

## Bronze Medallion – Pool: Assessment Record

Instructor Name: \_\_\_\_\_ Society Number: \_\_\_\_\_ Date: \_\_/\_\_/\_\_\_\_

*Timed swim: Candidates must start in the water.*

*Distance Swim: 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 or backstroke may be used. Candidates should be clothed for the survival swim assessment.*

### Section 1 - Theory

		Insert the candidate's names below (one in each column)					
		1	2	3	4	5	6
<b>Verbal Questions</b>							
Answer 1 question from each of the 6 topics below, insert question ref 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.							
	Pool Safety						
	Pool Hazards						
	Entering the Water						
	Casualty Recognition						
	CPR						
	First Aid						
<b>Section 1 Result (circle the result)</b>		PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL

## NLA BRONZE MEDALLION – POOL: ASSESSMENT RECORD

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## Section 2 - Lifesaving Skills

	1	2	3	4	5	6
<b>Fitness Test – Timed Swim</b>						
Candidates must pass the fitness tests in this assessment section.						
50m in 50 seconds						
<b>Fitness test – Survival Swim</b>						
Candidates must pass the fitness tests in this assessment section.						
800m continuous swim						
<b>Unconscious Casualty Rescue Sequence – Deep water</b>						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 5 white rows.						
<p><b>BRIEF</b> <i>'In the following scenario you need to rescue an unconscious casualty from the bottom of the pool and recover them to a point of safety. Follow my prompts throughout starting with entering the water safely. You should be aware that there may be a risk of damage to your hearing by diving to depths greater than 1.5 metres.'</i></p>						
Safe entry						
Surface dive to depth – Recover the manikin						
Turn unconscious casualty – Swap to a live casualty						
PROMPT <i>'Tow the casualty back to a point of support.'</i>						
Extended arm tow to point of safety						
PROMPT <i>'No help has arrived. Support the casualty appropriately.'</i>						
Supporting casualty in the water						
Check breathing						
PROMPT <i>'No normal breathing found.'</i>						
Support the chin to keep the mouth closed						
In-water rescue breathing – Mouth to nose (simulated)						
PROMPT <i>'Help has arrived.'</i> (two bystanders)						
Lift the casualty from the water and lay them on poolside						
Move the casualty parallel with the pool						
Safe turn of the casualty into a face-up position						
Open airway – Using head tilt chin lift						
Check breathing						
PROMPT <i>'The casualty is regurgitating their stomach contents.'</i>						
Action for regurgitation						
PROMPT <i>'The casualty is unconscious and breathing normally.'</i>						
Casualty's arm out						
Arm across and support						
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
<b>Conscious Casualty Rescue Sequence</b>						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 1 white row.						
<p style="text-align: center;"><b>BRIEF 'Swim to the casualty who is approximately 20m away and demonstrate an effective rescue using a rescue aid. During the rescue, the casualty will <u>ATTEMPT</u> to grasp for you (no contact should be made). Take the appropriate and safe action required.'</b></p>						
Safe entry into shallow water						
Swim 20m – Front crawl/breaststroke						
Defensive block – Stand-off position						
<p style="text-align: center;"><b>PROMPT 'Tow the casualty back 20m to a point of support using the rescue aid.'</b></p>						
Safe and effective tow to point of support						
<p style="text-align: center;"><b>PROMPT 'Using a stirrup lift exit the casualty from the water safely.'</b></p>						
Stirrup lift						
Assess the casualty and provide aftercare						
<b>Spinal Injury Rescue Sequence</b>						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 1 white row.						
<p style="text-align: center;"><b>BRIEF 'You have a casualty in the water who you suspect has a spinal injury. Please treat them accordingly.'</b></p>						
Slide-in entry						
Apply a head splint						
Roll the casualty over						
Ask 'Are you alright?'						
<p style="text-align: center;"><b>PROMPT 'The casualty is responsive.'</b></p>						
Support the casualty						
Stabilisation of the casualty – Bystanders available						
Safe horizontal lift						
<b>Initiative Test</b>						
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 Medallion - Pool award and have a maximum of 1 conscious, 1 unconscious 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/casualties to a point of safety						
Land the casualty/casualties						
Assess the casualty/casualties and provide 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
<b>CPR – Adult (More than One Rescuer)</b>						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 2 white rows.						
<b>BRIEF</b> <i>'You have come across a casualty who is unconscious and not breathing normally. You have started compressions and a second rescuer will enter to take over CPR.'</i>						
Give 30 chest compressions						
Give 2 rescue breaths using a pocket mask						
Continue 30:2						
<b>PROMPT</b> Instruct the second rescuer to enter and take over CPR.						
Good communication						
2nd rescuer tells 1st rescuer they are going to take over						
2nd rescuer takes over						
Continue CPR using a pocket mask						
<b>CPR - Child</b>						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 2 white rows.						
<b>BRIEF</b> <i>'You have come across a casualty who appears 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						
<b>PROMPT</b> <i>'No normal breathing found.'</i>						
Ensure an ambulance is called and an AED is requested						
<b>PROMPT</b> <i>'Assistance is on its way and an AED will arrive shortly.'</i>						
Give 5 rescue breaths						
Give 30 chest compressions						
Give 2 rescue breaths						
Continue 30:2						
<b>PROMPT</b> 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						

