

ROOKIE

LIFEGUARD

RLSS UK

SUMMARY OF SILVER SKILLS

Upon completion of Silver Stages 1, 2 and 3 Rookies should be able to:

- Swim continuously in clothing (long sleeved top, Trousers, or a skirt) for 200m on your front and back (100m on your front and 100m on your back), in less than 10 minutes.
- Demonstrate a reaching rescue to a casualty 2m away, instruct them what to do
- Throw a buoyant aid to a casualty 8m away. Instruct them what to do
- Enter shallow water and wade to a casualty 10m away. Using a throwing aid, instruct the casualty what to do.
- Enter shallow water and wade to a casualty 10m away. Using a rigid aid instruct the casualty what to do.
- Place casualty in the support position
- Tread water for 3 minutes, shouting and signalling for help every 30 seconds or so
- Swim 100m during which perform 2 feet first and head first surface dives, recover an object in 1m of water before surfacing
- In shallow water turn a face down 'unconscious casualty' face up and walk to the poolside whilst shouting for help.
- Coil and throw a rope to a casualty 10m away and pull to the side in less than 45 seconds
- Enter deep water using a straddle jump
- Demonstrate a fall-in entry into clear deep water
- Swim 20m continuously with your head out of the water on your front

