

Swimmer Safety and Rescue Skills Competency Checklist

Swimmer Safety and Rescue Course

Skills Competency Checklist

Name: Provider: Date:

	Participant			Provider		
	Strong	Competent	Needs developing	Strong	Competent	Needs developing
Personal Paddling Skills						
Applied technical skills						
Tactical paddling skills						
Physical and mental awareness						
Rescue Skills						
Rescue an unconscious/unresponsive swimmer						
Stabilise the situation of an incident						
Open airway						
Calling for assistance						
Dealing with minor injuries/issues						
Immediate incident management						
Underpinning background knowledge, understanding and experience						
The swimming environment						
Safety frameworks						
The effects of weather						
Working as part of a team						
Team Leader and individual responsibilities						
Team briefings						
Communication and debrief						
Clothing and equipment						
Personal clothing and equipment						
Personal welfare						
Issued equipment by deployers						
Supporting swimmers						
Positioning of the safety cover craft						
Dealing with common minor issues						
Calling for additional support						
Stabilising and calling for support						
Identifying swimmers in distress						
Techniques for supporting a swimmer/casualty from the craft						
Calling for immediate assistance						
Unconscious / unresponsive						
Deployment matters and responsibilities						

Swimmer Safety and Rescue - Candidate Development Plan

Name:

Specific Comments and Action Points

Personal Paddling Skills:

Rescues and Immediate Incident Management:

Background Knowledge and Understanding:

Experience:

Reflective Practice: