



Bronze Medallion

Cost and Course Dates

Bronze Medallion course cost is \$190
Saturday 10 Nov and Sunday 11 Nov from 9am to 4pm

Aim

To provide participants with skills and knowledge of aquatic safety, rescue and survival skills techniques.

Description

The RLSSA Bronze Medallion is recognised as the minimum standard for a qualified lifesaver.

The Bronze Medallion training program will provide you with the skills and knowledge to react appropriately in a number of different aquatic emergency situations. The Bronze Medallion award is a personal achievement award that can recognise your capability to perform aquatic rescues in a safe and efficient manner.

The WA Police Department recognise the Bronze Medallion qualification is highly desirable for employment. Having gained this qualification individuals are now eligible to complete the Pool Lifeguard Award.

Course Information

- Pre-requisite: Nil. However it is advantageous to have completed the Bronze Star.
- Minimum Age Requirements: Calendar year in which the candidate turns 14 years of age

- Course Duration: 14 hours.
- Certification: On successful completion candidates will receive: - Bronze Medallion and Resuscitation Awards from Royal Life Saving.
- Fee Includes: Instruction, pool entry and learning resources. The Swimming and Lifesaving Manual Fifth edition Version Six can be purchased from The Royal Lifesaving Society for \$33.

Course Content

The following areas are assessed as part of the Bronze Medallion award:

Theory: Theory on aquatic environments, water safety, rescue techniques, resuscitation and basic injuries.

Resuscitation: Demonstrate effective Cardio Pulmonary Resuscitation

Swim: Swim 400 metres, continuously in 13 minutes. 100m freestyle, 100m breaststroke, 100m survival backstroke, 100m sidestroke.

Timed Tow: Swim 50 metres, then tow a patient of similar size 50m within 3 min 15 sec.

Survival and Rescue Skills: Demonstrate a range of survival techniques and appropriate rescues for a range of different aquatic environments.

Spinal Injuries: Basic management of a suspected spinal injury in water.

Rescue Initiative: Combine all of the skills and knowledge on rescues and utilise it to rescue two drowning casualties.

Bronze Medallion: Re-qualification

Cost and Course Date

Re-qualification is \$125, runs Sunday 11 Nov from 9am to 4pm.

Description

Your Bronze Medallion Award is only valid for one year from the date the certificate was obtained. Studies of skill and knowledge retention of trained people have shown that performance declines significantly if regular practice is not undertaken. Royal Life Saving recommends that all professional lifesaving qualifications are updated on an annual basis. This training course will update your RLSSA Bronze Medallion award.

Course Information

- Pre-requisite: Have held a current Bronze Medallion award or an equivalent award approved by Royal Life Saving.
- Course Duration: 5 hours.
- Certification: Bronze Medallion and Resuscitation Awards
- Fee Includes: Instruction, assessment, pool entry

**! ALL PARTICIPANTS MUST BRING:
photo ID, a long sleeved shirt and
long pants suitable for swimming.**