

Item	Pass/Fail - Comments
1)Rescue drill – Starting on a deck, dock or beach, demonstrate an entry and swim 50m/yd. head-up approach with a shoulder loop and line or rescue tube to a passive victim or manikin and tow victim 50m/yd. to safety.	
2)Fitness challenge – Swim head-up for 2 sets of 6X25m/yd. maintaining a consistent pace and work-to-rest ratio. Rest for 1 minutes between sets. Check your pulse after the last repeat of each set.	
3)Endurance challenge – Swim 600m or 650 yd in 18 minutes or better using any combination of strokes of the candidates choice	
4)First aid assessment – Demonstrate primary assessment of a conscious & unconscious victim including: level of consciousness, airway, breathing, circulation, major bleeding, mechanism of injury. Demonstrate secondary assessment of a victim including: vital signs, head-to-toe survey, history	
5)One-rescuer CPR – Demonstrate rescue breathing and CPR on a manikin, including: adult, child and infant victims, complications in resuscitation (vomiting), adaptations (mouth to nose or stoma)	
6)Two-rescuer CPR – Demonstrate two-rescuer CPR for adult, child and infant victims on a manikin.	
7a)Obstructed airway: conscious adult or child – Simulate the treatment of: a conscious adult or child with an obstructed airway, complications – a pregnant woman and a person who is obese	
7b)Obstructed airway: conscious infant - On a manikin, demonstrate the treatment of a conscious infant with an obstructed airway.	
7c)Obstructed airway: unconscious victim - Simulate the treatment of an unwell/unconscious adult, child or infant with an obstructed airway	
8)Hypothermia - Demonstrate the care and treatment of a victim suffering from hypothermia.	
9)Walk spot and evaluate - Walk around an aquatic environment scene, evaluate the ongoing activities, and demonstrate how to educate peers about safe aquatic leisure choices. Evaluate and correct where appropriate, hazardous conditions in unsupervised areas.	
10)Spinal injury management – Recover and immobilize a face down breathing victim with a cervical spinal injury found in deep water. Transport to shallow water. Recruit and direct a trained bystander to assist. Demonstrate the ability to manage vomiting while maintaining immobilization.	
11)Team search – Using bystanders, organize a logical underwater search of an area with both deep and shallow water to a maximum depth of 3 meters.	
12)Rescue 1 – Perform a rescue involving 2 or more victims. One victim requires rescuer assistance, the other victim(s) can follow directions for self rescue and assist as bystanders once at point of safety. The situation is designed to emphasize communication skills, victim care, removals, and follow-up including contact with EMS.	
13)Rescue 2 – Perform a rescue of a submerged non-breathing victim. The situation is designed to emphasize victim care, removal, and follow-up including contact with EMS.	
14)Rescue 3 – Perform a rescue with 2 rescuers of an injured victim suffering from one of the following: external bleeding, arm or leg injury, hypothermia. This rescue requires a 50m/yd. approach and 50m/yd. return. The situation is designed to emphasize either contact or non-contact rescues, victim care, removals, and follow-up including contact with EMS	
15)Rescue # 4 - Perform a rescue of a victim suffering injuries or conditions in a situation that requires rescuer response to deteriorating circumstances and requires the use of bystanders. This rescue requires a 20m/yd. approach and a 20m/yd return. Injured victims suffer from one of the following: respiratory distress, external bleeding, arm or leg injury, hypothermia. Deteriorating circumstances include—change of level of consciousness of victim, shock, increased or decreased respiratory rate, increases pain, changes in environmental conditions—weather, waves or other hazards	