	1	2	3	4	5	6
<b>Infant - CPR</b>						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 2 white rows.						
<b>BRIEF 'You have come across a casualty who seems unresponsive and is lying on the floor. Demonstrate the action you would take.'</b>						
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						
<b>PROMPT 'No normal breathing found.'</b>						
Ensure an ambulance is called and an AED is requested						
<b>PROMPT 'Assistance is on its way and an AED will arrive shortly.'</b>						
Give 5 rescue breaths						
Give 30 chest compressions						
Give 2 rescue breaths						
Continue 30:2						
<b>PROMPT Hand the AED to the candidate after 2 full cycles of 30:2.</b>						
Use AED – Follow the instructions, apply the pads correctly, and administer a shock						
Continue 30:2						
<b>Choking – Adult/Child</b>						
To pass this assessment section the candidate must pass all areas in grey.						
<b>BRIEF 'You have come across a casualty who seems to be choking. Demonstrate the action you would take.'</b>						
Insert A (Adult) or C (Child)						
Encourage the casualty to cough						
<b>PROMPT 'The casualty is becoming weak and no longer coughing.'</b>						
Support the casualty						
Give 5 back blows						
Give 5 abdominal thrusts						
<b>PROMPT 'The obstruction has not cleared.'</b>						
Call 999/112						
Continue 5:5						
<b>Put the manikin on the floor.</b>						
<b>PROMPT 'The casualty has fallen unconscious, an ambulance has been called.'</b>						
Start CPR						

	1	2	3	4	5	6
<b>Choking - Infant</b>						
To pass this assessment section the candidate must pass all areas in grey.						
BRIEF <i>'You have come across an infant who seems to be choking. Demonstrate the action you would take.'</i>						
Support the casualty						
Give 5 back blows						
Give 5 chest thrusts						
PROMPT <i>'The obstruction has not cleared.'</i>						
Call 999/112						
Continue 5:5						
Put the infant manikin on the floor. PROMPT <i>'The casualty has fallen unconscious, an ambulance has been called.'</i>						
Start CPR						
<b>Turning a Casualty on to their Back &amp; Recovery Position</b>						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 3 white rows.						
BRIEF <i>'You have come across a casualty who is unconscious and face down. Treat the casualty appropriately.'</i>						
Conduct a scene survey – <i>Check for dangers</i>						
Check the casualty for response						
Safe turn of casualty into face-up position						
Open airway - <i>Using head tilt chin lift</i>						
Check breathing – <i>Look, listen and feel for no more than 10 seconds</i>						
PROMPT <i>'The casualty is unconscious and breathing normally.'</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>						
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
<b>Wounds, Bleeding &amp; Shock</b>						
<b>To pass this assessment section the candidate must pass all areas in grey and not fail more than 2 white rows.</b>						
<b>BRIEF 'You have come across a casualty who has a deep cut and needs treatment.'</b>						
Insert H (Hand) L (Leg) A (Arm)						
Wear protective gloves						
Help casualty to a comfortable position						
Examine the wound						
Apply direct pressure						
Securely dress the wound						
<b>PROMPT 'The casualty has gone very pale, is dizzy and confused.'</b>						
Treat for shock						
Reassure and monitor						
Call 999/112						
<b>Section 3 Result (circle the result)</b>	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL