STA International Swimming & Water Safety Standards

Otter 1

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	State one of the Aims of First Aid.	Check for Dangers	Assess Responsiveness and shout for help.	Open the Airway – Head tilt, Mouth check, Chin lift.	Check for Breath – Look, Listen and Feel.	On discovering the casualty is breathing, look for bleeding and any possible broken bones.	Place the casualty in the recovery position.	Explain how to contact the Emergency Services.	Notes/ Distance Awards	Date all skills assessed

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