

Star Patrol Requirements

H₂O Proficiency

Entries: Demonstrate shallow and deep dives. Demonstrate AT LEAST TWO different entries with different aids.

Head-up swim: Entry with aid and swim head-up freestyle or breaststroke 25m or yd. Assume ready position and demonstrate ability to scull forward, backward and turn.

Defenses: Demonstrate defence methods from the front, side and rear.

Eggbeater kick: Demonstrate eggbeater kick showing ability to travel, change direction and height levels.

Lifesaving kick: Demonstrate legs-only 25m or yd. with 4.5kg (10lb.) object using patroller's choice of a lifesaving kick. Swim with clothes: Demonstrate a roll-in entry wearing long-sleeved shirt and long pants. Swim 5 m or yd. to don a PFD and assume HELP position for 30 seconds.

Object support: Support a 4.5kg (10lb.) object at the surface for at least 2 minutes in deep water.

Removal: Demonstrate the removal of an unconscious victim with the assistance of an untrained bystander.

Search: Head-up approach into head-first surface dive to a maximum depth of 2m. Swim underwater for 5 - 10m or yd. and surface. Foot-first surface dive (maximum depth 2m), recover an object and return it to the starting point.

Unconscious victim recovery: Demonstrate in shallow water, the ability to turn a victim face-up and support the face above the surface.

Fitness training: Complete a 600m or yd. workout at least 3 times during the training course: Warm-up: 25m or yd. lifesaving kick, 50m or yd. each of backstroke, breaststroke, freestyle. Stroke drills: 5 x 25m or yd. Work set: 4 x 50m or yd. on 90 sec. Cool down: 100m or yd.

Endurance challenge: Swim 300m in 9 minutes or better (300yd. in 8:00 min.) using freestyle or any combination of strokes of the patroller's choice.

First Aid

Primary assessment: Demonstrate primary assessment including cause of injury and scene assessment using observation of the scene and information obtained from bystanders.

Bleeding: Demonstrate primary assessment and appropriate care for external bleeding.

Obstructed airway: Simulate the treatment of an unconscious victim with an obstructed airway.

Airway management: Perform a rescue of a victim with one or more of the following conditions: unconsciousness; non-breathing; vomiting; obstructed airway (conscious or unconscious victim).

Recognition & Rescue

Whistle communications: Demonstrate ability to perform and recognize whistle signals.

Rescue with towing aid: Perform a rescue of a weak swimmer or non-swimmer with a towing aid. Swim approach 20m or yd. and tow victim to safety showing ability to avoid contact. Rescuer performs appropriate follow-up procedures, including treatment for shock.