

Bronze Star – 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, breaststroke, or backstroke may be used.
Candidates should be clothed for the survival swim assessment.

Section 1 - Theory

		Insert candidate 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 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						
	Cold Water Shock						
	Rescue Equipment						
	CPR						
	First Aid						
Section 1 Result (circle the result)		PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL

NLA BRONZE STAR – POOL: ASSESSMENT RECORD

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Section 2 – Lifesaving Skills

	1	2	3	4	5	6
Fitness Test – Timed Swim						
To pass this assessment section the candidate must pass all areas in grey.						
50m in 60 seconds						
Fitness Test – Survival Swim						
To pass this assessment section the candidate must pass all areas in grey.						
400m continuous swim						
Unconscious Casualty Rescue Sequence – Deep Water						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 3 white rows.						
<p>BRIEF <i>'In the following scenario, you need to rescue an unconscious casualty who is 50m away. Follow my prompts throughout, starting with entering the water safely with a straddle jump and swimming 50m to the casualty who will be face down.'</i></p>						
Safe entry - Straddle entry						
Swim 50m - Front crawl or breaststroke						
Turn unconscious casualty						
<p>PROMPT <i>'Tow the casualty back 50m to a point of support.'</i></p>						
Contact tow 50m						
<p>PROMPT <i>'No help has arrived. Support the casualty appropriately.'</i></p>						
Supporting casualty in the water						
Check breathing						
<p>PROMPT <i>'No normal breathing found.'</i></p>						
Support the chin to keep the mouth closed						
In-water rescue breathing – Mouth to nose (simulated)						
<p>PROMPT <i>'Help has arrived' (two bystanders)</i></p>						
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						
<p>Replace the live casualty with an adult manikin PROMPT <i>'The casualty is not breathing normally.'</i></p>						
Ensure an ambulance is called and an AED is requested						
Give 5 rescue breaths						
Give 30 chest compressions						
Give 2 rescue breaths						
Continue 30:2						

	1	2	3	4	5	6
Conscious Casualty Rescue Sequence						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 2 white rows.						
BRIEF 'Wade to the casualty who is approximately 10-15m 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.'						
Safe entry – Slide in entry						
Wade with an aid						
Defensive block – Stand-Off position						
Effective communication throughout						
PROMPT 'Tow the casualty to a point of support using an aid.'						
Safe and effective tow to point of support						
PROMPT 'Using a stirrup lift exit the casualty from the water safely.'						
Stirrup lift						
Provide appropriate aftercare						
Contact Rescue – Unconscious Casualty						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 1 white rows.						
BRIEF 'Using a cross chest or extended arm tow swim 20m to the casualty and tow the casualty back to your starting position.'						
Call for help						
Safe entry						
Effective communication throughout						
Effective tow – Cross Chest or Extended Arm	C / E	C / E	C / E	C / E	C / E	C / E
Effective contact rescue to point of support						
Land the casualty – Bystander Available						
Assess the casualty and provide appropriate aftercare						
Non-Contact Rescue						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 1 white rows.						
BRIEF 'You have a casualty in the water approximately 6-8m away. Demonstrate an effective reaching or throwing rescue.'						
Effective communication throughout						
Insert R (Reach) or T (Throw)						
Effective rescue to point of support						
Land the casualty and provide appropriate aftercare						

	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.						
<p>The initiative test must be relevant to the skills and knowledge obtained within the Bronze Star – Pool award and have a maximum of 2 conscious casualties. Provide a detailed description to the candidate.</p>						
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
CPR - Adult						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 2 white rows.						
BRIEF 'You have come across a casualty who seems unresponsive and is lying on the floor. Demonstrate the action you would take.'						
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 'No normal breathing found.'						
Ensure an ambulance is called and an AED is requested						
PROMPT 'Assistance is on its way and an AED will arrive shortly.'						
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						
CPR - Child						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 2 white rows.						
BRIEF 'You have come across a casualty who seems unresponsive and is lying on the floor. Demonstrate the action you would take.'						
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 'No normal breathing found.'						
Ensure an ambulance is called and an AED is requested						
PROMPT 'Assistance is on its way and an AED will arrive shortly.'						
Give 5 rescue breaths						
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 instructions, apply pads correctly, and administer a shock						
Continue 30:2						

	1	2	3	4	5	6
Choking – Adult/Child						
To pass this assessment section the candidate must pass all areas in grey.						
BRIEF 'You have come across a casualty who seems to be choking. Demonstrate the action you would take.'						
Insert A (Adult) or C (Child)						
Encourage the casualty to cough						
PROMPT 'The casualty is becoming weak and no longer coughing.'						
Support the casualty						
Give 5 back blows						
Give 5 abdominal thrusts						
PROMPT 'The obstruction has not cleared.'						
Call 999/112						
Continue 5:5						
Put the manikin on the floor.						
PROMPT 'The casualty has fallen unconscious, an ambulance has been called.'						
Start CPR						
Turning a Casualty on to their Back & Recovery Position						
To pass this assessment section the candidate must pass all areas in grey and not fail more than 3 white rows.						
BRIEF 'You have come across a casualty who is unconscious and face down. Treat the casualty appropriately.'						
Conduct a scene survey – Check for dangers						
Check the casualty for response						
Safe turn of casualty into face-up position						
Open airway - Using head tilt chin lift						
Check breathing – Look, listen, and feel for no more than 10 seconds						
PROMPT 'The casualty is unconscious and breathing normally.'						
Ensure an ambulance is called and an AED is requested						
PROMPT 'Assistance is on its way and an AED will arrive shortly.'						
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
Treatment of a Fracture						
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 sitting on the floor and seems to have a fracture.'						
Insert W (Wrist) or A (Ankle)						
Make the casualty comfortable						
Immobilise or support the limb/area						
Reassure and monitor						
Call for help						
Treatment of an Asthma Attack						
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 is finding it difficult to breathe, is wheezing and is finding it difficult to speak. Please provide the correct treatment.'						
Reassure the casualty						
Sit them in a comfortable position						
Encourage and assist them to use their inhaler						
PROMPT 'The asthma attack seems severe and is lasting longer than normal.'						
Call 999/112 for emergency help						
Section 3 Result (circle the result)	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL	PASS / FAIL