per CFR Handbook.</li> <li>2. As per Rescue Skills Manual.</li>   <li>3. Demonstration of simple rescue techniques, using scenarios. Recognition, Assessment and Action.               <ol style="list-style-type: none"> <li>(c) Minimum distance 1 metres.</li> <li>(d) Minimum distance 9 metres.</li> </ol> </li>   <li>4. Rescuer's head must be kept above the water at all times</li> <li>5. Demonstrate ability to submerge using correct surface dives techniques</li>   <li>8. 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.</li> </ol>

**THE CANDIDATE IS NOT QUALIFIED TO ATTEMPT A PERSONAL CONTACT SWIMMING RESCUE**



# INSTRUCTOR NOTES

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# GROUP FOUR - ENDURANCE/SURVIVAL AWARDS

## PHASED INTRODUCTION OF SKILLS

<b>ENDURANCE:</b>	H.E.L.P.	Endurance 1 –	900 metres.
	HUDDLE.		
	Obstacle swim.	Endurance 2 –	1,100 metres.
	Distance swim.		
	Picking up objects.		
<b>SURVIVAL: (Outdoor only)</b>	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 instruction and examination ratio of 16:1  
(Instructor and 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.**

**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 instruction and examination ratio 1of 6:1  
(Instructor and 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.**

**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** instruction and examination ratio of 12:1  
(Instructor and 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.

**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 instruction and examination ratio of 12:1  
(Instructor and Examiner should ensure that safety is paramount)

## TEST ITEMS

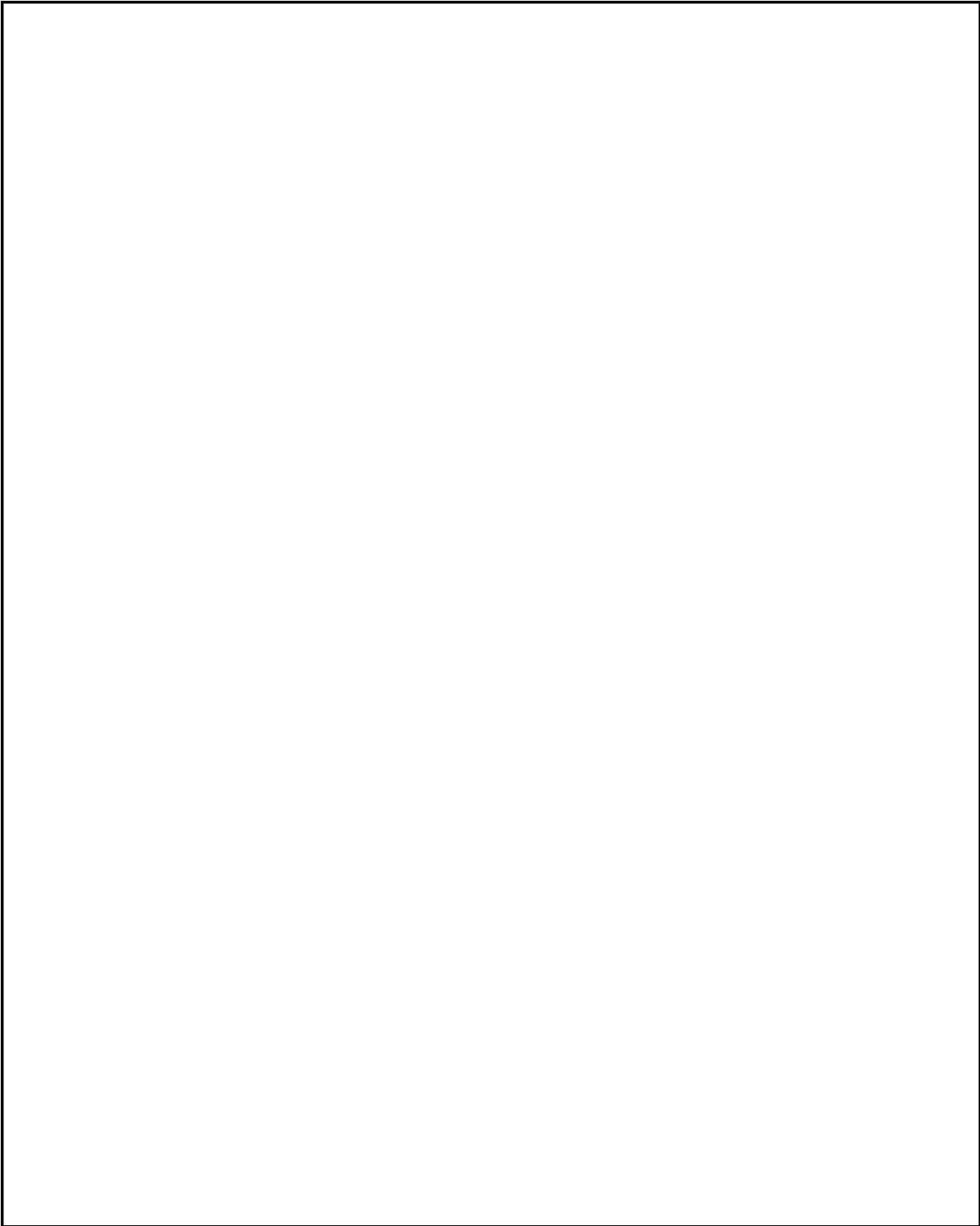
1. Oral test on all aspects of personal safety and survival. Demonstrate H.E.L.P. and HUDDLE (land or water).
2. Demonstrate entries as specified by the Examiner.
3. Tread water for a period of 2 minute and show ability to signal for help, by occasionally lifting one arm up in the air.
4. Discard footwear 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.

