Examination

Snorkel Lifesaver Award

Instructor Manual

BSAC
Dive with us

Contents

Issue 1.4, January 2008

Published in the United Kingdom

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BSAC is grateful to the members of the BSAC Diver Training Group and others for their contributions to the development of this course and its supporting materials. In particular:

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Snorkel Lifesaver Award

This Instructor Manual is intended to give Snorkel Lifesaver Examiners guidance in the conduct of BSAC 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 pool or sheltered water conditions, lifesaving proficiency specifically applicable to warm water snorkelling. A secondary aim is to examine the ability of snorkel divers to make use of their rescue skills in more general non-diving situations.

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 Snorkel Lifesaver Award.

Course Overview

The Snorkel Lifesaver Award is obtained by passing an examination which comprises two sections - a dry theoretical and practical test and a wet practical test. In summary, the candidates will be required to:

- Answer questions on respiration, circulation, lifesaving and relevant first aid/Basic Life Support
- Demonstrate Rescue Breaths and Chest Compression
- Demonstrate the diagnosis and treatment of cardiac arrest
- Demonstrate the action for vomit, and the recovery position
- Perform a rope throwing rescue
- Perform a buoyant aid rescue and tow
- Perform a 25m rescue and tow of a snorkeller, with RB in the water
- Support an unconscious casualty at the surface.

Additional training prior to taking the examination is optional. This Instructor Manual includes a series of lessons designed to cater for the possible training needs of students who wish to take the Snorkel Lifesaver Award. Snorkel and Ocean Divers may require additional training for the Basic Life Support skills not included in their training; Snorkel Divers may also require additional theory training; all participants may require specific additional training for throwing exercises and swimming rescues, which are not included in the Diver Training Programme; and many students will welcome a mock exam to refresh their skills before the examination.

- Snorkel Lifesaver Theory covers material on Respiration, Circulation and Lifesaving including Basic Life Support practice using manikins, and provides recommendations for further reading.
- Snorkel Lifesaver In-water Skills covers towing and throwing.
- 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 Snorkel Diver or Ocean Diver. Snorkel Divers who wish to take this Award will require additional training for the theory knowledge and Basic Life Support skills not included in their previous training.

Qualifications Awarded

Holders of the Snorkel Lifesaver Award have

demonstrated their lifesaving proficiency in snorkelling and non-diving situations under pool or sheltered water conditions.

- Examination/Assessment

  The dry and wet tests may be examined in either order and on separate occasions but both must be completed within two months. Should a candidate fail either section, it may be retaken once, for an extra fee, within two months of the successful section. If the retake is failed, then both sections of the Snorkel Lifesaver Award must be retaken.

- Certification

  Qualification Record Book Certificate, and Cloth Badge.

Course Registration

Snorkel 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 Snorkel Instructor or above (which includes Scuba grades Open Water Instructor or above) who holds the Snorkel Lifesaver Award (or Lifesaver Award). 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.

Venue Facilities

The examination, optional mock examination, and optional lifesaver in-water skills lesson each requires a pool or other sheltered water training area.

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

Administration

When a group has been examined for the Snorkel Lifesaver Award, the course organiser should complete the 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, and any other costs are the responsibility of the candidates and their organisers.

SNORKEL LIFESAVER THEORY

Lesson Objectives

This is an optional classroom session to revise the rescue-related theory taught in the Ocean Explorer Programme and to introduce students to further reading which they can use to expand their knowledge of this subject. 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; their level of involvement in instruction subsequently – giving or receiving; their general level of knowledge; and their ability and inclination to carry out revision unaided. The theory required for the Snorkel Lifsaver Award is taught in Ocean Snorkel Diver. Students who have only done BSAC Snorkel Diver will require additional training unless they have acquired the necessary knowledge through other routes.

The format of this lesson, if given, is at the discretion of the instructor. The text below explains where the material is covered in the Ocean Explorer Programme. Using this would be the simplest way to present the lesson, but instructors are free to prepare their own material if they wish.

Achievement Targets

At the end of this lesson students should:

- Have a basic understanding of Respiration, Circulation, and Lifesaving
- Be aware of the BSAC publications which contain further information on diving rescue related topics
- Understand different types of rescue
- Understand the priorities of Basic Life Support
- Understand how to practically administer Rescue Breaths and Chest Compressions
- Understand the underlying principles of BLS
- Be competent and confident in their ability to perform one rescuer BLS
- Be competent and confident in their ability to deal with regurgitation of the casualty's stomach contents
- Be competent and confident in their ability to place the casualty in the recovery position
- Have covered the theory knowledge necessary to gain the Snorkel lifesaver Award.

