

Bronze Lifesaving Certificate: Assessment Record

Instructor Name: _____ Society Number: _____ Date: ___/___/___

IMPORTANT: If this assessment is being conducted in an open water or beach environment skill(s) may need to be adapted to ensure the safety of candidates in the specific environment.

For more advice about safety in open water training and assessing, see our *Guidance Notes for Open Water: Organising Open Water Training and Assessing*, which you can find in your resources folder, and Section 5.3 in the National Lifesaving Academy Awards guidance document.

Clothing: Candidates should be clothed for both the survival swim and survival skills assessments.

Fitness Test: Candidates must not touch the pool floor or stop during the swim. They may use the pool edge to turn at the end of each length. Front crawl, breaststroke, or backstroke may be used.

Section 1 - Theory

		Insert candidate's names below (one in each column)					
		1	2	3	4	5	6
Verbal Questions							
Answer 1 question from each of the 6 topics below, insert question reference in box with ✓ if they pass and X if they fail. To pass this assessment section the candidate must not fail more than 1 white row.							
	Definition of Drowning						
	The Drowning Chain						
	Emergency Action Model						
	Casualty Recognition						
	CPR						
	First Aid						
Section 1 Result (circle the result)		PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL

NLA BRONZE LIFESAVING CERTIFICATE: ASSESSMENT RECORD

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Section 2 - Lifesaving Skills

	1	2	3	4	5	6
Fitness Test – Survival Swim						
To pass this assessment section the candidate must pass all areas in grey.						
Swim for 5 minutes						
Survival Skills						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 1 white row.						
BRIEF <i>'In the following scenario, we are going to test your survival skills to ensure you are safe if you unexpectedly fall into the water.'</i>						
Safe and effective fall-in entry <i>(Environment specific – simulation and description only)</i>						
Float - Horizontal/angled <i>(please circle)</i>	H / A	H / A	H / A	H / A	H / A	H / A
PROMPT <i>'Complete the following sculling distances'</i>						
Scull – Head first 25 metres						
Scull – Feet first 25 metres						
PROMPT <i>'Prepare yourself to tread water'</i>						
Tread water - 60 seconds						
PROMPT <i>'Assume the HELP position'</i>						
HELP position - <i>Knees bent/raised or legs hanging vertically</i>						
Hold the HELP position for 30 seconds						
PROMPT <i>'Now signal for help'</i>						
Successfully signal for help						
PROMPT <i>'Climb out safely at the following location'</i>						
Climb out unaided <i>(Environment-specific – wade out)</i>						
Shout and Signal Rescue – Deep Water						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 1 white row.						
BRIEF <i>'You have a casualty in the water approximately 8-10m away. Demonstrate an effective shout and signal rescue.'</i>						
Call for help						
Personal safety is maintained throughout						
Keep eye contact with the casualty						
Clearly instruct the casualty - <i>Explanation & demonstration</i>						
Encourage and reassure the casualty to a point of safety						

	1	2	3	4	5	6
Reaching Rescue						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 1 white row.						
BRIEF <i>'You have a casualty in the water approximately 2-4m away. Demonstrate an effective reaching rescue.'</i>						
Call for help						
Personal safety is maintained throughout						
Locate and use an appropriate reaching aid						
Lie down when reaching out to a casualty - <i>If appropriate</i>						
Encourage and reassure the casualty to a point of safety						
Throwing Rescue						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 1 white row.						
BRIEF <i>'You have a casualty in the water approximately 10-15m away. Demonstrate an effective throwing rescue.'</i>						
Call for help						
Personal safety is maintained throughout						
Attract the attention of the casualty						
Effective communication throughout						
Locate and throw the buoyant aid underarm						
Encourage and reassure the casualty to a point of safety						
Rope Throw Rescue						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 1 white row.						
BRIEF <i>'You have a casualty in deep water approximately 8-10m away. Demonstrate an effective rope throw rescue.'</i>						
Call for help						
Personal safety is maintained throughout						
Attract the attention of the casualty						
Effective communication throughout						
Effectively coil the rope						
Safe and effective rope throw rescue						
Encourage and reassure the casualty to a point of safety						

		1	2	3	4	5	6
Initiative Test							
To pass this assessment criteria the candidate must pass all areas in grey and not fail more than 2 white rows.							
The initiative test must be relevant to the skills and knowledge obtained within the Bronze Lifesaving Certificate and have a maximum of 1 casualty and 1 bystander. Provide a detailed description to the candidate.							
The candidate should verbally describe an understanding of the emergency action model prior to carrying out the rescue							
Call for help							
Personal safety is maintained throughout							
Effective communication throughout							
Safe selection and appropriate use of rescue equipment							
Secure the casualty to a point of safety							
Land the casualty							
Assess the casualty and provide appropriate aftercare							
Section 2 Result (circle the result)		PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL

Section 3 - CPR & First Aid

	1	2	3	4	5	6
CPR – Adult						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 2 white rows.						
BRIEF <i>'You have come across a casualty who seems unresponsive and is lying on the floor. Demonstrate the action you would take.'</i>						
Conduct a scene survey – Check for dangers						
Check the casualty for response						
Open airway - Using head tilt chin lift						
Check breathing – Look, listen and feel for no more than 10 seconds						
PROMPT <i>'No normal breathing found.'</i>						
Ensure an ambulance is called and an AED is requested						
PROMPT <i>'Assistance is on its way and an AED will arrive shortly.'</i>						
Give 30 chest compressions						
Give 2 rescue breaths						
Continue 30:2						
PROMPT Hand the AED to the candidate after 2 full cycles of 30:2.						
Use AED – Follow the instructions, apply the pads correctly, and administer a shock						
Continue 30:2						
Recovery Position						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 2 white rows.						
BRIEF <i>'The casualty is unconscious and breathing normally. Please put them into the recovery position.'</i>						
Casualty's arm out						
Arm across and support head						
Grasp the knee and pull up						
Roll the casualty over						
Adjust the upper leg						
Open airway						
Check breathing regularly						

	1	2	3	4	5	6
Wounds, Bleeding, & Shock						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 1 white row.						
BRIEF 'You have come across a casualty who has a cut and needs treatment.'						
	Insert A (Arm) or L (Leg)					
	Wear protective gloves					
	Help casualty to a comfortable position					
	Examine the wound					
	Apply direct pressure					
PROMPT 'The casualty has gone very pale, is dizzy and confused.'						
	Treat for shock					
	Reassure and monitor					
	Call 999/112					
	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL
	Section 3 Result (circle the result)					