

# Swimmer Record

SwimmerID 1  
Forname Jake  
Surname Ledger  
DOB 17/06/1994  
Current Award ID 1

## Completed Awards

NPLQ TA

NPLQ

Lifesaving Instructor

Assistant Teacher

23/10/2014 Bronze Medallion

23/10/2014 Bronze Core

23/10/2014 Bronze Core

## Currently Working Towards...

Bronze Core

## Award Progress

Bronze Core	Answer total of 2 Drowning Information Questions on one of the following categories, Definition of drowning, Drowning Prevention Model.	<input checked="" type="checkbox"/>	22/10/2014
	Rescue Assessment 1. Shout and Signal Rescue at 8-10m with a Non-Panicking Casualty.	<input type="checkbox"/>	
	Rescue Assessment 2. Throw Rescue at 8-10m with a Non-Panicking Casualty.	<input type="checkbox"/>	
	Self Rescue and Survival Assesment 1. Perform a Fall-In entry, then Perform a Horizontal float for 30 seconds, then Perform an Angled float for 30 seconds, then Perform an exit from deep water (approx 1.5m+).	<input type="checkbox"/>	
	Answer total of 2 First Aid Questions on one of the following categories, Bleeding, Shock.	<input checked="" type="checkbox"/>	24/10/2014
	Speed Rope Coil. Must be able to Produce at least 4 coils using the Speed Coil Technique.	<input type="checkbox"/>	
	Distance Swim of 200m either Frontcrawl or Breaststroke. Candidate must not stop or Touch the Floor.	<input type="checkbox"/>	

	Self Rescue and Survival Assessment 2. Perform a Slide-In entry, then Scull 50m continuously: 25m feet first, 25m head first, then Tread water for 2 minutes, then Signal for help (approx 30 seconds), Pick up a float (thrown or already in the water), then Hold the HELP position for 2 minutes, then Retaining the float, swim to shallow water and perform an exit from shallow water (approx 1m).	<input type="checkbox"/>	
	Answer total of 2 Emergency Management Questions on one of the following categories, Assessing the Situation, Skills Toolbox, Re-assessment, Emergency Calls.	<input type="checkbox"/>	
	Answer total of 2 Hazard Awareness and Safety Questions on one of the following categories, Safety at Swimming Pools, Mudflats and Quicksand, SAFE code, Water Quality (Blue Flag), Safety at Open Water Sites.	<input type="checkbox"/>	
	Timed Swim of 50m in 1 Minute. Start the time swim in the pool.	<input checked="" type="checkbox"/>	23/10/2014
Bronze Medallion	Answer a total of 2 Questions on the following categories, Swimming Pools, Rivers and Estuaries, Quarry Pools, Cliffs, Offshore winds, Waves.	<input type="checkbox"/>	
	Rescue Assessment 4. Initiative Rescue with 2 Casualties either Non-Panicking or Panicking.	<input type="checkbox"/>	
	Self Rescue and Survival Assessment 1. Survival Swim: 5 Minutes Continuous Front Crawl or Breaststroke. (Fully Clothed)	<input type="checkbox"/>	
	Self Rescue and Survival Assessment 1. Demonstrate the Defensive "Feet Up" Position for 10 seconds. (Fully Clothed)	<input type="checkbox"/>	
	Rescue Assessment 1. Throw Rescue at 10-15m with a Non-Panicking Casualty.	<input type="checkbox"/>	
	Rescue Assessment 2. Reaching Rescue at 2-4m with a Non-Panicking Casualty.	<input type="checkbox"/>	
	Rescue Assessment 3. Wading Rescue at 8-10m with a Non-Panicking Casualty.	<input type="checkbox"/>	
Bronze Sport	Demonstrate Clearing an Obstacle	<input type="checkbox"/>	
	Speed Coil & Throw 10m in 45 Seconds	<input type="checkbox"/>	
	Underwater Swimming. Swim 25m, Basic Turn, Swim 10m Underwater without surfacing from turn.	<input type="checkbox"/>	
	Backstroke Manikin Carry (Half-Filled). 25m Swim, 25m Tow.	<input type="checkbox"/>	
	Sidestroke Manikin Carry (Half-Filled). 25m Swim, 25m Tow.	<input type="checkbox"/>	
	Recover a Brick from the Pool Floor. 10m Freestyle Swim, Head First Surface Dive. Retrieve the brick from 1.5m - 2m depth.	<input type="checkbox"/>	
	Manikin Tow (Half-Filled) 25m in 1 Minute. Head must not go below surface.	<input type="checkbox"/>	
	Front crawl Manikin Carry (Half-Filled). 25m Swim, 25m Tow.	<input type="checkbox"/>	
	Freestyle Swim 100m with Basic Turns in 2 Minutes	<input type="checkbox"/>	