Lesson Contents

The required material on Respiration, Circulation and Lifesaving is presented in Ocean Explorer Study Book pp30-39. This is the only part of the Ocean Explorer Programme dealing with the subject.

Students must be familiar with current lifesaving practices. Consult the BSAC Basic Life Support Guidelines 2006, which can be downloaded from the BSAC website.

Further Reading

Encourage students to read the current edition of the BSAC Manuals 'Snorkelling

for All' and 'Safety and Rescue for Divers' (all of it, more or less). The Lifesaver Award Instructor Manual contains further references to relevant BSAC teaching materials.

Revision Questions

Ask the students a series of questions based on the syllabus.

SNORKEL LIFESAVER IN-WATER SKILLS

Lesson Objectives

This is an optional pool or sheltered water session to teach or revise those in-water practical skills which are needed for the 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.

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 a buoyancy device, mask, fins, snorkel and if necessary, a weightbelt.

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 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 the subject what to do with the rope, and then pull them to safety at the poolside at such a rate that their face remains clear of the water. Emphasise the need to be careful to avoid injuring the subject by pulling them so fast that they collide with the poolside at the end of the tow. Subjects will often be on their backs, unable to see where they are going.

  Get the students to practice until they can reliably throw the rope within one minute from the word 'go' until the moment the subject grasps the rope. There is no limit to the number of throws within the one minute period.

- **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 the subject be instructed to hold the buoyant aid close to their chest while lying on their back.
  - 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 tow the subject back to the poolside:

  - Continue to give the subject clear instructions and encouragement during the swim out to the subject.
  - Use a non-contact tow, towing the subject from behind and avoiding direct contact with the subject. 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 pool or sheltered water session which runs through the 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 pool session, and to omit the demonstrations of each element. Alternatively instructors may choose to deliver the material over a number of sessions, using the slower pace to allow more time for students to rehearse the skills under supervision. This may be a useful approach to take where the students are all Ocean Snorkel Divers or above, and have therefore been trained in most of the required skills, but are in need of a refresher.

Achievement Targets

At the end of this lesson students should:

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

Equipment Needed

Students will need a swimming costume, lifejacket, mask, fins, snorkel and if necessary, a weightbelt. The term 'lifejacket' will normally mean a snorkel buoyancy vest, but it may also mean a buoyancy compensation device (BCD).

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 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. No line is to be attached to the rescue aid.
- 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 pool 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

The students will have to answer correctly four out of five questions on each of:

- Respiration
- Circulation
- Lifesaving and relevant first aid

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. Practical Basic Life Support

Students may be dressed in normal clothing for this element.

- **Rescue Breaths**

  Using a resuscitation training manikin, demonstrate effective RB. Emphasise the following points:

  - Initial check for clear mouth and throat
  - Adequate neck extension
  - Effective seal over mouth or nose
  - Alternative orifice blocked off
  - Subsequent regular rhythm giving effective breaths (do not be too pedantic about the rate)
  - Monitor subject's chest movement and listen for exhalations.

  Get the students to perform RB for at least three minutes, using both mouth-to-mouth and mouth-to-nose techniques. Ask the students questions about BLS whilst they are performing the exercise and get them to answer without prejudicing the RBs. Explain that a real rescuer would have to communicate with other people at the site of a rescue.

  Where a manikin is not available, students should demonstrate simulated RB on a live subject.

- **Cardiac Arrest**

  Check that the students understand the diagnosis of cardiac arrest (unresponsive and not breathing normally). Demonstrate how diagnosis is actually done (check for responsiveness using AVPU – Alert/ responds to Voice/ responds to Pain/ Unresponsive; check for normal breathing by observing breath sounds and feel, and chest movement).

- **Combined CC and RB**

  The use of a resuscitation training manikin is mandatory for this exercise. Under no circumstances whatsoever should simulated CC be performed on a live subject.

  Demonstrate effective CC combined with RB on a manikin, emphasising the following points:

  - Check for circulation of casualty
  - Correct positioning of hands on casualty's chest
  - Adequate depression of sternum
  - Regular, effective rhythm
  - Sequence of 30 CCs to 2 RBs – single operator.

  Get the students to perform CC/RB for at least two minutes. Question them whilst they are performing, to give them further practice in talking without prejudicing the CCs and RBs.

