

BARBARIAN GOLD

<u>BARBARIAN GOLD</u>	Learning Outcomes
<p><i>Demonstrating the Ability to:</i></p> <ol style="list-style-type: none"> 1. Using an Adult Manikin, perform C.P.R. for a Drowning casualty for two minutes. 2. Perform the Jaw Thrust Manoeuvre to a casualty with a suspected Spinal Injury. <u>Follow the Barbarian Gold "Basic Life Support" Flow Chart.</u> 3. Swim 200 metres Front Crawl within 4 minutes 30 seconds incorporating correct Start, Turns and Finish. 4. Enter shallow water, swim 20 metres to an unconscious casualty in deep water. Tow 15 metres, sidestroke to shallow water, then support casualty at Poolside. 5. Swim 200 metres Back Crawl within 5 minutes incorporating correct Start, Turns and Finish. 6. Rescue a casualty 15 metres away in deep water using a piece of clothing. Tow 15 metres to deep end then assist out of the Pool. 7. Swim 200 metres Breaststroke within 6 minutes incorporating correct Start, Turns and Finish. 8. Throw a Buoyant Aid to a casualty 10 metres away. (Two attempts only). 9. Swim 25 metres Butterfly within 1 minute incorporating correct Start and Finish. 10. Swim 5 metres Breaststroke. Surface Dive then swim 5 metres Breaststroke under -water. Resurface, then swim Front Crawl for 15 metres. 11. Swim 12 metres underwater in the Prone position from a Front push and glide. 	
<p>Teaching Objective.</p>	
<p><i>Reinforce:</i></p> <ul style="list-style-type: none"> * Skills learnt in previous Awards. 	
<p><i>Introduce:</i></p> <ul style="list-style-type: none"> * Cardio-Pulmonary Resuscitation for a Drowning Casualty for 2 minutes. * Jaw Thrust Manoeuvre. * Additional Rescue Skills. 	
<p><i>Develop and Improve:</i></p> <ul style="list-style-type: none"> * Stroke Technique, Stamina and Speed. * Competitive Starts, Turns and Finishes. * Rescue Skills - Various Tows, Assists from water (Stirrup Lift).and Poolside support. * Watermanship Skills - Surface Dives, Etc. 	

This is the last Badge in the Barbarian Programme.

The next step is Student Teachers Certificate, Swimming Teachers Certificate and National Rescue Standard (Poolside Helper).

Paediatric & Drowning Casualty Basic Life Support Flow Chart

