

# SWIMMING ACTIVITIES AND WATER SAFETY

## Life Saving

Unit 2564 (AS)

**Governing Body:** The Royal Life Saving Society, River House, High Street, Broom, Warks, B50 4HN.

The candidate is assessed selecting and performing the following acquired and developed skills:

### 1. Cardio Pulmonary Resuscitation (CPR)

- a) Perform emergency resuscitation techniques on a casualty who is not breathing and shows no sign of circulation.
- b) Demonstrate competence in:
  - i) the technique for turning a face down casualty into a face up position;
  - ii) the techniques for determining signs of circulation in adults, young children and babies;
  - iii) the technique for managing a casualty who is vomiting;
  - iv) the technique used to place a casualty in the recovery position.
- c) Demonstrate competence in the application of single CPR on a range of approved manikins.

### 2. Two water rescue skills selected from:

- 1) Practical rescue – immediate response  
Demonstrate a rescue using the principles of reaching, throwing or wading during a simulated incident.
- 2) Contact rescue – deep water  
Demonstrate a contact rescue of a casualty in deep water over a short distance (minimum of 5 metres).
- 3) Deep water recovery (minimum depth of 1.5 metres).  
Demonstrate the rescue and recovery of a casualty who is lying on the bottom of the deepest part of the pool.
- 4) Swim rescue – conscious casualty  
Demonstrate personal fitness through performing the rapid rescue, over a distance, of a conscious casualty who is in deep water. (Swim 20 metres, Tow 20 metres).
- 5) Swim rescue – unconscious casualty  
Demonstrate personal fitness through performing the rapid rescue, over a distance, of an unconscious casualty who is in deep water. (Swim 20 metres, Tow 10 metres).

Assessment is based on performance in a conditioned competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the movement phases identified below:

- Assessment of the situation
- Preparation for the rescue
- Recovery of the casualty
- Landing of the casualty
- Treatment of the casualty

These assessment phases are used in conjunction with the following assessment criteria for the conditioned competitive situations. The candidate is assessed out of a maximum of 30 marks.

- Candidates will not be timed.
- Further details of the rescue etc can be found in The Royal Life Saving Society (RLSS) National Pool Lifeguard Qualification book.

## **STANDARDISATION**

The activity will be assessed by an experienced assessor and adjudicator of Life Saving. The standardisation process will be carried out and examined by the PE Head of Department. The Head of Department together with other members of the department will compare the standards in Life Saving to those in other activities, so that consistency in assessment may be established.

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces appropriate strategies and demonstrates an understanding of tactics. Performances in the conditioned competitive situations are excellent and progress has allowed them to achieve their performance-based targets.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in events. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully. Performances in the conditioned competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the events. There is a sound level of success in the selection and application of advanced techniques in the events and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use tactics and strategies to show a sound understanding of the performance requirements. Performances in the conditioned competitive situations are good and improvement reflects satisfactory learning and understanding.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the events. There is an attempt to select and apply advanced techniques in the events and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use tactics and strategies at satisfactory level. Performances in the conditioned competitive situations become more consistent and progress has allowed some learning and understanding.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that allows for a moderate level of performances. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some tactics and strategies with a limited perception of the requirements of performance. Performances in the conditioned competitive situations have some consistency with a degree of learning and understanding.

The candidate is assessed selecting and performing the following acquired and developed skills:

**1. Cardio Pulmonary Resuscitation (CPR)**

- a) Perform emergency resuscitation techniques on a casualty who is not breathing and shows no sign of circulation.
- b) Demonstrate competence in:
  - i) the technique for turning a face down casualty into a face up position;
  - ii) the techniques for determining signs of circulation in adults, young children and babies;
  - iii) the technique for managing a casualty who is vomiting;
  - iv) the technique used to place a casualty in the recovery position.
- c) Demonstrate competence in the application of single CPR on a range of approved manikins.

**2. The following water rescue skills**

- a) Practical rescue – immediate response  
Demonstrate a rescue using the principles of reaching, throwing or wading during a simulated incident.
- b) Contact rescue – deep water  
Demonstrate a contact rescue of a casualty in deep water over a short distance (minimum of 5 metres).
- c) Deep water recovery (minimum depth of 1.5 metres)  
Demonstrate the rescue and recovery of a casualty who is lying on the bottom of the deepest part of the pool.
- d) Timed swim rescue – conscious casualty (Under 65 seconds)  
Demonstrate personal fitness through performing the rapid rescue, over a distance, of a conscious casualty who is in deep water. (Swim 20 metres, Tow 20 metres).
- e) Timed swim rescue – unconscious casualty (Under 45 seconds)  
Demonstrate personal fitness through performing the rapid rescue, over a distance, of an unconscious casualty who is in deep water. (Swim 20 metres, Tow 10 metres).

Assessment is based on performance in a formal competitive situation where the candidate performs the acquired and developed skill under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the movement phases identified below:

- Assessment of the situation
- Preparation for the rescue
- Recovery of the casualty
- Landing of the casualty
- Treatment of the casualty

These assessment phases are used in conjunction with the following assessment criteria.

- Further details of the rescue etc can be found in The Royal Life Saving Society (RLSS) National Pool Lifeguard Qualification book.

**STANDARDISATION**

The activity will be assessed by an experienced assessor and adjudicator of Life Saving. The standardisation process will be carried out and examined by the PE Head of Department. The Head of Department together with other members of the department will compare the standards in Life Saving to those in other activities, so that consistency in assessment may be established.

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces strategies at a high level and demonstrates an understanding of tactics. Performances in the formal competitive situations are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour is evident combined with flair.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in events. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour is evident combined with flair.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the events. There is a sound level of success in the selection and application of advanced techniques in the events and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use tactics and strategies to show a sound understanding of the performance requirements. Performances in the formal competitive situations are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour is evident combined with some flair.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the events. There is an attempt to select and apply advanced techniques in the events and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use tactics and strategies at satisfactory level. Performances in the formal competitive situations become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour is evident combined with a little flair.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some tactics and strategies with a limited perception of the requirements of performance. Performances in the formal competitive situations have some consistency with a degree of learning and understanding. A level of physical endeavour is evident.