

# ROOKIE

# LIFEGUARD

RLSS UK

## SUMMARY OF BRONZE SKILLS

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

- Enter shallow water safely and confidently
- Tread water for 1 minute, using arms to occasionally signal for help
- Swim continuously in clothing for 50m (long sleeved top, trousers or skirt)
- Swim Lifesaving Backstroke over a distance of 50m
- Scull head and feet first on their back over a distance of 15m
- Hold the 'HELP' position for 2 minutes 30 seconds
- Demonstrate a non swimmer, weak swimmer and an unconscious casualty
- Demonstrate a 'Shout and Signal' rescue to a casualty 5m away
- Enter shallow water and wade to a casualty 5m away
- Throw a buoyant aid to a casualty 5m away and instruct them back to the side
- Demonstrate a reach rescue to a casualty 2m away
- Throw a non buoyant aid (rope) to a casualty 8m away
- Enter deep water safely and confidently
- Perform a feet first surface dive and swim underwater 5m before surfacing
- Climb out in deep water without using the steps