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

# INSTRUCTOR NOTES

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# 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.  
"Clip" rescue tube onto subject

**RESCUE 2:** BLS 2.  
Timed swim in clothes  
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  
Rescue interlocked subjects.  
Recover submerged manikin  
and carry to shallow water.

**RESCUE 3:** BLS 3.  
Timed swim in clothes  
Releases and carries from  
the following grips: -  
▪ Block and Parry.  
▪ Front Double neck hold.  
Double Rescue Scenario.  
Spinal injury management.  
Scenarios.

**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 instruction and 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: - (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: - (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. Appropriate entry and 25m head up approach with a canbuoy or rescue tube to a tired/injured swimmer and tow 25m back to safety	5. Simulated rescue using mini scenarios. Checking the safety of the subject at regular intervals is essential. If rescue tube is used it should be clipped on
6. Demonstrate ALL the following approaches and carries in any combination as selected by the Examiner. (Distance - 10 metres approach and carry). (a) Approaches: Rear, Underwater and Front Surface. (b) Carries: Cross-chest, Hair, Head, and Underarm Cross-chest.	6. A close look at contact rescue techniques in isolation. Options to include both conscious and unconscious subjects. Levels should be used where appropriate.

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



# 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 instruction and examination ratio of 12:1.

**Goggles may not be used in full contact rescues**

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. BLS 2 (Skills and Theory).	1. As per CFR Handbook.
2. Oral test: - (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	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. Swim:- (a) 50m swim in clothes to be completed in under 90 seconds. (b) Carry subject for 50m using cross chest carry.	3 (b) Show ability to use an effective carry
4. At least 2 items from Rescue 1.	4. Technique only and minimal distance
5. Approach 2 interlocked subjects and carry both 5 metres to safety (interlocked).	5. Hair carry, head carry or clothes (collar) carry should be used. Disengagement should be used in the case of struggling subject(s)
<b><i>Disrobe before proceeding to next test item.</i></b>	
6. Effect <b>Releases</b> from following holds <b>and</b> reassess from safe distance, carry 10 metres. (a) Front double arm body/neck hold. (b) Rear double arm body/neck hold. (c) Wrist hold on either or both wrists.	6. Mini incidents to simulate situations using realistic grips. Rescuer may submerge subject to break contact.
7. Appropriate entry and head up approach 25 metres. Recover a submerged manikin from the bottom (not more than 2 metres) and carry to shallow water. Show correct follow up procedures	7. Simulated rescue situation as outlined by the Examiner. Carry subject to shallow water before commencing resuscitation.
8. 25 metre cross chest carry during which the subject will panic. Rescuer must disengage quickly, move to a safe distance and reassess the rescue	8. A quick disengagement is essential and voice contact must be used at all times

