

# Ranger Patrol Requirements

## H<sub>2</sub>O Proficiency

**Entries from a height:** From a height (max. 1m), demonstrate a head-first entry and a compact jump into deep water.

**Somersaults:** Demonstrate 1 forward *and* 1 backward somersault in the water as a continuous sequence.

**Head-up swim:** Stride entry and swim head-up freestyle *or* breaststroke 25m or yd. Assume ready position.

**Eggbeater kick:** Demonstrate eggbeater kick in a stationary position for at least 30 sec.

**Object support:** Support a 2.3kg (5lb.) object for at least 2 minutes in deep water.

**Object carry:** Carry a 2.3kg (5lb.) object 25m or yd. using patroller's choice of lifesaving kick.

**Underwater swim:** Starting in the water, swim underwater for a distance of at least 10m or yd.

**Search:** Head-up approach into surface dive to a maximum depth of 2m. Swim underwater for at least 2 - 3m or yd. to recover a small object. Surface and carry object to starting point.

**Removal:** Demonstrate an assisted removal of a conscious victim.

**Lifesaving medley:** Swim a 100m or yd. individual medley as follows: 25m or yd. each of lifesaving kick, backstroke, breaststroke, freestyle.

**Endurance challenge:** Swim 200m in 6 minutes or better (200yd. in 5:20 min.) using freestyle or any combination of strokes of the patroller's choice.

## First Aid

**Primary assessment:** Demonstrate primary assessment of a conscious and cooperative victim who describes his or her chief complaint and how injury occurred.

**Rescue breathing:** Demonstrate rescue breathing and the ability to manage vomiting.

**Obstructed airway:** Simulate the appearance and treatment of a conscious victim with an obstructed airway.

**Shock:** Demonstrate primary assessment and emergency care for a victim in shock.

## Recognition & Rescue

**Victim recognition & avoidance:**

- a. Simulate in the water the appearance of a weak swimmer, a non-swimmer and an unconscious victim.
- b. Demonstrate ability to recognize the difference between a weak swimmer and non-swimmer, and to recognize the unconscious victim.

- c. Demonstrate the ability to recognize and avoid victims who present a danger to the rescuer.

**Recognition & perception:** From 3 different heights or positions, locate and describe an object located on the bottom or below the surface.

**Non-contact rescue with buoyant aid:** Approach 20m or yd. and encourage victim to safety while maintaining a safe distance and calling for assistance. Perform appropriate follow-up procedures, including treatment for shock.