

Assessment criteria for Rookie Bronze

Bronze 1

1. Enter shallow water safely and confidently and swim continuously for 25m
2. Tread water for 1 minute in deep water, using arms and to occasionally signal for help
3. Continue to swim 35m continuously doing lifesaving backstroke
4. Using a buoyant aid hold the 'HELP' position for 1 minute
5. Holding the buoyant aid kick legs for 15m to the poolside
6. Climb out in deep water without using the steps
7. Demonstrate a non-swimmer
8. Demonstrate a weak swimmer
9. Demonstrate an injured swimmer
10. Demonstrate an unconscious casualty

Bronze 2

1. Demonstrate a 'shout and signal' rescue to a casualty 5m away
2. Throw a buoyant aid to a casualty 5m away and instruct the partner to kick to the edge
3. Enter deep water safely and confidently
4. Swim continuously in clothing for 50m (long sleeved top, trousers or a skirt)
5. Tread water for 1 minute then turn 180 degrees. Use your arms to signal for help (occasionally)
6. Continue to swim 50m continuously doing lifesaving backstroke
7. Scull head first on your back (hands and feet together at the surface) a distance of 10m
8. Using a buoyant aid hold the 'HELP' position for 2 minutes
9. Holding the buoyant aid kick legs for 25m to the poolside
10. Climb out in deep water without using the steps

Bronze 3

1. Demonstrate a reach rescue to a casualty 2m away
2. Throw a non-buoyant aid to casualty 8m away
3. Enter shallow water and wade to a casualty 5m away. Throw a buoyant aid to the casualty. Instruct casualty to kick their legs to the side
4. Enter deep water safely and confidently. Swim continuously in clothing (long sleeved top, trouser or a skirt) for 50m
5. Tread water for 1 minute, then move backwards through the water 2m, sideways to the left 2m, then sideways to the right for 2m. Use your arms to signal for help
6. Swim 50m continuously lifesaving backstroke with your head out of the water, then using a buoyant aid hold the 'HELP' position for 2 minutes and 30 seconds
7. Remove all additional clothing
8. Scull head first on your back over 15m. Scull feet first on your back over 15m (both sculls with hands and feet together at the surface)
9. Perform a feet first surface dive and swim underwater 5m before surfacing
10. Climb out in deep water without using the steps