Examination

Advanced Snorkel Lifesaver Award

Instructor Manual

BSAC
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Contents

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Advanced Snorkel Lifesaver Award

This Instructor Manual is intended to give Advanced Snorkel Lifesaver Examiners guidance in the conduct of BSAC Advanced Snorkel Lifesaver Award examinations to ensure that the assessments and the procedures used conform to a consistent standard. It also provides a series of optional lessons which can be used to supplement or refresh candidates' skills and knowledge prior to the examination.

Because of the wide variety of diving conditions and situations which may be encountered, it is inappropriate to specify precise techniques which must be demonstrated in the examination. It is up to the examiner therefore, to interpret these notes with regard to the examination conditions experienced. The interpretation should be based upon currently recommended BSAC practices applied with a liberal amount of common sense. A rigid dogmatic adherence to a particular technique, when circumstances dictate that the technique is inappropriate, is not what is required.

Course Aim

The primary aim is to examine, under open water conditions, lifesaving proficiency specifically applicable to snorkel divers.

An optional, secondary aim is to provide a framework for additional or refresher training for those who require it, to the level necessary to gain the Advanced Snorkel Lifesaver Award.

Course Overview

The Advanced Snorkel lifesaver Award is obtained by passing an examination which comprises a short question and answer theory test and a wet practical test. In summary the candidates will be required to:

- Answer questions on relevant first aid, exhaustion and hypothermia
- Carry out a rope throw rescue
- Carry out a buoyant aid rescue and tow
- Carry out a 100m rescue and tow (including RBs) of a snorkel diver.

Additional training prior to taking the examination is optional. This Instructor Manual includes advice designed to cater for the possible training needs of students who wish to take the Advanced Snorkel Lifesaver Award. Participants may require specific additional training for throwing exercises and swimming rescues, which are not included in the Ocean Explorer programme; and many students will welcome a mock exam to refresh their skills before the examination.

- Advanced Snorkel Lifesaver Theory covers material on first aid and rescue management, and provides recommendations for further reading.
- Advanced Snorkel Lifesaver In-water Skills covers towing and throwing.
- the Mock Exam requires a demonstration of each element of the examination, with advice on the specific points the examiners will look for; followed by the opportunity for each student to practice.

Course organisers are free to adapt the optional lessons, or to substitute their own alternatives as they deem appropriate. However, the criteria set out for the examination itself must not be altered.

Duration

1 day. This should be sufficient for the examination and all of the optional prior training detailed below. The event may be spread over several weeks if preferred.

Entry Level

Current member of the BSAC. Minimum qualification of Ocean Snorkel Diver or Sports Diver. Previous attendance at the BSAC Practical Rescue Management and First Aid for Divers SDCs is strongly recommended.

Qualifications Awarded

Holders of the Advanced Snorkel Lifesaver Award have demonstrated their lifesaving proficiency as snorkel divers in open water conditions.

- Certification

  Qualification Record Book Certificate, and Cloth Badge.

Course Registration

Advanced Lifesaver Award courses and examinations must be arranged through HQ. Consult the BSAC website or HQ for current details and associated booking, declaration and report forms.

Instructor Requirements

- Instructor/Examiner Qualifications

  Instruction must be supervised by a BSAC Open Water Snorkel Instructor or above who holds the Advanced Snorkel Lifesaver Award. BSAC Open Water Instructors or above who hold the Advanced Lifesaver Award or Advanced Snorkel Lifesaver Award are also qualified to supervise. The instructors teaching the course must confirm that within the year preceding the course and examination, they have demonstrated to another BSAC Open Water Snorkel Instructor or above their personal competence in all the skills taught in the course to the standards defined in this Instructor Manual. The final examination may be conducted by an instructor who has taught the candidates, although another instructor is preferable if possible

- Student:Instructor ratio

  Student:instructor ratios for training should be in line with the guidance in the relevant parts of the Diver Training Programme referred to below (no limit for lectures; maximum 6:1 for water sessions)

Venue Facilities

The examination, optional mock examination, and optional lifesaver in-water skills lesson each requires an inflatable boat, access to open water with a depth greater than 2m, with a clear surface distance of 100m terminating in a gently shelving shore. Throwing lines and buoyant aids suitable for throwing a distance of 10m will be required.