- **If the Subject Vomits**

  Demonstrate with a live subject the action to take when vomiting occurs during CC/RB (react quickly to the condition; turn subject; clear vomit; check mouth and throat; return the subject to his/her back and recommence CC/RB).

  Get the students to mimic.

- **Recovery Position**

  Demonstrate positioning the subject in the recovery position emphasising the following:

  - Adequate protection of the head during positioning
  - Good neck extension
  - Mouth / nose angled downwards, head raised on hand
  - Arms and legs positioned to give a stable posture
  - Upper arm and leg keeping subject's weight off chest

  Get the students to mimic.

The following sections must be carried out in the order specified.

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. The rescuer is without basic kit and has not time to fit any. A rope enables the subject to be pulled to a boat, whilst a buoyant rescue aid does not, so the subject must be fetched. In the exam a time limit is imposed on the rope throwing to instil some urgency; and a limit on the number of rescue aids that may be thrown encourages accuracy.

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 keep hold of one end of the rope! Tell the subject what to do with the rope, and then pull them to safety at the poolside at such a rate that their face remains clear of the water. Tell them to be careful to avoid hitting the subject's head on the poolside at the end of the tow.

  Get the students to practice until they can reliably throw the rope within one minute from the word 'go' until the moment the subject grasps the rope. There is no limit to the number of throws within the one minute period.

- **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 the subject be instructed to hold the buoyant aid close to his or her chest while lying on their back.
  - 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 tow the subject back to the poolside:

  - Continue to give the subject clear instructions and encouragement during the swim out to the subject.
  - Use a non-contact tow, towing the subject from behind and avoiding direct contact with the subject. 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.

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 his buoyancy device. Depending on the method of emergency inflation – eg CO_2 cartridge – operation of the inflation mechanism may need to be simulated. In this event the subject should inflate his own buoyancy device orally before replacing his mask and snorkel and resuming an inert condition.

The rescuer then removes the subject's mask and snorkel, his own snorkel and, if necessary, his own mask before commencing 1 minute of RB (approximately 10 breaths). The rescuer should then signal for assistance before towing the subject 25m to shallow water, giving two RB approximately every 15 seconds during the tow. During the tow the rescuer should look round from time to time to check his direction of progress.

Once in shallow water the rescuer should give another 1 minute of RB and then explain to the examiner how he would remove the subject from the water using whatever assistance would reasonably be available.

Rescuers and subjects should wear swimming costumes plus mask, fins, snorkel, lifejacket and, if required, quick release 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

At the end of the rescue run through the issues associated with removing the casualty from the water. Point out the methods available in the circumstances and their pros and cons. Emphasise that 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 25m swim). Point out any areas of weakness, and if necessary get them to repeat the offending part until they get it right.

5. Swimmer Support

This final element tests the rescuer's ability in a non-diving situation such as may occur at any time where activities on or around water are concerned.

Rescuers and subjects should wear a swimsuit only.

- **Non-breathing Subject**

The rescuer enters the deep water as if for unknown conditions and swims 25m to an unconscious, non-breathing subject floating face down on the surface; turns the subject into the face up position; tows the subject 10m to the side (deep water) and secures the casualty; gives one minute of RB; removes the subject from the water with assistance if available; and then places the subject in the recovery position.

There is no set time limit to this rescue.

Demonstrate the rescue. It is not essential for the instructor to tow for the whole distance. Emphasis the following points:

- Cautious entry into the water keeping subject in sight
- Speed of swim to casualty as fast as possible consistent with continuous monitoring of location of subject during swim out, and need for rescuer to remain capable of completing the entire rescue
- Subject quickly turned face up
- Distress signal on initial contact - no RB until security/buoyancy available
- Secure grip for tow
- Subject's face kept clear of water during tow
- Secure support position
- Adequate neck extension during RB
- Effective seal over subject's nose held for 1 to 2 seconds
- Clear, firm instructions to assistant
- Adequate protection for the subject's head
- Do not remove subject from pool with back to side – risk of injury
- Subject moved to a safe distance from the water
- Good neck extension, mouth/nose angled downwards, head raised on hand
- Arms and legs positioned to give a stable posture
- Upper arm and leg keeping casualty's weight off chest

Get the students to perform the rescue, observing their performance and offering advice or suggesting repetition as required.

- **Breathing Subject**

  The rescuer supports the head and face of a breathing but unconscious subject above water for a period of two minutes. The subject should be briefed to remain completely limp throughout this exercise and should make no hand, arm or leg movements

  Demonstrate the rescue technique, resting subject's head clear of the water on the rescuer's chest or shoulder. Point out that movement around the pool is acceptable during this exercise.

