

## Fourth Unit

<b>Title:</b>	Understanding and Practical Application of Pool Rescue Skills
<b>Objective:</b>	This unit aims to develop a learner's knowledge and practical skills to be able to respond, manage and perform pool rescue skills and situations including spinal injury management.
<b>Learning outcome – the learner will:</b>	<b>Assessment criteria – the learner can:</b>
1. Know the different types of casualties	1.1 Recognise the characteristics of the following casualties: <ul style="list-style-type: none"> <li>• Non-swimmer</li> <li>• Weak swimmer</li> <li>• Injured swimmer</li> <li>• Unconscious casualty</li> </ul>
2. Be able to demonstrate personal swimming ability	2.1 Demonstrate jumping into deep water
	2.2 Demonstrate swimming 50m within 60 seconds
	2.3 Demonstrate swimming 100m continuously on front
	2.4 Demonstrate swimming 100m continuously on back
	2.5 Demonstrate treading water for 30 seconds in deep water
	2.6 Demonstrate surface diving to the deepest part of the pool
	2.7 Demonstrate climbing out of the pool unaided without the use of steps or ladders
3. Be able to perform rescue skills	3.1 Demonstrate from poolside a reach rescue
	3.2 Demonstrate from poolside a throwing rescue
	3.3 Demonstrate a wade rescue in standing depth
	3.4 Demonstrate how to rescue a casualty when no equipment is available
	3.5 Demonstrate retrieval of a submersible manikin from the deepest part of the pool
	3.6 Demonstrate simulated rescue breaths in the water
	3.7 Demonstrate removal of a casualty from the water
4. Be able to respond to and manage an emergency situation	4.1 Conduct a scene survey
	4.2 Demonstrate the ability to swim 20m to a casualty in 20 seconds and then tow the casualty for 20 metres
	4.3 Demonstrate incident management during a simulated emergency situation
5. Be able to perform spinal cord injury rescues	5.1 Demonstrate a shallow water rescue for a swimmer with a suspected spinal injury
	5.2 Demonstrate a deep-water rescue for a swimmer with a suspected spinal cord injury
	5.3 Demonstrate removal of a swimmer with a suspected spinal cord injury from the pool

