

INTERNATIONAL LIFE SAVING FEDERATION

World Water Safety

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RESCUE DIVER (CMAS **)

MINIMUM RECOMMENDED COMPETENCIES

A Rescue Diver is a person trained to use scuba equipment and other underwater dive equipment for search, rescue, and recovery.

The following are the minimum competencies recommended by the International Life Saving Federation for a Rescue Diver. ILS recognises that many of its Member Organisations have standards, which exceed these minimums, based on the circumstances presented in their own countries. ILS encourages the highest possible standards in lifesaving, and merely provides the following as recommended minimum competencies.

LEARNING OUTCOME 1: Demonstrate water-based skills in an open-water environment using snorkel, mask and fins.

Assessment Criteria:

- 1.1 Continuously perform the following swim:
 - 400m on the front without using arms,
 - 400m on side without using arms,
 - 400m on back without using arms; then,
 - 250m with arms wearing only one fin.
- 1.2 Perform dive to depth of 10m.
- 1.3 Swim underwater for 40m.
- 1.4 Dive and remain underwater for no less than 60seconds.

LEARNING OUTCOME 2: Demonstrate combined rescue technique using snorkel, mask and fins.

Assessment Criteria:

- 2.1 Consecutively perform combined rescue technique in the following sequence:
 - Swim 150m to casualty simulating unconsciousness at a depth of 5m; then,
 - Tow the casualty 100m and drag casualty to dry land; then,
 - Remove their equipment and place in recovery position.
 - Continue swimming to patient who is no less than 15m from edge
 - Tow patient no less than 15m back to edge.

LEARNING OUTCOME 3: Demonstrate water-based skills in open water using complete SCUBA equipment.

Assessment Criteria:

- 3.1 Swim 500m with snorkel.
- 3.2 Perform continuously the following sequence:
 - Swim underwater for 25m to a closed air tank at depth of 3m and start breathing through the regulator and put on the tank; then,

- Swim underwater through an obstacle course of increasing difficulty; then,
 - Remove tank and place at start of course.
- 3.3 Perform line-guided search dive acting once as diver, once as guide.
- 3.4 Tow another diver for 200m.

LEARNING OUTCOME 4: Demonstrate dives using SCUBA equipment.

Assessment Criteria:

- 4.1 Perform dive for no less than 15minutes at a depth of approx. 15m and complete at least one underwater work task (eg. Salvage devices, preparing specified knots)
- 4.2 Perform dive for no less than 15minutes to a depth of approx. 20m and demonstrate the following skills:
- In repeatedly changing depth of water, maintain a distance of 1-2m from the bottom, avoiding disturbing of the sediment.
 - Demonstrate three (3) recognised hand signals, as instructed by the examiner using an underwater board.
- 4.3 Perform dive for no less than 15minutes to a depth of approx. 20m and demonstrate the following:
- Controlled ascent without fins to 9m, then pause, and continue ascent to 6m.
- 4.4 Perform dive for no less than 15 minutes to a depth of approx. 20m demonstrating the following:
- Controlled ascent from maximum depth using an alternative regulator for breathing
 - Stop at a depth of 3m for no less than 3minutes during which time the regulator is passed to and from candidate and buddy, without losing contact with each other.
- 4.5 Perform dive for no less than 15 minutes to a depth of approx. 20m and demonstrate the following:
- Correct preparation, donning and checking of diving equipment of both candidate and companion.
 - Open and close the buckle of the weight belt during the dive using neoprene gloves.
 - Ascent to the surface after 10minutes
 - On surface use a compass to determine the direction of a position no less than 100m away.
 - Swim to a depth of approx. 4m to this position. The maximum error in direction allowed shall be approx. 10m.
- 4.6 Perform dive for no less than 15 minutes to a depth of approx. 20m and demonstrate the following:
- Guide a group of three (3) divers (two of whom are the examiner and candidate) where, during the dive, one of the companions shall share the candidate's regulator for no less than two (2) minutes.
- 4.7 Perform a fully equipped dive in the following sequence:
- Dive to a companion (casualty) at a depth of 8-12m who is also fully-equipped including a security line which may be used by the candidate for orientation.
 - Recover the casualty, complete with equipment, to the surface
 - Tow the casualty for no less than 50m to the shore
 - Recover the casualty to dry land
 - Immediately perform CPR on a manikin
 - Prepare a report on the incident for an attending doctor

LEARNING OUTCOME 5: Demonstrate the use of ILS recognised knots.

Assessment Criteria:

- 5.1 Perform a reef knot.
- 5.2 Perform one of the following knots:
- Bowline
 - Single carrick bend
 - Roringstek

- Clove hitch

LEARNING OUTCOME 6: Complete written examination.

Assessment Criteria:

- 6.1 Describe biological and physiological aspects for divers.
- 6.2 Describe the organisation and planning of practical operations with due regard to the safety of divers.
- 6.3 List methods of underwater search.
- 6.4 Detail rules, regulations and legal requirements related to diving.
- 6.5 Describe emergency action plans.
- 6.6 Describe the function of the air compressor.
- 6.7 Describe environmental protection measures.

ASSESSMENT STRATEGY

These learning outcomes are best assessed using the following common assessment methods:

- Observation (personal, video review)
- Oral questioning
- Written examination (short answer, multiple choice)
- Simulated rescue scenario

Only specifically appointed ILS instructors, holding a valid certificate, are authorised to teach and examine for the ILS Rescue Diver Certificate.

All teaching and examining must take place under the “safety rules for diving by rescue organisations”. For oral examination the standard ILS questionnaires must be used, which indicate the time allowed and the scoring system.

All candidates who fail the whole or part of the examination at the first attempt, may be allowed a second attempt after being informed of the failure points.

All parts of the examinations and repeated tests must be completed within a period of twelve (12) months.

The ILS Rescue Diver Certificate will become invalid unless in each period of twelve (12) months:

- At least 10 dives and a minimum of 300 minutes, under operational conditions, are performed.
- The holder can demonstrate participation in formal continuing education.
- The certificate is regained by repeating the examination.

For successful completion of ILS Rescue Diver Certificate, candidate must complete a personal diving logbook with proof of the following

- At least one (1) night dive within the last 12 months
- At least one (1) dive in water with a current within the last 12 months
- No less than 25 hours of SCUBA diving in open water including at least 12 hours open water diving within a depth range of 10-30m in the twelve months prior to the final examination.

RANGE OF VARIABLES

There are a number of variables, which will affect the performance and assessment of the learning outcomes. These may include:

Variable	Scope
• Prerequisites	Minimum age - 18 years ILS International Lifesaver Certificate or equivalent gained within the

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- Conditions
 - previous 3 years
 - Current ILS Open Water Diver Certificate or equivalent.
 - Recognised First Aid Certificate gained within the previous 3 years.
 - Membership of an ILS affiliated national federation.
 - Medical certificate/examination annually proving fitness for scuba diving, particularly following any serious illness.
 - Dives must be performed during teaching sessions held by the club or organisation concerned.
 - In case of underwater visibility less than one (1) metre, distances in Learning Outcomes may be reduced to no less than 12m.
 - If the underwater swims are examined in open water, the distance must be reduced to 35m.
 - Equipment
 - If the water temperature is low, protective clothing must be worn.
 - During snorkelling with the full equipment the air tanks must be closed.
 - During the rescue tows both divers must wear complete equipment. A candidate must breathe through his snorkel; the casualty shall breathe normally.
 - Resources
 - ILS member organisations will list and identify the use of theoretical and practical resources available to them.

Regulation approved by the ILS Board of Directors and ratified by the 2000 ILS General Assembly.