**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 instruction and 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"> <li>1. BLS 3 (Skills and Theory).</li> <li>2. Oral test: -               <ol style="list-style-type: none"> <li>(a) Personal Safety, hazards in open water situations, principles of simple rescues, correct follow up procedures.</li> <li>(b) Recognition of emergency situations, non-contact swimming rescues.</li> <li>(c) Personal contact rescues, Spinal Injuries and Systematic search patterns.</li> </ol> </li> <li>3. Timed Swim;- 50m swim and 50m carry to be completed in under 4 minutes.</li> <li>4. Demonstrate at least 2 items from Rescue 2</li> <li>5. Double Rescue involving a 50 metre continuous head up approach with a rescue tube or canbuoy and a ringbuoy to 2 drowning subjects. Pass the ringbuoy to one subject and rescue tube/canbuoy to the other. Tow one subject 50 metres while encouraging the other back to safety</li> </ol>	<ol style="list-style-type: none"> <li>1. As per CFR Handbook.</li> <li>2.               <ol style="list-style-type: none"> <li>(a) As per Rescue skills Manual.</li> <li>(b) Understanding of the theory of contact rescues.</li> <li>(c) To include theory and recognition of spinal injury management in water.</li> </ol> </li> <li>4. Should include technique only and minimum distance</li> <li>5. Ability to recognise and assess the danger. Demonstrate use of voice contact and rescue aids while returning in a safe manner</li> </ol>
<b><i>Disrobe before proceeding to next test item</i></b>	
<ol style="list-style-type: none"> <li>6. 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"> <li>(a) Block and Parry (failed defensive action)</li> <li>(b) Front double-arm neck hold.</li> </ol> </li> <li>7. Approach 25m to a distressed swimmer with a rescue tube, clip on rescue tube and swim 25m back to safety towing the distressed swimmer</li> <li>8. Ability to carry out any of the three techniques for stabilising a spinal injury victim in water.</li> </ol>	<ol style="list-style-type: none"> <li>6. Mini incidents to simulate situations using realistic grips. Rescuer may submerge subject to break contact</li> <li>7. Simulated rescue using mini scenarios. Checking the safety of the distressed swimmer at regular intervals is essential</li> <li>8. A close look at the techniques in isolation excluding any complications.</li> </ol>

**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 instruction and 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"> <li>1. BLS 3 (Skills and Theory).</li> <li>2. Oral test: -               <ol style="list-style-type: none"> <li>(a) Personal Safety, hazards in open water situations, principles of simple rescue, correct follow up procedures.</li> <li>(b) Recognition of emergency situations, non-contact swimming rescues.</li> <li>(c) Personal contact rescues, Spinal Injuries and Systematic search patterns.</li> </ol> </li> <li>3. 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.</li> <li>4. Demonstrate the following: -               <ol style="list-style-type: none"> <li>(a) At least 2 items from Safety Awards.</li> <li>(b) At least 2 items from Rescue 1 Award.</li> <li>(c) At least 2 items from Rescue 2 Award.</li> <li>(d) At least 2 items from Rescue 3 Award.</li> <li>(e) Deep-water resuscitation while using a buoyancy aid.</li> </ol> </li> <li>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"> <li>(a) Can buoy or Rescue tube.</li> <li>(b) Ring buoy.</li> <li>(c) Un-weighted rope or throw bag</li> <li>(d) Reaching pole.</li> </ol>               Maximum of 2 minutes per scenario.             </li> <li>6. Ability to carry out any of the three techniques for stabilising a spinal injury victim in water.</li> </ol>	<ol style="list-style-type: none"> <li>1. As per CFR Handbook.</li> <li>2.               <ol style="list-style-type: none"> <li>(a) As per Rescue skills Manual.</li> <li>(b) Understanding of the theory of contact rescues.</li> <li>(c) To include theory and recognition of spinal injury management in water.</li> </ol> </li> <li>3. 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).</li> <li>4. 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.</li> <li>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.</li> <li>6. A close look at the techniques in isolation excluding any complications.</li> </ol>

**Water test items must be done in the order specified**

# INSTRUCTOR NOTES

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# GROUP SIX – BASIC LIFE SUPPORT AWARDS

## PHASED INTRODUCTION OF SKILLS

### **Basic Life Support 1 (BLS 1)**

Chain of Survival  
Scene Safety  
Recognition of Cardiac Arrest  
Agonal Breathing  
Adult CPR  
Adult AED

### **Basic Life Support 2 (BLS 2)**

Understanding of Ventricular Fibrillation  
Definition of Death  
Return of Spontaneous Circulation  
Precautions when using AED  
AED maintenance  
Patient Handover & Care Report Forms  
Recovery Position

