



## **Advanced Lifesaver Award**

---

<b>AIM</b>	To examine lifesaving proficiency specifically applicable to divers in realistic open water conditions. The examination also covers First Aid for injuries likely to be encountered in diving and diving-related activities.
<b>DURATION</b>	The duration of the examination will be dependent upon the number of candidates and the candidate/Examiner ratio but will all be completed in one day.
<b>ELIGIBILITY</b>	This examination is open to all current members of the BSAC who hold the BSAC Lifesaver Award (or equivalent). It is also recommended (but not mandatory) that candidates have attended a Practical Rescue Management Course and a First Aid for Divers course.
<b>INSTRUCTORS</b>	Instruction must be supervised by a BSAC Nationally Qualified Instructor, preferably one who holds the BSAC Advanced Lifesaver Award.
<b>FACILITIES</b>	The examination will require access to a water depth of 20m, an inflatable boat and a clear surface distance of 100m terminating in a shelving store. Throwing lines and buoyant aids suitable for throwing a distance of 10m will be required. A dry area for the conduct of the theory part of the examination will also be required. The examination is conducted in groups of three - rescuer, subject and boathandler/shore party/bystander - each group with one Examiner. Candidates may take each role in rotation as necessary.
<b>EXAMINERS</b>	Examiners will be appointed by the BSAC Rescue Skills Chief Examiner, from among those Lifesaver Examiners who hold the Advanced Lifesaver Award. Each will carry a suitably endorsed Examiners Card of Authority.
<b>ADMINISTRATION</b>	When a group is ready to be examined for the Advanced Lifesaver Award, the Branch Diving Officer or group Instructor should contact their BSAC Regional Coach who will allocate an Examiner. Advanced Lifesaver Examination Report Forms should be obtained from BSAC HQ and prepared so that they list the personal details of all candidates in readiness for the Examiner's use. On completion of the examination the Branch Diving Officer or group Instructor should submit the completed Examination Report Forms, together with the appropriate fees, to the Principal National Coach at BSAC HQ who will arrange for the Qualification Record endorsements to be issued. All sections of the Examination must be completed successfully.

---

<b>SYLLABUS</b>	The examination comprises of four sections: 1 Throwing exercise 2 Controlled buoyant rescue from depth 3 Surface rescue 4 First Aid exercise and theory
-----------------	---

Throughout the examination the techniques employed will be based on those described in 'Safety and Rescue for Divers'. Candidates will be expected to be familiar with any changes to the recommendations subsequent to the latest printing of this manual. Emphasis will be placed on immediacy and improvisation. As a guide, AV should be given at a rate of 12-16 breaths/min when ashore or in the boat. Because of the greater effort involved, a lower rate is expected when rescuer

and subject are static in the water. This rate will be further reduced when the effort involved is increased by the necessity to tow the subject. When static in the water a rate of 10 breaths/min should be used as a guide and a sequence of two breaths every 15 seconds when towing. The overriding requirement is, however, EFFECTIVENESS rather than a rigid observance of the timing. A proper seal over the subject's mouth or nose, as appropriate, is expected.

During the rescue the rescuer must demonstrate the appropriate sense of urgency compatible with the EFFECTIVE execution of the rescue.

The Examiner will position himself/herself wherever necessary to best observe the performance of the candidate throughout all sections, without obstructing or otherwise impeding the candidate's actions.

## DEFINITIONS

For the practical tests, both the subject and rescuer are to be dressed in accordance with the instructions below. Subject and rescuer are to be of similar size and build.

The term 'normal protective clothing' is to be interpreted as that clothing appropriate to diving in local open water conditions. In the UK this means a wetsuit or drysuit, whereas for examinations held in warmer climates this may mean only a 'shortie' wetsuit or even a 'T' shirt.

For candidates wearing wetsuits or other wet forms of protective clothing, the term 'lifejacket' will normally mean an ABLJ or Buoyancy Compensator while for drysuited candidates it may also mean a surface lifejacket. A drysuit alone is not acceptable. All 'lifejackets' worn for this test must have an independent emergency means of inflation.

### 1 Throwing Exercise

Dress: Minimum of lifejacket worn over normal protective clothing.

