

Safety Awards - No Age Requirement		
Award	Prerequisites	Course Content
Safety 1	None	To test principles of water safety and simple rescue techniques especially for those whose lack of swimming skills precludes them from further lifesaving training.
Safety 2	None	To introduce simple rescue techniques involving minimum risk to the rescuer. It is designed to prepare the candidate who has some swimming skills for lifesaving training.
Safety 3	None	To emphasise rescue techniques involving minimum risk to the rescuer. It is designed to test candidate's judgement and ability to assess accident situations correctly.
Safety 4	None	To further emphasise simple rescue techniques involving minimum risk to the rescuer. It is designed to test candidate's progression from skills included in Awards 2 and 3 and as a preparatory step to the Rescue Awards.
Endurance Award		
Award	Prerequisites	Course Content
Endurance 1	11 years on the date of assessment	To emphasise the importance of training in self rescue skills before attempting body contact rescue and also the need to attain a high standard of physical fitness. It is also aimed at encouraging candidates to maintain and develop this standard by providing graded levels of achievement within the Award
Endurance 2	12 years on the date of assessment	To emphasise the importance of training in self rescue skills before attempting body contact rescue and also the need to attain a high standard of physical fitness. It is also aimed at encouraging candidates to maintain and develop this standard by providing graded levels of achievement within the Award.
Survival 1	11 years on the date of assessment	To emphasise the importance of training in self rescue skills before attempting body contact rescue and also the need to attain a high standard of physical fitness. It is also aimed at encouraging candidates to maintain and develop this standard by providing graded levels of achievement within the Award.
Survival 2	12 years on the date of assessment	To emphasise the importance of training in self rescue skills before attempting body contact rescue and also the need to attain a high standard of physical fitness. It is also aimed at encouraging candidates to maintain and develop this standard by providing graded levels of achievement within the Award.
Rescue Awards		
Award	Prerequisites	Course Content
Rescue 1	Minimum age 12 years on date of assessment. Safety 1 & Endurance 1 or Survival 1.	To introduce candidates to different techniques of personal contact in swimming rescues with various types of subject, while ensuring minimum risk to the rescuer.
Rescue 2	Minimum age 13 yrs on date of assessment. Rescue 1 & Endurance 2 or Survival 2	To minimize the dangers of body contact rescues by providing candidates with the necessary skills to make effective release from various grips or clutches and to complete rescues safely
Rescue 3	Minimum age 14 years on date of assessment. Rescue 2.	To emphasise the hazards and increased degree of risk which may be encountered in body contact rescues of rescue skills by retraining
Rescue 4	None	To further emphasise simple rescue techniques involving minimum risk to the rescuer. It is designed to test candidate's progression from skills included in Awards 2 and 3 and as a preparatory step to the Rescue Awards.
Basic Life Support Awards		
Award	Prerequisites	Course Content
BLS 1 (exam)	None	To ensure that Candidates have the necessary skills to administer Cardio Pulmonary Resuscitation (CPR) and ability to use an Automated External Defibrillator (AED) in order to sustain life.
BLS 2 (exam)	BLS 1 Award	To ensure that Candidates have the necessary skills and knowledge relating to Cardio Pulmonary Resuscitation (CPR) and Automated External Defibrillator (AED). To place an unconscious breathing victim into the Recovery position
BLS 3 (exam)	BLS 2 Award	To provide comprehensive BLS & AED Skills and complement the knowledge in BLS 1 & 2. To provide the necessary BLS skills to deal with foreign body airway obstructions in conscious and unconscious victims.