The pre-examination lifesaver theory lesson requires a classroom and a dry practical area.

Administration

When a group has been examined for the Advanced Snorkel Lifesaver Award, the course organiser should complete the Advanced Snorkel Lifesaver Award Examination Report form. Candidates are required to return to HQ forms declaring that they have been instructed and examined in all the components of the course and final examination in the course documentation. HQ will issue the appropriate certificates and badges when the Instructor and Student Declaration forms been received.

Costs

A fee is payable to HQ for each candidate. The current price list is obtainable from HQ or the BSAC website.

Instructors and examiners cannot claim their expenses against the BSAC Coaching Scheme.

Instructor/examiner expenses, venue fees, fuel, and any other costs are the responsibility of the candidates and their organisers.

ADVANCED SNORKEL LIFESAVER THEORY

Training Objectives

The Advanced Snorkel Lifesaver Award syllabus includes aspects of First Aid that are not covered in the BSAC Ocean Explorer Programme. Candidates need the following in addition to the knowledge which they should have learned during snorkel training:

- First aid for wounds, bleeding, burns, musculo-skeletal injuries, hypothermia, hyperthermia, blast injury, and exhaustion
- Practical ability in casualty assessment, bandaging, dressings, splinting, and moving casualties
- Ability to improvise using items commonly available in diving situations.

Some candidates may already have the required knowledge and skills through their professional or other training. Others will need further training before taking the Award.

The notes in the next paragraphs are for the benefit of instructors who need to advise potential candidates on what pre-Award first aid training they require. None of the training is mandatory.

Recommended Training

The BSAC First Aid for Divers SDC covers the first aid requirements in full.

The BSAC Practical Rescue Management SDC covers the theory and practical of rescue management in depth.

A list of courses which are recognised equivalents is available on the BSAC website page Alternative Skill Development Courses. Note that students who have attended courses in a non-diving setting may not have practical experience of improvising using items commonly available in diving situations.

Health and Safety at Work first aid courses with less than six hours non-resuscitation training (notably 1-day ‘appointed person’ courses) are unlikely to cover the Advanced Snorkel Lifesaver first aid syllabus.

Other Training

The theory knowledge required for the examination is covered in the BSAC publication “Snorkelling for All”, and further useful material is described in the BSAC publication ‘Safety and Rescue for Divers’. Encourage candidates to read both of them. They should be made aware that they need practical ability (not gained by reading) as well as theoretical knowledge in order to pass the examination.

A Mock Exam session as described below may provide candidates who have suitable non-diving first aid knowledge with sufficient practical experience of improvisation. It will not provide theoretical or practical skill training.

ADVANCED SNORKEL LIFESAVER IN-WATER SKILLS

Lesson Objectives

This is an optional pool or open water session to teach or revise those in-water practical skills which are needed for the Advanced Snorkel Lifesaver Award. Whether or not this lesson is required depends on the students: the stage they have reached in their training; how recently they did their training; and whether or not they have followed the advice they were given to 'practice, practice, practice' subsequently.

The format and duration of this lesson, if given, is at the discretion of the instructor. The text below explains where the skills are covered in the Ocean Explorer Programme. Instructors are free to adapt or replace the material if they wish, provided the underlying content is not altered.

Achievement Targets

At the end of this lesson students should be competent and confident in their ability to:

- rescue an unconscious snorkeller
- administer in-water rescue breathing
- use ropes and buoyant aids to assist in a rescue.

Equipment Needed

Students and their instructors will need normal protective clothing, a buoyancy device, mask, fins, snorkel and if necessary, a weightbelt. The term 'normal protective clothing' is to be interpreted as that appropriate for snorkelling in local open water conditions. In the UK this may mean a wetsuit or drysuit, whereas for examinations held in warmer climates it may mean a 'shortie' wetsuit or a T-shirt.

Instructors should provide:

- A sufficient number of throwing ropes at least 12m in length (students are required to throw 10m)
- Buoyant objects for throwing. Soft plastic objects are preferred eg, anchor buoys, SMBs, polythene bottles etc. as may reasonably be found in a small boat. There is no objection to the chosen object containing a little water to give it some weight.