### **Basic Life Support 3 (BLS 3)**

Infant and Child CPR  
Foreign Body Airway Obstruction on a conscious victim – Adult, Child and Infant  
Foreign Body Airway Obstruction on an unconscious victim – Adult, Child and Infant  
Foreign Body Airway Obstruction on obese / pregnant victims  
BVM usage (2 person)  
Critical Incident Stress Management (CISM)

### **Cardiac First Response Community**

Stroke (FAST) Assessment  
Aspirin Administration  
CFR Report Writing

# BASIC LIFE SUPPORT 1 AWARD

**AIM:**

*To ensure that Candidates have the necessary skills to administer Cardio Pulmonary Resuscitation (CPR) and ability to use an Automated External Defibrillator (AED) in order to sustain life.*

**SINGLE RESCUER SKILLS**

**PREREQUISITES:** None.

**AWARD:** Certificate.

**VALIDITY:** 2 Years

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. Understand Chain of Survival	1. As per CFR Student Handbook
2. Scene Safety	2. As per CFR Student Handbook
3. Recognition of Cardiac Arrest – non-breathing/Agonal gasps	3. As per CFR Student Handbook
4. Understand how to call for help 112/999 & send for an AED	4. As per CFR Student Handbook
5. Demonstrate mouth to mouth/mouth to barrier device resuscitation	5. Ideally face masks should be provided for each candidate. Alternatively, candidates should demonstrate compressions only CPR and explain rescue breaths and when to give them. If using face masks, candidates should have knowledge of viral filters. Manikins should be cleaned with alcohol wipes between each candidate's use.
6. Demonstrate Basic CPR Skills	6. Correct hand position and reasonable compression depth, achieving a basic CPR skill
7. Turn on AED and follow voice prompts	7. If possible, instructors should arrange more than one type of training AED to show examples of different wording used, but in effect the same message given.

**TRAINING MANIKINS AND TRAINING AEDS MUST BE USED**

# BASIC LIFE SUPPORT 2 AWARD

**AIM:**

*To ensure that Candidates have the necessary skills and knowledge relating to Cardio Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED). To place an unconscious breathing victim into the Recovery position*

**SINGLE RESCUER SKILLS****PREREQUISITES:** BLS 1 AWARD**AWARD:** Certificate.**VALIDITY:** 2 Years

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. All skills and knowledge in BLS1. (Good CPR Skills)	1. Candidate should be able to demonstrate good CPR skills, correct hand position, correct depth of compression, recoil without hands leaving the chest and maintaining a consistent rhythm
2. Basic understanding of ventricular fibrillation	2. As per CFR Student Handbook
3. Understand definition of death – reasons not to start CPR	3. As per CFR Student Handbook
4. Recognise ROSC (Return of Spontaneous Circulation)	4. As per CFR Student Handbook
5. Precautions when using an AED	5. As per CFR Student Handbook
6. AED Maintenance	6. As per CFR Student Handbook
7. Patient Handover & Patient Care report form filling	7. As per CFR Student Handbook
8. Demonstrate Recovery Position where there are no obvious traumatic injuries	8. As per CFR Student Handbook

**TRAINING MANIKINS AND TRAINING AEDS MUST BE USED**

# BASIC LIFE SUPPORT 3 AWARD

**AIM:**

*To provide comprehensive BLS & AED Skills and complement the knowledge in BLS 1 & 2. To provide the necessary BLS skills to deal with foreign body airway obstructions in conscious and unconscious victims.*

**SINGLE RESCUER SKILLS****PREREQUISITES:** BLS 2 AWARD**AWARD:** Certificate.**VALIDITY:** 2 Years

<u>TEST ITEMS</u>	<u>GUIDELINES</u>
1. All skills and knowledge in BLS1 and BLS	1. As per CFR Student Handbook
2. Demonstrate BVM usage (2 person)	2. Use WSI BVM training video and documentation. Manikins and BVMs should be cleaned with alcohol wipes between each candidate's use.
3. Demonstrate effective CPR skills for child and Infant	3. As per CFR Student Handbook
4. FBAO – Demonstrate Foreign Body Airway Obstruction skills for Adult, Child and Infant who are conscious victims	4. As per CFR Student Handbook
5. Demonstrate FBAO skills for Adult, Child and Infant who are unconscious victims	5. As per CFR Student Handbook
6. Demonstrate FBAO skills for when dealing with either pregnant or obese victims.	6. Theory drawn from the CFR Student Handbook
7. Answer questions on any aspect of Basic Life Support Theory	7. As per CFR Student Handbook
8. CISM – Understand Critical Incident Stress Management	