  Get the students to attempt the exercise for two minutes. Observe their performance and offer advice or suggest repetition or further practice as required.

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. Encourage students to do what they think is best in the prevailing circumstances, and not simply to do what they think the examiner wants.

Candidates will not gain the Snorkel Lifesaver Award if:

- They fail to make a time limit
- They fail to meet throwing accuracy criteria
- They fail to get 4 out of 5 theory questions right
- They are incapable of diagnosing cardiac arrest and administering RB and CC
- 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 (eg Swimmer Support: Non-breathing Subject) retake immediately after the examination at the discretion of the examiner. No intervening instruction may be given.

Equipment Needed

Students will need a swimming costume (as for warm water conditions), buoyancy aid (which must have an independent means of emergency inflation), mask, fins, snorkel and if necessary, a weightbelt.

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 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. 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.

Explain to the candidates that there may be several ways of dealing with any lifesaving situation. It is up to them to choose the approach they think is most appropriate in the circumstances. In most cases there is no single right answer (though there may be many more wrong ones). During the examination you may be questioning the techniques they have used, and asking them to justify their actions.

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. Dry Test

- **Theory Test**

  Answer correctly four out of five questions on each of:

  - Respiration
  - Circulation
  - Lifesaving and relevant first aid.

  The questions and answers will 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.

- **Practical Basic Life Support**

  - **Rescue Breaths**

    Using a resuscitation training manikin, demonstrate effective RB as directed for a period of at least three minutes to the satisfaction of the examiner (RB at approximately 10 breaths per minute). Where a manikin is not available, the candidate should demonstrate simulated RB on a live subject. The examiner will question the candidate during the demonstration.

Skills Performance Standard: this should be commenced as if initiating BLS. Check the following points:

Initial check for clear mouth and throat

Adequate neck extension

Effective seal over mouth or nose

Alternative orifice blocked off

Subsequent regular rhythm giving effective breaths (do not be too pedantic about the rate)

Candidate monitors subject's chest movement and listens for exhalations.

During the course of the RB both mouth-to-mouth and mouth-to-nose techniques must be performed.

Ask the candidates questions to clarify any points but stress that the answers should not prejudice the RB, as if a real rescuer was having to communicate with other people at the site of a rescue.

If RB is being simulated on a live subject, because of the non-availability of a manikin, it is preferred that the rescuer makes a seal over the subject's mouth or nose although does not inflate the subject's lungs. If candidates object strongly to this, rather than alienate the people concerned and possibly deter them from taking any further interest, the examiner may agree to an alternative technique provided that the examiner is satisfied that the alternative allows a realistic assessment of the candidate's capabilities. The examiner is not to offer this concession unless the candidate first raises an objection.

- **Cardiac Arrest**

Demonstrate and explain to the examiner the diagnosis of cardiac arrest.

Skills Performance Standard: there should also be an explanation of how diagnosis is actually done (check for responsiveness using AVPU – Alert/ responds to Voice/ responds to Pain/ Unresponsive; check for normal breathing by observing breath sounds and feel, and chest movement).

- **Combined CC and RB**

Using a resuscitation training manikin, demonstrate effective CC combined with RB. The recommended sequence is 30 CC followed by 2 RB at a rate of 100 compressions per minute. This should be acted out by a single operator for a minimum of 2 minutes.

Under no circumstances whatsoever should simulated CC be performed on a live subject. The use of a training manikin is mandatory for this section of the assessment.

Skills Performance Standard: During the assessment check the following points:

Check for cardiac arrest in casualty, look for signs of recovery

Correct positioning of hands on casualty's chest

Adequate depression of chest

Regular, effective rhythm

Sequence of 30:2 single operator.

- **Recovery Position**

Demonstrate with a live subject the action when vomiting occurs and the recovery position.

Skills Performance Standard: the action for a vomiting subject and the placing of the subject into the recovery position should both commence with a live subject lying flat on his/her back. The action for vomiting should commence from RB and should demonstrate

a quick reaction to the condition. Vomit should be cleared and the mouth and throat checked before the rescuer returns the subject to his/her back and recommences simulated RB.

Positioning the subject in the recovery position should demonstrate the following:

Adequate protection of the head during positioning

Good neck extension

Mouth / nose angled downwards, head raised on hand

Arms and legs positioned to give a stable posture

Upper arm and leg keeping subject's weight off chest.

3. Wet Test

The following sections must be carried out in the order specified.

