STA International Swimming & Water Safety Standards

Otter 2

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	State two of the Aims of First Aid.	Explain simply how we breathe in and out.	Explain how to recognise a choking casualty.	State the sequence to relieve a choking casualty.	Perform back slaps/blows on a manikin.	Performing chest thrusts on a child manikin.	Perform abdominal thrusts on an adult or child manikin.	Explain when to contact the Emergency Services.	Notes/ Distance Awards	Date all skills assessed

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