Starting with a tidy but uncoiled rope at the rescuer's feet in an inflatable boat in open water, the rescuer throws the rope 10m so that it falls between the outstretched arms of the subject treading water. The subject is told what to do with the rope and he is then pulled to the side of the boat. The rescuer then assists the subject back into the boat.

A maximum of three throws is permitted and the line must fall across the outstretched arms of the subject.

b) From the same inflatable the rescuer throws a buoyant rescue aid (anchor buoy, SMB etc) to within 2.5m of a subject treading water 10m from the boat. The subject is then instructed what to do and the rescuer swims out and rescues the subject using a non-contact tow. While still in the water, the rescuer helps the subject into the boat.

A maximum of three objects may be thrown and a 'hit' or 'miss' (beyond 2.5m) discounts the throw. The rescuer may not use mask, fins or snorkel.

### 2 Controlled Buoyant Rescue from depth

Dress: Both rescuer and subject will be dressed in their full normal open water equipment, protective clothing and lifejacket.

The rescue will commence from a depth of 20m with both rescuer and subject trimmed for their normal diving buoyancy at that depth. The subject will be considered to be unconscious and not breathing. At an appropriate signal from the Examiner, the rescuer will close with the subject and commence to raise the subject by the controlled use of buoyancy. The precise technique for achieving this will be appropriate to the standard of equipment being worn by the subject and rescuer.

To demonstrate effective buoyancy control the rescuer will regulate the speed of ascent of the lift to a normal ascent rate (15m/min) and will bring the ascent to a halt by achieving neutral buoyancy at a depth of 6m.

At a signal from the Examiner the lift will then terminate and all parties will make a normal ascent to the surface taking one minute.

On reaching the surface the rescue will recommence with the subject again deemed to be unconscious but breathing. The rescuer will inflate the subject's lifejacket sufficiently to ensure adequate positive buoyancy to secure the subject at the surface and to enable AV to be commenced. The subject's mask and mouthpiece should be removed and at least two full breaths or AV given before signalling to the boat and then commencing a tow of 10m to the boat giving AV as necessary.

On reaching the boat, the rescuer and boathandler (acting on instructions from the rescuer) remove whatever equipment they wish from the subject. The rescuer may also remove their own equipment. Together, they then lift the subject into the boat, where the subject will be put into the best possible position (allowing for the state of the boat) in which to continue AV until instructed otherwise by the Examiner. The subject will then be repositioned (if necessary) into a suitable posture for transport in a boat which is underway.

### 3 Surface Rescue

Dress: As the commencement of Section 2.

This section is to follow on from Section 2 and portrays the alternative ending to Section 2 following surfacing after a buoyant lift where no boat is present. The subject is considered to be unconscious and not breathing.

The rescue commences at the instant where the subject and rescuer reach the surface. The subject's lifejacket is inflated, mask/mouthpiece removed and AV commenced as in Section 2. The rescuer then tows the subject 100m to a shelving shore giving AV throughout the tow. On arrival at the shore, the rescuer, with the assistance of a shore party of one, lands the subject. The rescuer remains in control of the rescue throughout and may remove, or have removed by the shore party, whatever of the subject's or his own equipment he deems necessary to land the subject. AV will be continued throughout the landing until the Examiner instructs otherwise when the subject will be placed in the recovery position.

### 4 First Aid

a) Practical exercise. Dress: Both subject and rescuer will be dressed as at the end of Section 3. All equipment removed from the subject and rescuer will be to hand.

The subject will be considered to be breathing but suffering from some injury as specified by the Examiner eg serious burns, fractures or bleeding (hypothermia and shock will also be present). The rescuer will be expected to render First Aid to the subject using the materials and assistance to hand.

b) Theory Paper. A half hour written paper requiring short answers will be set by the Examiner. The standard of question will be as follows:

What is pressure point?

How long should pressure be applied?

What are the signs of internal bleeding?

### NOTES

Candidates will not gain the Advanced Lifesaver Award if, in the Examiner's opinion:

- They fail to gain sufficient theory marks
- They are incapable of diagnosing cardiac arrest and administering CPR
- They do not achieve a sufficiently high standard in any of the practical assessments