Lesson Contents

1. Rescue Skills

Rescuing an unconscious buddy is taught in the Ocean Snorkel Diver course.

If alternative teaching materials are required, refer to BSAC Ocean Diver lesson OS5 (Instructor Manual pp84-85), which teaches towing in step 6.

2. Throwing Skills

Throwing skills are not taught in the Ocean Explorer Programme. The following material is specific to the Advanced Snorkel Lifesaver Award.

- **Rope Throw**

  Starting with a tidy but uncoiled rope (in a heap as it might be stacked without coiling when pulled from the water, no knots or tangles) at your feet, demonstrate how to throw the rope 10m so that it falls between the outstretched arms of a subject treading water. Point out the need to retain hold of one end of the rope! Tell subjects what to do with the rope, and then pull them to safety at such a rate that his/her face remains clear of the water.

Get the students to practice until they can throw the rope reliably. A maximum of three throws is allowed in the exam.

- **Buoyant Aid**

  Demonstrate how to throw a suitable buoyant aid at least 10m to within 2.5m of a swimmer treading water:

  - Do not hit the subject (in a real rescue it may cause further distress to the casualty, and in the exam it will disqualify the throw).
  - Give clear instructions to the subject. It is recommended that subjects be instructed to hold the buoyant aid close to their chests while lying on their backs.
  - Adding a little water inside a plastic container to give it some weight may make it easier to throw.

  Demonstrate how to swim out and escort the subject back to safety:

  - Continue to give the subject clear instructions and encouragement during your swim out to them.
  - Swim alongside or slightly in front of the subject
  - Use a non-contact tow only if the subject is incapable of self-propulsion. Tow the subject from behind and avoiding direct contact. For instance, take hold of the buoyant aid, suit, snorkel buoyancy vest, strap etc, as appropriate. Show that the tow could be released before a panicking subject could grasp the rescuer.
  - The tow ends in deep water and the rescuer, still in the water, helps the subject to get out of the water by offering a hand or knee as a ‘step’.

  Get the students to practice throws until they can consistently get at least one out of three objects landing within 2.5m of a subject at least 10m away without hitting them.

  Then get the students to practice the whole throw/swim out/tow/assist exit process.

MOCK EXAM

Lesson Objectives

This is an optional open water session which runs through the Advanced Snorkel Lifesaver Award examination. The session is likely to be of benefit to the majority of students. If the students' skills are up to date it may be possible to run through the entire lesson in a single lesson, and to omit the demonstrations of each element. Alternatively instructors may choose to deliver the material over a number of lessons, using the slower pace to allow more time for students to rehearse the skills under supervision.

Achievement Targets

At the end of this lesson students should:

- Understand what they will have to do in the Advanced Snorkel Lifesaver Award examination
- Be aware of any areas where they need further training and/or practice.

Equipment Needed

Students will need normal protective clothing, lifejacket, mask, fins, snorkel, and if necessary, a quick release weightbelt. The term 'lifejacket' will normally mean a snorkel buoyancy vest, but it may also mean a buoyancy compensation device (BCD). A wetsuit or drysuit alone is not acceptable. The term 'normal protective clothing' is to be interpreted as that appropriate for snorkelling in local open water conditions. In the UK this may mean a wetsuit or drysuit, whereas for examinations held in warmer climates it may mean a 'shortie' wetsuit or a T-shirt.

Instructors should provide:

- A sufficient number of throwing ropes at least 12m in length (students are required to throw 10m)
- A sufficient number of buoyant objects for throwing. Soft plastic objects are preferred, e.g. anchor buoys, SMBs, polythene bottles etc. as may reasonably be found in a small boat. There is no objection to the chosen object containing a little water to give it some weight. No line is to be attached to the rescue aid.
- A boat suitable for use as a diving platform
- A sufficient number of training manikins
- A sufficient number of subjects to be rescued. Normally students will take turns at being subject and rescuer, but if circumstances such as limited pool time require it, additional subjects may be used as "bodies". Both the subject and the rescuer are to be dressed in accordance with the instructions below. Subject and rescuer are to be of a similar size and build.

