

Syllabus Report (SYL)

CorePass® Lifesaving - Bronze Medallion



7020:2024

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IQF Level	3	IQF Credit	4
Approved References	Open Water Lifesaving (US Lifesaving Association, 2017) Swimming & Lifesaving: Wafer Safety for all Australians 6th Edition (Royal Life Saving Australia) Water Rescue: Principles and Practice (Treinish, 2022) Lifeguarding for Dummies (Epstein & DeGuzman, 2023) American Red Cross Lifeguarding Manual (American Red Cross, 2024).		
Special Notes	It is recommended the candidate has completed a recognised CPR certification (i.e. CorePass First Aid I or equivalent) prior to being assessed.		

Prerequisites

1	CorePass® First Aid I (Basic)
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Demonstrate knowledge and understanding of water safety principles

702024D01

Performance	Demonstrate knowledge and understanding of water safety principles
Standards	In accordance with approved references.
Conditions	
Comments	Must include: safe water practices, self-preservation, use of bystanders, recognising an emergency, survival in the water, emergency services available and means to summons assistance, public access stations (AEDs, life rings etc), drowning risk factors, priority of rescue, low to high risk methodology.

Perform shore-based rescue using unweighted rope

702024D02

Performance	Perform shore-based rescue of person in difficulty using unweighted rope .
Standards	within 30 seconds land rope within reach of person requiring assistance, and in accordance with approved references.
Conditions	Using bagged or coiled floating rope, with person in difficulty 10-metres in water from shore.
Comments	

Perform in-water tow of unconscious breathing casualty

702024D03

Performance	Perform 50m in-water tow of unconscious breathing casualty.
Standards	In accordance with approved references, with the casualty towed to safety within 195 seconds (3min15sec)
Conditions	While making entry into the water wearing swimming apparel, long sleeved top and pants.
Comments	Long sleeved top and pants may be discarded after entry into water if elected.

Demonstrate swimming ability using variety of strokes

702024D04

Performance	Swim continuously for 400m using a range of swimming strokes equally.
Standards	Within 13 minutes, in accordance with approved references,
Conditions	While wearing swimming apparel.
Comments	Swimming strokes must include: freestyle, survival backstroke, sidestroke and breaststroke.

Demonstrate swimming survival skills in a flat water environment		702024D05
Performance	Demonstrate swimming survival skills in a flat water environment, as outlined in the comments.	
Standards	In accordance with approved references,	
Conditions	While dressed in swimming apparel and long sleeved top and pants.	
Comments	Float sculling on back for 1 minute, treading water for 1 minute, don lifejacket or PFD in deep water and swim 50m, demonstrate heat escape lessening posture (HELP) position for 1 minutes and safely exit water with PFD.	
Assist weak swimmer in difficulty to safety		702024D06
Performance	Wade to assist weak swimmer in difficulty, provide floatation aid and accompany weak swimmer to shore.	
Standards	In accordance with approved references,	
Conditions	Given anxious, conscious and cooperative casualty (weak swimmer).	
Comments	Must wade out 5-8 metres and then throw the aid, provide instructions how to use aid, and provide reassurance whilst accompanying casualty to safety.	
Tow weak or injured swimmer to safety in flat water		702024D07
Performance	Tow a weak or injured swimmer in flat water and land them safely.	
Standards	From an in-water distance of 25 metres, in accordance with approved references.	
Conditions	Given weak or injured conscious casualty (weak swimmer) in deep water.	
Comments	As part of the task, candidate must integrate use of non-contact tow and how to manage combative casualty.	
Demonstrate in-water defensive techniques for flat water lifeguarding		702024D08
Performance	Demonstrate in-water defensive techniques for flat water lifeguarding.	
Standards	In accordance with approved references.	
Conditions	Given a person acting as agitated or combative casualty.	
Comments	Techniques must include: defensive position, reverse, leg block, block using aid.	
Perform spinal roll of in-water casualty and wade them to safety.		702024D09
Performance	Perform spinal roll of unresponsive face-down in-water casualty and wade them to safety.	
Standards	From an in-water distance of 5 metres, in accordance with approved references.	
Conditions	Given manikin able to demonstrate correct vice-grip method or person acting as unresponsive casualty.	
Comments		
Perform shallow water search to recover submerged object.		702024D10
Performance	Perform shallow water search to recover submerged object.	
Standards	Area is methodically searched visually and using hands, in accordance with approved references.	
Conditions	In water approximately 2m deep, given 3.5kg (10lb) object.	
Comments		
Perform shallow water rescue of submerged casualty and apply rescue breathing.		702024D11
Performance	Recover a simulated unconscious casualty from a depth of 2 metres, tow them for 15m to land them safely and commence resuscitation.	
Standards	In accordance with approved references and International Liaison Committee on Resuscitation guidelines.	
Conditions	With assistance from bystanders and CPR manikin on shore once landed.	
Comments		

Performance	Respond to two to three victims requiring assistance in flat water.
Standards	In accordance with approved references and International Liaison Committee on Resuscitation guidelines.
Conditions	Using up to five rescue aids, with assistance from bystanders and using CPR manikin on shore once landed (where CPR required).
Comments	A scenario shall test the candidate to prioritise casualty rescue, create a rescue plan that enables the effective and safe rescue of the in-water casualties who may have one of the following conditions: non-swimmer, weak swimmer, injured swimmer, suspected spinal injury, unconscious.