



## RESCUER BADGE

(Corresponding badge for under 15 ~ Lifesaver badge)

1. Perform in the water four methods of rescue (one to be the 'Unigrip'), and three of release from the clutch of a drowning person. The drowning subject to be about the size of the rescuer, and to be carried at least 15 metres in each method.
2. Dive from the surface to a depth of at least 1.5 metres and bring up a stone, brick or iron object of not less than five pounds in weight, at least two out of three times.
3. Swim 50 metres attired in shirt and trousers, and undress before touching ground.
4. Throw a lifeline to within one yard of a small object 50 feet away. Thrower to be up to waist in water.
5. Lead a team to deal with emergencies as given in the Lifesaver badge.
6. Demonstrate both the Holger Nielson and the revised Silvester methods of respiratory resuscitation. Using a training manikin demonstrate the Mouth to Mouth method of respiratory resuscitation. *(In no circumstances will a living person be used for demonstration, training or testing purposes).*