Lesson Contents

Most of the elements in this lesson require demonstrations. Depending on the number of students and the venue time available, it may be better to use helpers to perform the demonstrations rather than do them yourself. Ensure that the helpers are capable of flawless performances.

1. Theory Test

Answer correctly eight out of ten questions relevant to snorkelling activities on:

- First aid
- Exhaustion
- Hypothermia

The questions and answers should be based on the current edition of the BSAC "Snorkelling for All" manual.

Ensure that your questions are phrased in such a way that they are not vague or ambiguous. Concentrate on determining whether the candidates understand the principles involved. Remember that this is a snorkelling award and that your questions should be based on 'Snorkelling for All', with the limited level of knowledge that this implies.

Test the students with a variety of questions of the above standard. Recommend further study if necessary.

2. Throwing Rescue

This element simulates the situation where a diver without his basic kit has fallen from a boat, which is unable to approach him.

A rope enables the subject to be pulled to the boat or a jetty, whilst a buoyant rescue aid does not, so the subject must be fetched. To encourage accuracy in the exam, a limit is imposed on the number of rope throws and on the number of rescue aids that may be thrown.

Rescuers and subjects should wear a minimum of normal protective clothing plus additional items (eg lifejackets) as would be expected to be worn in a boat during normal snorkelling and diving activities. The standard of dress is intended to ensure that the rescuer's throwing arm is restricted as it would be in reality. Subjects must be neutrally buoyant.

- **Rope Throw**

  Starting with a tidy but uncoiled rope (in a heap as it might be stacked without coiling when pulled from the water, no knots or tangles) at your feet, demonstrate how to throw the rope 10m so that it falls between the outstretched arms of a subject treading water. Point out the need to retain hold of one end of the rope! Tell the subject what to do with the rope, and then pull them to safety at the boat at such a rate that their face remains clear of the water. Assist the subject back into the boat.

  Get the students to practice until they can reliably throw the rope so that the subject can reach the rope in at least one out of three throws. Students should be able to handle the rope confidently.

- **Buoyant Aid**

  Demonstrate how to throw a suitable buoyant aid at least 10m to within 2.5m of a swimmer treading water with arms outstretched sideways:

  - Do not hit the subject (in a real rescue it may cause further distress to the casualty, and in the exam it will disqualify the throw).
  - Give clear instructions to the subject. It is recommended that subjects be instructed to hold the buoyant aid close to their chests while lying on their backs.
  - Adding a little water inside a plastic container to give it some weight may make it easier to throw.

  Demonstrate how to swim out and escort the subject back to the boat:

  - Continue to give the subject clear instructions and encouragement during the swim out to them.
  - Escort the casualty by swimming alongside or a little in front, avoiding direct contact.
  - Explain that if a tow becomes necessary, a non-contact method should be used so that it could be released before a panicking subject could grab the rescuer.
  - The tow ends in deep water and the rescuer, still in the water, helps the subject to get back in the boat.

  Get the students to practice throws until they can consistently get at least one out of three objects landing within 2.5m of a subject at least 10m away without hitting them.

  Then get the students to practice the whole throw/swim out/escort/assist exit process.

3. Snorkelling Rescue

This section requires a fully equipped snorkel diver to rescue another similarly equipped snorkel diver who is unconscious and not breathing.

The rescue commences in deep water with the rescuer 10m away from the subject who is floating face-down in the water. The rescuer closes with the subject, rolls them face up and inflates their buoyancy device. (Note: depending upon the method of emergency inflation of the buoyancy device being worn by the subject - eg CO_2 cartridge - operation of the inflation mechanism may need to be simulated. The subject should then inflate his own buoyancy device orally before replacing mask/snorkel and resuming an inert condition). The rescuer then removes the subject's mask and snorkel, their own snorkel and, if necessary, their own mask before commencing one minute mouth-to-nose RB. To adequately simulate this, the seal over the subject's nose should be held for approximately two seconds. The rescuer should then signal for assistance before towing the subject a distance of 100m to water shallow enough to stand up in. During the tow RB should be administered at a rate of 2 breaths approximately every 15 seconds. During the tow, the rescuer should look round from time to time to check his direction of progress.

