

# Assessment criteria for Rookie Silver

## Silver 1

1. Throw a buoyant aid to a casualty 5m away
2. Demonstrate a reaching rescue to a casualty 2m away, instruct them what to do
3. Throw a non-buoyant aid to a casualty 8m away
4. Enter shallow water and wade to a casualty 5m away. Using a reaching aid instruct the casualty to hold the aid. Walk slowly back to pool edge whilst giving instructions to the casualty
5. Help your casualty out of shallow water without using the steps
6. Enter deep water safely and confidently
7. Swim continuously in clothing (long sleeved top, trouser or a skirt) for 100m
8. Tread water for 1 minute 30 seconds. Move backwards 2m, sideways to the right 2m, sideways to the left 2m. Use your arms to signal for help at 30 second intervals
9. Swim 10m continuously with your head out of the water on your front (to a buoyant aid). Using a buoyant aid hold the 'HELP' position for 3 minutes (in clothing)
10. Remove additional clothing
11. Perform a feet first surface dive and recover an object in 1m of water before surfacing
12. Climb out of deep water unaided

## Silver 2

1. Demonstrate a reaching rescue to a casualty 2m away. Instruct the casualty what to do.
2. Throw a buoyant aid to a casualty 8m away. Instruct the casualty what to do
3. Coil and throw a rope to a casualty 10m away and pull to the side in less than 1 minute
4. Enter shallow water and wade to a casualty 8m away. Using a reaching aid instruct the casualty to hold the aid. Slowly tow the casualty back to poolside. Instruct the casualty what to do.
5. Help your casualty out of shallow water without using the steps
6. Enter deep water using a straddle jump

7. Swim continuously in clothing (long sleeved top, trouser or a skirt) for 150m on your front and back (a minimum of 25m on both front and back)
8. Tread water for 2 minutes. Move backwards 5m, sideways to the right 5m, sideways to the left 5m.
9. Swim 20m continuously with your head out of the water on your front
10. Remove additional clothing
11. Swim 50m during which you will perform 1 feet first surface dive and 1 head first surface dive and recover and object in 1m of water before surfacing
12. Climb out of deep water unaided

### **Silver 3**

1. Throw a buoyant aid to a casualty 8m away. Instruct the casualty what to do
2. Coil and throw a rope to a casualty 10m away and pull to the side, in less than 45 seconds
3. Enter shallow water and wade to a casualty 10m away. Use a throwing aid, instruct the casualty to hold the aid and what to do
4. Enter shallow water and wade to a casualty 10m away. Using a rigid aid instruct the casualty to hold the aid. Instruct the casualty what to do. Slowly tow the casualty to the side. Place casualty in the support position.
5. Help your casualty out of shallow end without using the steps
6. In shallow water turn a face down 'unconscious casualty' face up and walk to the poolside whilst shouting for help
7. Using initiative assist 1 casualty in difficulty up to 5m away
8. Demonstrate a fall-in entry into clear deep water
9. Swim continuously in clothing (long sleeved top, trouser or a skirt) for 200m (10m on your front and 100m on your back) in less than 10 minutes
10. Tread water for 3 minutes, shouting and signalling for help every 30 seconds or so
11. Remove additional clothing
12. Swim 100m during which you will perform 2 feet first and 2 head first surface dives, recover an object in 1m of water of before surfacing. Climb out of deep water unaided