

## **Fitness Items**

### **❑ Spinal Carry**

*Starting in the water near the victim, roll over an unconscious victim with a suspected spinal injury in deep water. Carry the victim 15 metres while maintaining immobilization and supporting the victim's mouth and nose above water.*

Must Sees:

- Effective lifesaving kick mechanics with control of direction
- Effective victim rollover
- Distance completed
- Victim's face supported above water during carry
- Immobilization maintained

### **❑ Object Recovery**

*Starting in the water, demonstrate a 15-metre approach and surface dive to recover a 9 kg (20 lb.) object located at a maximum depth of 3 metres; surface and carry the object 5 metres to poolside.*

Must Sees:

- Quick efficient approach and descent to object
- Quick ascent with object to surface
- Quick return to side carrying the object
- Distance completed

Note that the candidate must complete a full 5m along the surface with their head above the water.

Gold: 25 seconds                  Silver: 30 seconds          Bronze: 35 seconds

### **❑ Approach and Carry**

*Starting in the water, demonstrate a 15-metre approach to contact a near-drownign victim in deep water; carry the victim 5 metres supporting head and shoulders above water.*

Must Sees:

- Quick efficient head-up approach
- Approach such that the victim is unlikely to grasp the rescuer
- Efficient pickup
- Support with head and shoulders out of water as quickly as possible
- Quick return to side

### **❑ Rescue Drill**

*Demonstrate a 5-metre approach on deck to enter the water and approach 15 metres to recover a submerged victim; carry the victim 15 metres using a control carry.*

Must Sees:

- Quick, safe approach on deck
- Quick entry from deck
- Quick efficient 15m approach
- Recovery of submerged victim
- Victim's mouth and nose supported above water throughout 15m carry

*National Lifeguard Service: Practical Components*

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