At the end of the tow, the rescuer should give one more minute of RB (10 breaths) walk backwards towards the shore, now giving RB at a rate of approximately 10 breaths per minute. The rescuer, with the assistance of one other snorkel diver, then removes the subject from the water onto the shore. The rescuer remains in control of the rescue throughout and must give clear instructions to the assisting snorkel diver.

Once the subject has been landed they should be substituted by a manikin and then actions for no response should be taken (Checks for cardiac arrest followed by 30 CC and then 2 RB). 3 cycles of combined CC and RB should be demonstrated by the single rescuer.

It is **mandatory** that a manikin be available for this part of the exercise. On **no** account should CC be demonstrated on a live casualty. Finally, on the instruction of the examiner that the subject has started breathing, the rescuer should place them in the recovery position.

Rescuers and subjects should wear normal protective clothing, buoyancy device, mask, fins, snorkel and if required, weightbelt. Both subject and rescuer should be neutrally buoyant.

- **Snorkelling Rescue**

  Demonstrate the rescue, emphasising the following points:

  - Location of subject monitored throughout the swim out
  - Swim out paced so that rescuer does not reach the subject too tired to proceed
  - Inflation of subject's lifejacket without fumbling (advantage of buddy check)
  - Removal of subject's mask and snorkel
  - Rescuer's mask removed if necessary for effective RB, but not deliberately discarded
  - Adequate extension of subject's neck
  - Effective seal over subject's nose held for approximately 2 seconds (transient contact does not simulate the time required for effective lung inflation)
  - Subject's mouth held closed during mouth-to-nose and then released between breaths. Explain that this is more comfortable for subjects during exercises, and allows the possibility that the casualty may start breathing spontaneously in real rescues. In a real rescue in rough conditions it may be prudent to keep the unconscious subject's mouth closed to prevent water ingress.
  - Subsequent regular sequence of 2 effective RB/15 seconds tow (do not be too pedantic about the rate or sequence)
  - Tow with suitable sense of urgency but not to the extent that the student finishes the tow too exhausted to contribute to the removal of the subject from the water

- Rescuer walks as soon as the water is shallow enough, giving 10 more RB
- Adequate protection for the subject's head.

Assistance used to remove the subject from the water should reflect the philosophy of doing it in the easiest yet most effective way. The abilities of the assistant would need to be determined, by questioning if necessary, but would subsequently be utilised to the full, even taking over RB (if competent) to offload the tired rescuer.

Observe the students while they carry out the rescue (including the 100m swim). Point out any areas of weakness, and if necessary get them to repeat the offending part until they get it right

ADVANCED SNORKEL LIFESAVER EXAMINATION

Skills Performance Standards

The general skills performance standards which apply to all elements of the examination are set out in this section. Specific standards applicable to a particular element are set out in each corresponding section below.

The following general principles of lifesaving apply throughout the examination:

- Once the rescuer has made contact, it must be maintained without a break until the rescue is completed.
- Whenever RB is being applied during a rescue, the greatest training benefit and the most accurate assessment is obtained if the rescuer makes the appropriate seal over the subject's mouth or nose (although the rescuer should only blow into the subject when a training manikin is being used). While rates of RB are quoted for guidance, the emphasis will be on effective RB rather than the maintenance of a precise rate.
- If any action or technique used by the rescuer reduces the safety or effectiveness of the rescue as demonstrated, the examiner must take this into account when assessing the candidate. This especially applies where the candidate is given a choice of action.
- During the rescue the rescuer must demonstrate the appropriate sense of urgency compatible with the effective execution of the rescue.
- BSAC recommended rescue techniques are to be used throughout.
- During towing rescues, the rescuer should not deliberately discard his/her own mask and snorkel.
- Throughout the examination, the overriding question in the examiner's mind must be, "if it was being done for real, would it work?" The detail of the technique being used must not be allowed to confuse this question. The BSAC has developed recommended techniques for lifesaving which form a sound basis for training. However, it is accepted that certain individuals or certain equipment combinations will require these techniques to be modified and this should be taken into account.
- The object of the assessment is to determine whether the candidate is capable of saving a life and the technique used is only the means to an end, not the end itself.