- **Throwing Rescue**

This part of the test presupposes that a diver without basic kit has fallen from either a boat which is unable to approach the casualty, or a jetty. The time limit on the rope throwing instils some urgency, and the limit on the number of rescue aids that may be thrown encourages accuracy (and care as a 'hit' discounts that throw). A rope enables the subject to be pulled to the boat or jetty: a buoyant rescue aid does not, so the subject must be fetched. Note that the rescuer is without basic kit and does not have time to fit any.

Dress: a buoyancy aid is to be worn. Subjects must be neutrally buoyant.

- **Rope Throw**

Starting with a tidy but uncoiled rope at the rescuer's 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! Subjects must be told what to do with the rope, and are then pulled to safety at the poolside. There is a time limit of one minute from the word 'go' until the moment the subject grasps the rope. There is no limit to the number of throws within the one minute period. 'Tidy but uncoiled' means in a heap as it might be stacked without coiling when pulled from the water, no knots or tangles.

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.

The candidate should give the subject clear instructions and should pull the subject to the side of the pool at such a rate that their face remains in 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 tows the subject back to the poolside. 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'. It is recommended that the subject be instructed to hold the buoyant aid close to their chest while lying on their back. During the tow the rescuer should avoid direct contact with the subject and, for instance, take hold of the buoyant aid, suit, snorkel buoyancy vest strap etc, as most suitable.

Hitting the subject, or being outside the 2.5m range will disqualify the throw. The object may not be recovered. A maximum of three objects may be thrown.

Skills Performance Standard: the candidate should give the subject clear instructions and encouragement not only from the side of the pool but also during the swim out to the

subject.

A non-contact tow should be performed with the candidate towing the subject from behind and by such means that the tow could be released before a panicking subject could grasp the rescuer. At the poolside 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.

- **Snorkelling Rescue**

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

Dress: as in Throwing Rescue above plus mask, fins, snorkel and, if required, quick release weightbelt. Both subject and rescuer should be neutrally buoyant.

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 his buoyancy device. Depending on the method of emergency inflation – eg CO_2 cartridge – operation of the inflation mechanism may need to be simulated. In this event the subject should inflate his own buoyancy device orally before replacing his mask and snorkel and resuming an inert condition.

The rescuer then removes the subject's mask and snorkel, his own snorkel and, if necessary, his own mask before commencing 1 minute of RB (approximately 10 breaths). The rescuer should then signal for assistance before towing the subject 25m to shallow water, giving two RB approximately every 15 seconds during the tow. During the tow the rescuer should look round from time to time to check his direction of progress.

Once in shallow water the rescuer should give another 1 minute of RB and then explain to the examiner how he would remove the subject from the water using whatever assistance would reasonably be available.

Skills Performance Standard: at the commencement of this rescue the subject should be floating face down at the surface. As the rescue proceeds, check the following points:

- 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.

- **Swimmer Support**

This final section tests the rescuer's ability in a non-diving situation such as may occur at any time where activities on or around water are concerned.

Dress: swimsuit only.

- **Non-breathing Subject**

The rescuer enters the water as if for unknown conditions and swims 25m to an unconscious, non-breathing subject floating face down on the surface. The rescuer turns the subject into the face up position and then tows the subject for 10m to the side (deep water). Once the rescuer has secured the casualty 1 minute of RB is carried out. The rescuer then removes the subject from the water with assistance if available. The examiner declares that the subject has recommenced breathing and the rescuer then places the subject in the recovery position.

Skills Performance Standard: there is no set time limit to this rescue. The following points should be checked:

Cautious entry into the water keeping subject in sight

Speed of swim to casualty

Continuous monitoring of location of subject during swim out

Subject, quickly turned face up

Distress signal on initial contact

Subject's face kept clear of water during tow

Secure support position

Adequate neck extension during RB

Effective seal over subject's nose held for 1 to 2 seconds

Clear, firm instructions to assistant

Adequate protection for the subject's head

Method of removal avoids risk of back injury to rescuer or subject

Subject moved to a safe distance from the water

Good neck extension

Mouth / nose angled downwards, head raised on hand

Arms and legs positioned to give a stable posture

Upper arm and leg keeping casualty's weight off chest.

- **Breathing Subject**

The rescuer supports the head and face of a breathing but unconscious subject above water for a period of two minutes.

Skills Performance Standard: the subject should be briefed to remain completely limp throughout this exercise and should make no hand, arm or leg movements. During the candidate's efforts to support the subject's face clear of the water, movement around the pool is acceptable.


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