

C. ADVANCED SNORKELLER - LIFE SAVING

To be carried out as pool training.

SECTIONS IN BLUE ARE MANDATORY FOR THE SNORKELLER ROUTE.

SECTIONS IN BROWN ITALIC TEXT ARE OPTIONAL FOR THE SNORKELLER ROUTE

ALL SECTIONS ARE OPTIONAL WHEN TAKING THE ELEMENTARY DIVER ROUTE.

- C1. Recover surface casualty, tow casualty 50 metres giving AV.**
- C2. Land casualty and continue CC/AV.**
- C3. Explain aftercare and answer questions.**

NOTES FOR GUIDANCE

- C1. Recover surface casualty.** Before entering the water the instructor will demonstrate the distress signal and emphasise that this is for emergency use only and that they will only do this themselves once during their pool assessment and after that only in the case of a real emergency (explain why).
Remove casualty's mask and recover surface casualty, establish an open airway and give simulated AV for a minimum of 30 seconds, tow casualty around the pool for 50m whilst continuing AV.
Pistol grip to be taught with emphasis on keeping the airway open but not using that hand to tow the casualty.
Turning during towing must be the opposite direction to gripping arm i.e.: if you're right-handed you tow clockwise and vice versa. The trainee may be asked to perform both short and long arm tow methods. The rescue must be carried out with a sense of urgency and with action second nature. The trainee should know two different methods of AV (mouth/mouth, mouth/nose)
During their assessment they will include the distress signal (but will not shout for help) **The Instructor must ensure that people on poolside including the lifeguards are aware that this is a training exercise.**
- C2. Land casualty.** The casualty is to be landed on the poolside, whilst continuing AV, The rescuer must obtain assistance out of the water (the person assisting should only do what the rescuer instructs and at no time must the assistant take charge of the situation).
The rescuer & helper to sit astride poolside facing each other and to lift casualty under upper arms, the helper must be instructed to go and phone for an ambulance, once casualty is out of the water and then come back to continue assistance. Throughout the rescue the casualty must be supported at all times. When the casualty is on the side of the pool, the exercise should be concluded by the rescuer placing the casualty into the recovery position.
- C3. Explain aftercare and answer questions.** Questions will be asked on the snorkel lecture schedule, and include signals, basic equipment, signs and symptoms found in the case of asphyxia and drowning, and relevant safety procedures.

LECTURES

LECTURES ARE MANDATORY FOR SNORKELLER AND ELEMENTARY DIVER ROUTES.

- S4. Protective Clothing**
- S5. Accident Avoidance and Rescue**
- S6. Basic First Aid, Artificial ventilation and Chest Compression**

The AV, CC & recovery position should be taught as part of the S6 lecture.

KNOWLEDGE REVIEW

The trainee must pass an oral knowledge review incorporating theory at all levels up to and including lecture S6

The importance of attending SAA regional courses on First Aid, Oxygen Administration, Diver Rescue & GMDSS [VHF Radio] should be stressed.

SAFETY

IT IS ADVISED THAT THREE COMPETENT DIVERS SHOULD BE PRESENT, PREFERABLY OF DIVE LEADER QUALIFICATION, ONE MUST BE AN **OPEN WATER INSTRUCTOR**
1 DIVER IN SNORKEL GEAR TO ACCOMPANY THE TRAINEE AROUND
AT LEAST 1 DIVER IN SNORKEL GEAR ON STANDBY OR ACTING AS SURFACE COVER IN THE CASE OF INCIDENT
1 PERSON TO STANDBY ON SHORE/IN BOAT TO BE AVAILABLE TO TAKE ANY NECESSARY ACTION

ADVANCED SNORKELLER OPEN WATER ASSESSMENT

H3. Demonstrate the rescue of a surface casualty. Swim 50 metres to where casualty is on the surface. Unconscious and not breathing. Tow for 50 metres giving AV, as approved. Land casualty and complete rescue. Describe aftercare.