Candidates will not gain the Advanced Snorkel Lifesaver Award if:

- They fail to meet throwing accuracy criteria
- They fail to get 8 out of 10 theory questions right
- They are incapable of diagnosing cardiac arrest and administering RBs and CCs
- They do not, in the examiner's opinion, achieve a sufficiently high standard in any of the practical assessments
- The candidate may be permitted one 'lowest level' section (ie Theory or Throwing Rescue or Snorkelling Rescue) retake immediately after the examination at the discretion of the examiner. No intervening instruction may be given.

Equipment Needed

Students will need normal protective clothing, buoyancy aid (which must have an independent means of emergency inflation), mask, fins, snorkel and if necessary, a weightbelt. The term 'normal protective clothing' is to be interpreted as that appropriate for snorkelling in local open water conditions. In the UK this may mean a wetsuit or drysuit, whereas for examinations held in warmer climates it may mean a 'shortie' wetsuit or a T-shirt.

The course organiser should provide:

- A sufficient number of throwing ropes at least 12m in length (students are required to throw 10m)
- A sufficient number of buoyant objects for throwing. Soft plastic objects are preferred eg, anchor buoys, SMBs, polythene bottles etc. as may reasonably be found on the diving site. There is no objection to the chosen object containing a little water to give it some weight. No line is to be attached to the rescue aid.
- A boat suitable for use as a diving platform
- A sufficient number of training manikins
- A sufficient number of subjects to be rescued. Normally students will take turns at being subject and rescuer, but if circumstances require it additional subjects may be used. Both the subject and the rescuer are to be dressed in accordance with the instructions below. Subject and rescuer are to be of a similar size and build.

Examination Contents

1. Briefing of Candidates and Subjects

Do not assume that the candidate will know the syllabus off by heart. Their training may well have covered the elements of the syllabus in a different order and exam nerves will in any case introduce uncertainty into the candidates' minds as to what is expected of them. Ensure that you (or the exam organiser) explain to the candidates exactly what is required of them at the start of each element of the assessment.

Throughout the examination it is just as important to brief the subjects of what is expected of them as it is to brief the candidates. Where subjects are meant to be unconscious it is imperative that they act completely limp. Any stiffness or action on the part of the subject will confuse the assessment of the candidate. Where this happens it may be necessary to ask the candidate to repeat that part of the examination using a more 'realistic' subject. Ensure that this point is made to the subjects in their briefing so that they are aware of the consequences of not following the briefing.

2. Theory Test

Answer correctly eight out of ten questions relevant to snorkelling activities on:

- First aid
- Exhaustion
- Hypothermia

The questions and answers should be based on the current edition of the BSAC "Snorkelling for All" manual.

Ensure that your questions are phrased in such a way that they are not vague or ambiguous. Concentrate on determining whether the candidates understand the principles involved. Remember that this is a snorkelling award and that your questions should be based on 'Snorkelling for All', with the limited level of knowledge that this implies.

3. Throwing Rescue

This element simulates the situation where a diver without basic kit has fallen from a boat, which is unable to approach the casualty.

A rope enables the subject to be pulled to the boat or a jetty, whilst a buoyant rescue aid does not, so the subject must be fetched.

Rescuers and subjects should wear a minimum of normal protective clothing plus additional items (eg lifejackets) as would be expected to be worn in a boat during normal snorkelling and diving activities. The standard of dress is intended to ensure that the rescuer's throwing arm is restricted as it would be in reality. Subjects must be neutrally buoyant.

- **Rope Throw**

  Starting with a tidy but uncoiled rope (in a heap as it might be stacked without coiling when pulled from the water, no knots or tangles) at their feet, the rescuer must throw the rope 10m so that it falls between the outstretched arms of a subject treading water. The rescuer must retain hold of one end of the rope. The subject must be told what to do with the rope, and must then be pulled to safety at the boat. The rescuer must assist the subject back into the boat.

  Skills Performance Standard: the candidate should demonstrate familiarity with the handling of ropes during this exercise by handling the rope confidently and performing a 'clean' throw.

  The subject should be treading water with arms stretched out sideways and the rope should fall across the outstretched arms without requiring any movement by the subject.

  A maximum of three throws is allowed.