**TRAINING MANIKINS AND TRAINING AEDS MUST BE USED**



# CARDIAC FIRST RESPONSE COMMUNITY

**AIM:**

*To bring WSI 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 & CISM.*

**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. Aspirin Administration
4. CFR Report Writing

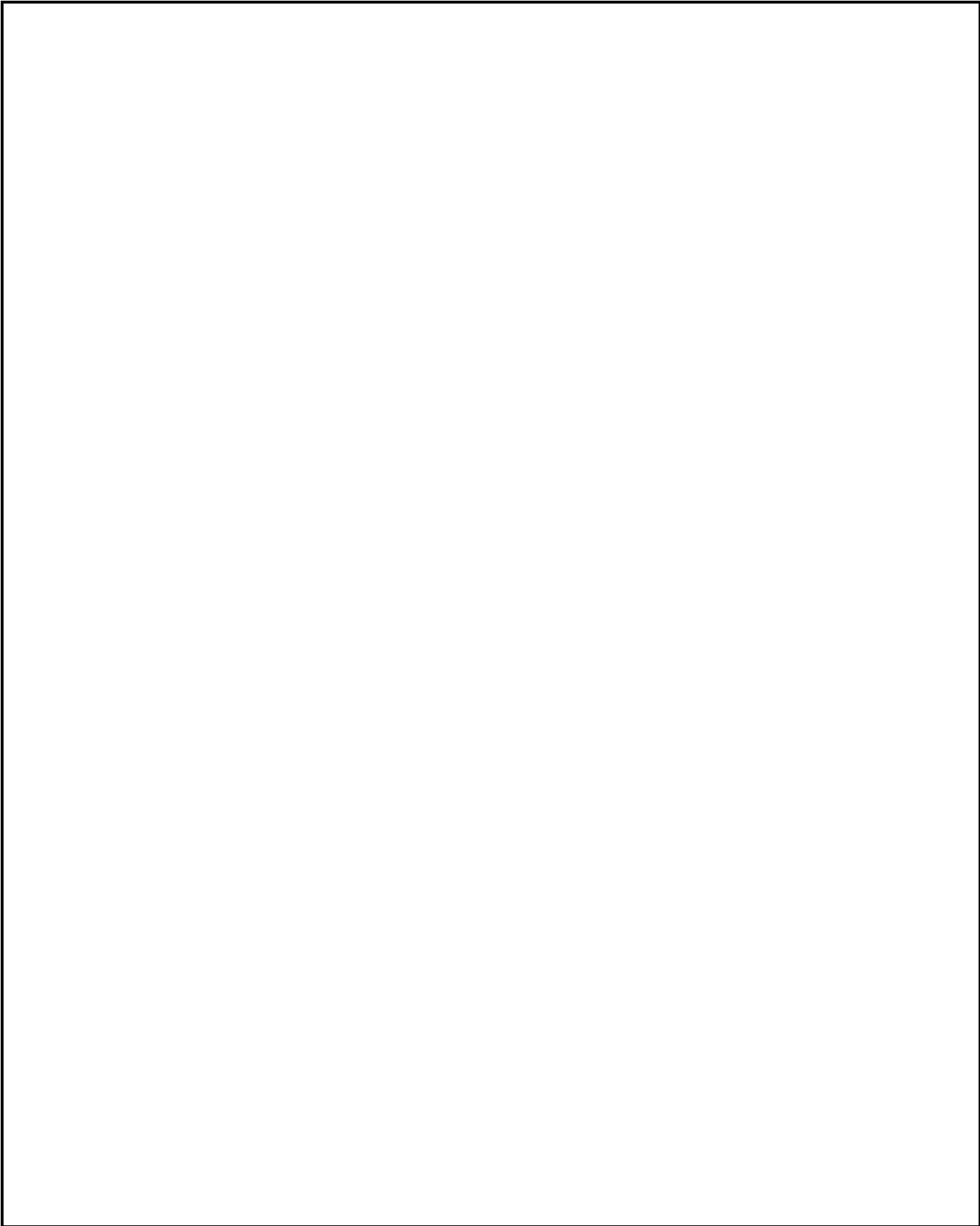
**Course Registration Form to WSI HQ 14 Days in Advance**

**Fee Payable to WSI HQ**

**Course Material from [www.phecc.ie](http://www.phecc.ie)**

**TRAINING MANIKINS AND TRAINING AEDS MUST BE USED**

# INSTRUCTOR NOTES

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