

Item	Pass/Fail - Comments
1)Throwing accuracy – Demonstrate accuracy in throwing buoyant aids a distance of 8m placing the aid within 1 m of the center of a target 3 times out of 4.	
2)Self-rescue – simulate self-rescue techniques for the following circumstances: ice, moving water, swamped or capsized boat	
3)Rescue drill – Starting in water, demonstrate 20 m/yd. head –up approach, surface dive to recover a submerged victim or manikin and return to starting point using a control carry to support and carry the victim	
4)Defenses & releases – Demonstrate 3 defenses and 3 releases from the front, side and rear. Assume a ready position and communicate verbally after each defense and release	
5)Fitness challenge – Swim head-up 6X25m/yd. maintaining a consistent pace and work to rest ratio. Check your pulse after the last repeat	
6)Endurance challenge – Swim 500m or 550 yd in 15 minutes or better using any combination of strokes of the candidates choice	
7)One-rescuer CPR: adult & child – Demonstrate rescue breathing and CPR on a manikin, including: adult & child victims, complications in resuscitation (vomiting), adaptations (mouth to nose or stoma)	
8a)Obstructed airway: conscious victim - Simulate the treatment of: a conscious adult or child with an obstructed airway, complications – a pregnant woman and a person who is obese	
8b)Obstructed airway: unconscious victim - Simulate the treatment of an unconscious adult or child with an obstructed airway	
9a)Circulatory emergencies: shock - Demonstrate the recognition and care of a victim suffering from shock	
9b)Circulatory emergencies: heart attack or angina - Demonstrate the recognition the recognition and care of a victim suffering from a heart attack or angina	
9c)Circulatory emergencies: external bleeding – Demonstrate recognition and care of a victim suffering from external bleeding	
9d)Circulatory emergencies: stroke & TIA – Demonstrate the recognition and care of a victim suffering from a stroke or Transient Ischemic Attack (TIA)	
10)Walk, spot & demonstrate – Walk around an aquatic environment scene, evaluate the ongoing activities, and where appropriate, model safe aquatic leisure choices	
11)Spinal injury management – Demonstrate recovery and immobilization of both a face up and face down conscious breathing victim with a suspected cervical spinal injury in shallow water. Recruit and direct bystanders to assist.	
12)Search – Perform a logical underwater search of a specified area to a maximum depth of 3m.	
13)Rescue # 1 - Perform a non-contact rescue of a tired weak or non-swimmer in an aquatic situation designed to emphasize a low risk rescue, victim care, removals with bystander assistance and follow-up including contact with EMS	
14)Rescue # 2 - Perform a rescue of a non-breathing victim located at or just below the surface in deep water 5m from a point of safety. The situation involves an unsupervised environment and is designed to emphasize victim care, removals with bystander assistance, and follow-up including contact with EMS	
15)Rescue # 3 - Perform a rescue of distressed or drowning victim in open water, requiring a 20m or yd. approach and 20m or yd. return. The situation is designed to require either a contactor non-contact rescue with emphasis on victim recognition and appropriate care	