  The candidate should give the subject clear instructions and should pull the subject to the boat at such a rate that their face remains clear of the water.

- **Buoyant Aid**

  The rescuer must throw a suitable buoyant aid at least 10m to within 2.5m of a swimmer treading water. The rescuer instructs the subject in its use as a rescue aid, and then the rescuer swims out and escorts the subject back to the boat. The tow ends in deep water and the rescuer, still in the water, helps the subject to get into the boat.

  Skills Performance Standard: the candidate should give the subject clear instructions and encouragement not only from the boat but also during the swim out.

  At the boat the subject should be assisted from the water by a means suitable for a conscious and co-operative person.

  The candidate should give suitable instructions to the subject throughout.

  Throws must not hit the subject or fall outside the 2.5m range.

  A maximum of three throws is allowed. Once thrown, an object may not be recovered

4. Snorkelling Rescue

This section requires a fully equipped snorkel diver to rescue another similarly equipped snorkel diver who is unconscious and not breathing.

The rescue commences in deep water with the rescuer 10m away from the subject who is floating face-down in the water. The rescuer closes with the subject, rolls the subject face up and inflates their buoyancy device. (Note: depending upon the method of emergency inflation of the buoyancy device being worn by the subject - eg CO_2 cartridge - operation of the inflation mechanism may need to be simulated. The subject should then inflate their own buoyancy device orally before replacing mask/snorkel and resuming an inert condition). The rescuer then removes the subject's mask and snorkel, their own snorkel and, if necessary, their own mask before commencing one minute mouth-to-nose RB. To adequately simulate this, the seal over the subject's nose should be held for approximately two seconds. The rescuer should then signal for assistance before towing the subject a distance of 100m to water shallow enough to stand up in. During the tow RB should be administered at a rate of 2 breaths approximately every 15 seconds. During the tow, the rescuer should look round from time to time to check his direction of progress.

At the end of the tow, the rescuer should give one more minute of RB (10 breaths) walk backwards towards the shore, now giving RB at a rate of approximately 10 breaths per minute. The rescuer, with the assistance of one other snorkel diver, then removes the subject from the water onto the shore. The rescuer remains in control of the rescue throughout and must give clear instructions to the assisting snorkel diver.

Once the subject has been landed they should be substituted by a manikin and then actions for no response should be taken (Checks for cardiac arrest followed by 30 CC and then 2 RB). 3 cycles of combined CC and RB should be demonstrated by the single rescuer.

It is **mandatory** that a manikin be available for this part of the exercise. On **no** account should CC be demonstrated on a live casualty. Finally, on the instruction of the examiner that the subject has started breathing, the rescuer should place them in the recovery position.

Rescuers and subjects should wear normal protective clothing, buoyancy device, mask, fins, snorkel and if required, weightbelt. Both subject and rescuer should be neutrally buoyant.

Skills Performance Standard:

Location of subject monitored throughout the swim

Swim paced so that candidate does not reach the subject too tired to proceed

Inflation of subject's lifejacket without fumbling

Removal of subject's mask and snorkel

Candidate's mask removed if necessary for effective RB, but not deliberately discarded

Adequate extension of subject's neck

Effective seal over subject's nose held for approximately 2 seconds (transient contact does not simulate the time required for effective lung inflation). See previous comment about objections.

Subject's mouth held closed during mouth-to-nose and then released between breaths. (Students should be aware that this is more comfortable for subjects during exercises, and allows the possibility that the casualty may start breathing spontaneously in real rescues. In a real rescue in rough conditions it may be prudent to keep the unconscious subject's mouth closed to prevent water ingress.)

Subsequent regular sequence of 2 effective RB/15 seconds tow (do not be too pedantic about the rate or sequence)

Tow with suitable sense of urgency but not to the extent that the candidate finishes the tow too exhausted to contribute to the removal of the subject from the water

Candidate walks as soon as the water is shallow enough, giving 10 more RB

The candidate's explanation of how assistance would be used to remove the subject from the water should reflect the philosophy of doing it in the easiest yet most effective way. The abilities of the assistant would need to be determined, by questioning if necessary, but would subsequently be utilised to the full, even taking over RB (if competent) to offload the tired candidate.


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